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Oneness: A healing chorus unifying our levels of beingness

By Daniel J. Benor, MD

Splits and divisions

*We are at odds with ourselves internally;
we believe that the inner is fundamentally different from the outer,
that what is me is quite separate from the not-me,
that divisions among people and nations are necessary,
and yet we wonder why there are tensions, conflicts, wars in the world.
The conflicts begin with minds
that believe in fragmentation
and are ignorant of wholeness.*

- Vimala Thakar
Indian social activist, spiritual teacher

Western society has championed the reductionistic approach to life, believing that if we dissect anything and everything down to ever more basic components then we will understand ever more clearly how it works. This applies to mechanical challenges that are addressed by engineering and physics, as well as to psychological challenges that are addressed by cognitive and behavioral methods.

This approach has proven helpful in analyzing and understanding the structure, mechanics, chemistry, particle and wave aspects of nature, and has provided tools for manipulating the environment. In many ways, our lives have been made safer and easier through these approaches. We have shelter, durable and consumable goods, transportation and communications that can enhance our lives.

Unfortunately, these have been far from unmixed blessings. The costs to the environment from short-sighted exploitation and depletion of resources, poorly planned and crowded cities, and pollution are now threatening not only the existence of human life but of all living organisms on our planet. We have become over-focused on production and commerce – the 'what' of our existence, while overlooking or ignoring quality of life and respect for the environment and for all other living beings – the 'how' of our existence.

To a large extent, this represents a left-brain hemisphere style of relating to the world. See Table 1. for hemispheric brain functions.

Table 1. Brain Hemispheric Functions	
Left	Right
Rational/ Logic/ Cognition	Intuitive/ Emotion/ Feeling
Differential	Existential
Detail-oriented/ absorbed, exclusive	Gestalt-oriented/ inclusive
Time sense (past, present, future)	Present-oriented
Paced by rules (acts with time awareness)	Impulsive (acts on present awareness)
Directed/ controlled by rules	Spontaneous
Bound	Expansive
Aims/ Goals oriented/ Planned progress	Focuses on the present moment
Ignores process/ May steamroll towards set objectives	Immerses in process/ Impulsive/ May get bogged down in emotions
Cautious/ Inhibited	Impulsive/ Over-reacting
Product	Process
Temporal/ Partializing	Spatial/ Wholistic
Sequential (slow)	Parallel (fast)
Discrete	Continuous
Successive (either/ or)	Simultaneous (both/ and)
Focal	Diffuse
Explicit	Tacit
Objective/ sensory world orientation	Subjective/ intuitive, spiritual orientation
Convergent approach	Divergent approach
Self-centered/ selfish	One with other and the All
Conscious	Unconscious
Language comprehension abstract	Language comprehension concrete
Speech content	Voice intonation
Linguistic	Pantomime, kinesthetic, musical
Grammatical	Visuo-spatial
Abstract models	Perceptual-synthetic
Synthesis of goal-related concepts	Creativity, openness to new options
Relatively narrow arousal level range over which hemisphere can function	Relatively wide arousal level range over which hemisphere can function
Evolutionarily newer	Evolutionarily older

Socially, this attitude creates a 'me vs. them' approach to life, in which those who are more rich and/or more powerful exploit those who are less fortunate.

Although proponents of socially responsible business are making an outstanding effort at reforming the tired old ethics of commerce, they are unintentionally giving companies a new reason to produce, advertise, expand, grow, capitalize, and use up resources. The rationale is that they are doing good. But flying a jet across the country, renting a car at an airport, air-conditioning a hotel room, gassing up a truck full of goods, commuting to a job – these acts degrade the environment whether the person doing them works for the Body Shop, the Sierra Club, or Exxon.

- Paul Hawken
Environmentalist

Sam died and was surprised at the Pearly Gates to find the welcoming angel scratching his head in puzzlement. "I've never seen one like this before!" said the angel. "Your good deeds and sins are absolutely balanced at 50-50. I'll have to ask the Boss what we do here."

The angel returned shortly, and told him with a smile, "The Boss says you can take your pick. So which do you want to visit first?"

With little hesitation, Sam said, "I'll visit Hell first, because I'm pretty sure I'll want to just stay in Heaven when I get there."

Sam was surprised to see Hell outfitted with tables that were groaning under the weight of the most sumptuous foods he'd ever seen. And in came the residents of Hell, who sat around the table but were utterly frustrated because each had a large spoon with a long handle tied to their hand. The ladles were so long, in fact, that they couldn't reach the spoon end of the ladle with their mouths, no matter how they twisted and turned.

Sam commented on what an exquisite torture this was, and immediately opted to go to Heaven. There, he was surprised to see the same tables and the residents with the same sorts of spoons tied to their hands. But here, each person was feeding his or her neighbor.

- Anonymous

This anecdote may seem simplistic or preachy. It is actually a profound note on attitudes that have corrupted people who are living in large numbers, converting them from loving, caring, family and communally oriented individuals who cooperate with and support each other – into isolated, distrustful, 'me' vs. 'them,' competitive, dominating, exploitative, destructive, collective herd animals.

There are numerous reasons for people in modern society having come to adopt left brain dominance as our primary social mode of consciousness and relationships – at the same time weakening right brain awarenesses and ways of relating to each other and to the world.

- Left brain dominant functions (most commonly found with less expressed/developed right brain functions), appear to be genetically inherent in males. Young boys naturally gravitate to activities illustrating these preferences: choosing to play with trucks and construction toys and competitive sports rather than playing with dolls or 'playing house' – with explorations of social roles – that are the typically preferred modes for girls.
- Men have come to dominate social relationships – from dyadic partnering/ marital/ family levels, through clans/ towns/ cities/ nations and international organizations. This is a natural expression of left brain ways of relating to life, through controlling the outer world in order to feel safe. The outer is perceived as 'other' than oneself, and therefore fair game for manipulation and exploitation for one's own advantage. Product is primary in men's awareness and goals; process is a weak and often ignored, denigrated and dismissed secondary awareness.
- Controlling the outer is paralleled by controlling/ dominating the inner worlds of emotions and intuitions. Men tend to distance themselves from that which makes them uncomfortable.
- Right brain dominant functions (most commonly found with less expressed/developed left brain functions) appear to be genetic preferences of females.
- Women are more attuned to feelings/intuitions/social relationships. The 'how' of an experience is more important to women than the outcome. Emotions and intuitions are given much higher preferences, leading to empathetic awarenesses and interactions with other people, who are not perceived as 'others' but rather as individuals in shared relationships. In relationships at all levels, women are more likely to hold the common good of all in focus rather than to seek personal advantage over others.

- Women are more likely to realize that their perceptions of the world and their responsiveness to the world determine their quality of life. When there is disharmony, women tend to look inward to address their own feelings and attitudes rather than to seek to get other people to change in order to feel better within themselves. Men tend to want to change the others around them when they are uncomfortable in their relationships.

Referring to back to the table of right and left-brain functions, see how you feel when you read the functions described in Table 2.

Table 2. Brain Hemispheric Functions	
Right	Left
Intuitive/ Emotion/ Feeling	Rational/ Logic/ Cognition
Existential	Differential
Gestalt-oriented/ inclusive	Detail-oriented/ absorbed, exclusive
Present-oriented	Time sense (past, present, future)
Impulsive (acts on present awareness)	Paced by rules (acts with time awareness)
Spontaneous	Directed/ controlled by rules
Expansive	Bound
Focuses on the present moment	Aims/ Goals oriented/ Planned progress
Immerses in process/ Impulsive/ May get bogged down in emotions	Ignores process/ May steamroll towards set objectives
Impulsive/ Over-reacting	Cautious/ Inhibited
Process	Product
Spatial/ Wholistic	Temporal/ Partializing
Parallel (fast)	Sequential (slow)
Continuous	Discrete
Simultaneous (both/ and)	Successive (either/ or)
Diffuse	Focal
Tacit	Explicit
Subjective/ intuitive, spiritual orientation	Objective/ sensory world orientation
Divergent approach	Convergent approach
One with other and the All	Self-centered/ selfish
Unconscious	Conscious
Language comprehension concrete	Language comprehension abstract
Voice intonation	Speech content
Pantomime, kinesthetic, musical	Linguistic
Visuo-spatial	Grammatical
Perceptual-synthetic	Abstract models
Creativity, openness to new options	Synthesis of goal-related concepts
Relatively wide arousal level range over which hemisphere can function	Relatively narrow arousal level range over which hemisphere can function
Evolutionarily older	Evolutionarily newer

Do you notice any differences in your responses when you read Table 2, compared to when you read Table 1? If you do, then you will probably also perceive differences as you read through the rest of

this editorial musing. If you prefer left-brain ways of relating to reading materials, you are likely to find the numerous quotes bothersome to the flow of your reading; to getting to the point of this article. If you are more right brain in your relationships with the world, you may find this meandering stroll through levels of consciousness an enjoyable one.

The apparent goal of the journey is simply the carrot the universe dangles before you to get you to learn the lessons the adventure yields.

- Alan Cohen

Environmentally, the selfish, human-centered approach is proving disastrous. Our modern Western orientation is very much goal-directed, with a focus on short-term objectives that are self-centered and ignore their impacts on other living beings and the environment. We justify to ourselves that immediate personal achievement and material gains are proofs of the rightness of our approach. We ignore the long-term consequences of our actions, leaving to our children and grandchildren the burdens of repayment of the debts we incur through environmental exploitation.

Nature provides a free lunch, but only if we control our appetites.

- William Ruckelshaus

First head of the Environmental Protection Agency,
Deputy US Attorney General

We are sliding down a steep, slippery slope towards planetary suicidal destruction because of these short-sighted, selfish beliefs, attitudes and approaches to life, the universe and everything.

Let me suggest a series of steps that can help to return us to personal, social and environmental awareness, and hopefully along with that, to social and environmental responsibility.

One within myself

The self is made, not given. It is a creative and active process of attending a life that must be heard, shaped, seen, said aloud into the world, finally enacted and woven into the lives of others.

- Barbara Myerhoff

Anthropologist, filmmaker

Each of us is dealt a set of gifts, life circumstances and challenges in our present existence. How we play the cards and chips we are given becomes the challenge in our game of life. We can choose to be selfish and exploit our world for personal gain, or we can give some of our energies to help others.

I CHOOSE LOVE 2



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In most cultures, the ruling members of society exploit the masses for the benefits and gains of the rulers. They do this by instilling fear in the masses and pointing to threats outside the boundaries of the 'us,' in order to distract people from realizing they are being exploited. The US, Canada and England are in the midst of a clear example of these tactics. These countries are seeking to exploit the oil resources of Iraq, trumping up excuses of terrorist threats to generate fears in their citizens to justify the intended exploitations. At the same time, those corporations who are most actively promoting these wars are reaping inordinate profits and stolen gains in the process of providing the materials and mercenary manpower to fight these wars. The politicians in these countries are voting in line with the corporate interests, not with the interests of its citizens, and certainly no with consideration for the populace of the invaded countries.

The same has been done within many religious organizations. Religious leaders, seeking power and control – and with these, their own benefits and comforts – instill fears in the flock of Divine retribution for disobedience to the religious laws. These fears are reinforced by creating the illusions of dangers from 'others' who are not of the 'divinely chosen' flock. This then justifies treating those in other flocks as 'others' who do not deserve divine protection, and whose property can be wrested from them by whatever means possible. It is highly probable that as many people have been killed in the name of religion as have been enlightened by religion.

God created man in His image and man returned the compliment.

– Jerome Lawrence and Robert E. Lee
US playwrights

The higher goal of spiritual living is not to amass a wealth of information, but to face sacred moments.

- Abraham Joshua Heschel
Polish-born US rabbi, theologian, Jewish philosophers

When we free ourselves of fear, we can no longer be manipulated in these ways. One of the better ways to freedom from fear is to achieve our personal inner peace.

*There exist enquiring minds
which long for the truth of the heart,
seek it, strive to solve the problems set by life,
try to penetrate to the essence of things
and phenomena and to penetrate into themselves.
If a man reasons and thinks soundly,
no matter which path he follows
in solving these problems,
he must inevitably arrive back at himself,
and begin with the solution of the problem
of what he is himself
and what his place is in the world around him.*

- G. I. Gurdjieff
Greek-Armenian mystic and spiritual teacher.

This road leads to connecting with the right-brain modalities of wholistic awareness, of our intuitive and spiritual selves. Paradoxically, by finding our fuller personal self, we connect with our awareness of our broader, 'higher Self.' We come into the realization that we are connected with much more than our little selves.

Even in the concrete, physical world we may waken to the realization that each of us is a colony of beings, rather than just the human being we have been taught to focus on.

Each one of you is so amazing. Right now you have in you one quadrillion cells. That's one hundred trillion times one thousand. About nine hundred trillion of those cells are not human. They're virus, bacteria, and microorganisms. What makes us human, ironically, is not human. If they were not there you would rot like a piece of fruit in a few days. So be grateful for those free riders. But I want you to experience something, because every second in your body, one septillion things are happening. That's a one with 24 zeros. Another way to imagine one septillion is it's ten times more than all the stars and planets in the known universe. Now, let me ask you a question: Can you feel it? Seriously. One septillion interactions. It's called life. You can feel it. Except we talk and we get busy and we ignore that feeling.

- Paul Hawken
Environmentalist

Extending beyond the boundaries of our skins, we humans may also come to acknowledge that each of us is as a cell in many series of larger, collective organisms.

One with other humans

Most of us are readily aware of our participation as units in our families, work and other social settings. We, along with the others in these groups, contribute through our words, actions and personalities to shaping these social clusters.

From the standpoint of daily life, there is one thing we do know: that we are here for the sake of each other - above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.

- Albert Einstein

Interacting with others, we come to know ourselves for who we are. By bouncing off others, we learn to recognize our personality styles and preferences, our strengths and our weaknesses.

At first, our awareness is of 'I' and 'others.' Gradually, our awareness can shift to deeper understandings of our participation in the social web of life.

When we seek for connection, we restore the world to wholeness. Our seemingly separate lives become meaningful as we discover how truly necessary we are to each other.

- Margaret Wheatley
Writer, management consultant who studies
organizational behavior

Moving more deeply yet, we may come to perceive that the group in which we are participating has a life and consciousness of its own, as a collective entity. At the same time that we contribute to the group as individuals, we are a cell within that larger entity.

The challenge awaiting us is to go much deeper as human beings, to abandon superficial prejudices and preferences, to expand understanding to a global scale, integrating the totality of living, and to become aware of the wholeness of which we are a manifestation.

- Vimala Thakar

Indian social activist, spiritual teacher

The tabernacle of unity hath been raised; regard ye not one another as strangers. Ye are the fruits of one tree, and the leaves of one branch.

- Bahá'u'lláh (1817-1892)

Founder of the Bahá'í Faith

Tablet to Mánikchí Sáhíb, 1.15

In a real sense all life is inter-related. All persons are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality.

- Rev. Martin Luther King, Jr.

As we open more deeply to our spirituality, our oneness with other people is also deepened.

The highest spiritual act in life is to see yourself in everyone else and everyone else in you, to surrender yourself and see everyone's joy and suffering as your own, to detach yourself from your ego-need to be attached to the fruits of your labor, and to simply see everyone else in the world as part of you.

- Wayne Dyer

For the Love of God

We also interact with other living beings through our biological energies and consciousness. This has been well studied in healing research (Benor, 2001a; 2001b) and parapsychological research (Radin, 1997; 2006).

One with all of nature

All concepts setting boundaries to what we term the self are arbitrary. In the systems view, we consist of and are sustained by interweaving currents of matter, energy, and information that flow through us interconnecting us with our environment and other beings. Yet, we are accustomed to identifying ourselves only with that small arc of the flow-through that is lit, like the narrow beam of a flashlight, by our individual subjective awareness. But we don't have to so limit our self-perceptions... It is as plausible to align our identity with the larger pattern, inter-existent with all beings, as to break off one segment of the process and build our borders there.

- Joanna Macy

Relationships with animals may stir awakenings of humans to their relationships with other creatures. This right brain awareness is often impeded by Western religious and cultural attitudes about humans having a God-given dominion over all animals and other living organisms, as well as over the earth with all her resources.

We can judge the heart of a man by his treatment of animals.

- Immanuel Kant

German philosopher

We do not have to wait for heaven to be surrounded by hope, love and joyfulness. It is here on earth and has four feet.

- Marcella Dyer
Animal rescuer

The great fault of all ethics hitherto has been that they believed themselves to have to deal only with the relations of man to man. In reality, however, the question is what is his attitude to the world and all life that comes within his reach. A man is ethical only when life, as such, is sacred to him, and that of plants and animals as that of his fellow men, and when he devotes himself helpfully to all life that is in need of help. Only the universal ethic of the feeling of responsibility in an ever-widening sphere for all that lives - only that ethic can be founded in thought... The ethic of Reverence for Life, therefore, comprehends within itself everything that can be described as love, devotion, and sympathy whether in suffering, joy, or effort.

- Albert Schweitzer
Theologian, musician, philosopher, physician,
Nobel Peace Prize 1953 for his philosophy of
Reverence for Life

Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to.

- Alfred A. Montapert
US Author

Live close to the earth and clear down to your heart.

- Lao Tse

We are members of a vast cosmic orchestra in which each living instrument is essential to the complementary and harmonious playing of the whole.

- J. Allen Boone from *Kinship with All Life*
US Author on intuitive communication with animals

Or the door of perception that opens first may be one of physical relatedness our planetary oneness.

When we look at the world around us, we find that we are not thrown into chaos and randomness but are part of the great order, a grand symphony of life. Every molecule in our body was once a part of previous bodies – living or nonliving – and will be part of future bodies. In this sense, our body will not die but will live on, again and again, because life lives on. We share not only life's molecules but also its basic principles of organization with the rest of the living world. And since our mind, too, is embodied, our concepts, and metaphors are embedded in the web of life together with our bodies and brains. We belong to the universe, we are at home in it, and this experience of belonging can make our lives profoundly meaningful.

--Fritjof Capra

This awareness may then reawaken our sense of responsibility for the Earth, our greater home in the cosmos. Philosophers, poets, healers and the wise elders of traditional societies, have often spoken of these connections.

So divinely is the world organized that every one of us, in our place and time, is in balance with everything else.

- Goethe
German author, philosopher

If you listen,
not to the pages or preachers
but to the smallest flower growing from a crack in your heart,
you will hear a great song moving across a wide ocean
whose water is the music connecting all the islands of the universe together,
and touching all you will feel it touching you around you...
embracing you with light.

- John Squadra
US artist, poet

Everything in nature contains all the power of nature. Everything is made of one hidden stuff...

- Ralph Waldo Emerson
American author

Our pulse beats in every stranger's throat,
And also there within the flowered ground beneath our feet;
And - teach us to listen!
We can hear it in water, in wood, and even in stone.
We are earth of this earth, and we are bone of its bone.
This is a prayer I sing, for we have forgotten this and so the earth is perishing.

- Barbara Deming,
US feminist, advocate for nonviolent social change

In each of our lives occur transformational moments, fragile as spun glass.
They drift through our lives for a fraction of a second and then shatter.
There's no guarantee we will be able to visualize these critical instants
when they burst into existence.
To do so, we must learn to gaze obliquely at their evanescent scope and beauty.
We'll see lives of those we love, of strangers, of animals, trees, mountains, and seas –
all woven into one intimate and continuous network of life
stretching across all manner of time and space.

- Allan J. Hamilton, MD
US surgeon, author

We are the ecosystem, and it's a part of us, internally and externally. The ecosystem is water, air, and earth, and we are water, air, and earth or minerals. Our frustration with the environment and all the environmental issues is coming to reality now because we are beginning to realize that we are a part of our environment. We haven't been just killing Mother Earth, we have been killing ourselves. Now we need to heal Mother Earth and heal ourselves.

- J. T. Garrett
Past Associate Director, US Indian Health Service

In swinging on the pendulum of consciousness way over into the left-brained modes of thinking and relating to the world, we have distanced ourselves in Western society from our intuitive and spiritual awarenesses. These are the inner senses which connect our consciousness with that of all of nature. As we expand the boundaries of our conscious and energetic existence, the tendrils of our awakening individual perceptions grow into the cosmic soil of collective beingness. We then sense how we are energetically linked with every other part of this planet – animal, vegetable and mineral. We are one organism, one ginormous ecobiological system that is an intimately intertwined being. Included in this organism is Gaia, our planet, herself –a conscious being who supports, nurtures and choreographs our planetary existence.

They live in wisdom who see themselves in all and all in them.
– Bhagavad Gita

When we connect with our right brain modes of relating with the world, another doorway of awareness that opens in our consciousness is that time is not a barrier to interactions. We can interact with living beings and with inanimate aspects of our world both backwards and forwards in time. Research in parapsychology has confirmed that this occurs (Honorton and Ferrari 1989).

If this is a stretch beyond your boggle threshold, consider that you interact with those in your past who left you legacies of their experiences and understandings of the world in their teachings and interactions – through their social networks and their contributions to the media, just as you will do for all who come after you.

*We clasp the hands of those who go before us,
and the hands of those who come after us;
we enter the little circle of each other's arms,
and the larger circle of lovers
whose hands are joined in a dance,
and the larger circle of all creatures,
passing in and out of life,
who move also in a dance,
to a music so subtle and vast
that no one hears it except in fragments.*

- Wendell Berry
Advocate for sustainable agriculture and
for the interconnectedness of all life

And it is vitally important to our survival and the survival of our planet that we expand our awareness of our connection with every aspect of our planet.

<p>Spirit of Love That flows against our flesh Sets it trembling Moves across it as across grass Erasing every boundary that we accept And swings the doors of our lives wide This is a prayer I sing: Save our perishing earth!</p> <p>Spirit that cracks our single selves - Eyes fall down eyes, Hearts escape through the bars of our ribs To dart into other bodies - Save this earth! The earth is perishing.</p>	<p>This is a prayer I sing.</p> <p>Spirit that hears each one of us, Hears all that is - Listens, listens, hears us out - Inspire us now! Our own pulse beats in every stranger's throat, And also there within the flowered ground beneath our feet, And - teach us to listen! - We can hear it in the water, in the wood, and even in stone. We are earth of this earth, and we are bone of its bone. This is a prayer I sing, for we have forgotten this and so The earth is perishing.</p> <p>- Barbara Deming American feminist, advocate for nonviolent social change</p>
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Again, left-brain approaches may impede our connecting with and our valuing the rest of creation – except for human beings, and that is even a stretch for many. If humans are viewed as 'others' who

can be disposed of if they prove inconvenient or obstructive to our interests or goals, how much more so are we likely to exploit animals, plants, the earth, water and air of our planetary abode?

The right brain approach invites awareness of our wholistic oneness with All That Is, as it is inclusive and acknowledges our wholistic oneness with the world around us,

*The whole idea of compassion
is based on a keen awareness of the interdependence
of all living beings, which are all part of one another
and all involved in one another.*

- Thomas Merton
US Catholic writer, poet, social activist,
student of comparative religion

*A superior person cares for the well-being of all things.
He does this by accepting responsibility for the energy he manifests,
both actively and in the subtle realm.
Looking at a tree, he sees not an isolated event but root, leaves, trunk, water, soil, and sun:
Each event related to the others, and 'tree' arising out of their relatedness.
Looking at herself or another, he sees the same thing.*

- Lao Tsu's Hua Hu Ching
The Unknown Teachings of Lao Tsu

*Something inside me has reached to the place
where the world is breathing.*

- Kabir
Mystic poet, saint of India

*Physicists explore levels of matter; mystics explore levels of mind. What they have in common
is that both levels lie beyond ordinary sense perception...
At this deep level, ecology merges with spirituality because the experience of being connected
with all of nature, of belonging to the universe, is the very essence of spirituality.*

- Fritjof Capra
US physicist, systems theorist

One with the universe

*When we try and pick out anything by itself, we find it hitched to everything else in the
universe.*

- John Muir
US naturalist, author,
early advocate of wilderness preservation

Your might be asking yourself, "How can we possibly be one with the universe?" From the left-brain perspective of our physical world, we would appear to be isolated from other planets, solar systems and galaxies in the universe by (literally) astronomical distances. Even through the fastest known physical interactions, at the speed of light, it would take four years to reach the nearest star, Alpha Centauri; and in many cases millions of light years to reach other stars and galaxies.

Some mystics sense a direct awarenesses of our connectedness that extends across outer space to distant worlds. This is simply an extension of our psychic abilities, which have been amply confirmed

by parapsychology research. Meta-analysis of studies of telepathy (Radin, 1997) demonstrate significant mind-to-mind communications ($p < 10 \times 10^{-8}$ = odds against chance of 10 billion to 1). Meta-analysis of studies of clairsentience (Radin, 1997) demonstrate significant awareness of the inanimate world around us ($p < 10 \times 10^{-5}$ = odds against chance of 10 million to 1). Numerous mystics have suggested that it is possible for many people to open to such awarenesses.

While no one has confirmed any of the theories proposed to explain psychic abilities, many speculations have been put forward about resonations in quantum physical dimensions that can cross the boundaries of space and time (Edge, et al. 1986; Feather and Schmicker 2005; Radin, 1997; 2006).

Our needed renewal will come from within ourselves and it will be centered in the playful awareness that each of us is a living universe, that each one of us, however fitfully, is capable of rebirth and that each one of us embodies that same love-lighted stuff that fires the atoms and fuels the stars.

- Rolland Gammon
US writer

Many intuitives and mystics, needing no research to confirm their first-hand experiences, report it is possible to become aware of life in distant places across our universe.

The truth is, there is no privileged revelation, no hidden knowledge reserved for initiates only or an esoteric elite. Our cosmic connection is always present (hardwired in us by Nature herself) and absolutely inviolable. It is our inalienable birthright. We need only claim it. Or reclaim it, as the case may be. For we are all natural sensitives – psychic from the start, mystically attuned to the larger rhythms of the cosmos since before our physical birth and forever after our physical death. Only we have forgotten.

- Joseph M. Felser
Author focusing on intuitive awareness

In many healing and mystic traditions it has been taught for centuries that we have come erroneously to believe that we are one with the universe.

You and I and everything in the universe exist as a part of the endless flow of God's love. Realizing this, we recognize that all creation is bound together by the same benevolence. To harmonize with life is to come into accord with that part of God which flows through all things. To foster and protect all life is both our mission and our prayer.

- Morehei Ueshiba
Founder of Aikido

*I live my life in widening circles
that reach out across the world.
I may not ever complete the last one,
But I give myself to it...
I have been circling for thousands of years,
And I still don't know:
Am I a falcon, a storm, or a great song.*

- Rainer Maria Rilke
Bohemian-Austrian poet focusing on challenges in
communing with the ineffable All

When there is no more separation between 'this' and 'that,'
it is called the still-point of the Tao.
At the still-point in the centre of the circle
one can see the infinite in all things.

- Chuang Tzu
Chinese philosopher

*I have been thinking of the difference
between water and the waves on it.
Rising, water is still water,
falling back, It is water.
Will you give me a hint
how to tell them apart?*

*Because someone has made up the word 'wave,'
do I have to distinguish it from water?*

*There is a Secret One inside us;
The planets in all the galaxies
Pass through his hands like beads.*

*That is a string of beads one should look at
with luminous eyes.*

- Kabir
Mystic poet, saint of India

*The goal of life is to make your heartbeat match the beat of the universe,
to match your nature with Nature.*

- Joseph Campbell
US writer on comparative mythology
and comparative religion

One with the Infinite Source

Many have suggested that each of us is as a cell in the brain of the Infinite Source/the All. I hasten to share that I prefer the term *Infinite Source* over the term *God* because the latter term has been masculinized in Judao/Christian/Muslim traditions. I believe there are both masculine and feminine aspects/principles in the Infinite Source. And if we accept that our planet earth is but one of a likely number like many trillions of planets in the universe on which life is probably present, it is more like each of us is a subatomic particle/wavicle in the mind of the Infinite Source. And yet, every one of us makes our unique contribution to the consciousness of the All.

*Standing on the bare ground - my head bathed by the blithe air and uplifted into infinite space -
all mean egotism vanishes. I become a transparent eyeball. I am nothing; I see all; the
currents of the Universal Being circulate through me; I am part or parcel of God. The name of
the nearest friend sounds then foreign and accidental; to be brothers, to be acquaintances,
master or servant, is then a trifle and a disturbance. I am the lover uncontained and immortal
beauty.*

- Ralph Waldo Emerson
US author

*Human beings, vegetables, or comic dust,
we all dance to a mysterious tune,
intoned in the distance by an invisible player.*
- Albert Einstein

*And I have felt a presence that disturbs me with the joy of elevated thoughts;
a sense sublime of something far more deeply interfused,
whose dwelling is the light of setting suns, and the round ocean
and the living air, and the blue sky, and in the mind of man;
emotion and a spirit, that impels all thinking things,
all objects of all thought, and rolls through all things.*
- William Wordsworth
English romantic poet

This increased ability to peer deeply into life allows you to look past the Illusion and to recognize - to 'know again,' to re-cognize - your Reality. It is by this process that you remember Who You Really Are.
- Neale Donald Walsch (2002a)
US Author

The Essence of Who You Are knows precisely and exactly when the Process of Life Itself calls for you to merge with the Oneness and to emerge from it, in order for you to Know the bliss of the Oneness through the Experience and the glory of its Individuation.

The system works perfectly. The balance is precise. The design carries the elegance of a snowflake.

To the Oneness you return, and from the Oneness you emerge, over and over again, eternally and forever, and even forever more.
- Neale Donald Walsch (2007)

Profound changes of perception came, without warning, in improbable circumstances. While dining alone at a restaurant on Long Island, the Presence suddenly intensified until every person and thing, which had appeared separate in ordinary perception, melted into a timeless universality and oneness. In the motionless silence, I saw that there are no "events" or "things" and that nothing actually "happens" because past, present, and future are merely artifacts of perception, as is the illusion of a separate "I," subject to birth and death. As my limited, false self dissolved into the universal Self of its true origin, there was an ineffable sense of having returned home, a state of absolute peace and relief from all suffering. For it's only the illusion of individuality that is the origin of all suffering – when one realizes that one is the universe, complete and at one with all that is, forever without end, then no further suffering is possible.

- David R. Hawkins, MD
US psychiatrist , mystic, spiritual teacher, author

Synthesis

If we accept that we are one with every other human being; with every other living organism; with every so-called inanimate aspect of our planet earth; and with the vastness of the universe beyond; and that in fact each and every aspect of the universe – including ourselves – is a manifestation of the Infinite Source, then the world we inhabit becomes a very different place. It is no longer a place over

which humans are rulers; no longer a resource for our exploitation. It is a place where each of us has an obligation to do our best to contribute our best intentions, energies and actions to the collective consciousness.

Making the decision to do this is an essential but small step. 'Getting there' can be a lifetime's journey.

We feel it is high time for man to branch out and include in his horizon the different forms of life which are part of his world. He has been forcing his own creations and vibrations on the world without taking into consideration that all living things are part of the whole, just as he is, placed there by divine plan and purpose. Each plant, each mineral had its own contribution to make to the whole, just as each soul has. Man should no longer consider these as lower forms of life with no intelligence and therefore not to be communicated with...

You are not aware of much of inner intelligence and much of your own body is beyond your control. You are conscious of only a certain part of yourself, and likewise you are conscious of only a certain part of the life around you. But you can tune into the creator within and around you. There are vast ranges of consciousness all stemming from the One, the One who is this consciousness in all of us and whose plan it is that all parts of life become more aware of each other and more united in the great forward movement which is life, all life, becoming greater consciousness.

... let us grow in consciousness, unity and love under the One.

- Machaelle Small Wright
Developer of Perelandra flower essences

If [man] thinks of the totality as constituted of independent fragments, then that is how his mind will tend to operate, but if he can include everything coherently and harmoniously in an overall whole that is undivided, unbroken, and without a border then his mind will tend to move in a similar way, and from this will flow an orderly action within the whole.

- David Bohm
British quantum physicist, theoretical physicist,
philosopher

You are constantly being attracted, compelled toward union with one another (and with all that is in the Matrix), then, at the Moment of Unity, being repelled by conscious choice away from that Unity. Your choice is to remain free of It, so that you can experience it. For once you become part of that Unity and remain there, you cannot know it as Unity, since you no longer know Separation.

Put another way: for God to know Itself as the All of It, God must know Itself as not All of It. In you – and in every other energy unity of the universe – God knows Itself as Parts of All – and thus gives Itself the possibility of knowing Itself as the All in All in Its Own Experience. I can only experience what I am by experiencing what I am not. Yet I am what I am not – and so you see the Divine Dichotomy. Hence, the statement: I Am that I Am.

- Neale Donald Walsch (1997)
US Author

Why is all this important? We human beings are destroying our planet – through exhaustion of natural resources; overpopulation; pollution and global heating. We must awaken from

- Our trance of magical thinking, of believing that we have been given dominion over all of creation for our personal, selfish benefits;

- The myth that our planet has an inexhaustible supply of resources that will satisfy our needs;
- The beliefs that earning money, and accumulating more 'things' is proof of our success and status – even to the point of indenturing or even enslaving ourselves to banks that lend us money in order to do this;
- The misguided trust that the land and waters and air can continue to sustain us, even if we turn them into garbage dumps;
- The mistaken hope that we can continue to heat the earth with carbon emissions with impunity;
- The trust that scientists will figure out ways to 'fix' all of these problems – without our having to change our lifestyles in significant ways.

These false beliefs appear to be aspects of suicidal behaviors of humanity. These facts are known and well documented in research (Brown, 2008; Hawken, 2007). We are letting our politicians ignore them, allowing our elected officials to be more responsive to monied interests than to our votes on issues that are essential to survival of every living organism on our planet. We don't know whether our children, much less our grandchildren will survive if global heating continues.

If we fail to waken from this cultural trance and mistaken dreams of endless planetary resources, we don't know when and where we'll reach a tipping point, beyond which there will be no stopping the processes that will almost certainly eliminate all but the most primitive forms of life on our planet.

Waking up from our lemming's march to the edge of the cliff of planetary destruction is not a choice, it is an imperative!

Within each of us, in the ground of our being, powers reside for the healing of our world. These powers do not arise from any ideology, access to the occult, or passion for social activism. They are inevitable powers. Because we are part of the web of life, we can draw on the strength – and the pain – of every creature. This interconnection constitutes our 'deep ecology': it is the source of our pain for the world as well as our love and appetite for life.

- Joanna Macy
Environmental activist, author,
Scholar of Buddhism, general systems theory
and deep ecology

*When we meet
In the heart of the Creator,
Our wounds
Become a Warrior's footprint,
Out trials and tribulation
Become a healing balm,
Our dark night,
A passage into day.*

- Robert D. Waterman
US Developer of Noetic Field Balancing

As your sense of Oneness increases, the pain and disappointment will vanish from your life.

- Neale Donald Walsch (2002b)
US Author

Many will say that there is nothing they, as individuals, can do to change our situation. That is a symptom of individual and collective suicidal thinking.

As human beings, our greatness lies not so much in being able to remake the world -- that is the myth of the atomic age -- as in being able to remake ourselves.

- Mahatma Gandhi

I am done with great things and big things, great institutions and big success, and I am for those tiny invisible molecular moral forces that work from individual to individual, creeping through the crannies of the world like so many rootlets, or like the capillary oozing of water, yet which if you give them time, will rend the hardest monuments of man's pride.

- William James

US psychologist, philosopher, author

Trust nature and do not worry. Leave both you mind and body to nature. Do not recognize friend or foe in your mind. In your heart let there be generosity as large as the sea which accepts both clean and unclean water. Let your mind be as merciful as nature which loves the smallest tree or blade of grass. Let your mind be strong with sincerity that can pierce iron or stone. Repay the forces of nature, work for the good of all and make yourself a person whom nature is pleased to let live. This is the true purpose of training.

- Koichi Tohei

Teacher of Aikido

Opening our awareness to our oneness with all other humans, with all living beings, with our planet as a whole, with the universe and with the Infinite Source is a major step towards finding the ways through our problems.

There are no passengers on Spaceship Earth. We are all crew.

- Marshall McLuhan

Canadian author, educator, philosopher

*You must give birth to your images.
They are the future waiting to be born...
Fear not the strangeness you feel.
The future must enter you
long before it happens.
Just wait for the birth,
for the hour of new clarity.*

- Rainier Maria Rilke

Bohemian-Austrian poet focusing on challenges in communing with the ineffable All

A Statement By Some Evolutionary Leaders:

OUR PURPOSE:

We will not rest until we build an Earth community that matches all of our love for all of the grandchildren.

OUR BELIEFS:

- 1. Everything is at stake.*
- 2. Whatever we do right now, individually and in community, will determine our future.*
- 3. We have the chance to live the most meaningful lives ever lived.*

OUR COMMITMENTS:

- 1. Every day, I will take time to remember that everything is at stake.*

2. Every day, I will take time to remember what I am grateful for.
3. Every day, I will work to overcome my feelings of separateness and cultivate my feelings of oneness.
4. Every day, I will make intentional choices about how I spend my time and money.
5. Every day, I will take time to build connections to a diverse community that inspires, educates, and empowers action to create a world that works for all.
6. Every day, I will experience the awe of nature that flows from the interconnection of all life.
7. Every day, I will experience the joy and meaning that comes from knowing that what I am doing is making a difference, in my life, in my community and in the world.

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