

Part 2

Creating Unity Not Separation

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Introduction

We grow up admiring and idolizing successes.

We desire to be one. Our culture and history are directed at fulfilling our destiny and discovering what truths the world holds for us.

We grow up with the “I” firmly implanted in our psyches. There is very little “us” or “we” or group success in our vision.

Yet the world is dependent on “Unity” and there is clearly not enough of it.

Maybe our global culture is still stuck in the past sciences and has not yet embraced the new sciences. The past sciences of Classic Physics and Materialism are being supplanted by the much more spiritual sciences of Quantum Physics and Chaos

Theory. The idea that consciousness and even love may be the main ingredients of the Universe has a growing number of followers. It is a matter of perspective.

As we transition, we have the ongoing battles between the Darwinists and the Creationists. We have the battles between those scientists who believe that matter is the main unit of the Universe and the atom is at the core. The old scientific theories state that everything originates in the brain and the new science says there is more than meets the eye in the universe.

Why is it important? The old sciences speak to our limitations and leave too many observations created by new technology unexplained. The new sciences speak to our unlimited connectivity, our ever lasting consciousness, and our unlimited potential.

Has the new science created spiritual awareness among scientists? The Darwinists frequently claim their science has led them to be atheists. Is the belief in a Creator a key to the truth of reality or are we still looking for a physical presence as proof?

Even though Darwinists are generally atheists, they revere Einstein and respect his accomplishments. Einstein along with many great scientific and great thinkers of the past testify that there is daily evidence of a greater power at work in the Universe.

Once again, why would this be important to how we conduct our lives?

Chapter One How Do We Develop Our Goals?

We are a goal oriented global culture. We are born as individuals and very egocentric. From our earliest days, our parents are doting over us and nurturing us. We have a psyche that needs nurturing.

Humans remain in the household longer than any other species on earth. The long term nurturing and care is to prepare us for our venture into the world to make our mark. By the time we are ready to emerge after years of room, board, care and education, we have the feeling we have a debt to pay.

The debt is to be independent and self sufficient. Being a success is the emotional reward we owe our parents and all those who have invested in our progress. It has been their continuing expectations and hopes that we would become someone everyone could be proud of. Sometimes they even tell us what we should be.

They, of course, wish us happiness, but the need to be independent financially is an obligation we owe to get off the dole. It is even subconsciously known that some day we may be paying back our debt by taking care of our caretakers.

There is no doubt the freedom of our pursuits can be very dependent on the financial status of our parents. If they are extremely wealthy, they may push their offspring to the arts or to community service. As the wealth status drops to the status of just surviving, the pressure to work to earn a living becomes more critical.

What happens to the pursuit of happiness and purpose? What happens to the feeling of a connectedness to everything on earth? What happens to the feeling that we should contribute to the greater good as we try to fulfill our own purpose?

We are often raised with religious beliefs that see God as external to ourselves and we have the obligation to live by his laws. It is not that religion is not good for us, it is that religion also has us at the mercy of other's rules and does not encourage us to decide our own truths.

Our early life has us absorbing and deciding which lessons to follow and who might be the best authority to ensure our success. We listen to parents, teachers, community leaders, politicians, our music, sports, movie heroes, and our friends.

We often grow up with the need to win approval. We have this debt to pay and the need to succeed. We have to show that we are accomplished and even prove we are happy. We tend to acquire the standards of what successful people acquire and do what others do. We stress our personal individuality, but it is usually within the confines of a narrow group of expected and accepted values. We want to be one with the group we value most.

The many large and small communities to which we belong have rules and we are pressured to follow the rules. We have a community of family, friends, work, industry, city, and nation. We adopt the values and follow the rules of our communities.

In looking for our individuality we might also be trying to reconcile our values to the expectations of our groups. We have a lot of roles to play and who we really are doesn't seem to be important to groups. Holding the groups as sacrosanct and making our contribution as a loyal member is really what is expected.

To express who we are requires a development of authenticity. We can get so lost in a life of compliance that we fail to build an inner core of who we are that blends with the outer core of group compliance. When we start by living to group expectations, it can be more difficult to build our personal authenticity.

It would seem that the increase in the median age of depression over the last 50 years from 29.5 years old to 14 years old is an expression of the frustration and anxiety caused by expectations not being congruent with our own self development.

Although nothing is more important than connectivity, we have separated from true connectivity and personal authenticity and arrived at true disconnection. We have the obligations and needs to be independent and win approval and the internal need to be nurtured, belong, and loved.

We are raised to satisfy a lot of expectations and then contribute to our communities. In the end we are told that our reward will be happiness. It might be much more productive for everyone and rewarding for ourselves if we reversed the process.

Chapter Two Reversing the Process

What do I mean? Modern science coupled with the modern spirituality says we are already everything we need to be. We don't have to become something. We have the real purpose of expressing who we are. If we are perfect at birth, expression of who we are would be a great contribution.

We could start with the realization that we have been evolving for 500 to 1,000 generations depending on our heritage. We are born a highly evolved life form. We are born with the capability of knowing everything that exists through our senses and connecting with what we can't see through our consciousness.

Consider that our first community is the Universe. A second community is nature and life on earth. We have intuited that we have a soul or consciousness that links us to past, present, and future existence. Quantum Physics theorizes that we can connect to more information in the space around us than we will ever gather in left brain activity

We connect to this information and to our consciousness through right brain activities of creativity, intuition, and revelation. We can access these modes by reducing the amount of external stimulus. We can find greater knowledge inside than outside.

We can find greater connectivity by recognizing our membership in the larger communities that are really responsible for us being here. Connecting to the larger communities first makes our path and values more clear. Understanding the first truths eliminates a lot of the fear and confusion we experience trying to find our way.

Humans get their personal power by directing other humans on what they should do. Think about how many people, laws, and rules have been telling you what to do since you were born.

When you recognize that first you belong to the larger communities of the Universe including nature and all living things, you can comply with everyone's rules but you are aware of a more important group of laws and how and why you arrived.

We can realize that actualizing the already perfect being that we are can start with happiness, gratitude, and love. We can start giving instead of needing only to receive. We can express who we are in our higher state of consciousness and be making the exact kind of contribution our secondary communities really need.

By evolving who we are through pursuit of passions and self expression, the outside communities of family, friends, teachers, employers, and community get to clearly understand our values, principals and desire to contribute.

We are connected to consciousness that is ever lasting and positive. If we get connected to who we really are, our expressions will be positive, optimistic, loving, generous, and purposeful.

Let's get to the science for awhile and then we'll come back.

Chapter Three How Can Science Change Our View?

As I began my research into problems afflicting the world, it was easy to find source material on so many issues that perturb our existence. Right now global warming, declining natural resources, economic melt down and recovery, increasingly destructive weather, starvation in half the world's population, wars for freedom and control, are but a few of the issues we visit in the news on a daily basis.

These all give a very pessimistic forecast for our future. I was feeling very sorry for the world, my daughters' futures, and what grandchildren were going to inherit. Luckily this research led me to more optimistic territory. In fact, as a trail led me out of the valley of despair into the mountains of larger truths, I went through my own life transformation.

The higher plateaus of Modern Science and accompanying Spirituality, gave me the Spiritual epiphany for which I had been subconsciously searching. Whereas the trail out of the valley worked for me, it might not be the same for everyone. I had laid the ground work by a life time of spirituality. I have also read innumerable books about our brain, thinking, creativity, community, spirituality, consciousness, super natural occurrences, Quantum Physics, Chaos Theory, the Big Bang, and God.

If you wanted to follow the same path, you could see the books I read in my websites' Resource pages. It might take a long time to become expert in all of these areas I mentioned, but it doesn't take a long time to comprehend the scope of man's inquiries and beliefs. Each one could lead to a trail of more depth investigative research or to a new inquiry.

What do I mean? I don't have enough time to become an expert on how the mind and brain work together, neurology, psychology, para normal experiences, quantum physics, chaos theory and ancient teachings of science and spirituality.

I do have enough time to read great books by people who are experts and have spent their lives studying these disciplines. They have brilliantly translated their learning to levels of understanding for the laymen to grasp their findings.

I find as a writer and I appreciate in the writers I read, that there is an art or sort of transmission like apparatus where you relate the very detailed information you have discovered into a lighter banter for an audience that doesn't quite have your same need for the details.

In this context, I summarize the many books I have read and continue to read into the basic information necessary for this E Book. I don't get into quoting all the sources or thoroughly discussing the findings that led to my conclusions. I am just giving my personal conclusions in the attempt to make it flow quicker. Thank you for your understanding.

Classic physicists and materialists have held that matter is the basic unit of the Universe and that the atom is the foundation of that matter. Classic scientists would also hold that the brain is the creator of all we think and know

The further conclusions would be that the atom is a stable unit and we understand how the world works with the atom as the basis. Added to this group would be the Darwinists who believe that all life has evolved from a single cell and there is no proven presence of a God or Creator. The brain is the source of all our knowledge and when we die, the body ceases to exist and all we are disintegrates into dust.

Quantum Physics, New Consciousness Theorists, and Chaos Theory would take issue with these assumptions, premises, and conclusions.

Quantum Physics holds there are many realities revealed by newer technologies that old science ignores. This modern science says there is the existence of forces in the Universe that we can't see and maybe even record or prove.

The new consciousness theorists say that our consciousness enters our bodies when we are born and returns to the Universal consciousness when we die. While in our bodies, this consciousness gives us access to information that exists in the Universe and allows us to tap into it for knowledge, creativity, and love.

The fact that modern science has found substances smaller than atoms and that these substances are unstable gives way to discrediting classic physics and rise to Chaos Theory.

Many great scientists and artists have credited revelations and epiphanies to reaching into this consciousness for answers to their problems or compositions in fields of their expertise.

As I have stated in my other writings, Einstein credits the Theory of Relativity to a revelation, Mozart says his symphonies all appeared in his head before he put pen to paper and the creator of the Periodic Tables we have all used in school say the entire order of the chart appeared in his mind.

Creativity does not usually occur while we are involved in the brain's left brain process of calculating, logic, or language mode. It usually occurs in the right brain mode when left brain activity is suspended and we are accessing our intuition or subconscious.

"Flow" is described as engaging in a task in which we have developed competence and that is a challenge but not overwhelming. In this process we suspend fear of judgment, experienced relaxed focus, and lose track of time.

This is a process of reaching into our higher self for peak performance or creativity. It is an activity that results in the creation of dopamine, our brain's happiness chemical.

Modern science would say that we have unlimited potential to learn new information, create, find purpose, and fulfill our entitlement to happiness by allowing our consciousness to access a larger reality than we can sense; a reality that classical scientists say doesn't exist.

Modern scientists in defiance of Darwinists say there are too many animals and species that have such exacting capabilities for survival, that they could never have existed if they had to rely on evolution.

The Kabbala and Modern String Theory say that before there was a Big Bang there was an energy and that this energy exploded into an ever expanding Universe. This explosion contained the elements of life and at a certain point gave rise to that life.

Classic science and physics say that life began from one cell, but they are not sure how that cell was created. Many say it was planted on earth by superior aliens, but that doesn't explain how the aliens came to be.

Chaos Theory says disruption is a natural phenomenon. Out of disruption comes new order. The many processes we would see as destructive to our civilization have been in process since the beginning of the Universe.

Chaos Theory holds that there are never ending positive and negative feed back loops that create non linear results. The 100 foot wave in a 40 foot sea is a non linear result. A hurricane is the result of temperature, pressure, currents, and other phenomena to

create a feed back loop that looks incredibly destructive. Yet it is the natural result of the feed back loops that result in releasing energy.

Nature is continuously balancing out pressures we often see as calamities. The negative feed back loops that may start as a small breeze and warmer water coming together to create a hurricane may be a non-linear event. We experience these non-linear results in our daily lives. A single action can result in a wave of following reactions that have non linear results.

Sometimes an innocently intended remark or comment can result in the end of a relationship, a job, or a political career. A message on Face Book could result in governments falling in the Middle East.

Modern Science says there is so much we don't know and cannot explain. Modern science through quantum physics, chaos theory, concepts of consciousness, and theories of how the Universe began open new avenues to who we are and why we are here.

I have followed the Spiritual thread to have a new belief that God or the Creator is in us in the form of the basic elements hydrogen, oxygen, nitrogen, and carbon to name a few. These are the basic elements uniting all the planets, sky, space, water, and life in the Universe. Some elements like hydrogen and then helium were the first out of the big bang and continue to be the basic building blocks of everything that exists.

One has to take the leap of faith proposed in the "God Code" that the Creator revealed himself to the ancients with messages of how we came into existence and how we were created.

But this was my vehicle. The idea that God is in us and we are all connected can be achieved though many paths.

I have grasped the positives of Modern Science to believe that we are connected to the vast source of information and never ending consciousness. I believe we should accept the view that we are part of a 15 billion year evolution that will continue long after our bodies have turned to dust.

I don't think we are born to be plumbers or movie stars or quarterbacks. We each have an essence that connects us to each person, each living thing, and all matter on earth. We are connected in the ever unfolding chaos of creative destruction and recreation.

The chaos within our own cells creates what seems to be order. Our body replaces the trillions of cells it contains, but seems to carry on with who we are. The single cell of DNA that expands to the trillions of cells in our body, contain instructions that would fill millions of manuals.

The point is that we should begin with a better understanding and appreciation of who we are and how we got here before we decide our life purpose. We should have an understanding greater than what we learn over the early years of our formal education.

We should have more opportunity to explore our purpose and our connectivity before setting out on the roads more traveled. A concept of the largest community we belong to might give us a better grasp of how to contribute to the smaller communities to which we belong.

So, let's get back to "Reversing the Process"

Chapter 4 Reversing the Process part 2

If we start from the premise that we are part of a larger reality and that we only sense a small part of it, we can move on to a few more assumptions.

If the Universe does not evolve around us, we can accept that we are part of a larger scheme and have an important role to play. All life and all matter are made of the same basic elements so either some one lacks imagination or we are meant to be One.

If hydrogen is the most abundant element in the Universe and a part of the air, water, earth, and DNA, there must be a scheme. If the Universe is 15 billion years old, we can assume that it doesn't destroy easily.

As much surface turbulence as we see on earth, it seems to have survived after 4.5 billion years. Life began on earth at least 500 million years ago and has had its highs and lows, but keeps adapting to changes.

Modern science tells us change and even chaotic change are part of nature and that Chaos probably existed and became the cause of the Big Bang. The energy explosion resulted in creating some order in the form of planets, solar systems, and now life.

Seeing ourselves as an integral part of this scheme is a good place to begin to understand the role we should play. We might ask why we are here and what should we be doing while we are here?

Man above all creatures has been given Free Will. He has a brain and a mind and intuition. Classical and Modern scientists both say we have consciousness that certainly exists while we are alive. This consciousness floats in and around our mind and brain and creates a third element of knowing if we know how to access it.

Modern Scientists, doctors, and researchers say this consciousness allows us to perceive information that might not be perceived by our five senses. It becomes a leap

of faith to feel there is something just out of reach, vision, and true knowing. Many of them started resisting this possibility and in the end couldn't deny it.

We tend to get glimpses of it now and then and maybe deny its existence. Revelations, creativity, extra sensory perceptions, remote knowing, near death experiences and other forms of knowing might get our attention and then fall into our category of denial.

Some people are willing to explore and face their fears of accessing the realms of the unknown. Regularly accessing more information becomes a useful tool for productivity, creativity, and happiness. By an extension some say it is all love.

Feeling connected to the larger scheme gives one faith. It doesn't have to be religious faith. It is faith that there is an order, natural laws, and abundance. The greatest reward from feeling connected is not money, but feelings.

The feelings are expressed with the limitations of language and they can be different sensations for different people. We talk about happiness, fulfillment, joy, satisfaction, gratitude, and love.

The subset of these feelings tend to be confidence, courage, spirit, positive thinking, optimism, discipline, generosity, contribution, and community. I am sure you can think of more words for both categories.

In "The Happiness Advantage" by Shawn Achor, his research showed that people who start out happy tend to be better achievers. Daniel Goleman in "Emotional Intelligence" provided the well accepted theory that "flow" is the highest form of emotional intelligence.

Neurologists and Psychologists say that "flow" delivers our happiness chemical dopamine. The fun of engaging in an activity we enjoy and in which we have competence seems to be a ticket to dopamine.

Though love and happiness cannot be purchased in the market place they seem to have subjective meanings to most of us that place them at the top of the hierarchy for worthwhile achievement.

When questioned about goals and desires, most people place love and happiness as the result desired from achievement.

So rather than wait a life time to get what we want most, how can we start out with what we want most and let everything else wait?

This would be reversing the process for most people.

Chapter 5 Developing Who We Are

When most people are asked to tell something about themselves they will start out with something like “I am an architect and a father and I love to mountain bike...” or “I am a lawyer and a mom and a very good cook...”

If I were able to ask an Antelope and a Beaver to tell me something about themselves they would probably start with “I am an antelope and I live on the plains in Africa..” “I am a beaver and I live in a stream in Alaska...”

Silly yes, but here’s the point. If the architect has a bad week and loses a contract and maybe even his firm, does he feel his life is over? If the lawyer loses a case she should have won and her firm wants to fire her, does she feel like a failure? Do they lose track of their humanness in their identities with their jobs?

As humans we often tend to identify with events, achievements, and possessions because we have no sense of who we are or what our highest purpose might be? This usually results because we started off trying to pay off our debts to society. We are trying to pay back all the people that invested in us and have high expectations.

These continuous acts of separation as described in “The Emissary of Light” keep us separated from who we are and leads to living a life of fear. We experience ups and downs, joy and depression, confidence and anxiety as life events change. There is no constant of who we are.

In a sense we have our own chaos, but we don’t see it as part of the natural order. We see it as the difficulties of becoming who we think we should be. We see ourselves as individuals trying to make a name for ourselves. We vow that when we become rich, we will give to the less fortunate.

If we start out or begin now in seeing that we are a part of a grand order and entitled to be happy, we might decide to take our happiness now as our gift. If we can appreciate that all the stuff we are supposed to do is important for survival but not who we are, we can rise above the man/society imposed chaos.

If we can start with gratitude, optimism, faith, and love, we will see our role differently. We will realize the need for a BMW might be good for our ego, but it does not bring lasting happiness.

We start to understand that expressing our gratitude and happiness becomes much more rewarding. How do we do that? We give kindness, we are more accepting, we express our love, we give moral support, we see our place in the community and the importance for cooperation in all levels of life.

We develop our core competencies that align with our passions and engage in activities that make us happy. We take care of our bodies with natural food and exercise. We take care of our spirit by rejecting negative feelings. We take care of our minds by reducing the busy-ness distractions and empty pursuits.

We find our real purpose and happiness in finding our voice and improving our contribution.

Chapter 6 Contribution

We self actualize not by just becoming a great attorney or quarterback and then feeling the generosity to help others. We develop gratitude that we are here and then the realization that helping others everyday is who we are.

Part of self actualization is feeling good. We need to be pro active to get the wagon rolling. We begin our first acts of gratitude by recognizing we were given a great body or vessel to experience our short time on earth.

If you were going to take a journey in your car across the United States, you would look at the tires and get the engine fluids replaced. You would want your car feeling good for the demands you were going to make.

Your body, mind, spirit, and consciousness all react positively when you put the right ingredients in your mouth. As one person said, you can't control your weight, but you can control what you eat.

The body was meant for exercise. Unfortunately, like so many automatic processes controlled by the stem cells and reptilian brain, there is no daily get out and run reflex.

Taking pride in your body is part of gratitude. It isn't the pride of looking in the mirror to check out your butt. It is the pride that you are providing the nutrients found in nature. It is the pride that you are giving your body nutrition it recognizes and will put to work to maximize your potential.

It is the discipline developed and needed in human society to avoid all the bad temptations that taste good but provide negative results. It is the confidence developed from knowing you can control your appetites. It is the courage developed that you can point your well functioning vessel at a target and anticipate positive results

From gratitude, confidence, and courage you can engage in challenging activities. You might have to acquire new knowledge or gain new skills. If you body, brain and spirit are operating in a positive mode, you can learn all your life.

Your brain has plasticity. It will form new patterns to adapt to new learning. Your muscles will grow in response to new demands. Your spirit will improve with the challenge of fun objectives.

The better you feel, the better you want others to feel. The more content and peaceful your spirit, the more generous you feel towards the difficulties others are experiencing. The more connected you are to the Universe, the more you empathize with global issues.

The more skill you develop and more generously you express yourself, the happier you are. This happiness has few substitutes. Materialism does not deliver the same contentedness as contribution.

If your services are valuable, the materialism will come. The greater your contribution, the greater abundance you will experience in every area of life.

Giving from who you are as opposed to working for the payment motivation have tremendously different payoffs. In that you have Free Will, you get to decide which you want.

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