

SPIRITUALITY

WITHOUT

GOD

by

Louise Samways

SPIRITUALITY WITHOUT GOD

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INTRODUCTION

I am often asked to speak to all kinds of community groups. After one lecture, a lively discussion developed about spirituality and religion.

Many of the people in this group of terminally ill men and women, and their families, said that they felt hurt and angry that their spiritual needs were not being considered because they were not religious. When asked about my own religious beliefs I explained that I had no religion. My own spirituality was expressed without God.

Since then I have been actively sought out by families in crisis whose differing religious and cultural beliefs within the family are creating terrible conflict. The open conflict is often triggered by the “hatching, matching and dispatching” events in family life when people need support from each other most. Because I have no religion they see me as an “independent” mediator and therefore often acceptable to everyone in the family.

Even so, I feel anybody consulting me, seeking advice, or reading my books and articles is entitled to be able to put anything I say in the context of my particular perspective. While Psychologists are trained to be as professionally objective as possible, it is foolish to delude ourselves into believing that our own backgrounds and beliefs have no effect on how we practice. This is one reason why I have written “Spirituality without God”. The other reason is that many of my non religious patients requested it.

Most people “inherit” religion from their family’s cultural and religious tradition. However in my family there is no religious tradition. My cultural heritage can be best described as “Australian Mongrel”. Although not “pure bred”, we do have the toughness and resilience of hybrid vigour from an interesting blend of various migrant and Indigenous ancestors who have lived deeply spiritual, joyful lives full of purpose and meaning. Their spiritual understanding demanded a strongly ethical lifestyle, but without God.

Those branches on the family tree that did encounter religion, decided it was just too conditional and divisive to meet their spiritual needs. The men found the hierarchy of power and demands for “obedience” intolerable. The women found the patriarchal nature of religion abusive and undermining their dignity and equality with men. As my feisty little maternal grandmother expressed it: “Religions were created by men. They are run by men for men..... Besides they try and take all the fun out of life.....especially sex.”

This article will probably be of most interest to those people who are looking for a spiritual frame-work in their lives, but who, for whatever reason do not believe, or may be disillusioned with a belief in God.

Take from these words as much, or as little, as you find helpful.

PREFACE

It is impossible to explore spirituality without considering probably the most spiritually aware and certainly the most ancient cultures on earth, those of the Australian Aborigines. Unfortunately English and other modern languages are poorly equipped to describe their unique spiritual beliefs.

Our vocabulary and sentence structure regards matter, mind, energy and spirit as separate entities. Everything is classified. Aboriginal languages do not make such distinctions. Their languages and their way of thinking describes place and function, meaning and purpose, because they understand that everything is connected.

It is therefore crucial that the stories of the Aborigines are kept alive in their own languages so that the integrity of their beliefs are retained. Aborigines themselves have to be the first to tell us their stories and explain their spirituality in English.

My description of Aboriginal cosmology relies heavily on what has already been written in English with the approval of Aboriginal people (particularly Robert Lawler's book "Voices of the First Day") and my own personal experiences with Aboriginal Elders.

In researching current theories of cosmology I realised there is considerable disagreement on many issues. Where there are conflicting theories I have deferred to and quoted the theory which is most consistent with Indigenous beliefs. The extraordinary continuity of Aboriginal beliefs and the success of their many cultures over tens of thousands of years gives us a valuable point of reference for understanding our beginnings, our spirituality and our purpose in life. Particularly when you realise the startling similarities between the perspectives of the People of The Dreaming and the discoveries of modern science.

Like my books, what you read here has emerged from listening to the needs of my patients and the people attending my lectures and workshops in the community. Particularly people who are wary of religion but who feel a strong need to pursue a spiritual life.

Many people with so much materially, feel life lacks meaning and purpose. So many feel at a loss when trying to impart meaning and values to their children growing up immersed in a culture that "knows the price of everything and the value of nothing". So many people feel helpless and frustrated when they read the daily newspaper or tune into TV current affairs. And so many have lives totally at odds with their needs as human beings; causing illness, anguish, conflict, frustration and feelings of loneliness and alienation from others and even from life itself.

I am often asked how I can feel optimistic and contented with life, especially when I deal with so much unhappiness and tragedy in my work and have no religion. Although many people find comfort and meaning with religious beliefs, there is an increasing number of people who find religion provides no answers and gives no meaning.

However spirituality does not need religious belief. You don't need religion to have meaning and purpose in your life. You don't need religion to feel life's spiritual dimension.

Regardless of how you choose to interpret spirituality, a spiritual life gives you the contentment and freedom that comes with humility, the feeling of belonging that comes from accepting responsibility and knowing right from wrong, and the energy to wake each day and embrace life with a great big hug!

TIME LINE

20 billion years ago our universe was created from the cosmos.

4½ billion years ago the earth was created from the sun.

For 400,000 years mankind has lived on earth.

For at least 120,000 years the oldest continuous culture that has lived and celebrated its spirituality is the culture of the People of the Dreaming: the Australian Aborigines. For them spirituality is a personal integral part of being.

For 80,000 years, in other parts of the world man has performed rituals to celebrate his connection to the cosmos.

For 8,000 years some of these newer cultures have expressed their spirituality by worshipping gods and idols, some believed in God-Kings.

And for only the past 3,000 years spirituality has been redefined as conditional on religious belief with institutional hierarchies worshipping a single god. A god that different cultures soon aligned closely with political power. These single god religions are exclusive: Judaism, Christianity, and Islam. Each believes theirs is the true god. A God who is separate to man and who is said to have made the earth for man to use.

The following words are for those who don't believe in God but who instead wish to reclaim, experience and express their spirituality in highly personal ways.

PERSPECTIVES:

People of the Dreaming

"You white fellas might have come from monkeys, but us black fellas were always black fellas. We were made in the dreaming"

Aboriginal Elder

"We have come directly out of the dreamtime of the Creative ancestors All other peoples of the world came from us"

Aboriginal Elder

"White fella pastor tell me that if I become a Christian, and give up my black fella ways, then I go to heaven when I die". I ask this white fella pastor "This place heaven, why it so special"? This pastor fella spend a long time telling me all about heaven.

But then I say to this pastor fella "Why wait 'til I die? If I stay with black fella ways I be living in heaven right now".

Aboriginal Elder

"On the mission on Sundays we go to Church. Long, long way to walk in hot sun. All them Priests and black fella boys ride in big cart. Them Nuns they walk behind with all us black fella girls walking and carrying all them little piccaninies.

In black fella ways all those Priests and big strong boys walk. Old people and picanninies ride in cart."

Aboriginal Woman Elder

"Dad was dangerously ill. He was in intensive care in a city hospital and not expected to survive the night. Mum's phone message had finally got through to this remote desert Aboriginal community where I'd been working for some time.

Somehow the medicine man in the community 'became aware of my troubles' and came to me. They asked if I would like them to try and help. I sceptically agreed.

They explained that as I was a close relative the healing would be better sent through me to my father in the hospital

I sat with the medicine men behind me and within a few minutes I felt an extraordinary heat on my back. When they left the hot feeling lasted for several hours.

The next day I got another call from Mum. She said Dad was miraculously better, but he had described having a strange dream during the night. He dreamt that he was walking through the desert guided by some old Aboriginal men looking for something.

When I mentioned this to the medicine men they explained they had taken Dad "to look for the source of his illness and destroy it".

Clinical Nurse Central Australia

For Australia's Indigenous People, in the beginning came the dreamtime. The beginning of an ongoing process when there was nothing but a huge energy field. Out of the dreamtime field came the Stars, moons and earth. And from the dreamtime other energy fields emerged: the dreamtime ancestors like the rainbow serpents that connected the energy fields of earth with those of all the cosmos.

"Our rainbow serpent is like your invisible low frequency radio waves at one end and your high frequency gamma and x-rays at the other. In the middle are the frequencies that let us see things, the colours of the rainbow".

Aboriginal Teacher's Assistant

These forces, these monsters of the dreamtime roamed over the earth and burrowed deep within it. As they roamed they created the landscape of the earth: the mountains, the valleys, the great plains, the lakes and the seas. At each place they left behind the creative energy, the dreaming of that place, its potential to create material life.

These monsters of the dreamtime, huge fields of concentrated energy, would pause as they roamed and draw out from their bodies bundles of energy to act on the creative potential of that place: to be stabilised as matter by naming or 'singing' them into existence: kangaroo, wallaby, dingo, possum, honey bee, turtle, roots, flowers, trees. Hence the power of a name: a vibrating pattern of moving air, stabilising energy as matter.

"You must not say someone's name if they die. If you say his name it messes up him going back into the spirit world. His spirit gets confused and hangs around. Doesn't know whether he's coming or going".

Aboriginal Elder NT

When the world was ready the ancestor dreaming monsters created man. Each tribe was created from the energy of their particular place: a material expression of the vibrating energy deposited there by the ancestors during the dreamtime, but still connected to the back ground energy field of the spiritual world. Therefore Man's position, where he is born, lives and dies intimately affects the pattern of energy, the continuing dreamtime process, of that place. How he chooses to live his life determines the degree of stability and harmony not only where he lives, but radiates influence throughout the whole energy field of the material and spiritual world.

"Men and everything made in the dreaming are like magnets. They have energy around them that affects everything and is affected by the energy of everything else".

Aboriginal Elder NT

Iron filings can reveal and enhance the flow of the invisible magnetic field around a magnet. Similarly red blood cells containing iron flows in the veins of creatures and connects them to the magnetic fields around them including the energy fields of the earth. The earth itself is connected by veins of magnetically sensitive crystals and minerals.

For Indigenous Australians *where you are placed in the energy field and how you then influence that field creates the relationships that give your life meaning.*

For Indigenous Australians, *maintaining stability, balance and harmony* in the continuous flow of energy from the spiritual field to all matter and from all matter to the spiritual field *is your purpose in life.*

The vibrations of the ritual dancing and singing energises the field. The flow of energy is enhanced when they coat their bodies with iron rich ochre, and use blood, which also contains iron, to stick bird feathers to their bodies. The feathers further enhance their awareness of the earth's energy field. They contain magnetically sensitive proteins which allow birds to "read" the earth's magnetic fields so that they can navigate the earth when they migrate.

Indigenous Australians realise that nothing is separate, everything is continuous because the field is continuous, just like the energy along the rainbow serpent. Only the form of the field varies: from field to matter to field, from spirit world to material world and back to spirit world.

All matter is sensitive to and part of the electromagnetic spiritual field. All plants and creatures including man can sense this field. Just as birds migrate by reading the magnetic field of the earth, Aboriginal Elders can follow the subtle magnetic field or song lines of the earth. Networks of song lines that traced over the Australian continent and at one time, continuously over the whole of the earth. Each section of the song lines energy is maintained by the tribal Elders responsible for that place. The sacred sites are the recharging and tuning sites for re-energising the field through ceremonies that pound the earth in dances or with special poles that are decorated with bird feathers, blood and ochre. The ochre being pounded to create highly magnetically sensitive iron chelates.

At other sacred sites rocks are 'sung' to make them sing. The vibrating air causing the large quartz crystals in the rock to vibrate and renew the field around them.

In order to have meaning and purpose, to maintain balance and harmony in the field, traditional Indigenous people understand that they must keep their awareness balanced between the creative unconsciousness of the background field and that of the created world of matter: To do this they must remain empathetic to the spiritual needs of both the field and themselves. (It is quite magical to watch older Aboriginal children and their parents teaching little children from the time they can understand language, empathy and respect for absolutely everything in their world: the creatures, the rivers and water holes, trees and mountains and for each other).

Man must resonate with the field. *This is man's spirituality:* Woman's role is the creation of life from the spiritual field. Man's role is to enter states of awareness, altered states of consciousness, dreaming states that resonate with the field allowing him and his thoughts to travel. Each level of initiation is an initiation and education into these states of awareness with the field, to energise it, tune it, and to guide the spiritual energy of the dead back to the spiritual realm.

The oneness of all things with the background field means there is no need for hierarchies. No king, no headman, no ruler. From an early age each Aboriginal person could survive physically totally independently of each other. His intimate knowledge, empathy with and connection to the environment allowed him to hunt and gather everything he needed. So everything and everyone has purpose. Everything and everyone gives meaning to the field.

Even the languages of these sophisticated people express this one-ness. The process of life and living are described not as separate objects but as place, form and function in the whole.

For Aboriginal people the law which guides them is the daily way of life, the rituals and ceremonies that maintains harmony and balance in the whole of the cosmic spiritual field in all its forms: Everyone and everything has equal access to, and a right to a joyous spirituality through their inbuilt sense of the field. Everyone and everything has a spiritual responsibility to all that the spiritual field encompasses in its creative force and consciousness.

Spirituality is a shared and mutual responsibility to maintain cohesion, harmony and connectedness of the whole cosmos.

For people and every other living thing, purpose and meaning come from fulfilling one's role in the energy cycle of life and death that maintains the field.

The pattern and nature of the field at a particular point in time expresses the ongoing process of the self creating and self organising spiritual force: the dreaming of the cosmos.

PERSPECTIVES: People of Science and Religion

The Creation of the Cosmos

In the beginning there was nothing. A vast void, dark and silent, a brooding creative force within a field of infinite and chaotic energy.

As more unstable energy was drawn into this creative force, a critical point was reached causing a mighty big bang.

In that beginning, separate bundles of vibrating energy were created, swirled by the great explosive forces that swept them into fierce currents and accelerating whirlpools, compressing these bundles of vibrating energy with enormous pressure until they were more stable together than by themselves. Energy became matter.

From that initial chaos a process of creating order from disorder began. A process that some believe defines the real beginning of Life. Life is therefore a self organising creative process that maintains itself in a constant cycle of renewal: From the background radiation of the spirit realm come patterns of vibrating energy, to form matter, and then returning ultimately back to spirit. A repeating cycle that creates order from disorder. A process that moves from simplicity to an evolving and spiralling complexity and therefore greater stability.

*Hence the purpose of life is to create , maintain and increase order, harmony and balance.**

The simplest parts that came from the massive explosion of the big bang were single positively and negatively charged vibrating bundles of energy. Pushed and pulled around each other until the forces between a single positively charged particle of energy encircled by a single negatively charged particle of energy created a more stable entity: a hydrogen atom.

These simple atoms continued to swirl into ever expanding whirlpools of sparking gases. As particles were crowded and crashed into each other, the collisions released bundles of light and energy. The crowding and competition for space created more pressure and more heat so great that the enormous whirlpool of hydrogen gas exploded to form the first generation stars.

From these nuclear explosions of hydrogen gas more complex, more stable wholes of vibrating elemental helium matter were formed until all the hydrogen in these first generation stars was exhausted. In a thousandth of a second the stars became dark, imploding as they collapsed on themselves. Then exploding again to create heavier, more complex, more stable elemental matter. Matter held together by the electromagnetic forces of positively and negatively charged particles of vibrating energy.

As the gases continued to compress, heat up and ignite they formed the next generation stars, causing even heavier matter to flow out from their surface.

One of those stars was our sun. The heavier matter thrown out from our sun became the planets and moons of our solar system, kept spinning around the sun by the gravitational forces between them.

However not all the new patterns, new life forms, that are created survive. Only those that have a shared harmony and balance with all the existing patterns can continue. New patterns, new self organising systems, new life must contribute to a 'mutual consistency' with all other self organising systems, all other forms of life.

* (This explanation of the beginning of the cosmos and definition of life is based on Elizabet Sahtouris' book 'Earthdance: Living Systems in Evolution' Praeger 1999).

In this way new patterns are experiments that over time either adapt themselves to the larger cosmic pattern of all life or disappear. *This is the lesson of life: adapt and become part of a shared and balanced harmony with the cosmos or die.*

Each cycle of life since the explosion of the big bang, each level of greater complexity, whether it be the formation of the simplest elemental matter, to the formation of suns, planets and moons, to the creation of the earth or the evolution of simple bacteria, plants, animals and man, is a repeating pattern. A continuous cycle where something whole separates into parts. As these parts compete, immense conflict can result until negotiation between them reaches a resolution. Resolution leads to co-operation between those surviving parts to form another more complex, more stable whole: a holon.

Holons come from within holons: planets around stars within galaxies. Holons join to form larger holons: a single negatively charged energy packet joins a single positively charged energy packet to become a more stable hydrogen atom, two hydrogen atoms join to become one helium atom. Some believe that many holons of bacteria joined together to create a larger holon to live within: animals like human beings. Tiny coral polyp holons join together to become large reef holons.

This is the continuing process of the evolution of life, the formation of increasingly complex, increasingly stable interdependent systems of vibrating energy embedded within other energy systems.

Then about 4½ billion years ago, from the holon of our sun, the earth was formed. A hot molten mass of all the elements of the universe. A new self organising system of vibrating energy: another life.

As the earth's surface cooled it formed a hardened crust, which repeatedly melted and cooled, so the lightest elements came to the surface and the heaviest sank to its core. This continually changing arrangement of simple elemental matter, and the more complex vibrating self organising systems of new compounds were continuously bombarded by heat and electromagnetic energy from the sun. Eventually the earth's energy organised itself into that of a giant spinning magnet with a continuous flow of magnetic energy through its core, over its surface and radiating into the cosmos.

This melting and cooling caused other tremendous forces to be released: cracking, heaving and buckling the crust into mountains and valleys, sliding whole continents around the surface.

As it cooled further, gases and steam rose from its surface to form a thickening blanket around the earth protecting it from the sun and most of the relentless bombardment from meteorites.

Eventually the earth cooled. The water vapour and steam formed clouds and then rain which pooled on the crust to form rivers, lakes and seas. The evolution of life had created another holon, a more complex living planet.

Fierce electrical storms struck lightning onto the surface forming new compounds, new matter. The molten core of the earth and the energy of the sun continued to feed electrical and magnetic fields with a complex pattern of energy flow influencing the elements, the compounds and increasingly complex forms of life embedded in the earth.

Over time this living earth with its own cosmic consciousness evolved increasingly complex self organising holons of bacteria, plants and animals.

As life on earth became more complex, forms of life evolved with ways of remembering and passing on information: The evolution of the genetic code.

Like all other forms of life in the cosmos this genetically coded life formed holons embedded in holons, individuals that worked to achieve harmony with their neighbours in order to survive.

With every cycle of life there was competition and conflict, only resolved by co-operation. In negotiating their place, external pressures selected organisms with characteristics with the most chance of survival, those characteristics being recorded in the genetic code were then passed to the next generation. Very occasionally a spontaneous mutation or mistake could occur in the cycle. If it was an advantage it was passed on to the next generation. The process of adaptation.

But it was not just chance that continued the evolution of more complex genetically coded organisms.

It is now accepted that most changes in the genetic code are quite deliberate as organisms use their intelligence, their cosmic consciousness to respond to changing forces and pressures around them: To reorganise their DNA, overcome problems, to further the purpose of life, to preserve itself individually and to create more stable and complex living systems to maintain harmony and order.

In this way bacteria holons created solar technology and recycling systems to create the energy they needed and maintain sustainable supplies of all the other resources they need. Even more complex bacteria realised that swapping bits of their genetic code gave faster and greater scope for responding to changed conditions, negotiating and resolving conflicts in their relationships with other holons. Hence sexual reproduction dramatically increased the options for maintaining mutual consistency, the shared harmony of the universe.

With increasing complexity, co-operation between holons enabled them to divide up tasks, to specialise and stop duplication and hence become more efficient.

This specialisation demanded a crucial balance of independence and interdependence. Those holons that could resolve conflict and co-operate survived best.

This process continued under the influence of a *magnetic field that weakened, reversed polarity and then surged in strength every one million years*. After each reversal of the field, when North became positive and South became negative and visa versa, massive extinctions within nearly all species on earth occurred as if the earth was cleansing itself and starting again with new patterns of life, new self organising systems. Some believe that there have been six extinctions and renewals of man's time on earth. Others believe that at each extinction remnant Indigenous peoples in the far south of Tasmania and perhaps the far north of the Arctic circle did survive.

The magnetic field weakens before a reversal of polarity. With the surge in strength of the energy field after each reversal life evolves and flourishes at great intensity.

In between these changes in polarity are periods of great stability. Now the field is weakening again, particularly in the last 10,000 years.

In the last reversal of the earth's polarity, about 700,000 years ago, the South pole became positive and the North pole negative. The magnetic energy field flows around the earth to join the magnetic energy flow from the sun, and then down through the earth's core to continue the energising cycle of the earth.

These invisible pulsing fields of force drive all life systems and connect them.

The cosmic consciousness creates and continues to create the patterns of these spiritual magnetic force fields. Vibrating energy fields that are the essence of all matter in the cosmos, affecting all other matter and connected to the magnetic energy field of the whole cosmos. This interconnection is illustrated when increases in sunspot activity that cause changes in the electromagnetic field of the earth every eleven years, increases the growth of trees and affects the red blood cells of animals and people.

The Creation of Man

Sometime after the last reversal of the magnetic poles about 400,000 years ago or perhaps longer, modern man evolved.

An evolutionary experiment: perhaps the first thinking being. An experiment that is still being run with mixed results. While some men like the earth's Indigenous peoples found a mutual consistency, a shared harmony with the cosmos, many men have not. Since the cosmos does not need man and he is presenting an ever increasing danger to the shared harmony of the cosmos, his life is limited unless he can use his thinking brain in more constructive ways.

Some believe that the earliest man of this epoch emerged from the strong positive energies on the oldest continent with the oldest animals, Australia.

The Aborigines chose a rich spiritual life consciously aware through their sensing of the magnetic field of the energy connecting them with the cosmos, the earth and all of life. They understand that they are a temporary physical manifestation of that field, connected to the field and all its other physical manifestations, totally interdependent in a spiritual reciprocity to maintain order, harmony and balance.

They have always known, what some cosmologists are only now suggesting, that the physical realm of the life process is a separation of the spiritual energy field into positive and negative forces that flow in a self organising system of vibrating energy.

The Aborigines, and other Indigenous peoples, resolved conflicts between themselves and their changing environment by adapting and adjusting to new conditions. (Rising sea levels since the end of the last ice age, ending about 10,000 years ago, means that nearly all of the archaeological evidence concerning their early history is under the sea. Geologists who have listened to dreamtime stories say that the geological events described suggest a history of being in Australia much, much longer than man in Africa).

However other men, in other parts of the world and subjected to different energy fields did not, and still have not adjusted or adapted to resolve the conflicts between themselves and the earth. Why have these men become a liability to the earth and the cosmos when for 400,000 years man was an apparently successful experiment embedded in the cosmic pattern of life? How did they lose the plot so completely? Some believe that the answer lies in understanding how man's own electromagnetic field has been influenced by the weakening and changing magnetic field of the earth.

The electromagnetic fields created by the vibrating energy of all matter vary in strength according to the size (amplitude) of the waves of energy and their frequency (how often a complete wave occurs in a given time).

All matter in the universe is influencing and being influenced by all other matter. Their electromagnetic fields are the means of that influence. You can actually see the changing fields of influence when iron filings are sprinkled around a magnet. The iron filings align themselves in a pattern revealing the lines of force. When you bring another magnet close enough, the pattern of filings change to reveal the new combined energy field.

As matter organises itself into increasingly complex systems it develops increasingly sophisticated systems for receiving and transmitting that influence, that interaction. In human beings every part of a cell, every cell, every organ, every system is constantly sending and receiving vibrational energy to and from the cosmos on its particular and specific frequency.

Some physicists believe that cell differentiation is largely mediated by waves of information transmitted by cells in the past to those in the present. (Cell differentiation is the process by which cells with the same genetic material know what kind of cell to become ie: Which parts of their DNA to turn on and off. How a cell knows whether to become part of a toe or part of your brain).

Just as our eyes receive frequencies in the visible spectrum between 390 trillion cycles/sec and 780 trillion cycles/sec, our ears receive frequencies between 20 and 20,000 cycles/sec. While these are vibrational frequencies of which we are consciously aware, there appear to be many more that humans sense and have the potential to sense: blind people can learn to sense the different vibrational frequencies of different colours with their finger tips. Dousing has been used by many cultures to sense the electromagnetic fields of running water, the Australian Aborigines sense the subtle magnetic field changes along their song lines and in rocks and plants and animals.

Dr Percy Seymour, an English astronomer, suggested that the spine is actually an aerial constantly transmitting and receiving information from the cosmos.

The energy fields of all matter in the cosmos are in a constantly changing system constantly striving for order and balance. Within the human body this flow of energy within, around and between the body, its environment, other people and the cosmos has been called many things by different cultures: spirit energies by Indigenous peoples, chi by the Chinese, reiki by the Japanese, prana by the Hindus, bioplasmic energy by Russian scientists, psychic energy by Jung. William Reich referred to bio-energy and homeopathy talks of the vital vibrational force, Christians talk of light, cosmologists talk of the background field.

The overall electromagnetic field energy of human beings vibrates at 7.8-8.0 cycles/sec. This is the frequency of the brain in a relaxed, quiet meditative state and it is also the vibrational frequency of the earth. *Human beings are literally tuned to the same frequency as the earth.*

This attunement with the earth was reflected in man's cultural beliefs and harmonious relationship with their earth 'Mother' for tens of thousands of years. A balanced relationship of hunting and gathering communities taking from the earth no more than they needed, worshipping and respecting Earth in rituals and ceremonies celebrating her nurturing energy and man's own joy in life.

But then, about 10-15 thousand years ago as the earth's own magnetic field began to weaken, man's relationship with earth began to change. Some believe that this is why man's reverence for and bond with the earth also weakened. The common bond of the electromagnetic field between man and earth was no longer as strong.

This changing field strength affected many systems on earth: the earth became warmer, the icecaps melted and the seas rose, changing weather patterns caused changes in availability of food, in some areas more than others. Conditions forced some of mankind to start growing food and keeping animals: the agricultural revolution.

But in many places, hunting and gathering and very limited agriculture and husbandry continued unchanged.

Aboriginal dreaming describes man as having much stronger psychic powers until just before the giant marsupials suddenly died out. Modern man blamed the Aborigines for hunting the slow moving animals to extinction. Recent archaeological finds confirm this is not so. The Aborigines had co-existed with these huge animals for tens of thousands of years. More likely is that the weakening magnetic field would not support the variety and abundance of plant life these animals needed, also affecting the psychic powers of mankind just as the Aborigines described. A weakening magnetic field would have made it more difficult for man to be attuned to the earth itself as well as the spiritual fields of all life on earth.

Hence in many places on earth, man's relationship with nurturing mother earth was changed for ever. Agriculture and husbandry demanded that man change and destroy patterns of life. Man's needs were met at the expense of balance and harmony. Land was cleared and fenced. Man no longer looked to the earth but to the changing weather in the sky that would affect what he could grow.

The earth was no longer ours to be shared with everyone else on earth, but something to be divided up, exploited, owned, yours and mine. Where there had been abundance and balance and order, there became shortages, conflict and disorder.

Until this time, in hunter gatherer communities women appear to have been revered and certainly equal to men. Their ability to create life in the mystery of birth, their knowledge of edible plants and herbs for food and healing gave them power and respect.

Some research has suggested that the weakening magnetic field would have caused greater activity in the left hemisphere of the human brain: more analytical, sequential, mechanistic and self centred thinking. Right brain thinking, which is easier for women to access, is more creative, holistic, selfless and empathetic with other people and the natural environment.

In this emerging agriculture based social order the right brain thinking of women had to be repressed so that the earth could be exploited. People could be treated differently according to their power in the group. Some people could be excluded completely.

Hence hierarchical social structures emerged with the strong ruling the less strong. Access to and control of resources depended on your place in the hierarchy, social rules developed that decided mine and yours, concepts like permanent ownership and trading developed.

The goddesses, created to honour a nurturing mother earth had to be repressed. The dependence on the weather and heat of the sun meant man now looked to the sky: particularly convenient as it kept everyone distracted from the changes being made to the earth.

The Creative Force of Memes

The evolutionary experiment of a thinking being with language created another force acting on all life: the powerful pressure of ideas or memes.

Memes, the information and ideas that had been passing down man's culture, his world view and social structures for tens of thousands of years now became an extraordinarily powerful force influencing man's social structure and spiritual beliefs. Those who controlled the memes: the knowledge, access to information, ideas and beliefs controlled the population: who survived and who did not.

In this way huge distortions occurred in the pattern of order and balance between man, his world and the cosmos. Man experienced his place in the world through his senses, *but what he experienced was now also interpreted for him by others*. Those in charge even decided what had life and what did not. Earth was no longer a living being to be cherished, but something dead to be used. Even today the conceit of some men allows them to believe that only they decide what has life, that life is only found on earth. In their conceit they conclude that other planets are dead because they are too hot or too cold.

However this conceit has been exposed as we discover life on earth where it was previously decided life could not exist: in boiling mud pools, in the frozen depths of the ice, in the acid of our own stomach, around volcanic chimneys spewing forth superheated magna deep under the sea.

For man the cycle of life went from living harmoniously in a holon of humanity, to separate groups, competing and fighting. Mankind is still firmly embedded in the competitive, conflicting part of the larger cycle of life. The necessary negotiation to achieve a resolution part of the cycle still seems a long way off.

At first it seems the agricultural empires were peaceful, ordered and sustainable but then they were invaded from the north by people who were herders wanting more land for their animals. These men were more aggressive and more self centred. The even weaker magnetic

field in their homelands perhaps causing even greater food shortages and even greater alienation from their spiritual roots with the energy field of the earth.

Whatever the reason the invaded communities were now full of the memes of these male dominated hostile people who quickly dominated the existing cultures.

While those with power lived lives of ease, the general population started to suffer badly. In areas now known as the Middle East, the Mediterranean, India and China, the population and demands on the resources of the earth grew. Man now lived in shelters, houses and wore clothes and shoes, he used iron and other metal tools, putting physical barriers between himself and his sensory awareness of the earth's weakening magnetic field. As this distancing from the spiritual field continued it became easier and easier for man to see himself as separate and no longer part of the earth and the cosmos. His sensory awareness of a physical world 'out there' had always been balanced by a sensory awareness of the invisible vibrational nature of the cosmos and his connection to it. Now he was cut off from this sense. Only the visible physical world outside himself was real. Man's reality became limited and distorted as he became increasingly spiritually disabled.

As they lost contact with spiritual forces, men also lost awareness of their meaning in life or their purpose. Instead meaning became based on things they could see, control, acquire or own. Their spirituality became the creating and control of material acquisitions. The purpose of life was now to explore, experiment, and create to maintain an order which allowed this acquisition and control of material things.

For the first time hierarchical social and political structures emerged as those who owned and controlled access to land used their power over those who did not. Different classes of people emerged. Some were considered more deserving than others.

With the need to hoard food against times of shortage came taxes and powerful bureaucracies to manage and co-ordinate supply and demand. The need to keep records evolved into written language and mathematics to count the hoard. Work was divided up: farmers, builders, shepherds, soldiers.

As man realised he could not control everything and was still vulnerable to overwhelming natural forces, those who claimed they could influence such forces also gained power. And when their claimed power failed they shifted blame to the shortcomings of ordinary people. The wrath of Gods was punishment for people on earth breaking God's rules, not worshipping, believing or sacrificing enough. When bad things happened, the Gods were simply testing man.

Since man was now so dependent on the weather, male gods in the sky were more important than nurturing earth goddesses. For many, worship of earth goddesses was forbidden. No longer sacred, the earth could become a commodity to be exploited, bought and sold.

Some remnants of spiritual awareness continued with beliefs in astrology: and the influences of stars and planets on people and their destinies, in herbalism and the power of plants to heal.

Then about 5000 years ago there began to emerge a class of special people, full time priests who claimed they and only they could communicate directly with the gods. They claimed that keeping priests happy kept the gods happy. In that way the priests in their temples became richer with the taxes and land they were paid.

In Egypt, the Pharaoh king decided the priests had too much power so he declared himself a God King to whom the priests had to answer.

Some societies flourished with their man made imposed order, while nature and ordinary men and women suffered even more. At the end of the ice age earth's entire population had been about 10 million people, by 2000 BC it was about 90 million and by the time of Christ it was 300 million.

The imbalance of man and nature caused other problems. The closer man lived to animals the greater the chance of diseases of animals becoming those of man: measles and smallpox from cattle, malaria from birds and influenza from pigs and ducks. Man became sick and frightened. Food shortages created conflict and fear that threatened even those with power. The acceptance of existing social hierarchies was questioned.

Increasingly man's spiritual need for order and harmony, to know and understand his purpose, made him vulnerable to the memes of those with the power to control ideas and beliefs. The memes of religious teachings fulfilled these needs, especially as they were proclaimed to be the word of a higher male authority.

The mystery of death became a fear of punishment in death. The priests, monks and clerics placated and distracted those suffering on earth with the promise of rewards in the afterlife. The afterlife became more important than life itself. The gods said pursue a virtuous life. But the priests aligned themselves with the ruling elites and decided virtue meant obedience.

The ideas and rules of the priests evolved their own hierarchical structures and formal religions emerged. One of the first, Hinduism evolved in about 2500 BC. Hinduism retained a belief in many gods, astrology and the connectedness of all animal life. All animal life including insects had 'souls' that could be reincarnated after death into other creatures. There was great respect for all creatures, but people were segregated according to their caste. As this segregation became more rigid, Hinduism supported the existing political system. Its many rules for daily life imposed order, obedience and acceptance of the misery and poverty of most of the population.

Believing that the more you suffered on earth the greater the chance of reincarnation into a higher order, maintained and justified extreme wealth for a few and extreme poverty for the rest.

As long as this acceptance of one's place in society was not questioned Hinduism was tolerant of new religions and sects.

One of these was Buddhism. Its founder Siddharta Gastama, the son of a prince, grew up about 6 BC privileged, irresponsible and initially impervious to the misery of the poor around him. As a young man confronted and troubled by the misery he saw, he left his wife and son to find solutions for his own confusion, discontent and anguish. He returned with a simple but powerful message: that the anguish man felt was due to his self centred cravings. Relief or enlightenment would come from a life embracing uncomfortable feelings and seeing them as transitory rather than fearing such feelings and avoiding them.

In many ways the origins of Buddhism was a way for Siddharta to deal with the guilt and restlessness of privilege. A way to reconcile and live with the contradictions and suffering he saw in a culture and society disconnected from the oneness of all things, and where some more than others were deserving.

Siddharta claimed no message from God, or mysticism, only personal insights that allowed him peace in a world that had lost its spirituality and equal respect for all of the cosmos and its creatures.

Although he rejected the Hindu concept of caste which made him popular with the poor, Siddharta believed in relieving anguish through acceptance. Acceptance also absolved him of responsibility to change anything, so he was no political threat. He saw himself as a healer of emotional pain, Buddhism was essentially a coping strategy for the suffering in life on earth.

However after his death, Buddhism became a set of beliefs, a religion with many sects and powerful temples. A religion that spread eastwards, but still squabbles over 'real' Buddhism as different sects align themselves throughout the world with political and economic power. Buddhist meditation practices became more an escape from earthly problems rather than the embracing of earthly spirituality. (As I said to an ex monk " Western

Buddhism sounds to me like a good way to stick your head in the sand without getting your eyes gritty". He agreed.)

In Egypt, Babylonia, Assyria, and Persia man's spirituality, his meaning and purpose was also hijacked by priests aligned to imperial powers.

As everything was now mine and yours, power and greed had overcome respect, caring and sharing. Corruption, abuse, barbarism and terrible cruelty and oppression threatened to destroy even those in power. Man became sick and tired of fighting.

Then from the rebellion of Jewish slaves, a prophet claimed a message that there was only one God, that cruelty was not destiny, that the world of man could change. Fundamental justice, equality and dignity for all was possible if man obeyed the rules God had given to man and written in the Torah. Further, the more man observed rituals to God in his daily life the closer he felt to God. Only those who believed and obediently followed the rules could experience a spiritual life. Spirituality became complicated, conditional and exclusive. Man said God was choosey over who he would save.

However it was not long before the priests showed themselves to be men of men rather than men of God, and again used religion to increase the power of those who had power and oppress those who did not.

Many prophets tried to bring man back to God's law. The prophet Jesus gave hope to the poor and the enslaved to heal themselves in God's name. With God on their side, the enslaved and the oppressed would have gained power, so Jesus was destroyed. But his message lived on. Soon it too was used in his name to justify more cruelty, more inequality and the domination and exploitation of mother earth.

The connectedness of all things, the meaning of all life: to create order from disorder, to maintain a harmonious balance. Real spirituality was lost to religions which saw even God, the creative force, as separate to man and earth. Man said God provided earth for men to use as he wanted, to control and exploit. Religions hijacked the meaning of life, the purpose of life in the cosmos, man's spiritual journey and connectedness to all things and turned it into the pursuit of power and goods, the carving up of earth according to those who deserved because they believed and those that did not.

The corruption, exploitation and the misery continued until another prophet Mohammed was claimed by other men to have all the answers, rules to inhibit man's power and greed, to provide for the poor. Again, as long as you followed the rules, as long as you obediently believed, an afterlife in heaven was yours. If not, you would be condemned to an afterlife in hell.

The strong and powerful in Judaism, Christianity and Islam have continued to hijack and corrupt their God's religious message with tribal and cultural customs; allowing them to exploit, manipulate, destroy the earth, wage wars and especially control women.

From time to time new religions have been created, sometimes to overcome the corruption of another. And sometimes to replace God with something that gives man even more power, without the inconvenience of the restraining authority of a higher morality. Scientism is one of these new religions.

The most powerful of these new beliefs is Darwinism. Unfortunately the theory of evolution only focuses on the competitive part of life. The whole cycle: the division of the whole into competing parts leading to conflict, then negotiation, adaptation and ultimately co-operative resolution is ignored.

Seeing life only as conflict and competition continues to be used to justify the extremes in poverty around the world with the rich exploiting the poor within societies and between nations. The purpose of life, to strive for greater harmony, is abandoned and substituted instead with a constant struggle to increase power over others and rise higher in the social or

religious hierarchy. Meaning is becoming less and less about the quality of your relationships and what you do to make the world a better place.

The dominant human cultures surrounding the single God religions have lost their awareness of the spiritual field that surrounds and connects everything in the universe.

But there are some people whose lives do have real meaning, where spirituality has remained inclusive and firmly grounded, respectful of the earth. Their simple godless spirituality has a respect and oneness with the earth that threatens those who want to continue to exploit it. Those with so much power but no meaning, have tried to convince and then to destroy those people who refuse to be distracted by a man in the sky and life after death.

However, gradually many of those who believed in God are feeling deceived: there are just too many 'true' gods. To these people institutionalised religion seems too divisive and too dangerous. Too poisonous. They are abandoning tainted religion, disillusioned with their false promises, elitism, abuses and hypocrisy.

Unfortunately many of them have thought that with loss of religion came a loss of spirituality and abandonment of its responsibilities too. This has allowed cults of false prophets like 'market economy', 'economic rationalism' and 'free trade' to almost destroy the richness and the diversity of our home on earth, creating intolerable division between rich and poor.

But the disillusioned, the poor and the humiliated have started to grumble, alarmingly! The spiritual force of the life cycle that creates order from disorder cannot be contained. Just as an angry young man called Jesus struck at the symbols of corruption and overturned the tables of the money changers, so did angry young men in flying machines strike what they saw as symbols of greed and corruption and overturned the towers of the World Trade Centre.

Feeling religious and scientific theories have outlived their usefulness, many people desperately search for answers but avoid the crucial question:

“When I die, how will it matter?

Will the earth, the universe, the cosmos breathe a sigh of relief that I'm gone?

Or will I be missed?

Will I have done what I could to leave the world a better place.

Will the legacy of my life be greater harmony or greater chaos? What will be the impact of the memes, the ideas I leave behind?”

Mankind needs beliefs that respect and honour spiritual responsibility, that speak to humanity, rising above religious, racial and ethnic differences. Beliefs that reveal the meaning and purpose of life and hence the ethics needed for our survival.

Meaning comes from discovering our place in that vast field, how we matter, how we are connected and how we choose to influence what happens around us in a positive way.

But it is impossible to have real spiritual meaning in your life without awareness. Awareness using **all** our senses: physical, emotional and especially that electromagnetic field sense that flows through us and beyond us to the cosmos. (How to become aware of your own energy field is explained in my book “Your Mindbody Energy” available on my web site as a download).

With true awareness comes awe and respect, humbled by the insignificance of your individual life within the aeons of time in the life of the cosmos. With humility comes increased awareness that you as part of the whole of mankind must earn your place, must contribute to increasing stability and harmony or be erased as a chaotic influence.

True awareness, enhances empathy: the ability to understand the cosmic place, perceptions and experiences of all other creatures, all other life forms. With empathy comes greater respect and even greater awareness of the responsibility we all have as individuals to

make ethical choices. Ethical choices that will enhance the positive spiritual energy within ourselves, our families, our communities, our country, our earth.

These three qualities: **AWARENESS**, **RESPECT** and **RESPONSIBILITY** are crucial to living a Spiritual Life without God.

Living a Spiritual Life without God is open to anyone at any time. It is a life that is liberating, simple, joyous and deeply satisfying. It provides perspective on troubling and disturbing events, and while struggling to come to terms with, and overcome difficulties is a necessary part of life, suffering is not. Suffering is questioned, not tolerated as a condition of a better life in the hereafter.

A Godless Spiritual Life is equally respectful of yourself, others and the world around you. Your life, your needs and desires are no more and no less important than anyone else's. You take and use what you really need, not everything you want.

Spirituality without a God demands that you accept responsibility for what is happening in the here and now. How you live your life now is the issue.

Your individual life is a privilege, a gift to be honoured, an opportunity to participate in the creation and promotion of greater harmony and stability in the material world of the life cycle.

Being spiritually responsible is built on simple things: planting a tree, helping a neighbour, being politically aware so that you carefully consider your vote, supporting a sharing of sustainable wealth with all mankind.

Being spiritually responsible honours bio-diversity because with the complexity of interconnected systems comes greater stability and order.

Taking responsibility gives real purpose to life, and how you do that provides real meaning.

Making the ethical choice in everything we do is practising a spiritual life. Not looking away but doing everything we personally can, and actively supporting those who can do more, to create a fairer more respectful world: because a fairer world respects others and the planet as much as yourself. A fairer world creates a sustainable world, and a sustainable world enhances the stability and order of the spiritual life of the cosmos.

PERSPECTIVES

Personal: Memories and Mysteries

I remember it was always hot, very hot. I would swing on the creaking front gate in the hazy heat. Waiting. Soon they would appear again. White butterflies floating past our house hovering around awkward children in ill fitting clothes and with strange stares, shepherding them into an orderly procession down the road to the beach.

The yearly return of the nuns in white with the butterfly headdresses to the children's holiday camp on the corner was my first experience with anything religious.

No-one in my large boisterous extended family was religious. Religion had been abandoned many generations ago. A great uncle's wife did become a Jehovah's Witness. This was excused because 'they' had 'got to her' when her young daughter died of a brain tumour.

At the end of our street lived the Black Moths, nuns from the convent school on the hill. Whereas the white butterflies had smiling kindly faces scrubbed pink, the black moths always looked cross and in a hurry, clutching rosaries to their chests.

Next door lived elderly twin sisters who had been missionaries in China and forced home by the revolution and the 'heathen' communists. One was tall and skinny, the other short and round. When we were very bored we would visit these gentle women who would let us eat crumbled queen cakes with chopsticks while they told us stories about Jesus, heaven and hell. To us such tales were just like fairy stories. Not to be taken seriously.

On the other side lived a widow, her young twin daughters and their no nonsense grandmother. The twins told us their father was in heaven with the angels. Their mother did not seem to like the idea of her husband with the angels as she was always unhappy and intensely irritated by everyone and everything. The birds that lived in the trees in our garden sang and woke her up too early. Apparently the birds did not go into the trees in her garden. She told my father to cut down all our trees so she could get more sleep. The thought of cutting down these old trees made me sick. Mum and Dad said "No way. Where would all the birds live"?

At the other end of the street was the Presbyterian church. Each Sunday I watched the congregation walk past our front gate and up the hill to the church. There seemed to be a lot of single women. They always looked sad and lonely. They were strangely angry and annoyed when I tentatively waved or said hello. Mum said I had to try and understand because they had lost their boyfriends in the war and would probably never marry or have children.

One day the cranky widow next door discovered I'd never heard of the bible or the ten commandments. She was appalled to realise that none of us had been christened. She said we would surely go to hell if we died. She and her girls would go to heaven with the angels. I wasn't worried. The idea of being stuck anywhere for ever with her pointing out

your faults did not sound like something I was going to miss much. But the alternative of hell was a bit worrying.

I became more and more curious as I watched all these people walk to church so they would be loved by God and be especially chosen to one day live with him and the angels in heaven.

One day I announced I was going to church. I was five. Carefully I dressed in my best dress. It was blue. With my red patent shoes with white socks, a matching blue hat and clutching my little red patent handbag I was ready. Mum put one of her special lace hankies in my bag with sixpence for the plate. I'd heard at school that most sixpences ended up as black liquorice choo-choo bars bought on the way to church. But even though I hadn't been christened and was a heathen, I knew this was the wrong thing to do. Self righteously I knew that mine would end up in the plate.

Mum waved me goodbye at our gate and I walked importantly up the hill to church. I felt goodness in me already.

I only went twice. The confused stares and curious twitters of the adults in the congregation towards this little heathen in their midst were just too much. Besides the unhappy sour faced spinster who played the organ and the man who stood up the front terrified me. A pity because I loved the music and all the little rituals of standing up and sitting down that went on. The pretty stone building was a calm and peaceful place with old wood and the sun shining through beautiful stained glass windows. But only the god fearing could enjoy it. Besides I wasn't feeling any different. I still fought with my little sister.

We had a wonderful friend who wore crystal beads that rested upon her ample bosom and crystal earrings that jiggled as she laughed. Her husband had been a famous singer in Europe but had been unable to work in Australia because he was 'dark'.

Mrs Hunt was a spiritualist. She often talked about her 'boy', but we never met him. It was many years before I realised that he was her medium to the spirit world.

While most of the town shunned her and her husband, they were always welcome at our house. Mrs Hunt had been a concert pianist. She would play our piano and her husband would sing with the most glorious voice that ran tingles down my spine and made the glasses rattle.

Even though we weren't believers she would sometimes hold séances at our house which were hilarious affairs as no-one could keep a straight face. She was a heathen too.

Every Christmas we went to her house and cut a branch from her big cypress tree for a Christmas tree.

Dad and his Mum could do things other people couldn't.

Dad had a habit of making electrical and electronic gadgets go haywire. Whether it was light dimmers, calculators, computers or the washing machine if Dad went near them they wouldn't work. The same machines worked fine for other people.

Nana B, his Mum, could change the radio station just by putting her hand near the radio. She didn't need to touch it. Moving her hand toward and away would make the radio fade in and out.

Nan B said we shouldn't laugh at Mrs Hunt's séances because "You never know".

At school we talked about religion at Easter and Christmas. The Church of England had the best Easter egg hunt but you couldn't go if you weren't C of E. There were lots of conversions the week before Easter.

School could be cruel. The poor kids, who had dirty hair, no lunch and sometimes no shoes were called 'refos' even though they were anglosaxon fifth generation Australian. Mum said we should play with them just like anyone else. According to the other children Refos were to be avoided. Easy in our country town where there weren't any.

Except at our house. On weekends Mum and Dad's friends from Melbourne came down with strange names, different but delicious food and accents difficult to understand. Grandpa would sometimes arrive with his car loaded with lonely friends of friends he'd found. They'd come for a ride and a rare day outside Melbourne.

Mum and Dad said we had to be particularly friendly to the children and share our toys as they didn't have grandparents, aunts, uncles or cousins. They'd all been gassed in ovens.

While we waited at the bus stop for Nana, my Mum's Mum, Dad said we could go around the corner and see what the council had been doing. All week, even from our house the sound of chainsaws could be heard.

As we rounded the corner I stood still, absolutely stricken. The huge trees that had lined the road out of town were gone. Huge limbs in mountainous piles, sawdust and the massive stumps were all that was left. I couldn't speak and was shaking all over. Dad took my hand. A terrible pain was in my chest.

Dad looked down at me feeling what I was feeling. As if someone had hacked deep into my body, gouging out pieces and leaving jagged holes. "Its awful, isn't it. They're going to widen the road. Some people think its progress".

We collected Nana, chirpy and bubbly as ever. As we drove past the fallen trees she commented brightly "Nice to see the town going ahead isn't it"?

"You can never be a really good person if you don't have religion"

A Year 7 Catholic Friend

"If you don't follow God's rules each day you can't become a truly spiritual person. Your life can have no meaning"

Jewish Patient

"How do you live, how can you be happy and contented with no religion in your life"?

Muslim Friend

For two days we had been practising various hypnotic techniques. Fifty psychologists and psychiatrists putting each other in and out of trance states day and night. A seriously weird atmosphere developed. Post hypnotic suggestions had people doing wacky things when trigger words were dropped into the conversation.

Being the youngest at the conference and knowing no-one well, I kept apart, distinctly unimpressed by the antics of some of my colleagues and the liberties being taken in the name of training. The group's dynamics and the pressure to conform put me off direct hypnotic induction techniques for ever.

I was extremely grateful to the few who sensed my unease and taught me self directed techniques instead. These techniques were just as powerful but left me feeling totally in control.

But as the week-end progressed I started to feel an intense heat all over my body. I felt like I was on fire. My feet especially. It was as if they were burning.

The sensation was much stronger whenever I was actively using techniques on others or myself.

It took many days to subside.

No-body could explain it.

You're going deaf. You will never work as a psychologist. The tinnitus is so loud that it overwhelms what hearing I do have. The more I focus on what they are saying the worse it is.

Focus instead on everything else. What can I see and feel this person telling me?

More tingling and burning.

“How did you know I was thinking that? How did you know that happened?”

Like many others dealing with people who are acutely stressed or terminally ill there are moments between you when there appears to be a total telepathic empathy. No words seem necessary.

You just know.