

Unity in Diversity Contemplative Education Sample Curriculum

Keep in mind that this is a work in progress.

This is a series of six sessions that can be taught and expanded upon by the teacher/educator.

Any input, suggestions or thoughts are welcomed!

This curriculum is designed to do two things:

1. To bring education into a “wholeness” by connecting Physics, Biology, Metaphysics, Philosophy and Spiritual Science together. The purpose is to increase awareness that life is not “compartmentalized”, but connected in every way.
2. The second, and more difficult goal, is to take topics that are out of reach to many, and bring them down to a level that can be not only taught, but understood by young people.



Spiritual Heritage Education Network

R Anders 2020



What Is Unity in Diversity?

And Why is it Important?

By Robyn E Anders

Let's Define Them

Merriam- Webster ⁽¹⁾ defines Unity as:

1: the quality or state of not being multiple : Oneness or connectedness

2: a condition of harmony : Accord

Connected in some way or purpose

Merriam- Webster defines Diversity as:

1: the condition of having or being composed of differing elements :
VARIETY

Especially : the inclusion of different types of people (such as people of different races or cultures) in a group or organization

Having beliefs that are different, or being different in some way



Unity

There is unity in the animal kingdom:

An example would be the dog group.

- ▶ They all eat meat, and have special teeth for that.
- ▶ They are all warm blooded, and give birth to live young.
- ▶ All have the same body structure of 4 legs, 2 ears, one tail and two eyes that face forward like all predators.
- ▶ They are all descendants from one of the Prehistoric dogs/wolves such as Borophagus from 12-2 million years ago. ⁽²⁾

Habitat: Plains of North America

Time: Miocene-Pleistocene (12-2 million years ago)

Size & Weight: About five feet long and 100 pounds

Diet: Meat

Characteristics: Wolf-like body; large head with powerful jaws



Diversity

There is diversity within the dog/wolf groups:

- ▶ They vary in size from 4 lbs up to 250 lbs.
- ▶ Some have no hair and some have LOTS of hair.
- ▶ They come in many different colors.
- ▶ They are known for their loyalty (even wolves are extremely loyal and mate for life).
- ▶ There are over 200 different dog breeds⁽³⁾ and three main types of wolves.⁽⁴⁾
- ▶ They have different personality traits and behaviors based on where they live and life experiences.
- ▶ Their lifespan varies between 8 and 20 yrs depending on the size and breed of dog.

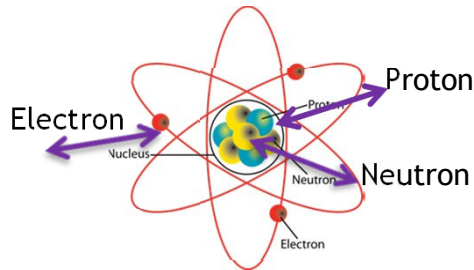


How Does this Diversity Happen?

According to science *the building blocks of life are identical in everything.*

It begins with the ATOM. Everything in the universe (except energy) is made of matter which is a collection of atoms. So *everything in the universe is made of atoms.*

An atom itself is made up of three tiny kinds of particles called subatomic particles: *protons, neutrons, and electrons.*⁽⁵⁾



The difference in *the number* of protons, neutrons and electrons inside atoms causes different Elements.

Another thing to remember is that most things we see in the world are not single elements. Literally everything around us is composed of mixtures of elements:

- ▶ A human being is made up of eleven different elements.
- ▶ A tree has nineteen elements.
- ▶ Water is made up of only two elements.
- ▶ A Limestone rock is made up of three elements.

So Where does the Unity Come in?

Everything in the world that we see:

- Is made up of Atoms.
- Is made of some combination of the 118 elements on the Periodic Table. ⁽⁶⁾
- Is connected by the fact that everything living and everything that isn't living is still made up of the SAME atoms.
- Contains an unseen force that scientists call "energy."

Where is the Energy?

You cannot see energy. It has no color or shape.

You cannot touch energy or smell energy.

BUT, scientists have proven that energy does exist with the help of very sensitive equipment.

They know that there is something that holds the three particles of the atom together in a never ending dance.

They have proven energy exists because of the EFFECT it has on all matter.

So what does that mean?

It means that every person, every rock, every plant and every animal share two VERY important things in common.

ALL matter, living and not, is made up of atoms.

ALL matter, living or not has the same unseen energy holding their atoms together.

What Does Energy have to do with Unity?

Energy is Eternal

- We know that energy has been around since the beginning of time.
- It cannot be created or destroyed.
- It is part of ALL matter: Humans, animals plants, water and even rocks.
- It is invisible but we know it exists.

Energy keeps the Atom together

- The Atom, which is a part of all material things, is held together by energy.
- The sub-atomic particles have + and - charges. They automatically repel each other like magnets.
- The energy force inside the atom keeps them together in an endless merry-go-round.
- When atoms are split, the energy force is released causing "Nuclear Fission."

Energy is in ALL things

- Every atom, in every thing is held together by the same energy.
- All living things are made up of atoms.
- All non-living things are made up of atoms.
- Energy is the Life Force that keeps all things together.

Where does the Energy Come From?

No one knows. Some scientists say the energy was generated from The Big Bang. *We know that energy is eternal...it always existed!*



Most say that energy cannot be created or destroyed. It just changes form based on the matter it is interacting with. Light energy is different than heat energy. The “Life energy” in living things is also different.

How was “Life Energy” Discovered?

There were many famous scientists since the early 1900's that were searching for answers about the nature of “Existence” and “Quantum Theories” were born:

- 1905 Einstein Published the Theory of Relativity - Which states that the laws of physics is universal and effects all matter the same
- 1925 Heisenberg came up with the theory of Quantum Mechanics - which is the study of forces in Nature at the microscopic level
- 1931 the Discovery of Energy as an invisible force that effects all matter

But the major breakthrough came later by a physicist called David Bohm who felt that there must be some way to connect the MACRO - Theory of Relativity to the MICRO - Quantum Mechanics. He continually asked WHY and through three major discoveries, he completely changed what we now know to be scientifically proven:

- **Plasma of Metal Physics:** Where he discovered that electrons move freely and independently within the structure of the metal, but is wasn't totally understood until 1970.
- **Double Slit Experiment lead to the “ Pilot Wave Theory”:** Where it was discovered that if you change the observation and measurements in an experiment, the behavior of the electrons change on their own and adjust to your alterations.
- **His “Hidden Variables” Theory:** states that the behavior of subatomic particles was guided by something invisible. (This theory was not accepted until many years later when the experiment could be duplicated by a computer allowing the theory to become visible through computer graphics.)

A Scientist becomes a “Spiritual Scientist”

David Bohm started to put the pieces together about the “invisible force” that was inside all matter and seemed to have an unexplained effect of subatomic particles, he wanted to learn more about what we now call “Consciousness”.

In 1961 David Bohm began studying with the philosopher, speaker, and writer Jiddu Krishnamurti, who grew up in India but stated openly that he had no allegiance to any nationality, caste, religion, or philosophy.

They spent many years together and through Bohm’s Physics discoveries that any interaction with the electron would change it’s behavior, *he began to believe that your thoughts and behavior would actually change the reaction of the matter around you -- The same way electrons are changed by the environment around them.*

Your thoughts having a physical effect on your body and mind.

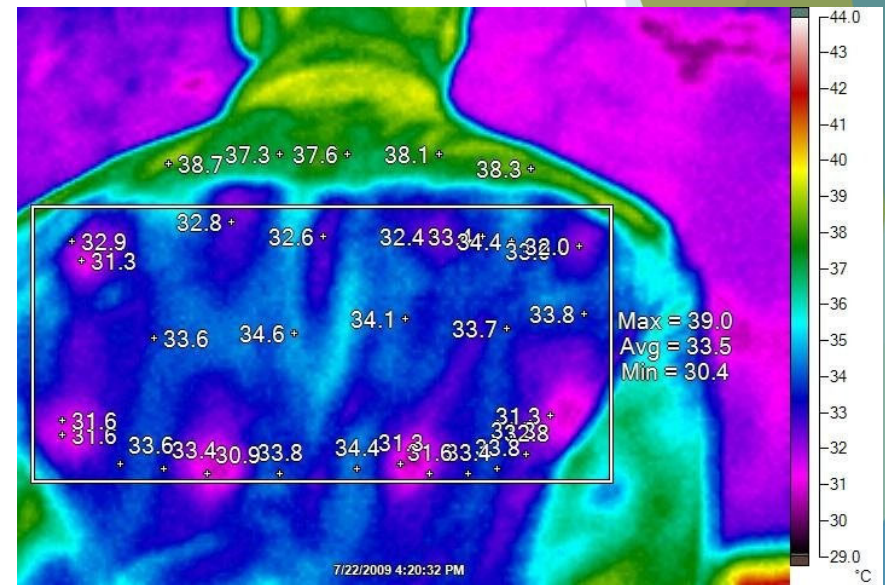
At the time, other scientists where highly skeptical, but today, we now know this to be true.

Once again, the ancient wisdom “knows” before science discovers.

Life Energy - What is it?

Scientists now know that the human body has an electromagnetic (energy) field that effects many of our bodily functions, including disease and even healing.

There have also been studies done where subjects are attached to wires and electricity is generated. The average human at rest, produces around 100 watts of power. Over periods of a few minutes, humans that are moving can produce 300-400 watts; and in the case of very short bursts of energy, such as sprinting, some humans can output over 2,000 watts. ⁽⁷⁾



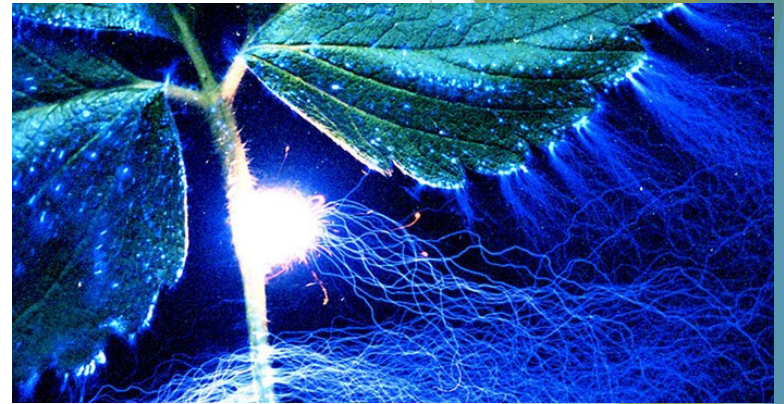
Life Energy - What is it in Plants?

There has been an increase in the study of plant Biology and energy.

It has been discovered that plants have genes similar to those of an animal's nervous system; specific proteins that have been shown to have definite roles in the plant's functions and even though they are not exactly the same as animals, they are believed to behave in very similar ways.

It has also been discovered that plants communicate with each other through their roots, and even share nutrients.

Trees synthesize different forms of energy to feed themselves - light, water, and nutrients from the soil; the quantity and quality playing a key role in their overall health and vitality.



Trees transfer information through chemical signals sent from their leaves (photo credit: Kirlian Photography).

The electrical signals in a tree's tissues travel approximately one to two seconds per inch. Because these signals can take several minutes to travel from the top of the tree to the roots, trees simultaneously transfer information through chemical signals sent out from their leaves. ⁽⁸⁾

Energy is the Basis of Unity



All matter has atoms, which are held together by energy.

Energy is the life force that effects the way all matter functions from the single-celled organism to the amazingly complex human being.

Energy can not be destroyed, only used and shared.

There are new areas of science that are investigating how humans can tap into and even strengthen their personal energy through the use of ancient practices.

These metaphysical scientists believe that the energy in our bodies is actually our “spiritual source” that we share with all life on this planet.

This “Spiritual Cosmic Life Force” is inter-connected so deeply that anything we do has an immediate effect on the material world around us.

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Are Energy and Spirit Different?

Lesson # Two

Let's Define Them

Merriam-Webster (1) defines Energy as:

1: dynamic quality; the capacity of acting or being active

2: a usually positive spiritual force;
the energy flowing through all people

Merriam-Webster defines Spirit as:

1: an animating or vital principle held to give life to physical organisms

2: the immaterial intelligent or sentient part of a person

3: the activating or essential principle influencing a person

Energy

The Properties of Energy:

- Energy cannot be seen, touched or smelled
- Energy is still a mystery in many ways
- It was discovered by observing its “effect” on other material objects:⁽²⁾
We cannot see the energy, but we can see the light from a light bulb.
- Energy is known to exist in ALL things because of its relationship with the Atom:
Inside an atom, the positive and negative charges of the subatomic particles stay together because energy holds them together.

Types of Energy:

There are different forms of energy, but none can be seen or touched. Only the “effect” that produces end results proves that energy exists.

The different types of energy include

1. thermal energy
2. radiant energy
3. chemical energy
4. nuclear energy
5. electrical energy
6. motion energy
7. sound energy
8. elastic energy and
9. gravitational energy. ⁽³⁾

Diversity in Energy



Although there are many different things that energy does⁽⁴⁾, it is all the SAME energy source:

The energy in all atoms and all things in the material world.

Remember that energy cannot be created or destroyed. It only transfers from one form to another.

What is Energy Transfer?

Science has now established the Plants, animals and humans have a form of energy.

There have been scientific discoveries documenting these types of energy.

We now know that every living and non-living being on Earth vibrates at a frequency of energy.

As you interact with your surroundings, an *energy exchange takes place* between you and other people, plants and animals.

A discovery that plants can transfer energy from other plants:

At Bielfield University, a biological research team discovered that plants can draw energy from other plants. It all started with an Alga that uses the normal form of drawing energy from light, water and carbon dioxide.

But the study observed that when the Alga had a shortage of energy from its ordinary sources, *it could draw energy from neighboring plants* by secreting enzymes breaking the matter down into sugar. This is transported into the Alga's cells and turned into energy. *It's a simple way of taking life force from other plants.*⁽⁵⁾

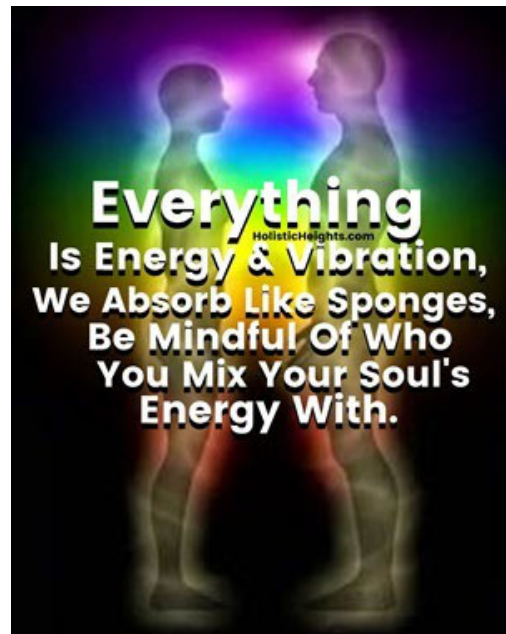
Transferring Energy?

What have you experienced?

Have you ever talked with someone who is really angry, and afterwards *you feel uncomfortable or stressed?*

You have experienced a “Spiritual energy” transfer!

The energy is transferred in the same way a light bulb transfers light.



Uncomfortable in a group or place?

You probably have been some place where you just felt uncomfortable, without knowing why.

The spiritual energy or “vibes” that you are feeling are coming from outside of you. It is probably a mix of positive and negative energy, and it can feel unsettling.

Positive & Negative Energy

There are many different forms of **spiritual energy**, just like there are many forms of regular energy. BOTH types of energy are connected.

Remember that energy is not created, but transformed and transferred through a process.

People can feel the energy that is projected by their surroundings and by other people and animals.

Imagine you are IN these two places. What are you feeling?
What types of energy are you receiving?



It is very common for people who live in cities to take vacations somewhere peaceful and quiet. *WHY do they do that?*

What About Human to Animal Transfer?



There have been lots of studies about human to animals spiritual energy transfer.

They now know that if you are around a strange dog, and you are fearful, *the dog will feel your energy*, and react accordingly.⁽⁶⁾ The energy you give off makes the dog sense uncertainty, so they immediately go into “defense” or “strike” mode.

There has also been documentation of dogs and their humans having deep spiritual connections.

Human to Plant Transferring?



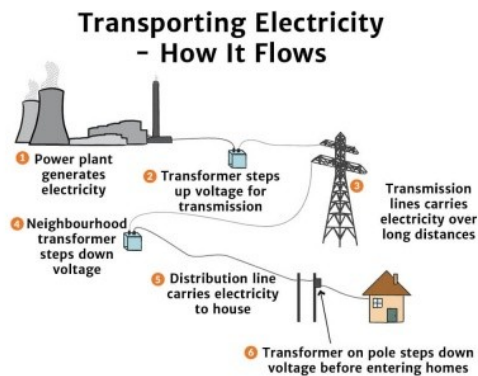
An experiment was done to test to see if exchange of positive and negative energy would effect plants.⁽⁷⁾

You've probably heard people say they talk to their plants and the plants thrive.

But others say it is merely the carbon dioxide or CO₂ that your breath emits. (CO₂ is something plants use to convert energy)

- In this experiment, the plants were in glass tubes, so the CO₂ was not the key.
 - For one month, the students were instructed to be rude and bully the plant on the left, and praise and give out positive energy to the plant on the right. ⁽⁷⁾
 - The words were converted to a computerized voice to maintain equal voice tone. Light, water and fertilizer was identical, and the difference in the plants was astounding!
- Not only can nature have an effect on your spirit, but you can have an effect on nature.

Why do We Call it “Spiritual Energy”?



Energy is the life force that effects the way all matter functions from the single- celled organism to the amazingly complex human being. **Energy can not be destroyed -- only used and shared.**

In most energy transfer systems there is direct physical contact. Like the nuclear power plant produces energy which is then “sent” to locations that disperse it to your home or business. It then goes into the wiring, and its effect is seen when the lights turn on.

There is never a space where the energy is not connected in some way.

Metaphysical scientists believe that the energy in our bodies is actually our “spiritual source” that we share with all life on this planet.

And we can share this without physical contact. Our spiritual energy is shared through the cosmic life energy that we all share.

This “Spiritual Cosmic Life Force” is inter-connected so deeply that anything we do has an immediate effect on the material world around us.



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Why is Unity in Diversity Important?

And what does that have to do with Energy, “spiritual” or otherwise?

Lesson # Three

A World Full of Division

As we discussed, ALL life has the same atoms and energy, but it is not visible to the eyes.

Unfortunately, this connection is so tiny and not part of our personal lives that people don't think about it.

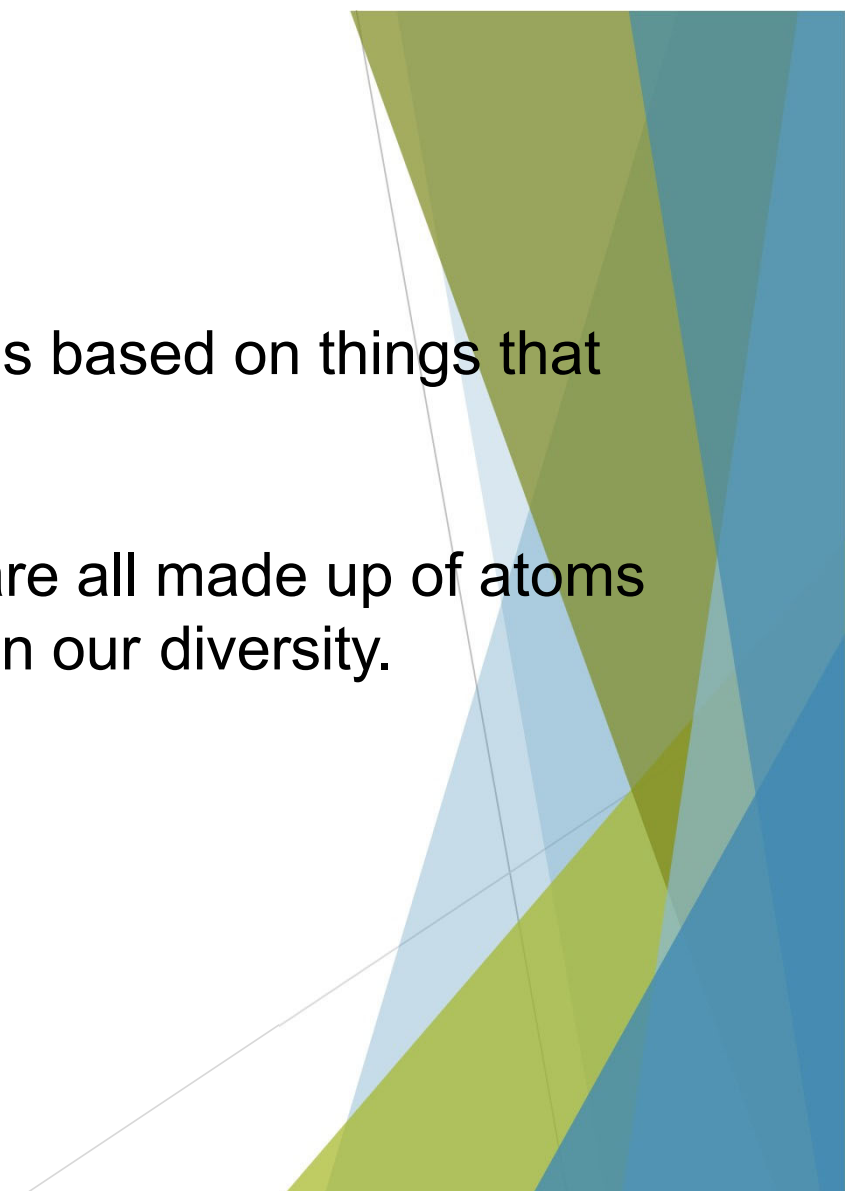
Instead, humankind is focusing on how we are different.

But in truth our differences are only on the outside. Inside we share the same atoms.



There are many people that try to divide us based on things that we can see.

Science and spirituality show us that we are all made up of atoms and energy--fundamentally, there is unity in our diversity.



What Divides Us?

What are some things that divide us into groups?

- ▶ Geography in the world
- ▶ Local geography
- ▶ Culture of our parents
- ▶ Political concepts
- ▶ Religion of our ancestors
- ▶ Moral and ethical examples from our teachers
- ▶ Income
- ▶ Education
- ▶ Physical capabilities/ health
- ▶ Sex
- ▶ Skin color

List them in the order of how these might effect a person's life. Keep in mind that the order of importance will vary by country!

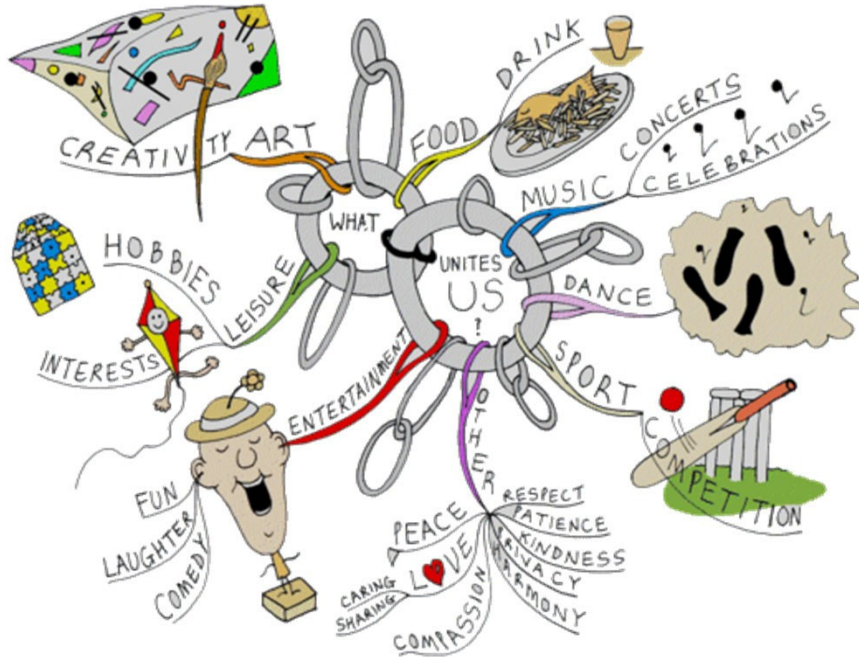
- ▶ Africa may be Sex - Income - Religion - Culture
- ▶ North Korea might be Politics - Culture - Physical
- ▶ North America could be Religion - Income - Color - Education

Also understand that the geography of people plays a huge part of things like culture, religion and income.

The problem is that these differences are used to divide us, and some people get really hurt by the constant division.

The lesson here is to always remember that there is underlying energy that unites us, despite our differences.

What Unites Us?



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There are basics that unite us all:

- Physical body composed of atoms and energy -we are all the same inside.
- We all feel pain and sorrow
- We all have a desire for happiness
- We all have Love for family and friends
- We all have desires to feel successful
- We all have concerns about the future
- We all have a desire for world peace
- We all have the connection of our spiritual energy!

But there are also many other things human share like music, art, sports and good food.

Do We have to Change?

YES....and No.

- ▶ You can't change who your parents *are...but you don't have to be exactly like your parents...*
- ▶ You can't change the color of your skin, of our skin, but we can make sure that we treat everyone the same. If the human skin were transparent, we would all be the same.
- ▶ You don't have to change your culture or religion to like someone who is different.
- ▶ You don't have to "follow the crowd" and hate people you have never met.

There are ways we all can change.

We can understand that some cultures are necessary for certain parts of the world. And that is how they became "cultures"...through generations.

We can learn about others that are different so that the "fear of the unknown" is gone.

We can accept that what we have been told may not be correct. NOT that anyone lied to you, but they just shared what they "heard" somewhere.

Look for the Truth yourself.

We can start to share positive energy with others and work towards a better world.

Cooperation = Moral Similarities

People everywhere face a similar set of social problems, and use a similar set of moral rules to solve them.

There was research study done in 60 different societies from around the world, and they all believed in the following definitions of “Good Morality.” Their understanding of what is moral effected their level of cooperation and positive interaction with others.

It’s important to note that *NONE of these codes of morality* mentioned color, nationality or culture.

The team found that these 7 cooperative behaviors were considered morally good in 99.9% of cases across cultures. The evidence was overwhelming in widespread adherence to those moral values.

“Moral judgments depend on an *“internal sense or feeling, which nature has made universal in the whole species.”* What we are calling our spiritual energy that runs through all things.”

“Noting that certain qualities, including “truth, justice, courage, temperance, constancy, dignity of mind . . . friendship, sympathy, mutual attachment, and fidelity” were pretty universal.” (1)

Moral Similarities = Golden Rule

Throughout the history of mankind, Spiritual teachers, seers and prophets have spoken of a universal “moral code” that has become known today as *The Golden Rule*.

What is fascinating is the amount of time and distance between all the spiritual leaders. Yet they all spoke of the same message...connected through time and space by the “Universal Spiritual Energy” that connects us all.

A span of over 3000 years and thousands of miles, the same message was transmitted through the energy that connects us all.

Hinduism: 3200 BC, From the Hitopadesa- "One should always treat others as they themselves wish to be treated."

Jainism: 500 BC "One should treat all creatures in the world as one would like to be treated." Mahavira, Sutrakritanga

Judaism: 1300 BC, from the Old Testament, Leviticus 19:18- "Thou shalt Love thy neighbor as thyself."

Zoroastrianism: 600 BC, From the Shast-na-shayast 13:29- "Whatever is disagreeable to yourself, do not do unto others."

Buddhism: 560 BC, From the Udanavarga 5:18- "Hurt not others with that which pains yourself."

Confucianism: 557 BC, From the Analects 15:23- "What you do not want done to yourself, do not do

Christianity: 30 BCE, From the King James Version , 7:12- "Whatsoever ye would that others should do to you, do ye even so to them." (2)

Islam: 600 BCE: "Not one of you truly believes until you wish for others what you wish for yourself

Bahá'í: 1860 BCE: "Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself." Bahá'u'lláh, Gleanings (3)

Problems → Solutions

What are the biggest problems that we face today?

The answers may vary from person to person in terms of importance, but most people will agree on the list.

How can finding Unity help?

- Climate Issues** → *Willingness to sacrifice together*
- Wars or fear of wars** → *Learning that we are all ONE connected human family*
- Poverty** → *Feeling more willing to share with “family”*
- Inequality** → *Realizing that inside our spiritual energy is equal and connected – we are ALL equal.*
- Lack of Water** → *Working together to create better systems*
- Endangered animals and** → *Realizing that EVERYTHING is literally connected to us through our spiritual energy. The cause and effect will effect us too.*

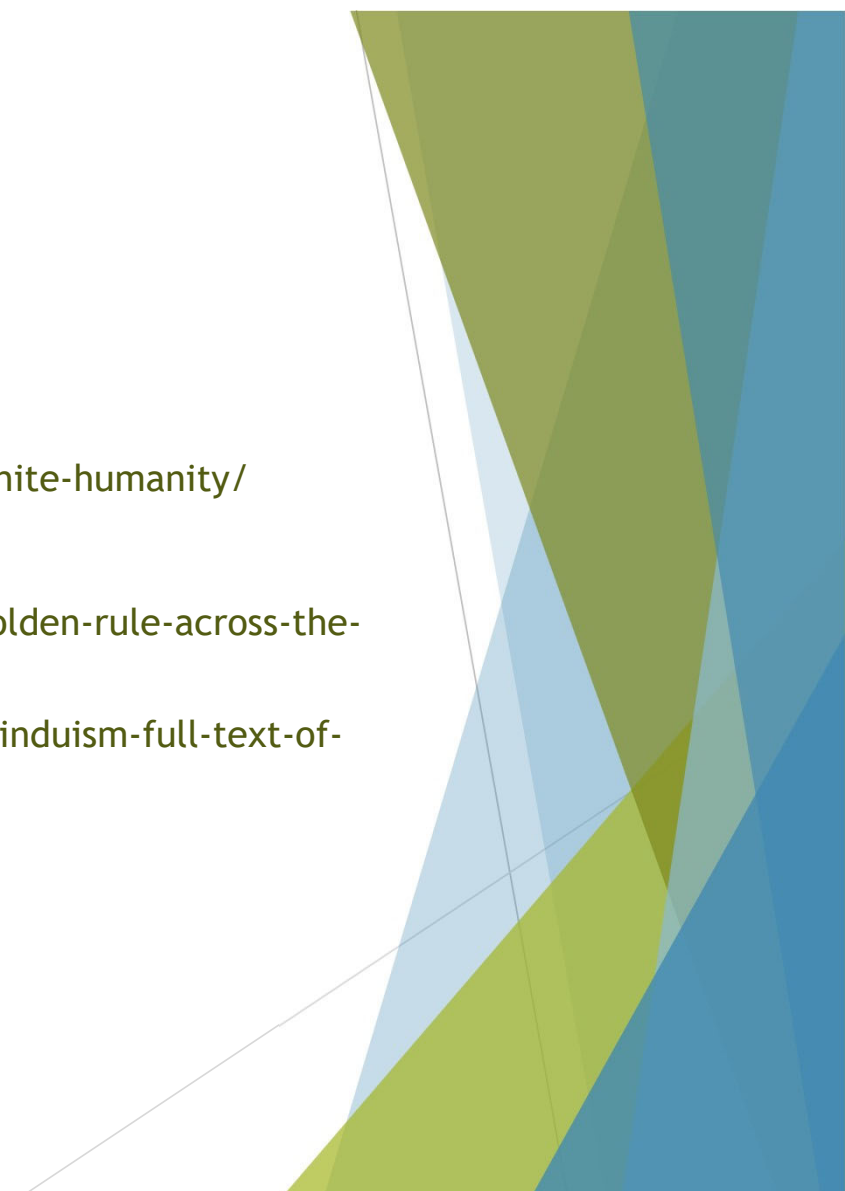
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Can Spiritual Energy Heal?

Lesson # Four

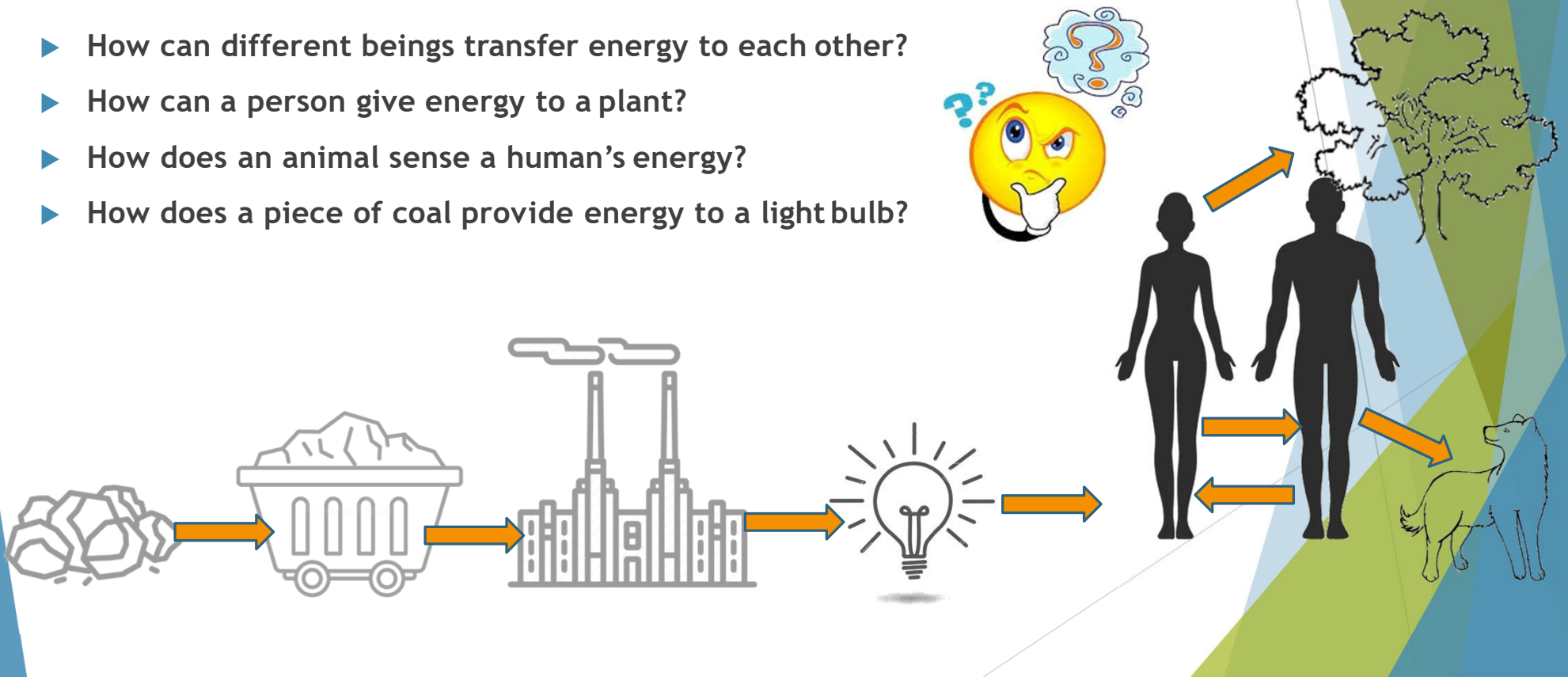
When Energy is Transferred?

We talked earlier about ways that energy is transferred:

- ▶ Physical transfer like heat or light from a power source
- ▶ Emotional energy transferred between people
- ▶ Transfer of nutrients and energy between plants
- ▶ Spiritual energy transferred between people and plants or animals.

Why is Energy Transfer Possible?

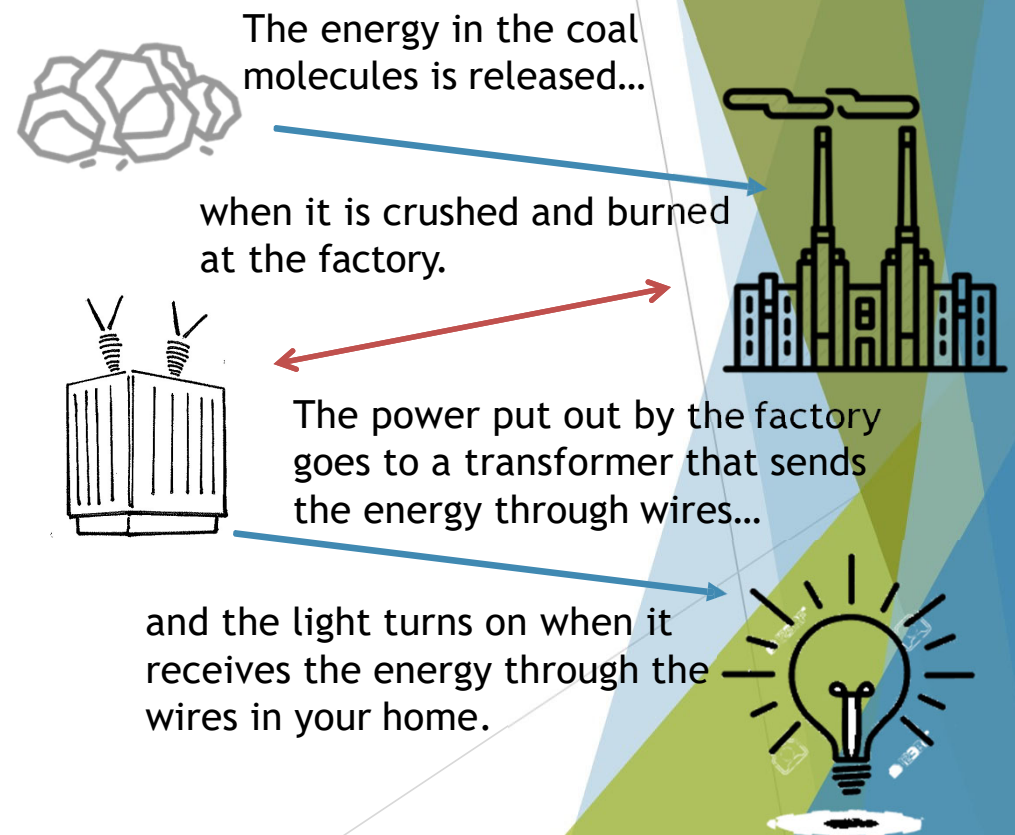
- ▶ How can different beings transfer energy to each other?
- ▶ How can a person give energy to a plant?
- ▶ How does an animal sense a human's energy?
- ▶ How does a piece of coal provide energy to a light bulb?



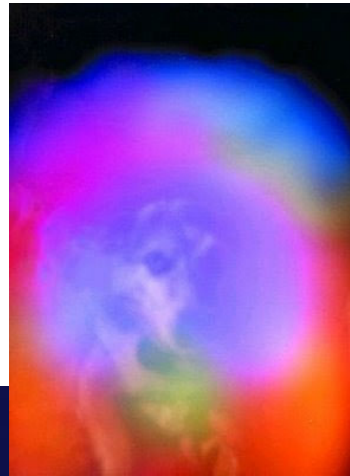
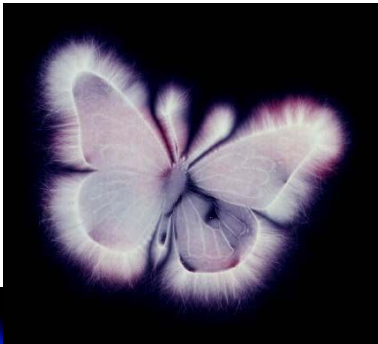
The Energy is Already There

Remember:

- ▶ Energy is in every atom, in every thing, living or not.
- ▶ The energy is never created or destroyed.
- ▶ Energy can be changed by the interaction of two objects.



It is the Same with Living Things



With the use of special equipment people have been able to capture the energy field around humans, animals and plants.



It is called Kirlian Photography, named after the man who discovered it.

Why is This Important?

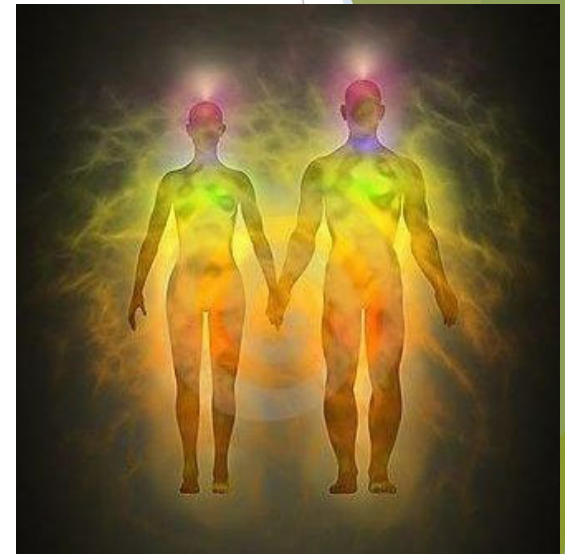
Science has now established that plants, animals and humans all have a form of energy.

As you interact with your surroundings, an *energy exchange takes place* between you and other people, plants and animals.

We are all inter-connected with this life force that is constantly being exchanged in a flow of invisible energy.

We can have positive connections that strengthen us and those things we connect with...

Or we can have negative connections that increase the anxiety and stress in the things we connect with.



Transferring Energy?

The Cycle of Life is a constant transfer of the life force we call “energy”

1. A plant gets its energy from the earth, the water and the sun.
2. Animals eat the plants and change the plants' life force into energy to fuel their bodies.
3. Larger animals eat the plant eaters, and transfer their life force into energy for their bodies.
4. When the larger animals die, their bodies then transform back into the earth that feeds the plants. Each process is dependent on the other-- because all are connected in the circle.

A Native American Chief explains it well, *“Man did not weave the web of life. He is merely a strand of it. Whatever he does to the web, he does to himself.”*

The Earth has Energy as Well

It has been known by many civilizations, there are places that were considered sacred and filled with great spiritual energy. They could feel the energy at these special locations. Even today people say they can feel it.

Many built temples on these places, like the Mayan Temples, the Western Wall in Jerusalem and Stonehenge. Machu Picchu is still considered today to be linked to the “energy centers of the world.”



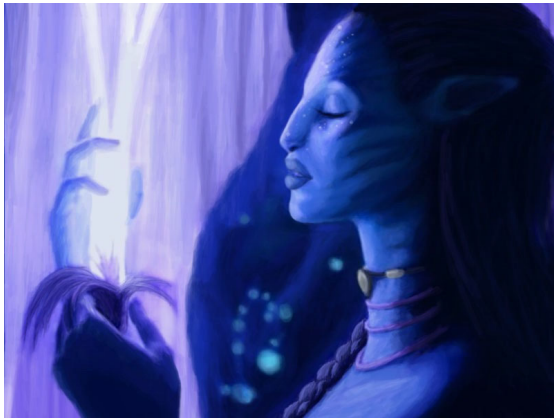
There are also Sacred Natural Sites



Sacred natural sites are natural features or areas of land or water having special spiritual significance to peoples and communities.

Places like Lake Titicaca in the Andes, and Mt Fuji in Japan are considered to be sacred places filled with strong spiritual earth energy.

Is it Science Fiction or is it Possible?



In the Movie Avatar, the indigenous people were literally connected to the animals, and the plants.

Their “mother” Eywa and the Tree of Souls connected all things.

And when they were in need, they all came together and connected so that their spiritual energy could flow together.



What is Next for Humankind?

It is important that we understand that we share this small rock in space that we call “Earth.”

It is important that we realize that our own Spiritual Energy is flowing through and around us all day, every day. That energy depending on how you “feed” it, can grow a positive way or a negative way.

Then your energy goes out into the world and touches everything you come in contact with.

You can make a difference in the world, by feeding your spiritual energy in a positive way, and by making an effort to share that positive energy with other living things on this planet.

We are ALL united and connected by this eb and flow of spiritual energy. Open yourself to it. Allow it to flow to others to heal our world.



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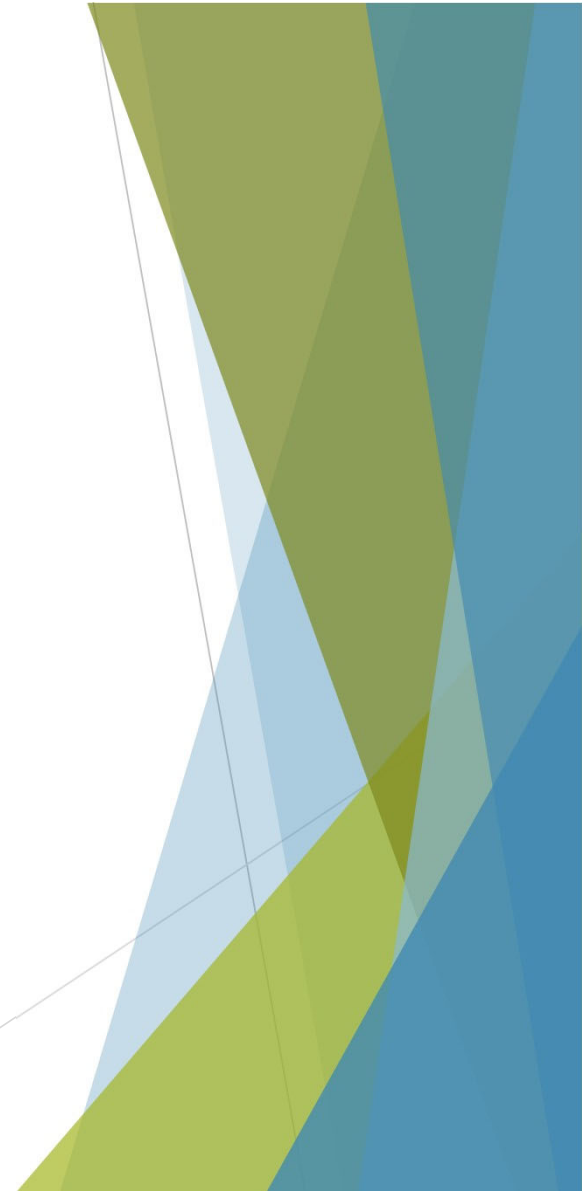
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Science and Religion Agree

Lesson # Five

Scientific Research on Energy Healing

Reiki (pronounced raykey) is a form of “energy healing,” essentially the Asian version of faith healing or laying on of hands.

Practitioners transfer life energy to the patient, increasing their well-being. The practice is popular among nurses, and in fact is practiced by nurses at Yale.⁽¹⁾

Because of scientific research, there are now over 800 American Hospitals using energy healing on their patients as part of their treatment plans.

A famous heart surgeon Dr Oz has started asking Reiki Practitioners to treat patients during open heart surgery. ⁽²⁾

Energy Transfers to Plants and Animals



As we discussed earlier, plants and animals can be affected by the energy humans send out.

This energy flow happens without any effort on our parts.



But Reiki is the process of *deliberately sending out* positive healing energy from one being to another.

It is used mostly on humans, but some is now being used on plants and animals too. (3)(4)(5)



A Mystery of the Ages

Religion ↔ Science

- Hinduism 6500 BCE
- Jainism 2600 BCE
- Islam 570 CE
- Catholicism 35 CE
- Baha'i 1900 CE
- Indians teach of "Prana"- Life force 1500 BCE ⁽⁶⁾
- Chinese teach of "Qi" - Human energy 500 BCE ⁽⁷⁾
- Discovery of Energy 1818 CE
- Quantum Physics discover "Human Energy" 1920 CE

What do Religions say About Soul?

The *Bahá'í Faith* describes the soul as a sign of God, an unseen gift, whose mystery can never be understood.

In *Hindu* philosophy, *Ātman* is the first principle, the true self of an individual beyond identification with phenomena, the essence of an individual.

In *Jainism*, every living being, from plant or bacterium to human, has a soul and the concept forms the very basis of Jainism.

According to Jainism, there is no beginning or end to the existence of soul.

The Quran, the holy book of *Islam*, distinguishes between the immortal spirit, (consciousness or soul) and the mortal body (ego)

The *Atma* or soul according to *Sikhism* is an entity or "spiritual spark" or "light" in our body because of which the body can sustain life.

The *Catholic* Church defines the soul as "the innermost aspect of humans, that which is of greatest value in them, that by which they are in God's image described as 'soul' signifies the spiritual principle in man"

What is Next for Humankind?

Thousands of years ago, scholars, seers and wise men “felt” the energy life force inside all life and looked for answers.

They wrote about it in many languages, many countries and many places in the world. They did not know each other. *There was no internet or cell phones, and yet the story they tell is the same!*

Now, in this 21st century, science has finally caught up. With the help of advanced equipment, they have now been able to prove the existence of things not seen before now.

The Energy Life Force in all life! Some call it the soul, and some call it spirit, but it is what connects us all to each other and to the earth and everything on it!



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Overview of the SHEN Vision

- ▶ Metaphysics is the study of the “Whys and Hows” of existence.
- ▶ The paradox is that *everything we “SEE” has the unseen at its core.*
- ▶ This “unseen” unites in various combinations to create our physical world.
- ▶ Scientists have proven all matter is composed of an atomic structure that is held together by an “*invisible*” force called *energy*. Its existence was discovered because of its “effect” on matter.
- ▶ Spiritual Scientists call this energy source our “Life Force” or “Spirit”
- ▶ The human being’s 37.2 trillion cells each function independently, but they also support each other in harmony for a common purpose.



Human beings are a microcosm of the universe

Everything in the universe has its part to play in the field of Astronomy. Each heavenly body, light and dark energy, all work together effortlessly to hold the cosmos in a harmonious dance of gravity, rotations and revolutions.

In our bodies, each individual atom is held together by the energy “Life Force” and each atom works together in synergy with all others to create a wholeness and balance.

As an energy being, our Life Force touches and effects all other matter, living and not living, that we come in contact with on this planet.

The necessity of becoming more “aware” of this life force and its effect on our own well-being and on others is *the purpose of Contemplative Education*



What is Contemplative Education?

Lesson #6

Teaching Contemplative Education

Pointing out the “mechanical” way of living. *Also called Reductionism*

- ▶ Strict limitations of thought and actions - body and mind (ego) are controlling life
- ▶ People and animals put in “groups” - Us vs. Them
- ▶ You see division in all things
- ▶ You feel out of control and anxious
- ▶ Re-active vs Pro-active

Establish the physical and mental benefits of “being fully aware.”

- ▶ By allowing your body to slow down, the stress and physical damage is reduced - *body health improves*
- ▶ By quieting your Ego, your spiritual life force can be felt and heard - *mental health improves*
- ▶ You feel a unity with all things - knowing we are all connected
- ▶ You are acting with power and control instead of reacting with discomfort.

Reductionism vs. Contemplation

A “**Reductionist Worldview**” is based on confining thoughts and actions to the most simple terms that can only be explained in black and white:

- ▶ Where you live
- ▶ What your religion is
- ▶ What color is your skin
- ▶ What political party are you a member of...etc.

A “**Contemplative Worldview**” is based on being *AWARE of everything around you*, and focusing on your senses, you body and your interaction with everything around you:

- What you are feeling physically
- What are you thinking at this moment
- What you are sensing from others around you
- Your level of breath and calm

Consciousness vs. Instincts

Definition of Instinct

- a:** a natural or inherent aptitude, or capacity
- b:** a largely inheritable and unalterable tendency of an organism to make a complex and specific response to environmental stimuli without involving reason
- c:** **IMPULSE**
- d:** behavior that is mediated by reactions below the conscious level

Definition of Consciousness

- a:** the quality or state of being aware especially of something within oneself
- b:** the state or fact of being conscious of an external object, state, or fact
- c:** **AWARENESS**
- d:** the upper level of mental life of which the person is aware as contrasted with unconscious processes

Instinctive Reactions to Life

Let's create a scenario to explain instincts:

You are driving, and someone pulls out in front of you:

- Your heart jumps
- You feel fear (of an accident)
- Your fear instinctively changes to survival and anger
- Your heart rate increases,
- Your stress level and blood pressure rises immediately

*ALL of this happens without your conscious permission-
- You are not in control at that moment!*



How Contemplation can Change your Life

The human body has many physiological behaviors that are *automatic and continue with or without your consent.*

Breathing

Fight or
fight

Blood moving through veins

Instinctual thoughts:

- Fear
- Hunger
- Thirst

Becoming conscious of what and how you are feeling can help you regain control of your life!

Consciously breathing slowly in & out will increase oxygen to your cells and increase health and natural healing

Consciously calming your mind with peaceful thoughts and actions

Reducing stress will lower your blood pressure

Fear doesn't have a grip on you if you are in control

The Power of Now!

The Power of Contemplation and Meditation

Embrace each moment as the “most important moment” ...be aware of your thoughts, your breath, and your senses

Breathing slowly increases oxygen... Slowing breathing rate can not only increase oxygen uptake by as much as 200% but it also calms the mental traffic and puts the body at rest, reducing the speed of all of its autonomic functions that are working 24/7:

- Increasing and improving digestion
- Raising physiological practice of deep breathing works like aerobic exercise significantly increasing metabolic energy supply to the cells
- Preventing or reversing senescence
- Lowering stress and blood pressure
- Building immunity against externally caused disease as we enjoy peaceful rest in abundant life, health and harmony.

How Can Contemplation Help the World?

**As you connect more deeply with your Life Force
you will “know” things you didn’t before**

When you embrace your Life Force (Spiritual energy) as the REAL “you” then your interaction with life will begin to change.

- You will feel connected to all living and non-living things on the earth
- Where you once felt insufficiency - you now feel abundance
- Where you once felt anxious and alone - you now feel at peace
- You will begin to see your energy connection to the earth and will treasure that like family.
- You will understand that we are all strands of the same web that support all life - every strand is important - **Unity in Diversity!**