

Our conversation Feb 13, 2021:
Session Two / QUANTUM CONNECTING
USING "ZOOM" AS EMERGENT SPIRITUAL DEEPENING PRACTICE

NOTES from our time together:

Thank you for joining me in the discovery of what I do not yet know by participating. Together we discover what WE do not yet know.

Our Ancestors are present, intensely curious about how we will evolve. They are encouraging us and want to assist!

We lean into EVERYTHING that has arranged its life so that we have the possibility to be here. All our ancestors, of every species, having been waiting for us, and are counting on us to continue the one, great, evolution adventure that is consciousness becoming ever more present.

We begin with curiosity and care for each other: sensing into the first moments of connecting...

The "work" of this session: to enter our exploration with the attitude of "Spiritual Elder," no matter what our chronological age may be. We are learning to understand "Eldering" as a function of consciousness and experience.

In this deep sense, "spiritual elders" have the capacity to bless and hold the whole, without exception. They understand diversity as the basis of true unity. Most importantly, they affirm what we don't know yet... and invite us to invite walking into mystery together.

Together, our sessions, we are practicing as "spiritual elders":

- To aim for the transpersonal (the me I do not yet know – that which is more than the "me I already know.")
- To engage for the sake of the common good.
- To be willing to hold the "friction" of opposites as we enter into creative possibilities.
- By our venture, to intend blessing without exception.
- To take the long view. We are evolving together.

Review of the intention of the practices from Session One:

1. **Perceiving how placing "attention" has tangible effect.**
2. **Recognizing the shift from me-space to we-space.**
3. **Sensing into Silence as present and HERE: a tangible field of connectivity.**

**Practices offered during Session One to experiment with:
(We "warm up" with these short meditations each time)**

1. Experiencing the felt **experience** of "me" and then "we" – perhaps eyes open, seeing the others, or closed – toggling the body slightly forward/backward to help with a sense of "me" and "we".
2. Confirming that "Placing attention in" has tangible effect: placing attention "in" hands and noticing shift in physical experience of hands.
3. Entering Silence: Taking the attention to the body, grounding in physical sensation: feet, legs, pull of gravity in the trunk and arms; the shoulders and position of head on spine. Becoming fully physically present, relaxed and attentive to experience. Now open to sensing Silence...
4. **New addition:** Once silence is sensed as tagible and present within and without... Placing attention in the heart. The proceeding to notice from "within" the heart.
5. **New addition:** Today we expanded our sensing into the silence to see if it is possible to experience a tangible sense of the space around us, like "something" that is "between" us, connecting us, holding us and giving us access to a felt sense of "in it together".
6. **New addition:** Today we experimented with placing attention "in" that "space between, and then "in" something within that space. It is important to do this from heart-awareness and not "thinking". As we learn, we are looking for what is experienced and not what is "thought". It also really helps to begin very simply, using a organic substance like water, soil, fruit, etc. Once you have a sense of being able to pace heart-awareness "in", you might consider this kind of "communing" with a living plant, a pet, or a tree or creature that you see out your window.)

Foundational to our ongoing conversation from Gabe's view:

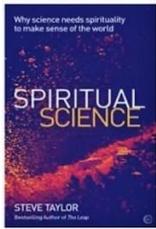
- Soul as bigger than the "me" I claim to know.
- Impulse to evolve is more than "my" impulse to grow
- Placing of attention is really something. It can be felt!
- Understanding is in constant flux and revelation. All is ever unfolding.
- We share a collective human consciousness and interiority.

*O Hidden Life, vibrant in every atom;
O Hidden Light, shining in every creature;
O Hidden Love, embracing all in Oneness;
May all who feel themselves as one with Thee,
Know they are therefore one with every other.*

(Theosophical Mantra by Annie Bessant)

[Microsoft Word - O HiddenLife Rev-B.doc \(theosophical.org\)](#)

February's Quantum Consciousness consideration:
Introducing the concept of:



Panspiritism

- Fundamental consciousness (or spirit) is the primary thing in the universe. It pervades all space and all material things.
- Our own personal consciousness is an 'influx' or canalisation of fundamental consciousness/spirit.
- The role of the brain is not to produce consciousness but to transmit it.
- Living organisms are internally conscious and sentient.

Resource:

Taylor, Steve [Spiritual Science: Why Science Needs Spirituality to Make Sense of the World](#); Watkins Publishing Ltd.; London (2018)

There multiple authors from multiple academic disciplines that are now actively addressing this possibility.

Panpsychism is the view that mentality is fundamental and ubiquitous in the natural world. The view has a long and venerable history in philosophical traditions of both East and West, and has recently enjoyed a revival in analytic philosophy. For its proponents, panpsychism offers an attractive middle way between physicalism on the one hand and dualism on the other. The worry with dualism—the view that mind and matter are fundamentally different kinds of thing—is that it leaves us with a radically disunified picture of nature, and the deep difficulty of understanding how mind and brain interact. And while physicalism offers a simple and unified vision of the world, this is arguably at the cost of being unable to give a satisfactory account of the emergence of human and animal consciousness. Panpsychism, strange as it may sound on first hearing, promises a satisfying account of the human mind within a unified conception of nature.

[Panpsychism \(Stanford Encyclopedia of Philosophy\)](#)

Videos of possible interest:

[Panspiritism paradigm shift by Steve Taylor - Bing video](#)
[Steve Taylor - Buddha at the Gas Pump Interview - YouTube](#)
[Spiritual Science - Dr Steve Taylor, PhD - YouTube](#)

Personal/private practice until we meet March 13:

(To ground your experience and to offer a fresh affirmation of possibilities for our own exploration)

What are you “discovering” as you “experiment” and reflect?

(We keep building on these reflections each month)

1. Spend some time in reflecting on anything you might call a unitive experience, and the presence of teachers, ancestors, helpers that encourages you to continue deepening. Are there specific sensations and feelings that you name part of the experience?
2. Do you have a sense of “something” behind it all, perhaps in the same way you sense into the Stillness/Silence behind all sound and activity? How would you name it/describe it? Can you sense into it like “something”, like some kind of experienceable “substance that is between in, with, around thru us and everything?”

Our “practices” are drawn from:

- Integral Spiritual Psychology (Robert Sardello / website: [Soul Wandering - ROBERT SARDELLO -- INTEGRAL SPIRITUAL PSYCHOLOGY](#))
- One World in Dialogue (Elizabeth Debold and Thomas Steinger / website: [One World in Dialogue | co-creating a global we-space to birth a new activism](#))

Using Teilhard de Chardin’s concept of “noosphere”, this “something” will be the focus of our conversation on March 13th.

Come as you can, and feel free to invite a friend!
We will use the same link each time.

Please call the center to register them so that we have some idea of the number that plan to attend. It helps us plan for tech help as needed.

The Christine Center is participating in the emerging gift economy. We offer these Saturday sessions to the Christine Center community of friends, guests, volunteers, and supporters as gift without cost.

If you can offer a donation in return, we would welcome it with heartfelt gratitude in these challenging times.

Website: [Support Our Mission - The Christine Center](#)

Blessings for resilience, ease, and all good -- in all ways.