

Possibilities that are **YOU!**

Volume 8: ME as Co-Creator

by Alex Bennet

Mountain Quest Institute

This is Vol 8 in a series of 22 short books, what we call Conscious Look Books, that are conversational in nature, taking full advantage of the reader's lived experience to share what can sometimes be difficult concepts. We live in a world that is tearing itself apart, where people are out of control and wanting to control others, rebelling from years of real and perceived abuse and suppression of thought. Yet, this chaos offers us as a humanity the opportunity to make a giant leap forward. By opening ourselves to ourselves, we are able to fully explore who we are and who we can become. With that exploration comes a glimmer of hope as we begin to reclaim the power of each and every mind developed by the lived human experience!

These 22 concepts are part of the learning journey of which we are all a part, the Intelligent Social Change Journey (ISCJ). This is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

These little books share 22 large concepts from the Profundity and Bifurcation of Change (which is written from an academic viewpoint). Each book is independent and includes seven ideas offered for the student of life to help us become the co-creators that we are. These books, available in soft cover from Amazon, support idea exploration, class discussion, other discussion groups or can be used as special occasion gifts.

Possibilities

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Volume 8: ME as Co-Creator

by
Alex Bennet



An imprint of **MQIPress** (2018)

Frost, West Virginia

ISBN 978-1-949829-03-7

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ISBN 978-1-949829-03-7
Opening verse by poet Cindy Lee Scott
Cover photo by Rashele Wiltzius and Robin Hill
Graphics by Fleur Flohil

To be conscious, To dream

To create, To be

To navigate, To change

To correct, To see

To become all that is me.

-Cindy Lee Scott

Preface

This book is for YOU. Regardless of economic success or educational prowess, beyond cultural influences and habitual routines, YOU have been and continue to be a student of life. And since our time in this learning sphere is precious, the challenges and opportunities are both rapid and continuous, always offering new insights. YOU are a verb, not a noun. Forget what you were taught in grammar school!

Now, we live in a world of demanding challenges, where people and systems are rebounding from control, rebelling from eras of real and perceived suppression of thought. With the acceleration of mental development over the past century has come increased awareness of human capacity, with economic success in small bites for many and large bites for the few, and for some coming with an arrogance that says, “Look at me. I’m right, you’re wrong, and I’m not listening.”

Because of our Economy’s focus on the material, economic success begets economic success and the separation of wealth grows larger, flaming the difficulties of surviving in a CUCA world, that is, a world of accelerating change, rising uncertainty, increasing complexity, and the anxiety that comes with these phenomena.

Yet all of this **offers us, as a humanity the opportunity to make a giant leap forward.** By opening ourselves to ourselves, we are able to fully explore who we are. With that exploration comes glimmers of hope as we contemplate the power of each and every mind developed by the lived human experience!

As YOU move through your life of thoughts, feelings and actions—even when you have to repeat things over and over again as part of the experience—YOU are advancing toward the next level of consciousness.

Here's the bottom line. Everything that has been learned and continues to be learned is out there ... and as a student of life, YOU have access to it all. So often it is expressed in ways that don't make sense because of the language and media being used. It just isn't presented conversationally, and you don't have a chance to ask questions from your unique point of view.

So, these little books—which we refer to as Conscious Look Books—are specifically focused on sharing key concepts from *The Profundity and Bifurcation of Change* series and **looking at what those concepts mean to YOU.**

These books are conversational in nature, and further conversations are welcome. We invite your thoughts and questions, not guaranteeing answers because there is still so much to learn, but happy to

join in the conversation. Visit Mountain Quest Inn and Retreat Center www.mountainquestinn.com located in the Allegheny Mountains of West Virginia or email alex@mountainquestinstitute.com

As my partner David reminds us: *Run with the future!*

Our gratitude to all those who take this journey with us, and a special thanks to the colleagues, partners, friends, family and visitors who touch our hearts and Mountain Quest in so many ways.

With Love and Light, Alex and David

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Introduction

Reality is essentially subjectively unknowable, existing as an image, perception, perspective or belief generated by a person, a group or a society. Knowledge acquired from the external world comes through our senses, usually the result of physical, psychological and social interactions of our minds and bodies with an external world, *or a perceived external world*. Consciousness, because of its central role in our ontology, also plays a crucial part in shaping and filtering our epistemology. That word “epistemology” is a big one, which quite simply means our understanding of knowledge. Ontology is our understanding of existence. The physical characteristics of our brains, together with the emergence of language and higher-order consciousness, act as both filters and interpreters of the external world.

All that being said, *no matter how much we know or think we know*, the best we as evolutionary products of that world *can* know is a qualified reality, a reality limited by both our individual embodiment and our space-time location. Think about an ant living under a floorboard in your kitchen. How much can it understand about your house or about your neighborhood? Further limited by our genetic heritage, our developmental morphology, chance events and our external

environment, the *best we can hope for* is a qualified understanding of ourselves and our reality. "As mind pursues reality to its ultimate analysis, matter vanishes to the material senses but may still remain real to the mind."¹

Nevertheless, consciousness, supported by our unconscious mind/brain and bootstrapped through social collaboration, is the only resource available to observe, create and comprehend our existence. The “brain” is the physical structure and the “mind” refers to the neuronal firings that make up our thoughts. Consciousness is also the experiential lens through which we must look to interact with other beings and with the physical world. This lens is reminiscent of Plato’s allegory of shadows in the cave. “According to Plato, all living beings in the sensible world are but imperfect copies of eternal forms residing in the world of Ideas ... the world accessible to our senses is akin to the world of shadows experienced by the men in the cave. [The “men” are chained slaves who have never experienced anything beyond shadows!] It is merely an imperfect manifestation of a perfect world—the world of Ideas, illuminated by the Sun of intelligibility.”² Wow! Plato could really wrap words around an idea!

Another interpretation of a perfect world would be one in which *everything in the Universe is exactly as it should be*. What else could it be if we

eliminated personal morality and accepted this as meaning that nature and the Universe work as they do, independent but consistent with rocks and beetles and humans. Perhaps as Plato opined, *it is only man that separates himself from nature and thereby creates the fuzziness and imperfections he then perceives*. Does a true world of eternal and immutable ideas exist where mathematical relations and perfect geometrical structures reign supreme? Hmmm. I've met mathematicians who believe that, even my life partner who was both a physicist and a mathematician, but while I like the idea, I'm not quite capable of grasping it.

The doctrine of physical realism states that reality exists independent of our own existence and that we can have knowledge of this reality through scientific research, at least in principle.³ While some of the mathematical laws of physics have the same form throughout space, from the current scientific viewpoint there is no theory of everything (in spite of book titles and some hype), and modern science continues to create more questions than answers where epistemology is concerned. The evolution of scientific investigation has been one of increasing use of formalism, in both mathematics and physics.⁴ Recognizing that mathematics is often referred to as *the science of patterns*, it is interesting to speculate that scientific progress and the growth of our individual understanding of qualified reality have given more credence to the concept that reality is

made up of patterns. Patterns are defined as relationships and structures in time, space or both. We have a Conscious Look Book on patterns.

In the final analysis, our ideas, thoughts and feelings are made up of patterns of neuronal firings, connections and weights. Through the mathematical formulation of gravity and electromagnetism, the laws of physics support the hypothesis that *everything in the Universe is connected to everything else*. Hmmm. If connectivity is supported by science and intelligence exists via patterns of forces, what possibilities are there for the existence of the collective unconscious, souls, spiritualism, and other widely held phenomena? I think science, religion and spirituality are not so far apart as was commonly believed. **Neither the Universe—nor Nature—come in bits and pieces.** It seems that we humans are the only ones that chop them up for our own convenience.

In this little book we explore the various ways that we as humans participate in co-creating our reality.

Idea 1: We can choose to break through the limitations of the past, and take advantage of potential possibilities.

Since each person is unique (literally, you are one of a kind!) and we each create our own version of the world through thinking, learning, growing and social exchange, we may be able to reach far beyond our present capabilities and minimize the qualified part of our qualified reality, eventually making our reach far overshadow our embodied capability. That means *you are much more than your physical body and we are all part of an amazing playing field of creation*. As developmental biologist Bruce Lipton describes, “We can realize that humanity is operating on a unified field of dreams, and we can rejoice that the field is a playing field, not a battlefield.”¹ Thus, a requirement of creation is indeed the ability to dream.

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***INSIGHT:* We are all part of an amazing playing field of consciousness. The requirement of creation is the ability to dream.**

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In 2002, Lynn McTaggart—a lecturer and journalist—published *The Field: The Quest for the Secret Force of the Universe*, which shows why, technically, **physical reality doesn't exist**. Lynn

says that the *Zero-Point Field*, what is perceived as empty space, is “an ocean of microscopic vibrations in the space between things—a state of pure potential and infinite possibility.” This would not be inconsistent with our understanding that everything, at least in the physical reality, is energy and patterns of energy. Lynn continues, “Particles exist in all possible states until disturbed by us—by observing or measuring—at which point, they settle down, at long last into something real.”²

Oh! This is the particle/wave stuff, a way of thinking that emerged in scientific literature almost a century ago. In 1925, when the principles of Quantum mechanics were adopted by scientists, Astrophysicist Sir James Jeans wrote: “The stream of knowledge is heading toward a non-mechanical reality; the Universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter ... we ought rather hail it as the creator and governor of the realm of matter.”³

The truth of this has become clearer as the years have passed and we’ve learned more. In 1993, theoretical Quantum physicist Amit Goswami stated his convictions that *the one reality of which mind and matter are both an integral part is not based on material realism*. Rather, he proposed that this one reality is based on monistic idealism, monistic as opposed to dualistic, and idealism because ideas and

our consciousness of those ideas are the basic elements of reality. Amit clarifies, “Note that the philosophy does not say that matter is unreal but that the reality of matter is secondary to that of consciousness, which itself is the ground of all being—including matter.”⁴ Thus, consciousness is the Field in which everything—including material reality—exists. This is consistent with our understanding of the Quantum Field.

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INSIGHT: Consciousness is the Field in which everything—including material reality—exists.

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Also in 1993, Hungarian-American psychologist Mihaly Csikszentmihalyi said that the process of reification was *supportive of our role as co-creators of reality*. As Mihaly described, “In order to make sense of the stimuli that bombard our senses, our nervous system has learned to bundle up information in manageable chunks, so that we are not overwhelmed by a mass of discrete details ... Our minds, in reflecting on what we see, endow these images with separate identities, identities they have only in our imagination. This is the process of *reification*, by which we attribute reality to mental constructions.”⁵

Mihalyi gives us examples such as the mental construction of what we call the “ocean” or “sea”,

although in reality each body of water is just a large number of water molecules made up of hydrogen and oxygen. Similarly, particles of air appear to be the “sky” and the surface of our planet is the “Earth”. That actually makes sense. Can you think of other examples?

This field has many names, which include the Energy Field, the Field of Ideas, the Noosphere, the Zero Point Field, the Quantum Field, the Consciousness Field and the God Field, with each field described a bit differently. What seems to be consistent is that this field is an information field. From an energy perspective, *information is the connective tissue of the Universe*. (From my personal thought and feeling perspective, I like to think that *love* is the connective tissue of the Universe. This is a dream to which we can all contribute!)

Consciousness is a process, not a state. From the individual perspective, it is private, continuous, and always-changing—and felt to be a sequential set of ideas, thoughts, beliefs, images, feelings and perceptions with an understanding of the relationships among these and the self. Recognizing that we are a verb, consciousness is at any instant the sum total of who we are, what we believe, how we act and the things we do.⁶ Because we live in a world we perceive as solid, it is hard for us to get our hands around the idea that consciousness is a process representing our actions, beliefs, thoughts and words.

Even the concept “get our hands around” represents the idea that it is something tangible, which is not the case. This idea of solidity is, of course, an illusion. Thus, consciousness is intangible, yet through self-reflection and observation can be measured in a specific context in the instant at hand.

Consistent with this understanding, the Consciousness Field is intangible, very much affected by our actions, beliefs, thoughts and words. This is also consistent with the concept of the Noosphere as “a human sphere, a sphere of reflection, of conscious invention, of conscious souls.”⁷ By definition, then, the presence of consciousness at the individual level can be attributed to the Noosphere. Consciousness appears to be an emergent quality of an information field.

What all of this means to us is that we are *very participative* in the creation and continuous changes in the field of which we are a part—**we are co-creators of that field!** This opens all sorts of possibilities for each of us individually and for humanity collectively. Keep that in mind as we delve more deeply into our role as co-creators of reality.

[Your Thoughts]



Idea 2: We have different understandings of reality.

We have different understandings of reality. In fact, conflicts arise every day because of different worldviews! Before we can choose a path through the “mind field” of multiple—and often competing—realities, it is necessary to understand the context of those realities. For this beginning discussion, we will draw heavily on the work of Will McWhinney, a philosopher and educator and one of my teachers along life’s path, to explore these realities.

Will identified four archetypes for alternative realities in the Western Culture. These archetypes, which are systems of belief and behavior that underlie a person’s character, are unitary, sensory, mythic and social. He’s not alone in this categorization. These archetypes represent the thinking of leaders, scientists, artists and entrepreneurs, and are those described in the earlier work of Lawrence LeShan. They are consistent with the thinking of some of the greatest minds of the past century. You may be familiar with some of them. There are Thomas Kuhn’s paradigms, Stephen Pepper’s four worldviews, Gibson Burrell and Gareth Morgan’s sociological approach and Jean Gebster’s work on consciousness development.

So, let's spend a few minutes talking about the four worldviews proposed by Will.

The Unitary Worldview. The *unity* theory of reality is that we are one connected whole with no spatial or time differences, which is described as deterministic. This theory is consistent with the discovery of relativity in physics, with the religious belief that we are expressions of one God, and with the concept of gestalt thinking in psychology and philosophy. In the unity worldview there is a higher authority, part of a structured hierarchy that manages life. The human is in the position of interpreting and searching for truth, and there is no change, no effect, without accepting time and space as dimensions of reality.⁸ Action is based on a process of *at-one-ment*, staying aware and interactive with the flow of events. Requiring total surrender of the ego, *unity represents the worldview of true believers*. It is exemplified by the formal organization structure—complex hierarchies of concepts, laws and classifications—that epitomize the U.S. government, a manufacturing company or a family.

The Sensory Worldview. While still described as deterministic, *sensory* is at the opposite side of the unity argument, saying that since our perceptions are of different things, *we are separate entities*. The sensory reality says that change occurs from antecedent conditions; change happens, following the imperatives of nature. Since knowledge is

incomplete and partial, change is unpredictable. This builds on the view of Greek atomists who believed in the existence of basic elements in the Universe. A simple justification of this belief is the need for people to communicate with each other. However, paradoxically, “the ability to communicate suggests that the separate parts share in an encompassing wholeness.”⁹ Note that the differences in the unity and sensory world views (the monistic and multiplistic) have given rise to major social conflicts such as religious wars and persecutions! An example is the Crusades.

The Mythic Worldview. The *mythic* reality is a product of the creative imagination, symbols and ideas transcending—and not limited by—that which is around us. Causality is free will and intentionality, with no restraint on personal choices. The mythic believer does not experience change; rather, change is a part of the way the world is. There is a flow; *nothing comes by chance and everything has meaning*. Since the mythic belief creates all, this belief is amoral with no ethics or values issues. Examples of historic people exhibiting this worldview are Ghandi, Mao and Hitler. When coupled with compassion such as that shown by Ghandi, *the mythic reality worldview becomes an important player in the Quantum field creative leap*.

Will says that if he were to speak from the mythic view, he would say to himself, “All the world

is my creation; you, my readers, are my creation; I people the world, I create its phenomena, and I assign it in time and locate it in space—which themselves are given meaning by my thought.”¹⁰ If you’re not in a hurry, read those words again, and put yourself into the role of “I” ... I people the world, I create its phenomena, I assign it in time and locate it in space. Now, think about the decisions you make day after day, the actions you take based on those decisions. How true are these words?

The English philosopher Francis Bradley agreed. As he describes, “I cannot transcend experience and experience is my experience. From this it follows that nothing beyond myself exists; for what is experienced is the [self’s] state.”¹¹ Similarly, James Carse, who was a professor of history and the literature of religion, says that the mythic reality is a world of story in which we assign and play a role, both created and to be created. Part factual and part fiction, “Whole civilizations arise from stories—and can rise from nothing else ... Myths, told for their own sake, are not stories that have meanings, but **stories that give meanings**” [emphasis added].¹²

Thus, the mythic reality is the realm of free-will, without limitation, while embracing that we are all part of a larger Quantum Field, that is, *Oneness with individuated volition*.

The Social Worldview. The *social* reality is concerned with the feelings and values of human

beings and also very much a product of free will. This humanistic view is an objective view achieved through a *shared consensus* emerging from the perceptions and feelings of a population, that is, emerging through individual awareness and constructed through interactions with others. Because a single reality does not emerge from these interactions, *a tension or force emerges among multiple realities*. Thomas Friedman, a Pulitzer Prize foreign affairs columnist with *The New York Times*, recognizes and writes about this tension and the role it plays in our world. As he describes, “The mystery of word and answer that moves between beings is not one of union, harmony, or even complementarity, but of tension; for two persons never mean the same thing by the words they use and no answer is ever fully satisfactory. The result is that at each point of the dialogue, understanding and misunderstanding are interwoven. From this tension of understanding and misunderstanding comes the interplay of openness and closedness, expression and reserve, that mark every genuine dialogue between person and person.”¹³

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INSIGHT: Because of each person's uniqueness, there is a tension between understanding and misunderstanding that underlies every genuine dialogue. How we use this tension is our choice.

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When I reflect back on various conversations through the years that stay in my memory, this was very much the case! And, that tension often sparked new ideas. My partner and I called that creative abrasion, which we had read about in a book written by Dorothy Leonard when she was at Harvard. She may not have been the originator of the term, but I remember the way she wrote about it such that it stuck in my memory. This creative abrasion can lead to exciting discoveries and innovations!

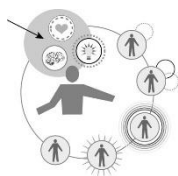
It is the social reality that is most identified with the feminine viewpoint and associated with a service mentality. Social reality was exemplified in the work of Immanuel Kant, an eighteenth-century philosopher who played a central role in modern philosophy, and exhibited in the era of the flower child in the 1950's and 60's. Since this is a *collectively constructed worldview*, objects, space and time are arbitrary constructs and feelings are paramount. Change is a constant, and all communications disturb the balance of values.¹⁴ As we now know, nothing can stay the same in a complex adaptive system, and each of us, and our organizations, are complex adaptive systems!

Just when we feel like we're getting a handle on this idea of being a co-creator, Eugène Ionesco, a Romanian-French playwright, challenges us to remember, "All systems are false; that is to say, all systems are and cannot help but be merely images,

different ways of imagining or representing the world, which is only the starting point of these representations. All systems begin with reality, which is amorphous, and go on from there. The more perfect, complete, believable, convincing, logical, and coherent a system is, the more unreal and artificial it is. All systems, therefore, are fundamentally artificial and far removed from reality.”¹⁵

Life sure can be confusing. Here we are offered four worldviews, and there are parts of each that I can identify with, and then we are told to take care because ALL systems are fundamentally artificial and far removed from reality! I guess it really is important for us to explore our belief sets carefully and CHOOSE what we believe. That certainly sounds like we ARE creating our reality!

[Your Thoughts]



Idea 3: The creation of social reality: An analogy written from the viewpoint of the mind/brain.

[Let's pause for just a few minutes and explore through story the creation of social reality. A bit crazy, but hopefully fun!]

As SETH streamed into unknown territory, he was further excited by the feelings of familiarity and resonance emerging within. SETH represented Self-Evolved Thinking Humans, a pattern of men and women exalting diversity, crossing cultural, ethnic, religious, age and gender boundaries in pursuit of ultimate knowledge. SETH's capacity to anticipate was high, honed by the association of a wide range of experiences and a highly tuned emotional guidance system. Still, with all her historic success in anticipating and dealing with the future in her area of expertise, this landscape was different ... was that a tinge of fear in her side tagging along for the ride?

SETH was responding to a strong message received from this distant realm, a message associated with survival, no doubt one of those learnings worthy of a new category of The Nobel Prize, a grand new way of thinking and being. He now stood on the high ground above that distant realm, a hundred thousand homes stretched out as far as he could see, lights twinkling through the

windows and pulsing along the billion connecting three-dimensional highways, roads and paths that made the community One.

Some spots were brighter than others: flitting patterns from a movie theatre playing reruns; flashing sparks from a loudly-buzzing generator; colorful streams from an observatory at the far edge of the city sporting a large, upward-focused telescope. And near the center of this hub of activity, to the left, where connecting paths intertwined with incessant beams of entangled reds and blues and yellows, the brightest light moved in and out of the central library. SETH understood the power of record-keeping at its best, a living, vibrant field of growing and expanding patterns evolving from instant to instant.

SETH moved toward that light, carefully navigating the busyness of the intersections, pulled this way and that by the excitement, but *committed to staying the course*. He had come to learn from the Master, to discover that single thought that guided all the others. He paused to reflect on this singular yearning for the discovery of something more that had emerged since his first feeling of the message.

Then he arrived at his destination, startled by the peace within the hub of excitement but gently perceiving the silence and fullness that comes with knowing. What might be described as an inner council of sorts welcomed him, each member of the

council a different aspect of the One. Eager to discover answers to his questions, he moved quickly through the formalities of introductions, conveying greetings from mutual distant relatives, sharing the urgency of his mission, and expressing gratitude for a warm reception.

"The environment is rapidly changing," the leader began, "and though you journeyed quickly following the first conscious flash, much new information is coming in through our sensors and emerging from our internal sources that is shifting our direction. There are new choices to make. Let us see how you fit, what you contribute ..."

"And what we can learn from you," SETH interrupted.

"Yes," the leader confirmed, *"that is also a possibility."*

"Possibility?" SETH questioned. *"But this sounded like the answer we have been seeking; finally, absolute knowledge. It resonates with our beliefs, with our preferred frames of reference, with our values ..."*

"Ah," responded the leader, *"but beliefs and frames of reference and values also change. They are tools for us to act effectively in an uncertain and changing environment."*

SETH was puzzled, confused even. *"No. Our community is also one hundred thousand strong,*

although many of those connections are outliers, at a distance, only a few reside in the center of town. Still, we have held onto those early values embedded during the beginning of time, and have picked up incoming information throughout our history that has reinforced those values, and we have sent continuous messages beyond our boundaries to guide those who are on misdirected paths ..."

"So that was you," the leader sighed. "Those historic values were holding all of us back for a while." There was a short pause, accented by rhythms of soft bursts of light. The leader continued, "And yet you are here. You were able to sense something new and different with the potential of evolving our connections and firings to another level."

"Yes ... it was magical!" responded SETH. "There was an explosion right in the center of town—at our Central Library—that coincided with the explosion here, which was visible and felt even across such great distances. A high vibration so strong that it pulled me here. Where did it come from? What exactly is it? Tell me what it is. Give me the words, the pattern, the context, to understand and learn and connect and share."

The leader smiled and silently moved away from SETH even as another form approached and continued the interaction. *"YOU are part of the answer to your questions! It is at the core of who you*

are and now you are more or you are more strongly connected to us through this journey, and, in turn to all those with whom we interact. We welcome your contribution."

SETH was beginning to tire of these circular responses. *"But I'm here to discover the grand new way of doing and being, the answer!"*

A third form was now moving toward SETH, hand out-stretched, eyes sparkling with amusement. *"There is no such thing; and simultaneously all you know is part of such a thing!"*

"We are part of such a thing that does not exist?" SETH blurted out.

The third informer gently motioned to the shelves and shelves of books and movies surrounding them in a hazy glow. *"We store here only a small amount of what we observe, what we reflect, what we discover, and it is always reforming and reconnecting in new ways to create the wonderful flash which brought you here."* She gestured a full circle, gliding around with the gesture, a lightness and happiness in the movement. *"Perhaps you had forgotten? This is the process of birth and regeneration, the way of knowledge, the capacity to take effective action, a human gift to navigate the rapids of change, uncertainty and complexity."*

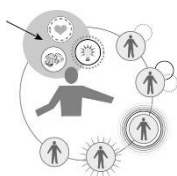
"I don't understand," SETH sorrowed. "How can I anticipate those rapids?"

"You've started that journey already," came the slow response. "You are here with us, interacting, each of us learning from the other. Our thoughts are no longer distant to you. We are moving toward intelligent activity." The third informer paused, pulsing with soft light that reached toward SETH.

"My friend, our future is neither predetermined nor knowable. We are co-creators of that future, and it rests with the dynamics of an almost infinite number of quasi-independent biological thinking subsystems that are entangled and deeply interconnected, with each trying to comprehend the whole while acting to the benefit of the individual. There is no 'answer' or ultimate action; there is learning, thinking and acting, the role of each biological subsystem which, in turn, affects the learning, thinking and acting of the whole in completely unpredictable ways."

SETH reflected. Patterns in a never-ending journey in which SETH was fully participating?

As SETH turned her energy towards home, she reflected on re-connecting with her trusted network, sharing new patterns, expanding their thoughts through exchange and dialogue, and **continuously re-creating themselves to co-evolve with a changing Universe ...**



Idea 4: The symbiotic relationship between knowledge and what we perceive as objective reality can be highly productive.

As a child, co-creating our reality may mean getting a stomachache from eating too many jelly doughnuts on a Saturday morning shopping jaunt with dad. As a teenager, it may mean getting a report card that reflects the effort (or lack of) you've put into your homework. As an expectant mother or father, it may mean the looming responsibility of parenthood. But, as the years pass and the self experiences more of life, the concept of co-creating our reality becomes far richer, and far more meaningful.

As you read these words, the information you are receiving is not an attribute of the letters or words themselves. The **print** on this page is not information, it *transmits* information. The letters and words on this page are symbols, which have learned and agreed-upon meanings connected with them. Similarly, when we speak to each other the actual sounds in the form of words *convey* information. Though thoughts and feelings may also be communicated, they are quite different things than the words themselves.

Our feelings, thoughts and mental images are derived through a sense of knowing, a deep personal, subjective sense that an idea or thought is important and, when connected with other ideas or thoughts through associative patterning, insights and understanding of both ourselves and our surrounding world emerge. Knowing, or having knowledge of, has the same relationship to what is often called objective reality as that of subject and object.¹⁶ Knowing is to *perceive or understand* as fact or truth while objective reality is *composed* of facts or truths, a state or quality of being real, or that which is perceived as existing independently of ideas concerning it. These little differences in definitions make a difference! Of course, that can never entirely be the case. The frame from which we understand objective reality is always limited by our personal experiences, beliefs and knowledge. Knowing is the subject of a separate little Conscious Look Book.

The word "limits" is often perceived in a negative connotation, but this is not necessarily the case. When referring to ideas, the limits imposed by defining our ideas within a framework help us develop a deeper understanding within that bounded domain. This also assists in the sharing of understanding, and spurs on the emergence of new ideas, some even beyond the framework in which they are presented. In other words, limits can offer the opportunity for learning and the emergence of new ideas. A dramatic example of the value of limits

can be found in the use of information technology. By placing limits (such as standards and protocols) on information technology, we are able to achieve broader interoperability among different technologies, giving more people access to more data and information.

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INSIGHT: Setting limits by defining our ideas within a framework helps us develop a deeper understanding within that bounded domain, assists in the sharing of understanding, and spurs on the emergence of new ideas.

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In like manner, the symbiotic relationship between knowledge and what we perceive as *objective* reality can be highly productive. This relationship allows our creative imagination and *subjective* knowledge to expand and play with ideas that may then extend our knowledge of objective reality.¹⁷ For instance, Einstein imagined he was riding on a light wave as he developed the general theory of relativity—which changed the way all of science understood the Universe, and is the basis of much of our thinking in this little book!

Similarly, it is the imagination of artists that creates a painting with the potential of expanding hundreds of viewer's understanding and appreciation of the world. For example, consider Leonardo da

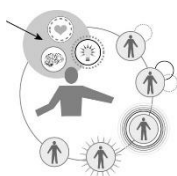
Vinci's portrayal of *The Last Supper* painted on the wall of the refectory of the Convent of Santa Maria delle Grazie in Milan. The variety of reactions in the faces and body movements of the disciples captured by Leonardo have intrigued and inspired viewers and writers since the beginning of the 16th century. From a new objective reality, viewers often discern more about themselves and their own subjective reality, with the newly discovered subjective often being very different from the artist's original intent or experience.

Simultaneously, what we perceive as objective knowledge can serve as a framework upon which subjective reality can play. For example, when Darwin's theory of evolution became widely known to the public, it caused many people to change their self-image and shook the basic foundation of their very existence. The concept of Darwinian Evolution created such strong subjective feelings that repercussions can still be felt today. The mind that can use this interplay between multiple realities has the capability of extending both their subjective knowledge *and* understanding of objective reality, if indeed such a thing exists.

THAT was certainly a lot of thinking! I've got to reread it to make sure we're on track. No matter how much we learn, there is still so much more to learn!

Today, we live in a world where thoughts and ideas are spurred onward by an almost exponentially increasing amount of data and information accessible to everyone. In both our personal and professional lives, we have become adept at responding to and anticipating change. The very act of change may create a new reality requiring new values and perspectives of life. While we clearly recognize the importance of the individual—of self—in creating and sharing feelings, thoughts and mental images to bring about and apply new knowledge, thinking about ways we create our reality can move us from a reactive role to a proactive role, fully embracing the power of self. In order to help us harness this power, let's explore the different perspectives and theories about *how* we as humans create our reality.

[Your Thoughts]



Idea 4: There are many paths to creating reality.

Just as each and every individual is unique, the realities we create individually and collectively are unique. As Heinz von Foerster, a physicist and philosopher, (1977, p. 108) posits, “The new paradigm recognizes that there is not just one reality; rather, we must recognize that there are many realities ... The reality of a Navajo, the reality of a multimillionaire, the reality of a slum dweller, are quite different realities. Cognition is the computation of just such *a* reality.”¹⁸

To help build a deeper understanding of the relationship of self and the perceived external environment, we will explore different frames of reference from which we assume the role of co-creator as we engage in a continuous loop of acting and learning. Depending very much on our perception, and connected to our world view, these frames of reference are foundational to how and what we create in our reality. We briefly look at the following perspectives: Literary, Living System, Consciousness, Scientific and Spiritual. A word of caution as we begin this exploration. As in all human constructs provided to facilitate understanding, *while the discussions are representative of these perspectives they are not the perspectives themselves*. As ever, the map is not the territory.

From a Literary Perspective. The relationships among thought, language and behavior have been explored throughout man's history. The power of knowledge in the form of writing is evident in early records describing the role of the *Overseer of All the King's Works* in ancient Egypt. This Overseer, who directed the massive labor force required to build a pyramid, was a scribe. His palette and papyrus scroll were the symbols of his knowledge and of his authority, and bureaucratic lists and registers were the tools of political and economic power.¹⁹ Literature was prized because of its influence over others, and brought fame to the scribe. In short, knowledge, demonstrated by writing, was considered an authority, whether it took the form of literature, a medical recipe or a list. Whatever was written (as symbols) was considered truth, or reality.

In 1784 Hugh Blair, a Scottish minister and rhetorician, identified a clear, close alliance between thought and language, with the spoken/written word sometimes responsible for the clarification of thought, and the clarification of thought sometimes responsible for the improvement of the word. In Hugh's words, *thought and language act and re-act upon each other mutually and by putting our sentiments into words, we always conceive them more distinctly*. So the story goes, how do I know what I mean until I hear what I am going to say? While tying this close connection, it is clear that Hugh believes the conception of thought remains

prior in time and importance to language. Now, that is interesting to think about. In contrast, I know some people who talk to discover their thoughts! Do you know what I mean? Today we think in terms of introverts and extroverts, and in Meyers-Briggs language that very much concerns our preferences for how we take in and process information as well as how we share it.

Later theorists regarded language as a major form of behavior, a significant entity in its own right. Language as behavior is very much in contrast with language as a subordinate feature in the process of communication. In 1982, a writing text contended that *the freedom to act upon the world and to construct reality is both the aim and the process of education*.²⁰ This implies that language is a powerful, if not unique, way of constructing reality and acting on the world. A number of well-known and well-published authors would agree. They describe the writing process—that is, interacting with pen and paper or, in more recent years, keyboarding—in the following words:²¹

Francoise Sagan: “For *Bonjour Tristesse* all I started with was the idea of the character, the girl, but nothing really came of it until my pen was in hand. I have to start to write to have ideas”

James Thurber: “I don’t believe the writer should know too much where he’s going. If he does,

he runs into old man blueprint – old man propaganda.”

Truman Capote: “But in the working-out, the writing-out, infinite surprises happen. Thank God, because the surprise, the twist, the phrase that comes at the right moment out of nowhere, is the unexpected dividend, that joyful little push that keeps a writer going.”

William Faulkner: “Sometimes technique charges in and takes command of the dream before the writer himself can get his hands on it ... It [*As I Lay Dying*] was simple in that all the material was already at hand.”

Gertrude Stein: “It will come if it is there and you will let it come, and if you have anything you will get a sudden creative recognition. You won’t know how it was, even what it is, but it will be creation if it came out of the pen and out of you and not out of an architectural drawing of the thing you are doing ...”

In more prosaic terms, every act of writing is an act of creating, interacting with the medium in the environment to create symbols external to self, a release of the unconscious reality into public view. As George Lakoff and Rafael Nunez note in their book, *Where Mathematics Comes From*, and as now is a basic understanding: “Perhaps the most fundamental, and initially the most startling result in cognitive science is that most of our thought is

unconscious – that is, fundamentally inaccessible to our direct, conscious introspection. Most everyday thinking occurs too fast and at too low a level in the mind to be thus accessible. ... We all speak in a language that has a grammar, but we do not consciously put sentences together word by word, checking consciously that we are following the grammatical rules of our language. To us, it seems easy: We just talk, and listen, and draw inferences without effort. But what goes on in our minds behind the scenes is enormously complex and largely unavailable to us.”²²

From a Living System Perspective.

Autopoiesis is a term with Greek derivation that means self-production. The main argument of the theory is that living systems are created and reproduced in an autonomous, simultaneously open and closed self-referential manner. This means a porous boundary, where some things can come in and others are warded off. An example would be the intake and processing of food versus the rejection of foreign matter. Autopoiesis assumes everything the living system needs for self-production is already in the system.²³

In epistemological terms, autopoietic systems are considered to contain their own knowledge since the system is the observer of external events. External events such as clouds, people, and buildings are all part of the individual’s experience, and the

interpretation and description of these events are the results of the *relationships* established between our previous experience and our perceptions. From an autopoietic viewpoint, it is impossible to step out of the individual and see ourselves as a unit in an environment. This is because what the individual sees as the external environment is still part of his experience and by no means lies outside the interface that, in theory, separates the knower from the known.

If our reality cannot be separated between ourselves and the external world, then *within our own minds what we perceive and create and believe is reality*. Therefore, when we actively create new realities within ourselves, they become “the” reality upon which we act, anticipate and analyze. From this internal reality, and the forthcoming actions, comes behavior in the external world that then creates a perceived reality in the minds of others. Thus, the possibility of diffusion of our own individual reality to others becomes realized, and a significant external reality can be created through wide-spread commonality of interpretation.

That is so interesting!

From a Consciousness Perspective. The *permanency of form*, or reality, is an illusion, since all consciousness is a *process of change*. Consciousness is a process in which thoughts, images and feelings are constantly evolving. Its major characteristics are unity, optimum complexity

and selectivity. Unity is necessary to make the time flow of thoughts, images and feelings coherent. Optimum complexity allows the processing of divergent signals from within the individual and from the external environment. We want enough complexity to interact with the environment, but not so much as to send us into a chaotic state! Selectivity limits the incoming signals to those that are essential to survival or interest. What this means is that when you get incoming information from the senses, you take that information and mix it with your memories of thoughts, feelings and images related to that incoming information (the associative patterning process). The brain's ability to integrate these forms is what is called the remembered present.²⁴ The process we call consciousness is a *continuous sequence of these remembered presents* and the understanding of their connections and relationships to each other and our self. I really like the juxtaposing of those two words "remembered" and "present". "Remembered" has to be a part of the past, but "present" is, well, NOW. Interesting trying to think about how those two words fit together.

Studies from consciousness would agree with autopoiesis in that when we receive external information, since we immediately compare it with what is already in our memory, it is the combination of these two, coupled with our own belief and value systems, that yields what we perceive as reality, an

integrated mental scene. *That means the individual mind participates in the creation of its own reality.*

From a Scientific Perspective. From the viewpoint of Newtonian physics, scientific inquiry assumes the existence of an objective, external reality that can be studied, understood and tested through empirical methods. Although science recognizes the potential subjectivity of individual perceptions and observations, where possible, particularly in the domains of physics and chemistry, it has built into its methodology protection mechanisms that minimize or eliminate subjectivity in areas of concern to science. Through the process of creative construction of models and theories of objective reality, filtered by empirical testing and public dialogues and debate, *the best estimate of objective reality is created.* While this objective reality is not “the” objective reality, it is self-consistent and for each area of its applicability it has been highly effective, leading to great advances in technology and a deeper understanding of our world and our Universe.

Under these working assumptions, to some extent an individual’s perception of reality can influence that reality predominantly through the psychological impact that belief has on the individual’s actions. Through these actions, then, the external reality can be influenced, and therefore a self-fulfilling prophecy may be possible.²⁵

While science recognizes that individuals have different subjective realities as explained by autopoiesis and numerous psychological studies, these differences in reality do not preclude understanding the objective reality in the hard sciences. However, there are significant open questions in several areas related to the observer's impact on that objective reality. Enter Quantum physics.

While Quantum physics is shifting our mindsets about all that was previously learned in science, there is still so little we understand, and many other fields of science have not yet taken into account what we *do* understand. Old habits are hard to change! This is not surprising since Quantum physics challenges the questions at the core of our very existence. Theoretical physicist Sean Carroll hit the nail right on the head, so to speak, when he pointed out that although our understanding of Quantum at a fundamental level is not finished, "... there is nothing we know about it that necessarily invalidates determinism (the future follows uniquely from the present), realism (there is an objective real world), or physicalism (the world is purely physical)."²⁶ Change can be difficult regardless of the direction from which you look!

What we are beginning to understand is that the Quantum field is a probability field, and, consistent with the treatment throughout this book, that *all that*

is possible exists. Further, we know that there is a relationship of thought to this field, and that consciousness emerges when enough thought is heading the same direction.²⁷ Much like the hierarchical structure of neuronal patterns in the human mind/brain, there are hierarchical relationships in the Quantum field, with the qualities of self-organization and self-creation. Thus, *consciousness itself creates more consciousness*, and has the ability to, at the level of the hierarchy where it is focused, affect the direction of energy flows in the field. When enough thought is focused in the same direction, a shift in the field occurs.

From the viewpoint of cell biology and the discoveries related to the new field of Epigenetics—the study of the mechanisms by which the cell environment influences gene activity—we now know that we are not victims of our genes. It is the way genes are expressed that determine their strength in our lives, and *that involves choice*. As cell biologist Bruce Lipton says, we now know that we are not frail bio-chemical machines controlled by genes, but rather as *powerful creators of our lives and the world in which we live*.²⁸ Further, we have discovered that the cells of the body are controlled through receptor and effector proteins—a set of antennas, that appear on the outer membrane of the cell. Thus, Bruce sees consciousness as a simulation information field. This has huge impact for the human as co-creator.

From a Spiritual Perspective. Like the words in this book, the objects around us that make up our environment are symbols that transmit a reality with a learned, and agreed-upon, meaning. The true information is not in the object any more than thought is in words and letters. Both words and objects are methods of expression. When you speak words, and though they may express more or less your feelings, they are not your feelings. There is a gap between our thought and our expression of thought. This gap is particularly visible when we consider how often each of us begins a sentence, and don't know exactly how it's going to end. We create the thought and the language as we go along. This same gap occurs between our thoughts, feelings and mental images and the creation of objects (in space) and events (in time).

Spirituality sees the continuous creation of our physical environment as a method of communication and expression, with the self in the role of co-creator. *Feelings, thoughts and mental images are translated into physical reality.* Feelings play a significant role in this process. The intensity of a feeling, thought or mental image is an important element in determining subsequent physical materialization; feelings—often linked to thoughts and mental images—largely build that intensity. If your mind works with high intensity, and you think in vivid mental emotional images, these are swiftly formed into physical events. We form the fabric of our experience through

our beliefs and expectations, which are not *about* reality, but *are reality itself* (Roberts, 1994).

In summary, the literary perspective is that language is a powerful way of constructing reality and acting on the world. The living system and consciousness perspectives agree that the individual mind does participate in the creation of reality, and in autopoiesis a diffusion of individual reality to others can be realized. The hard science perspective, based on Newtonian physics, is that while there is an objective reality, parts of external reality can be understood and influenced, and therefore a self-fulfilling prophecy may be possible. However, Quantum theory, and discoveries in cell biology, have opened up new possibilities for the human as co-creator. The spiritual perspective, which now appears to reflect the possibilities of Quantum thinking, is that all reality is a result of feelings, thoughts and mental images, and reality emerges dependent on the intensity of those feelings, thoughts and mental images.

Regardless of the perspective that is part of an individual belief set, *it is clear that we as humans are involved in the creation of the reality in which we live*. Perhaps the idea of co-creation would be more descriptive in the following context: The self is continuously learning from that which is perceived as its environment, and using this learning to act on reality, which we are simultaneously co-creating.

Because realities are continuously being created and recreated by human beings, individually and collectively, they are part of our evolutionary system of constant change. And, as a friend often reminds, *we've got to quit playing small.*

[Your Thoughts]



Idea 6: We are our greatest co-creation.

We are not abject observers in the path of life, we are co-creators, with the very act of observing capable of changing the outcome of activity. And for each of us, **the greatest creation in this life is that of our self**; and, for the fortunate ones who traverse the road to intelligent activity, the expanded expression of *Self*. This is a journey of discovery, growth and choice, with knowledge triggering ideas, and ideas begetting ideas. *The only limits imposed on us are our own*, the limits of our creative imagination, the mental faculties we develop, and the consistency of our choices and actions.

Neal Donald Walsch, a spiritual messenger and the author of *Conversations with God*, says that there are six things that create our reality in this physical experience called life.²⁹ These are events, data, truths, thoughts, emotions and experience. When any of these elements change, then our reality changes. Thus, if we want to change our experience, we can purposefully change one of these elements and our reality will change! That sounds pretty easy on the surface. But money chatter seems to slip into our heads easily, AND somehow it's hard to get rid of some of the negative responses we have to events in

life, even when we know we can change our thoughts and feelings!

* * * * *

EXERCISE: *Redirecting the Mind*

This is an exercise for stopping a negative thought pattern's neural firing in the moment and then redirecting it to a more positive one.

STEP (1): Identify a mantra or song that is uplifting and shifts you into the vibration of love or reverence. If you are a Christian, this could be the Lord's Prayer or a church hymn that lifts your spirit and is easily remembered. For example, one author discovered that he always whistled the tune to *Amazing Grace* in times of stress. The words that would run through his head are: "Amazing grace! how sweet the sound, that saved a wretch like me! I once was lost, but now am found, was blind, but now I see." Regardless of your belief set, the concept of living in grace—with grace representing beauty, kindness and mercy—enables the perception of a positive learning experience. Eastern mantras such as the *Ohm Mani Padme Hum* serves this same purpose, as does the heart sutra mantra of *Gate' Gate' Paragate Parasam Gate' Bodhi Svaha*. Just about every spiritual tradition has good options to draw from. And if an individual is more secular in nature, since we seem to be hard-wired for music,

there are most likely favorite songs to be found in memory that will catch hold of the mind and uplift.

STEP (2): Whenever you catch your thoughts or emotions spinning in a negative direction, make a ritual out of repeating the mantra, prayer or song to yourself over and over as many times and as often as needed until you feel your state of being shift into a more positive state.

NOTE: Even if you have not been aware of it, you may discover that you have unconsciously been using this tool throughout your life!

* * * * *

We can proactively create our self to be something more than we are, and as we act accordingly the environment around us will respond. Concurrently, as the environment within which we interact changes, we can create ourselves to be something different, to whatever level needed or desired. Our freedom to think and create offers the opportunity for amazing diversity and infinite possibilities.

This freedom to create does not equate to control. As we move through life expanding our understanding of self, we become aware of a new reality. In this larger reality we are co-creating, the need to control is an illusion as well as an impossibility, and the need to create is not dependent

upon the need to control. Rather than control others, it is beneficial to ourselves and the larger whole to help others in any way necessary to learn to control themselves; and we don't need to control others to be in control of ourselves! Nor do we need to control others—or anything else—to be creative.

Feelings, thoughts and mental images serve as the medium of exchange for creating our reality, what is called neural plasticity, the ability of neurons to change their structure and relationships, depending on environmental demands and personal decisions and actions. Recall that the brain is the physical structure of atoms and molecules and the mind is the totality of neuronal patterns within this physical structure, that is, patterns of neurons, their connections (synapses) and the strength of those connections. It is exciting to note that this complex, interwoven and interdependent system that is the mind/brain/body is continuously changing, never exactly repeating a pattern!

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INSIGHT: One person's reality is another's perception.

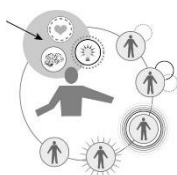
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Recognizing the plasticity of the mind/brain, we begin to understand that what we focus on heavily impacts the co-creation of our reality. There is a feedback loop between our thoughts and the

structure of the brain, an interdependence and self-organization such that each influences the other. This impacts our everyday thoughts and actions, the way we interact with others and the way we do business. For example, while certainly failures need to be acknowledged and addressed, the old method of focusing on failure gives way to an appreciative inquiry model that pushes us to discover what is good and working, and focus and expand from that point of understanding. This means putting less focus and energy on problems and much more focus and energy on solutions.

There is a little Conscious Look Book on *Attention and Intention* that focuses on the power of our thoughts.

[Your Thoughts]



Idea 7: All of these frameworks interact as we create and navigate a complex reality.

While we have addressed our roles as co-creators from a diversity of frameworks, this does not mean that each of these frameworks is separated from the other. Quite to the contrary. Our preferences dictate our focus, but these frameworks interact, just as the energies within us interact to create an individual, and just as people in an organization interact to create a business, and just as organizations around the world interact to create a global economy.

Interestingly, just as our thoughts and feelings and perceptions encourage success, the ability to accomplish our goals, our misperceptions can threaten survival. We introduced cell biologist Bruce Lipton earlier in this book. As Bruce acknowledges, “Almost all of us have unknowingly acquired limiting, self-sabotaging misperceptions that undermine our strength, health, and desires.”³⁰ Perceptions are beliefs, and the nature of our perceptions greatly influence our lives. For example, consider the placebo and nocebo effects. The placebo effect is a sense of benefit arising solely from the knowledge that treatment has been given;³¹ the nocebo effect is a sense of illness or a toxic condition arising solely from the knowledge of exposure to same.³²






One such study dealt with Japanese children who were allergic to a poisonous plant. One leaf labeled as poisonous was rubbed on the children's forearm, and another leaf that looked the same but was labeled as non-poisonous was rubbed on the other forearm. As expected, the majority of the children developed a rash on the arm rubbed with the leaf labeled poisonous and had no reaction to the non-poisonous leaf. However, what the children *did not know* is that the two leaves had been purposefully mislabeled! The children had broken out in a rash because of their perception that the non-toxic leaf was poisonous.³³

Ultimately, the answers to the nature of reality are to be found through an inner journey into ourselves, through ourselves and through the world we know. *It is human imagination and creativity that is constantly creating the reality in which we live.*³⁴ Each and every one of us has observed or been a part of this great creativity, which always seems greater than our physical dimension with its perceived objective reality. **This joy of creativity flows though us as effortless as our breath; and each of us uses this flow of creativity to create a unique reality, different from any other individual.**

What does this mean to me?

From the beginning to the end of this little book, no matter which worldview or frame of reference we explored, it is clear that, indeed, we are co-creators of our reality. Now, what does this mean to you? Sometimes just knowing something can make a big difference!

Here are a few take-aways.

-  Reality is essentially subjectively unknowable, existing as an image, perception, perspective or belief generated by a person, a group or a society.
-  We are all part of an amazing playing field of consciousness. **The requirement of creation is the ability to dream.**
-  Consciousness is the Field within which everything—including material reality—exists.
-  Because of each person's uniqueness, there is a tension between understanding and misunderstanding that underlies every genuine dialogue.
-  As co-creators, we are continuously re-creating ourselves to co-evolve with a changing Universe.



The self is continuously learning from that which is perceived as its environment, and using this learning to act on reality, which we are simultaneously co-creating.



The greatest creation in life is that of our SELF.

REMEMBER: The joy of creativity flows through us as effortless as our breath; and each of us uses this flow of creativity to create a unique reality, different from any other individual.

**Even NOW, in this instant,
YOU are co-creating your reality.
WHAT will you create?**

This volume of **Conscious Look Books** builds conversationally on the ideas presented in *The Profundity and Bifurcation of Change Part IV: Co-Creating the Future*, largely presented in Chapter 23: “Co-Creation Frames of Reference.” Co-authors of the original text include David Bennet, Arthur Shelley, Theresa Bullard, John Lewis and Donna Panucci. Full references are available in the original text, which is published by MQIPress, Frost, WV (2017), and available as an eBook on www.amazon.com

Endnotes

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²⁹ Walsch, N.D. (2009). *When Everything Changes, Change Everything: In a Time of Turmoil, A Pathway to Peace*. Ashland, OR: EmNin Books.

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³¹ *Encarta World English Dictionary* (1999). New York: St Martin's Press.

³² Lipton and Bhaerman (2009).

³³ See Ikemi, Y. and Nakagawa, S.A. (1962). "A Psychosomatic Study of Contagious Dermatitis" in *Kyoshu Journal of Medical Science* 113, 335-350.

³⁴ See Edelman, G. and Tononi, G. (2000). *A Universe of Consciousness: How Matter Becomes Imagination*. New York: Basic Books.

The Volumes in
Possibilities that are YOU!

All Things in Balance

The Art of Thought Adjusting

Associative Patterning and Attracting

Beyond Action

The Bifurcation

Connections as Patterns

Conscious Compassion

The Creative Leap

The Emerging Self

The Emoting Guidance System

Engaging Forces

The ERC's of Intuition

Grounding

The Humanness of Humility

Intention and Attention

Knowing

Living Virtues for Today

ME as Co-Creator

Seeking Wisdom

Staying on the Path

Transcendent Beauty

Truth in Context

Reality is essentially subjectively unknowable, existing as an image, perception, perspective or belief generated by a person, group or society. Nevertheless, consciousness, supported by our unconscious mind/brain and bootstrapped through social collaboration, is the only resource available to observe, create and comprehend our existence. In this little book we explore the various ways that we as humans participate in co-creating our reality.

