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Multiverse Mind Newsletter

Keynote

“Truth is a pathless land” J. Krishnamurti

Silence



Silence [part-1]

Silence is a quality of mind

When we refer to “silence,” we’re not referring to a totally quiet environment. Rarely is it possible to create the conditions for “perfect” silence. There are always cars driving by, birds chirping in the trees, or old pipes clanking away in the office building. Rather, we think of silence as something that we are *engaged in*. Silence is a quality of mind, a way of being, and a powerful type of presence in the world.

When we practice silence, there is a self-consciousness that we often ignore in daily life, when we are compelled to express every thought, emotion, or idea that floats into our heads, without fully understanding the intention behind them or their repercussions. Embracing silence allows us to be with ourselves in a way that is simply observant—not judgmental or mindless. This quality of observation can make our appreciation for life more subtle and profound and can transform group experience into a richer and more nuanced experience.

As we share silence with each other, it is important to be careful that we are not “silencing” others or ourselves. For some people, this may seem like an unnecessary distinction. But for people who have been silenced in their lives due to racial, sexual, or political oppression, this distinction can be deeply important. The silent dynamic we are trying to embody here is not one of “power over,” where we are not permitted to speak, but rather of “power with” coworkers and friends, with whom we have made a commitment to understanding the value of sharing space and time in a way that is supportive, meaningful, and infused with respect.

Consciousness



Why We Need to Study Consciousness

*Science has made outstandingly accurate descriptions of the world
but has told us little about our subjective experience of it*

What is consciousness? In a sense, this is one of the greatest mysteries in the universe; yet in another, it's not an enigma at all. If we define consciousness as the feeling of what it's like to subjectively experience something, then there is nothing more deeply familiar. Most of us know what it's like to feel the pain of a headache, to empathize with another human being, to see the color blue, to hear the soaring melodies of a symphony, and so on. In fact, as philosopher Galen Strawson insightfully pointed out in a *New York Times* opinion piece, consciousness is "the only thing in the universe whose ultimate intrinsic nature we can claim to know."

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Humanity



What Humans Could Be

"Perhaps human nature has been sold short...." Abraham Maslow

Toward the end of his life, the humanistic psychologist Abraham Maslow was developing new insights into self-actualization – and envisioning an even higher motivation, which he called transcendence. He referred to his theory as "Theory Z".*

To Maslow, “transcenders” are regularly motivated by values and experiences that go beyond the satisfaction of basic needs and the fulfillment of one’s unique potential. These “meta-motivations” include a devotion to a calling outside oneself, a seeking of "peak experiences", and a commitment to the values of Being, or the “B-values”, including truth, goodness, beauty, justice, meaningfulness, playfulness, aliveness, excellence, simplicity, elegance, and wholeness— as ultimate goals in themselves.

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Mindfulness



Mindfulness

Mindfulness is an awareness of perception.

Mindfulness is the English translation of the Pali word *Sati*. *Sati* is an activity. What exactly is that? There can be no precise answer, at least not in words. Words are devised by the symbolic levels of the mind and they describe those realities with which symbolic thinking deals. Mindfulness is pre-symbolic. It is not shackled to logic. Nevertheless, Mindfulness can be experienced -- rather easily -- and it can be described, as long as you keep in mind that the words are only fingers pointing at the moon. They are not the thing itself. The actual experience lies beyond the words and above the symbols. Mindfulness could be described in completely different terms than will be used here and each description could still be correct.

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Meditation



Meditation and Health

Scientists try to understand how meditation practices physically affect the body.

Evidence is growing that meditation can have beneficial health effects, scientists have sought to understand how these practices physically affect the body. A new study by researchers in Wisconsin, Spain, and France reports the first evidence of specific molecular changes in the body following a period of mindfulness meditation.

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Persona Grata



Bono: Unsung Thoughts

If you want to kiss the sky, better learn how to kneel

"We refute the belief that man is just a higher stage of animal, that he has no spirit. I think when people start believing that, the real respect for humanity is gone. You are just a cog in a wheel, another collection of molecules. That's half the reason for a lot of the pessimism in the world.

What about this idea of liberty? Not liberty for its own sake, but liberty for some larger end - not just freedom from oppression, but freedom of expression and worship. Freedom from want, and freedom from fear because when you are trapped by poverty, you are not free. When trade laws prevent you from selling the food you grow, you are not free. When you are dying of a mosquito bite for lack of a bed net, you are not free. When you are hungry in a world of plenty, you are not free. And when you are a monk in Burma this very week, barred from entering a temple because of your gospel of peace, it is an affront to the thug regime, well then none of us are truly free."

BONO: Paul David Hewson (born 10 May 1960)