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Life is at once exciting and confusing. We all know what life is, but none of us really understands what life is. At times we are thrilled to be alive and at others we just wish it were all over. We use the word life to mean so many things, and we think we understand what we mean by that, but then a single word cannot have so many meanings and still mean anything at all.

Ignoring all that, let's think only about what it means to you to be alive. Certainly this includes millions of biologic processes but there must be more to an organism that gives it life. We are learning that not only chemistry, but also structure is important for life. It's not enough to have the correct kinds and amounts of elements, everything must also be arranged in the right shapes.

And that may be enough for the most basic organisms, things like bacteria and virii. But as things get more complicated then inexplicable things happen. In fact many scientists question whether things like the simplest bacteria and virii are actually alive since they don't really do much except reproduce.

The more complex organisms all seem to have some unseen connections and interactions with the other living things around them. Sometimes these can be measured: like the pheromones that plants emit when insects are eating them, that warn other plants who then start producing insecticidal components in their leaves. In other cases we haven't yet figured out how to measure it: like why plants grow more vigorously when zir cultivator shows zir extra love and attention, such as singing to zir. How can a plant hear music, and why would zie grow better because of it? So far we don't know.

There are people who won't believe this because they can't explain it; this is like refusing to believe that a cell phone works because the owner of it can't explain quantum mechanics. An interesting experiment was conducted years ago with self-programming electric circuits. In this experiment a small microprocessor was programmed to accomplish some task. And then the program would be randomly changed in one place and the accuracy and speed to get to the result was measured. Many of these microprocessors were then set up to do this, and occasionally the units with the programs that performed poorly were replaced by the programs from the units which performed best. After millions of iterations the experimenters examined the programs to see how they evolved. What they found was a program that at first made no sense and seemed like it should not work at all. So they studied it until they realized that this program was exploiting small imperfections in the circuitry. The electronic components did not behave exactly as intended by the manufacturer and these tiny discrepancies resulted in tiny differences in the results.

Now an engineer would write the program according to how the circuit is designed to work, and then make it robust enough to overpower the flaws in the components. Whereas this evolved program exploited the flaws to achieve a faster and more efficient result.

This gives us an interesting insight into evolution, which is one process that living organisms employ. The circuitry in our bodies is sensitive to all sorts of inputs from our surroundings and many of these we don't even know about so far. Our biologic circuitry includes not only our nervous system, but all the chemical receptors, our hormonal balance, our brainwave patterns, and every cellular process that is influenced by a force of the universe. So far we know of 4 forces in the universe: the strong nuclear force, the weak nuclear force, gravity, and electromagnetic force. But we also know that we are missing a few things (at least a few). This is because our two most important theories (relativity and quantum mechanics) for explaining physical processes do not agree in some critical places. All this means is that we know our knowledge is incomplete and there are things we don't understand. So if the smartest scientists have no problem admitting this, then people who refuse to accept what they can't explain are sort of ludicrous.

This makes it completely probable that the circuitry of our body is connecting to forces and

influences which we are totally unaware of. All of us have experienced a situation of knowing what another person is thinking without being told, or suddenly feeling that something is wrong to learn later about a horrific event, and that irreplaceable feeling of a shared deep connection to a person or pet. These are the strong and tangible examples, and this connection exists between every living thing in the universe. We have no idea yet how it is transmitted, conveyed or detected but our experience shows us that it does.

Perhaps it involves an additional, as yet unknown force of the universe or another dimension. Various scientific theories of the universe posit that there are more forces and dimensions than we know about so far. What we do know is that evolution has formed our body to be fantastically sensitive to our environment and the living things surrounding us.

These influences can either harm us or help us. We want to learn how to channel these influences to help us. Practitioners have recommended certain crystals, essential oils, meditations, incantations, and herbs to make us more responsive to the positive influences and resistant to the negative influences. Everyone's biologic circuitry is slightly different and that's why everyone experiences slightly different results.

When we speak of increasing the power of our spirit (or soul) we mean that we improve the connections with the positive influences of the living organisms around us. When the connection is improved we can both receive power from other spirits as well as contribute our power to them. We make each other stronger by joining together.

A contemporary example of this is the internet. The internet is not a source of information, it is only a conduit for transmitting it. When we have a slow dial-up connecting through a 9600 baud modem our ability to share information is severely restricted. If we can upgrade our connection to 1 GBPS fiber then we are in a whole new situation. Strengthening our connection to the communal life force in the universe does the same thing; it drastically increases the amount of energy that can be shared.

We believe that regular exercises to strengthen our empathic connections will cause certain changes to our body circuitry, the same way that physical exercise makes our muscles, heart and lungs stronger. The structure in our cells, nervous system and endocrine systems change in ways that make us more empathic. We don't yet know what all these changes are but Dawns are doing research in this area to learn more about the biologic changes involved. It will be tremendously helpful for our researchers to receive any data and especially personal testimonials about how you have improved your empathic connections to the universal life force. We believe no one person has all the answers and will be honored if you share with us your information.