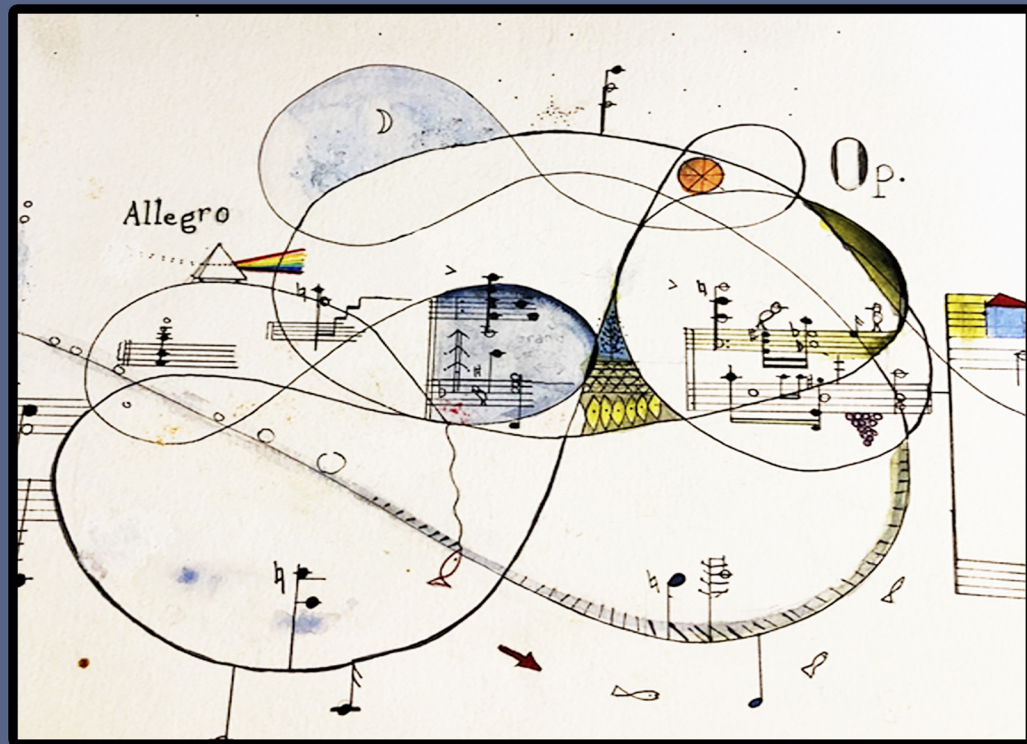


# RETURN TO THE SYMPHONY

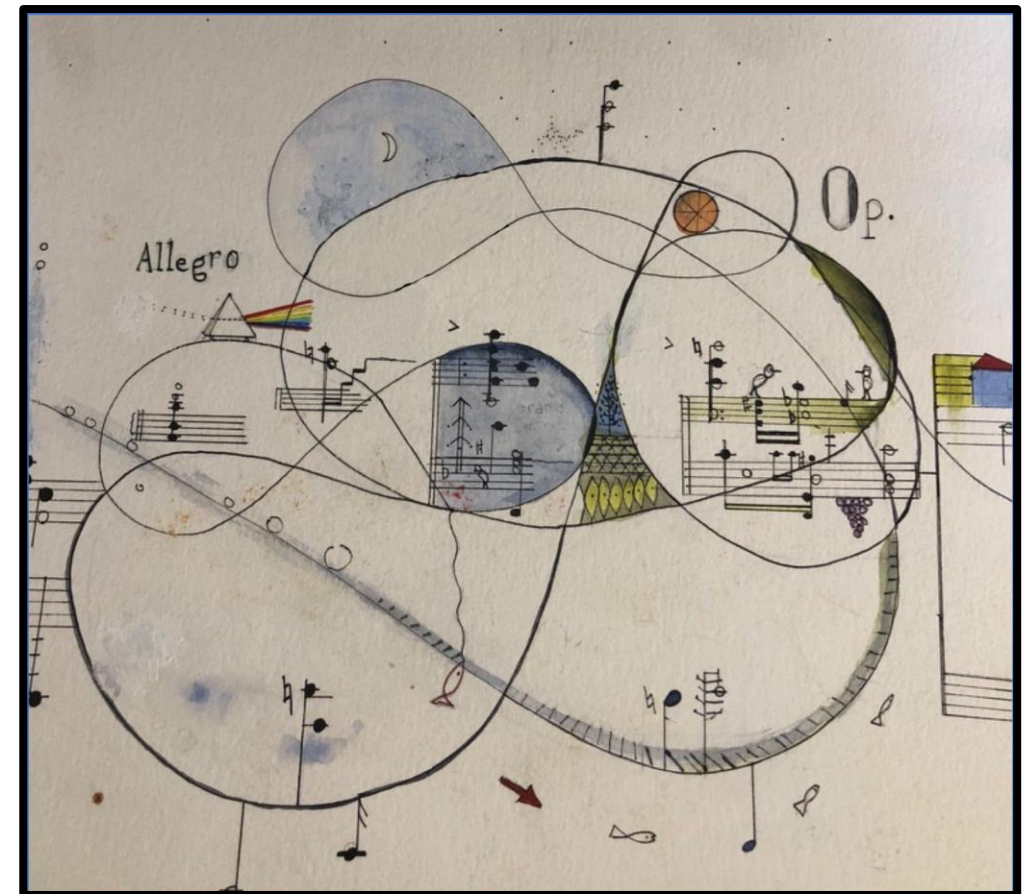
*Exploring Torah as a Path for Personal Transformation*



WRITTEN BY SIMCHA FRISCHLING  
ILLUSTRATED BY JEAN-PIERRE WEILL

# Return to the Symphony

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Simcha Frischling  
*Illustrated by Jean-Pierre Weill*

Return to the Symphony

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Return to the Symphony  
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People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious. (Carl Jung, *Psychology and Alchemy*)

Our world is in crisis because of the absence of consciousness. And so, to whatever degree any one of us, can bring back a small piece of the picture and contribute it to the building of the new paradigm, then we participate in the redemption of the human spirit, and that after all is what it's really all about. (Terrance McKenna)

The beauty and significance of a life well lived consists not in the works we leave behind, or in what history has to say about us. It comes from the quality of conscious experience that infuses our every waking moment, and from the impact we have on others. (John Yates)

The flute does not know music: it does not know G from B flat; it does not know tempo or emphasis, and cannot make music come out of itself: it's just a hollow bamboo stick with holes in it! It is the musician who has the knowledge and the skill and the intention and the dexterity, and whose breath blows through the instrument and whose fingers manipulate the openings so that beautiful music flows out. When the music is ended, no one congratulates the wooden stick on the music it made: it is the musician who is applauded and thanked for this beautiful gift of music.

It is precisely so with what we think of as our 'selves'. We are instruments, hollow sticks, through which the Breath, the Spirit, the Energy which is Presence, All That Is, Consciousness, flows. Just as it is not the flute making the note, but the Musician making the note through the instrument, so it is the breath which is Presence which animates this mind and body.

(Perfect Brilliant Stillness, David Carse)

A very quick and very incomplete note on free choice.

From the above quote, which I think is beautiful – it seems that we do not have free choice. From a perspective that is way up there, I believe it is true that; we are simply different shaped conduits who conduct the flow of consciousness from The Ocean of All That Is.

“We are instruments, hollow sticks, through which the Breath, the Spirit, the Energy which is Presence, All That Is, Consciousness, flows.”

From a denser, more grounded perspective, it seems that we do have free choice based on:

- our ability to make distinctions and
- our ability to judge relative value.

Two qualities that are needed, to make meaningful choices, and to become a free, co-creative “self” - one given and one ingested, from the story of Adam and Chava.

- naming the animals (distinction) and
- eating from the Tree of Good and Evil (relative value) <sup>1</sup>

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<sup>1</sup> Imagine you are standing in front of a table that has various items on its surface. You want to make a meaningful choice as to what item to pick-up and possess. If your vision is blurred and you cannot distinguish between the items on the table, you cannot choose between them.

Now let's say that your vision is fine and you are able to make distinctions, and you see two empty glasses on the table. They are both empty and identical. You still are not in an arena of being able to exercise meaningful choice.

If you can distinguish the two glasses and one is filled with gold and the other with dirt, you can now exercise free meaningful choice.

Naming the animals (distinction) and eating from the Tree of Good and Evil. (judging relative value)

Twenty generations after Adam and Chava were seduced by the snake, Avraham and Sarah came along, who had a son named Yitzhak. Yitzhak, in Hebrew, literally means “he will laugh” (in the future) In the mystical texts of Jewish wisdom, Yitzhak is understood to personify individuation and distinction.

Has it really been left up to us, individuals with free choice, to earn (or fail to earn) what the future will bring?

Or, is the ultimate outcome contingent, not on us, but on the Will of Whoever baked this whole enchilada to begin with?

As distinct individuals, it sure does feel that we do have some degree of free choice.

But maybe, the very concept of “distinct individuals” itself, might end up being a laughing matter – in the future.

I do believe that we need to live our lives as if we have free, meaningful choice. I also believe in Ein od Milvado - There is Nothing Other

Perhaps the “goal” is to choose wisely, evolve and become more conscious.

And, perhaps the goal of becoming more conscious is to simply realize that we are, in fact, “Nothing Other”.

Being a proactive participant in evolution’s unfolding entails; time, space, stuff, process, progress, effort, relative value, right, wrong, etc.

Ein od Milvado - There is Nothing Other; might just simply be. Maybe a little 5 MEO DMT couldn’t hurt. ; )

Like I said; very quick and very incomplete.

We will continue this book from the denser, more grounded perspective – free choice, it is.

*When I was a teenager, I spent a lot of time listening to jazz. I grew up in New York City in the ‘60s, so I was exposed to a lot of good music. I would often go down to Greenwich Village and listen to Bill Evans, a great jazz pianist. I was tall, so no one asked about my age. There was no cover charge, so one beer, nursed slowly, bought me a whole set.*

*In some ways, the structure of jazz resonated with the path my life was taking at the time, and undoubtedly, that’s one of the reasons I was drawn to it. Most jazz begins with a chord progression and a simple melody line running through it. Each time around, the melody line becomes more abstract and dissonant within the chord progression that also becomes less distinct and recognizable. Most of the time, it all, eventually, does return home to where it began.*

*At that time in my life, I was lost, very scared and barely holding on to any sense of wellbeing. Very early in my childhood, I did feel secure, but then due to certain circumstances, I came very close to losing the plot all together, to no longer being able to project the healthy progression that my own life might take. And then, certainly more from desperation than from a conscious intention, I made considerable effort to find my way back home again, using whatever modality made sense to me at the time.*

*Bill Evans always began his tunes at their original, basic structure; clear, easy, simple, familiar. He journeyed away, to abstract, dark, off-beat places. But with him, there was never a fear of not returning. Bill’s music wasn’t “flat”, as in barely leaving the safety of the root melody. He always ventured into unknown territory. It was dynamic. It was both beautiful and dissonant. But I always felt that a master was in control - a faithful master, who would ultimately guide the whole process back to where it began.*

*As a young teenager, I didn’t know if my own journey would return to wellbeing. I suppose music like Bill Evans’ allowed me to feel the possibility that it could.*

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**Introduction:** You enter the forest at the darkest point,  
 where there is no path.  
 Where there is a way or path it is someone else's path.  
 You are not on your own path.  
 If you follow someone else's way,  
 you are not going to realize your potential.  
 (Joseph Campbell)

Not all those who wander are lost.  
 (J.R.R. Tolkien)



### **This book explores the teachings in the Torah**

as a vital and relevant path for personal transformation.

The Torah contains profound teachings.

In my opinion, many of the Torah's most profound teachings are deeply buried in mystery.

It is also my opinion that these hidden mysteries will not be revealed as a function of simply doing what we have been doing all along, only more and better.

Our relationship with the Torah needs to evolve.

Evolution is a process of **transcend** and **integrate** –

as molecules **transcend** and **integrate** the atoms of which they are composed.

In the context of personal evolution this is what I mean:

we need to maintain a profound respect for tradition – **integrate** what came before,

and we need to contribute our own novel discoveries – **transcend**.

We should not just integrate what came before

and fail to make our own unique contributions,

and we should also not transcend and *disassociate* from the rich history from which we have emerged.

In order to maintain a tradition,

an emphasis needs to be put on that tradition. I get that.

Otherwise, it will dissolve and get lost in time, in no time.

Tradition needs to stay strong and be preserved,

not as a token gesture, but as a precious gift

to be honored, integrated, and built upon.

And,

we do not want to end up smelling like formaldehyde.



**It's a balance.**

Like a healthy tree;  
we need to be solidly rooted in the depth of the past,  
as well as receive the light descending from above.

We are beginning to recognize how that balance works  
through our growing understanding of how evolution works.  
No matter what spectrum of life is evolving,  
whether it's consciousness, culture or biology;  
transcend and integrate  
seem to be the way existence goes about its business.

**The thinking world**

is opening to the possibility of something created from nothing.  
We are uncovering patterns that evolution has left in its wake.  
Our minds are looking back on ourselves and we have come to realize  
that our degree of consciousness cannot possibly have evolved randomly.

We look in with microscopes,  
and  
look out with telescopes,  
and we are at a point in history, when it is hard to deny  
that **everything is an interconnected whole.**



**I'll tell you what I think and also what I believe.**

The world is created.

The world is evolving.

Consciousness is a gift. (It is not the result of random evolution.)

There is an underlying unity to everything.

Everything is One.

One is everything.

I believe there is nothing else.

We live in an illusion of separation – and there is a reason for this.

I believe in loving, caring intimacy, and compassion for our common humanity.

I also believe in freedom, power, appropriate boundaries and unique self-expression.

Tradition is a value.

Novelty and spontaneity are values as well

We have free choice

- based on our ability to make distinctions (naming the animals)
- and on our ability to judge relative value. (the Tree of Good and Evil)

We can be conscious of how our thinking impacts our lives.

When we embody humility and gratitude, we can be conduits for wisdom.

I believe in

a Presence, an Awareness, a Mystery and Love

that is infinitely beyond

anything I can possibly imagine.

I believe there is an intention to creation.

I believe we play a role in that intention.

**I believe that all the above is true.**

And these beliefs have created a context for me.

Within that context,

I have a vision for what is possible.

I envision a world in which:

- we are more **free**, (I)
- we are more **loving** (We)
- and we are more **conscious**. (It)

We can learn to be more

**free** and **loving** and **conscious**.

We can learn the principles of how to generate our lives from **wellbeing**.

And we can practice living our lives based on those principles.

**Wellbeing is not contingent on circumstance.**

**Wellbeing is a choice.**

**It is my desire**

**that the ideas presented in this book**

**will help those who read it**

**make that choice.**

## Consciousness and Thinking

The format of this book is a dialogue between two components of mind; **consciousness** and thinking.

As best as I can, I will clarify what **I** mean when I use each of these terms.

Imagine there is a you. And imagine that the knee part of you is in pain.  
Now imagine two components of your mind, **consciousness** and thinking.  
And imagine that these two components of your mind  
are engaged in a dialogue with you (whatever you is) and with each other.



Consciousness – I am here. I am now. I am ready, present and alert.

And I, I am thinking –  
I think.

Hold on a second.

Haven't we covered this already?

Oh, I hope I don't blow this.

So many people are watching.

OK, OK, I got this.

I think.

I am simply aware of the pain you are experiencing,  
the pain in your knee,  
in this moment.

I am not about the past or the future.

I don't get involved in;

Why did you do that?

Or, you should be more careful next time.

I don't indulge in worry or regret, like;

Maybe there's something wrong with me.

Or what an idiot I was.

I don't judge between good and bad.

That's for thinking to do.

I am simply present  
with what is happening  
in this moment.

In fact, this dialogue business is quite an unusual format for me.

I rarely have anything to do with words.

On the other hand, I, thinking, am on the level of words.

And, I do travel in time.

If I'm not crazy about the present, I simply get up and leave.  
 I anticipate the future - I hope... I dread...  
 I regret the past – Why didn't I... I should have... If only...  
 I worry, I hope, I calculate, I judge, etc.  
 I definitely move away from the present moment.  
 Come to think of it, I move away from the present moment quite a bit.  
 Wait a minute, where were we?  
 What were we talking about?  
 That's right, knee pain.  
 You hurt your knee dancing? Right?  
 She was cute. You know, the one at the dance. You should have talked to her.  
 What a chicken you were not to approach her.  
 Chicken?  
 Chicken soup.  
 Talking about chicken soup, when was the last time you called your mother?  
 Dancing, that's right, dancing.  
 Bad knee.  
 You really should have chatted her up, the cute girl.  
 Maybe she'll be at the next dance.  
 Idiot, you messed up your knee. There is no next dance for you.  
 How on earth did you hurt your knee anyway?  
 How much will therapy cost?  
 How are you going to pay for this?  
 How much time will this take to heal?  
 That's me - thinking away.

Shhh.  
 Just breathe.  
 Be with your breath.  
 Calm down.  
 Oh, excuse me Mr. Consciousness.  
 Mr. Holier Than Thou Unconditional Love and Acceptance.  
 Do me a favor and don't tell me what to do, OK?  
 You know, you're right.  
 It's not for me to try to change things.  
 I'm just a witness to what is.  
 After all,  
 this too will pass.  
 This too will pass? Really? Ugh. Paleeze, Mr. Spirituality over here, give me a break.  
 I relate only to the present moment.  
 I don't get involved in how things should be.  
 Because of this quality I don't have crazy mood swings either.  
 Sort of like the calm water under stormy waves.  
 Sometimes I'm referred to as awareness.  
 I am aware of your surrounding environment – the noise, the temperature, etc.  
 I am aware of your body – Where you hurt. When you're cold. When you're hot. When you're shaking. When you're tired.  
 I'm aware of your feelings – Your anger or fear or sadness or joy.  
 I can even be aware of your thinking.  
 This is the key to distinguishing me, consciousness from you, thinking.  
 Yup, in fact, I can transcend and distinguish everything about you,

including your thinking.

Let me give you an example;

I am aware that you feel fear when you think that;

if your investments don't do well, you can lose your home.

I am aware that your body feels fear when you think those thoughts.

And check this out -

I can even be aware that you often project your old patterns of thinking onto present reality.

You often view present reality through the "glasses" of old patterns of thought.

Don't get nervous, everyone seems to do this to some degree.

For instance;

Your feeling of fear might not be coming from an actual circumstance that is unfolding in front of you, such as:

seeing a young child run across the street without looking.

Your feeling of fear might very well be coming from an old, unmetabolized pattern of thinking,

such as:

if you make a mistake at present, someone is going to be very disappointed with you just as your parents expressed disappointment with you when you made mistakes in the past.

In fact, and as you know it's not my nature to show off, but if not for me,

you wouldn't even be aware that you do that.

Let's be clear and make no mistake about it, you need me.

I'm the one around here who judges relative value.

If it wasn't for me, you couldn't work out your taxes.

You wouldn't know what to order from a menu.

Without me, when your wife sends you out shopping, you couldn't find your way back home.

I solve stuff.

(You have this much money. You will need to borrow this much more to get the mortgage.)

I prepare.

(You had better become, or at least look, more successful, if you have a shot at getting this job.)

I can project patterns into the future.

(It is my experience that if you act like this, she will probably like you.)

Sometimes I even dwell on the past.

(What an idiot you were to say that.)

You want to know where I come from?

You ingested me when Adam and Chava were seduced into eating from the Tree of Knowledge between Good and Evil.

All of that is true.

I dare say, and excuse the obvious reference, I have been a *witness* to all of that for a very long time.

Let me share a bit more about myself.

Truth be told, I feel a bit uncomfortable even using the word "myself".

You see, I much prefer staying anonymous in the background where nobody sees me.

I really don't even know what the expression "myself" means.

You see, I'm not into distinctions, as in my self and your self.

I'm much more about unifying and embracing.

In any case...

When you meditate,

that's me, who is transcending and embracing your thoughts.

I am, and here's that word again, a *witness* to your thinking.  
 I can be aware of your thinking and of how your thinking impacts the physical sensations in your body, otherwise known as your feelings.  
 I'm aware that your feelings are the vibrations that are held in your body (your fear, your pain, your anger, and your love), and how your feelings are so often a direct result of how you think about things, as opposed to the things themselves.

I'm actually quite feminine.  
 I'm feminine because I embrace, like a womb.  
 I embrace time.  
 I integrate  
 this moment,  
 this feeling  
 or this behavior  
 within the greater context of history.  
 For example;  
 it makes sense to me that you're still anxious about making mistakes in public, considering all the critical judgments you faced as a child.  
 I happen to consider myself a rather compassionate presence.  
 I consider myself a compassionate presence because  
 I view situations from an embracing perspective.

I, on the other hand, will argue for you.  
 I will rationalize for you.  
 I will defend you.  
 OK, so you're a little overweight,  
 but you make so much more money than that brother-in-law of yours.  
 And sure, you suck at sports,

but you do drive a kick ass car.  
 I can make you feel good about yourself by comparing you to others.  
 Come to think of it, that strategy often backfires, when in my weaker moments, I end up comparing you unfavorably to others.

Again, I have *witnessed* all that you speak of to be true.  
 I am considerably simpler.  
 I'm a simple womb like presence.  
 I don't argue or defend you.  
 All I can provide is simple embracing compassion.  
 Again, not to show off, but real growth and transformation takes place within the safe, non-judgmental space of my embracing compassion.

You do know that I can never be an object of your awareness.  
 Go ahead, try to find me.  
 You can't.  
 You know why?  
 Because I am the one who's doing the looking, that's why.  
 Always.  
 I am hidden from you.  
 But you know what?  
 And I don't mean to freak you out, you can never hide from me.  
 Again, I prefer to stay hidden and not show off, but seeing that we're talking...  
 I am like a beautiful painting that transcends and embraces its brush strokes.  
 I am like an alluring melody that transcends and embraces the individual notes of which it is composed.  
 I am like a delicate poem that transcends and includes its words.

I make distinctions.  
 I judge what's better or worse.

I reach out to gather in.

On my better days, I attempt to learn how disparate parts can organize themselves together to re-member the Whole.

You also do a whole lot of wandering.

Yup, you're a wanderer all right.

So, I like to travel.

Let's call what I do traveling, OK.

Somehow that sounds better than wandering.

I help you learn to put things together to create more embracing forms of organization –

Iphones, businesses, communities, symphonies... I build things.

Learning is how I formulate principles out of seemingly separate details.

I come up with theories.

Learning is the process I use to formulate a deeper understanding of the world's wholeness.

I also dabble in spirituality.

You're not the only one.

Yup. I'll give you credit where it's due.

I'm not big on learning.

You won't find me reaching out to gather in.

I do not judge relative value.

You also won't find me traveling, especially in time.

I am just present with what is.

That's me, present with what is.

I rest, I fall, I breath into a Presence

from which none of us can ever be separate.

Examples of how I help you practice presence are;

Meditation and Prayer.

I'm busy in your head.

Yes, you are.

Me, I'm a universal presence.

With enough diligence, practice and discipline you can resonate with me.

Truthfully, sometimes I feel a bit hurt.

You seem to spend so much time with thinking and you seem to forget that I'm even around.

But I'll wait. Believe you me, I seem to have an infinite amount of patience.

It's been close to 14 billion years and you're just beginning to notice that I even exist.

How's that for patience?

Listen, if it wasn't for me, you couldn't even read the back of food items to determine what is healthy or not.

If it wasn't for me, you couldn't write a poem.

If it wasn't for me, you wouldn't remember your own birthday.

You couldn't buy stocks, plant gardens, build buildings, make and keep appointments.

I help you project patterns into the future.

Yeah, all that is true.

I wish you would stop being so insecure though.

No one is trying to get rid of you.

What's the expression they use for you when you get too caught up with your own self-importance? Egotistical, that's right, you have a big ego, something like that.

Stop worrying.

We know that you serve a purpose.

We wouldn't function very well without you.

You just need to stay in your own lane.

In my spare time, when not watching YouTube, or checking sports scores, or figuring out how to make more money, I think about the unity of everything.

But again, not to show off,

You think about unity,

I, on the other hand, actually experience unity.

I experience your breath, your body, your feelings, your relationships, the environment within which you exist... everything,

You know what I'm talking about?

I believe you call it - the whole shbang!

I unify. I embrace. I am present with.

In fact, I am Presence.

And that's Presence spelled with a capital "P" mind you.

I am here.

I am now.

I am.

As crunchy as this sounds, some rather intelligent people have the opinion that

I, consciousness, am even more primary than even space and time.

Try and wrap your little thinking brain around that one.

OK, stop with the fancy shmancy concepts.

I'm the one who helps you get to the here and the now.

True, however, you take us only so far.

And then I have to take over.

I don't mean to be poetic again,

but thinking about and helping to get to the here and now is one thing.

Being in the here and now is a whole other universe.

Do you think I need to be more quiet?

You're asking me to think.

I don't think.

That's your domain.

But if I did think, which I don't, I would say that if you could be more quiet, it can't hurt.

Silence is an amazing space for me.

I seem to do my best work in silence.

But, quite honestly, silence doesn't seem to be your nature.

You can try to slow down a bit if you can.

But my experience tells me that you'll keep chatting away.

I'll just try to take you less seriously.

What do you say about us working together?

I'm good with that,

but for the longest time I've been the horse and you've been the rider.

If we're going to continue into, this concept you call the future, we'll have to switch roles.

I need to be the rider and you the horse.

After all, and let's be crystal clear about this,

I transcend and embrace you,

not the other way around.

Hold on. Wait a second.

What about You-Know-Who's knee?

Right, of course.

See that, I'm supposed to be Mr. Present.

But sometimes I get so caught up in these high-fallutin conversations, that I forget what's going on right in front of me.



I think this might be a perfect opportunity for the two of us to work together.  
Let's make this our first project and see how it goes.

OK, Mr. Presence, with a capital "P", if you're in charge, what's the strategy?

Again, strategy is not my thing. That's your territory.

I don't strategize about how to make things better for the future.

I don't plan ahead.

OK, these are my thoughts;

I'll find a good physical therapist.

I'll schedule an appointment.

I'll figure out how our hero can pay for this.

I'll get some exercises.

Maybe a cane.

I'll take care of the logistics.

Great.

By the way, what often happens to guys like you, is that you end up falling into  
some old, dumb, insecure story like;

Why me?

I'm a loser.

I can't even get this right.

I'll never get better...

I don't matter.

If you find yourself falling into those places, I can help.

I can help you get perspective, to come out of your "story" and return to reality.

Just let me know. I'm around.

In fact, I happen to be around all the time.

I know, it's just the way I am.

I just am. What can I say?

OK, we'll cross that bridge when we get there.

What are you going to do for our project?

I'll stay present and grateful and humble, no matter what the outcome,  
knee fixed or not.

Sounds easy, but trust me - it's kind of a lifetime's worth of work.

Some people even say lifetimes' worth of work,  
but that's a whole other conversation.

And because I'm a beginner...

Truth be told, I'm really not a beginner,

but you know, all those wise, old, guys who sit around with their legs crossed;  
they stress this idea of beginner's mind.

Look, between you and me, it can't hurt.

It's like a built-in excuse for dumb mistakes.

Sort of like, mistake insurance.

The perfect foil for idiots who go around criticizing people.

Why are you getting angry at me - I'm just a beginner.

I like it.

Anyway, because I'm a beginner, I do have a tendency to get distracted by pain.

So, the faster you fix Mr. Danceroo's knee,  
the easier my job will be.

Of course, my job of staying present and grateful  
is not contingent on your success,  
but do me a favor and give it your best shot.

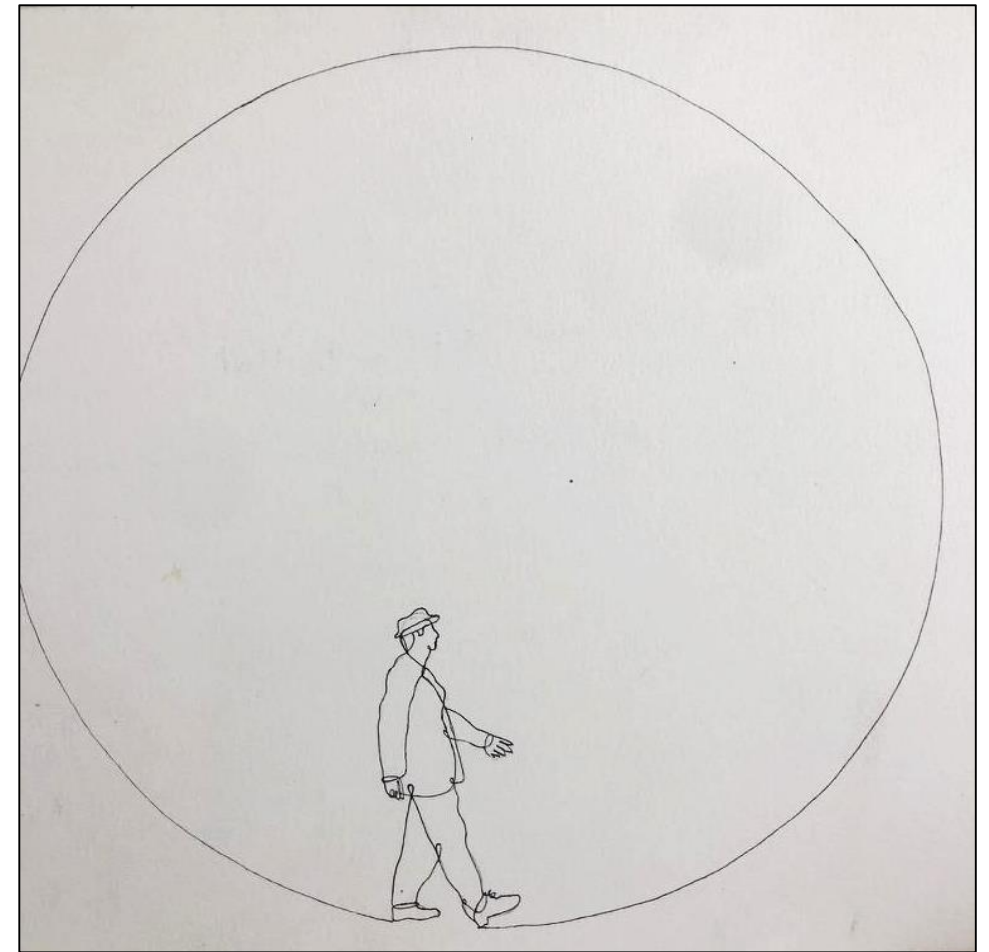
### Creation Big Banged into a whole lotta pieces.

Love,  
 kindness,  
 attraction,  
 gravity,  
 understanding,  
 beauty  
 and sharing common values  
 brought, and is still bringing  
 individual details into more complex and embracing forms of organization.  
 This is how evolution shapes the world through different spectrums of reality.

Adam and Chava were seduced to partake of the fruit of relative value.  
 They were exiled from the garden, from a womb of simple embracing Presence.  
 They individuated.  
 They became capable of judging this to be “better” and this to be “worse.”  
 They could now project patterns through time.  
 They became co-creative agents in forming a more evolved future.

We, now, have the opportunity to return to intimacy with this moment.  
 However, this time, now,  
 we can consciously co-create that intimacy  
 and  
 consciously appreciate it.

Our journey is an arc of return,  
 a return to a garden of Presence.  
 Thinking helps us travel around the arc.  
 When consciously present, we resonate with that Presence,  
 which is never not here.



*My much older sister was married to a guy who wrote liner notes for jazz records and was a contributor to Down Beat magazine (the bible of jazz in the 50's, 60's and 70's.) My sister and her husband had an amazing collection of new release records: Monk, Coltrane, Rollins, etc.*

*When my friends were listening to rock on AM, I was listening to jazz on FM. My sister and her husband circulated in that world.*

*David Izenson was a friend of theirs. David was a bass player who played with Ornette Coleman. David was also Jewish.*

*He knew my family and he knew the craziness within which I was barely treading water.*

*I ended up studying the bass with David when I was a young teenager.*

*He owned a brownstone in the lower east side of Manhattan, in "alphabet city."*

*We would learn in his basement. He had, maybe, 7 different, beautiful, old double basses leaning against the walls down there.*

*Each made in a different location. Each having a different history. Each crafted by different hands. Each with a unique, deeply worn personality and voice.*

*Not only was David a master musician, but he was a good caring man, who wanted to help young men like myself. Once a week he would facilitate a meeting in that same basement for maybe six of us, mostly musicians.*

*He was designing a contraption he called a FLAP machine.*

*Something to identify and distinguish feelings: **f**ear, **l**ove, **a**nger and **p**ain.*

*In other words, more than half a century ago:*

*We were a group of men, learning to own our own truths.*

*We were holding each other accountable to speak with integrity.*

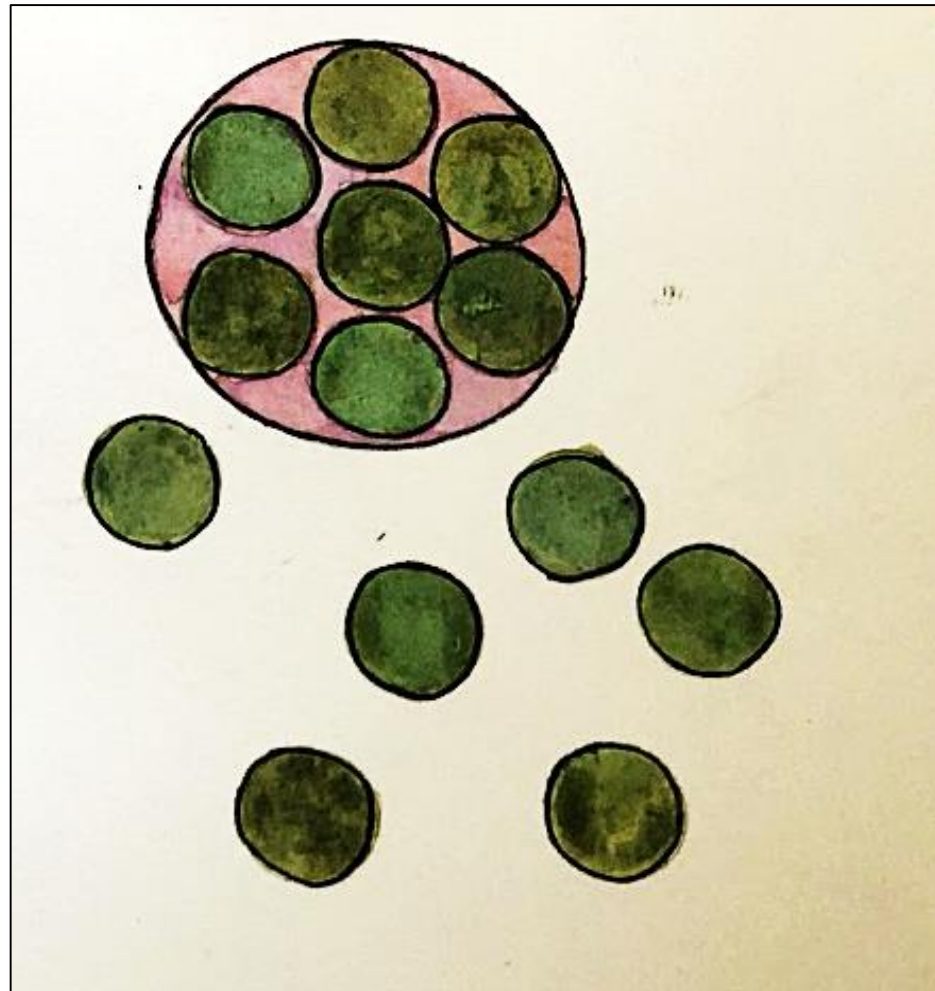
*And, we were providing a safe space for each other to own and deeply feel our true, vulnerable desires.*

*It was a difficult time in my life. I was barely hanging on.*

*I am not exaggerating when I say that David Izenson saved my life.*

## Consciousness: Principles

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Thinking: Be simple – not stupid – but be simple.

I would not give a fig for the simplicity on this side of complexity, but I would give my life for the simplicity on the other side of complexity.

(Supreme Court Justice, Oliver Wendell Holmes)

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Personally, I struggle to remember unrelated details.

I am much better at organizing specifics into embracing principles.

Principles are the embracing context that explain the relationship between apparently disparate phenomena.

Context: I want to co-create a loving relationship.

Detail: Will this way of talking bring us closer?

Context: I want my children to inherit a healthy planet.

Detail: How do I best dispose of this garbage?

Context: I want to live my life from a place of wellbeing.

Detail: Is this behavior in alignment with the values around which I want to orchestrate my life?

Understanding principles is a movement in the direction of simplicity. Simplicity can present itself in two ways and it's important to distinguish the two.

- There is a simplicity that comes from not knowing anything, simply being simple. Think of a potato or a brick or a fundamentalist nut.
- Then there grows an awareness of the multiplicity that life unfolds.
- From there, one can progress to a different quality of simplicity: comprehending the underlying patterns that embrace the multiplicity into more inclusive contexts.

Recognizing the underlying pattern that runs through consecutive numbers such as; 2, 4 and 6 is an easy one.

Wrapping our heads *and hearts* around a principle that embraces such seeming opposites as joy and pain takes a deeper understanding.

**A more inclusive perspective is required to integrate entities such as joy and pain, whose common denominator is not obvious. This more inclusive perspective ultimately leads to a greater awareness of unity, and to more embracing compassion.**

**Principles are the root of intelligent science as well as intelligent spirituality.**

**Science strives to understand the world's underlying wholeness.**

**Spirituality can be defined as our internal experience of the world's Wholeness.**

Science and spirituality, therefore, have the potential to weave a relationship that both supports and challenges each other's growth and authenticity.

In this book I will first share my understanding of how things work around here; creation, evolution, resonance, wholeness, consciousness, music, etc.

Hopefully, within the context of that understanding, we will better prioritize the values around which we orchestrate our lives.

## Consciousness: Music

---



Thinking: Watch the turmoil of beings, but contemplate their return. Each separate being in the universe returns to the common source.

(Tao Te Ching:16)

The songs we compose with our lives, like all music that has the potential to be beautiful, include dissonance as well as harmony.

We go through darkness - we experience moments of clarity.

We get lost in chaos - we recognize patterns.

We constrict our lives to fit into other people's judgments - we summon the courage to challenge the boundaries we previously thought defined us.

We are born. We become independent. We leave home.

A melody also emerges from its first note - its tonic.

And, like music, our respective journeys take us through innumerable variations.

But in the end, we, music, everything – it seems, want to come back home to our tonics, to our essential selves, to loving intimacy, to our Source.

**Returning home is different from never having left.**

When we never leave, we are like infants,

or inanimate particles freshly birthed from a big bang – not conscious, not appreciative and

not having co-created our experience of intimacy.

**When we really return,**

**we are conscious and we appreciate the relationships we have the opportunity to co-create.**

One's personal teshuva [return] is a return home – not the parental home, nor the family home, nor even the nation's ancestral home, but the home of the soul.

(Rabbi Adin Steinsaltz)

## Consciousness: (P)Art of the whole

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## Thinking: Listen for God as One <sup>2</sup>

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Think of music as **individual** tones or sounds,  
ordered in **relationship** with each other  
and within a **process** through time  
to produce a greater whole –  
a melody or a song.

In some respect this definition applies to other art forms as well:  
**individual** brush strokes ordered in  
**relationship** with each other to create a painting,  
individual words organized to create a poem.

In fact, all forms of art seem to organize details such as  
words, notes, brush strokes, tastes, movements, etc.  
to create the experience of a novel whole.

If the novel whole fills us with  
a sense of beauty,  
a feeling of harmony  
between the details and the whole –  
we might call it good art.

If the creation awakens in us  
a sense of harmony between  
the whole that has been created  
and the Greater Whole of which we are all a part –  
perhaps we might call it great art.

---

<sup>2</sup> שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד.

Hear, O Israel! The Lord our God, the Lord is One. Deuteronomy 6:4

Music (and other performing arts) in particular,  
as distinct from, say, a painting,  
is a **process** through time.

With visual art  
we instantaneously experience the parts within the context of the whole.  
When we experience a piece of music,  
it is not just the individual notes  
in relationship with each other  
that give us a feeling of a greater whole;  
it is the individual notes  
in relationship with each other  
*through time*  
that creates the context of the whole.

Almost all musical compositions cycle  
- through time -  
back to where they began,  
to their tonics.

With music, we experience the whole  
when we hear the melody's embracing arc of return.

In the Torah we are specifically told to listen for God as One,  
not to look, but to listen –  
through time.

Through extended time, we have the opportunity to hear  
each note, each detail, and each passing moment,  
as parts of a melodic process,  
that has never left  
the embracing context  
of the Whole.

Melodies are composed of notes.

Notes have **qualities**.

Each note has its unique duration and volume.

Different notes have different frequencies.

They can be generated by different instruments or voices.

Notes are **processes**.

Notes are processes of vibration.

The particular number of vibrations - in time - is called a note's frequency.

Frequencies are cycles of vibration,

They are repeating processes.

Frequencies are patterns in time.

Notes are in **relationship**

with each other

and with the greater melody

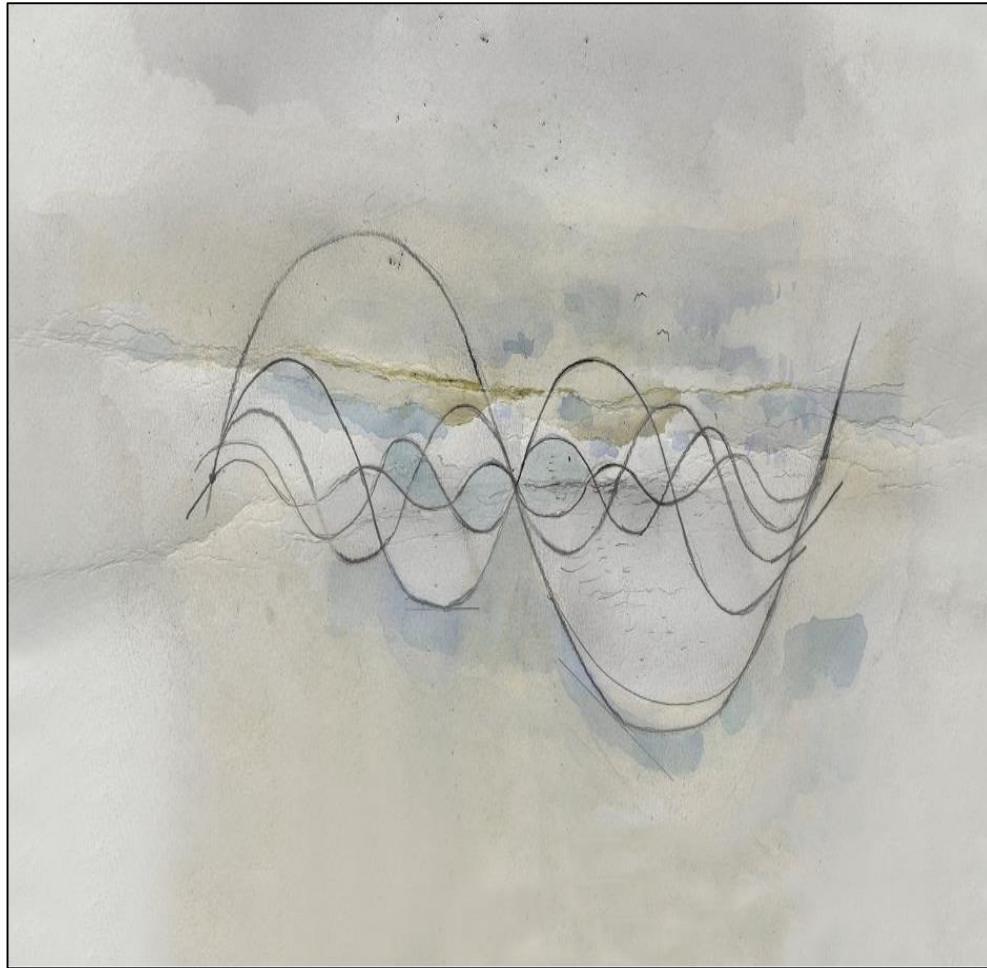
within which they are embraced

through a principle called **resonance**.



## Consciousness: Resonance

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Thinking: God established the ways of the world so that all of the actions and orders that take place are in alignment with the behavior of man. It is set up similarly to two instruments that are resonant with each other, one small and one large, one man and the other the world. They are instruments that are harmonically aligned and therefore profoundly affect each other.

(Malbim, Rimzey HaMishkan)

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A very short explanation of resonance:

Imagine I'm holding two identical tuning forks, one in each hand. I strike one and it vibrates at its particular frequency.

If close enough, the other tuning fork, the one I did not strike, will also vibrate at that same frequency.

That is an example of resonance.

Objects that naturally vibrate at the same fundamental frequency resonate with each other.

Objects whose fundamental frequencies are integer multiples (1x, 2x, 3x...) of each other, harmonically resonate with each other.

In other words,  
two objects that share the same fundamental frequency, say 100 cycles per second, will resonate with each other, and will both vibrate at 100 cps. Two objects whose fundamental frequencies are integer multiples of each other, say 100 cps and 400 cps, will harmonically resonate with each other – one will vibrate at 100 cps, the other at 400 cps.  
In both cases, one becomes the cause of the other’s “aliveness.”

**Resonance allows individual processes or things with harmonically aligned frequencies to be in relationship with each other.**

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration. (Nikola Tesla)

With enough energy, two objects that vibrate at frequencies that are harmonics of each other will be in relationship with each other through **resonance**.

**Through harmonic resonance, the simpler the frequency, the greater spectrum of reality with which it has the potential to be in relationship.**

<sup>3</sup>

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<sup>3</sup> As with mathematics, the simpler the number, (2 as opposed to 13,631) the greater amount of numbers with which it has the potential to be a common denominator. Obviously, this concept does not hold true with infinity, which opens up a whole other conversation – which is not for now.

One is the simplest common denominator and is therefore resonant with all things. (And is, in a sense, hidden from that which is less fundamental.)

**Resonance - the mechanism of relationship.**

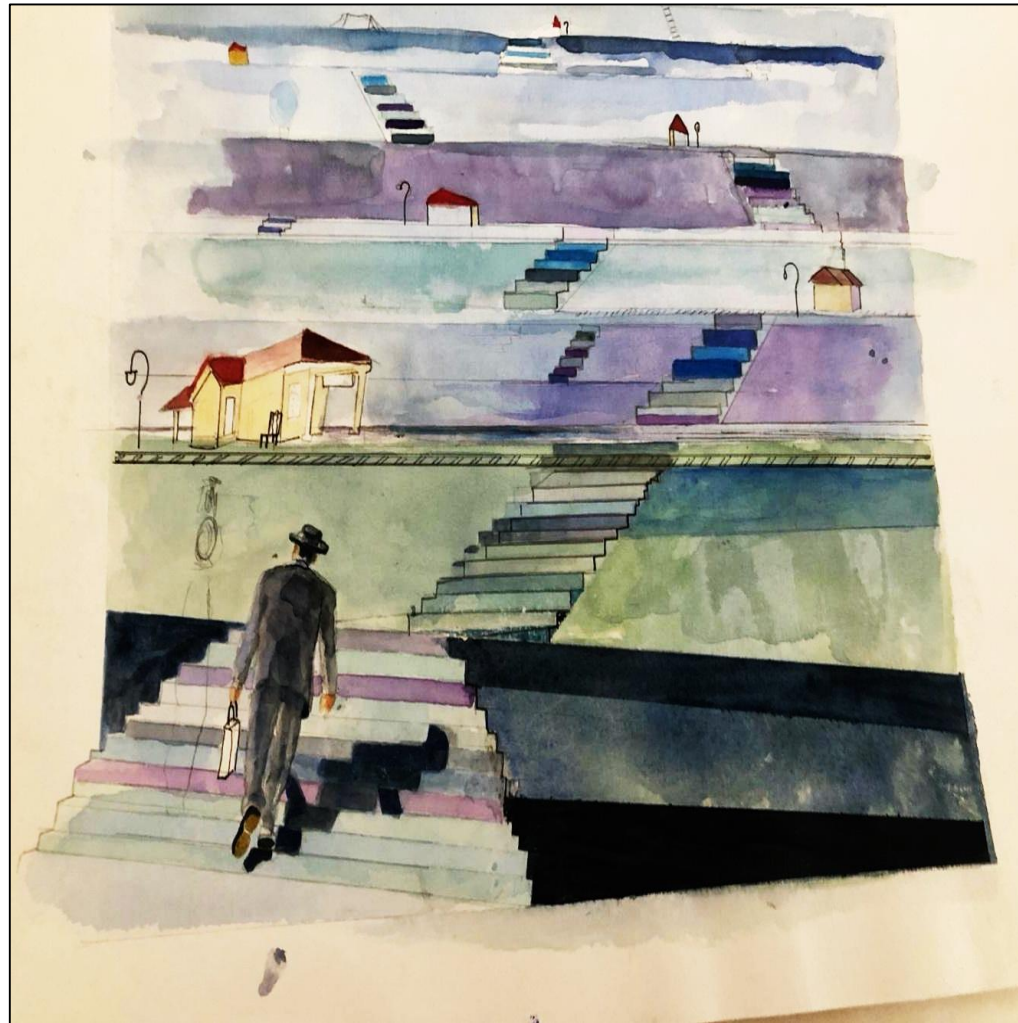
**(Appropriate) Relationship –  
the mechanism that  
re-members the parts  
to reveal the Whole.**

*For whatever reason, I have been deeply drawn to the concept of resonance for as long as I can remember. As a young boy, any phenomena that demonstrated resonance fascinated me. At that time there was an exhibit that traveled around to different museums demonstrating all sorts of phenomena that revealed the concept of resonance.*

*I have to admit, I spent quite a bit of time, under the influence of whatever, really absorbing the lessons of those exhibits. I don't know why, but if I had to guess; I looked at my world through the paradigm of resonance because it helped me to simplify a very complicated situation that I was living through.*

## Consciousness: Be a pattern for the world. (Tao Te Ching)

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Thinking: Similar patterns resonate with each other.  
 One pattern will generate life in another pattern  
 that is harmonically similar.

---

The Torah is a book that tells the story of a people.  
 It is the story of a family  
 who were forced to leave their home  
 because of a famine. (a lack)  
 The family became enslaved in the foreign land (Egypt)  
 in which they originally sought sustenance,  
 a country called Mitzrayim. (In Hebrew, meaning constrictions)

In exile, they grew into a small nation.  
 They were subjugated by many years of horrific slavery  
 and as a result,  
 they nearly forgot the root of who they were  
 and they almost lost their will to live.  
 Ultimately, they were given the freedom to return home.

**It is a simple story.**

**It is a story told through the medium of the Jewish people.**

**Yet it seems to be a universal pattern imprinted into many octaves  
 of existence;**

**home - a journey away - return to home.**

This pattern expresses itself as  
 a melody that begins with a tonic.  
 It is a life's adventure that begins with a birth,  
 or a universe with a bang.  
 It is the journey of a hero,  
 the plight of a nation,  
 or an individual's search for loving intimacy.  
 It is the lost princess returning to her family,  
 or a self, becoming conscious of its' Self.

This pattern and our resonance with it  
 is the reason we feel music so deeply.  
 When listening to music, we can feel the journey of our own lives.

We also begin at our own tonic: deep intimacy (be it unconscious and infantile.)  
 We individuate and evolve through our unique melodies.  
 Hopefully, we then return to an intimacy  
 that we consciously co-create and consciously appreciate.

Melodies,  
 stories,  
 life cycles  
 or an exiled nation returning home -  
 all share a similar pattern.

**Similar patterns resonate with each other –  
 they enliven that which is harmonically aligned.**

What if our life's journey and the evolution of our world  
 are playing a similar song?  
 What if they are harmonics of each other,  
 in different octaves,  
 and have the possibility to resonate with each other?

What if the health of our world  
 is contingent upon,  
 or generated by,  
 our own journey towards greater consciousness?

I don't think that is such an absurd thought.  
 It seems painfully clear  
 that our lack of consciousness  
 severely damages  
 the world in which we live.

It is also quite obvious  
 that we are not other from our environment  
 and cannot help but impact it  
 with our level of consciousness  
 and subsequently, our behavior.

**The song of the soul,  
 The song of the nation,  
 The song of humanity,  
 And the song of existence -  
 All harmonize within the ideal human being  
 At every moment and at all times.**

**(Rav Kook, Orot Hakodesh, The Four Part Song**

We have already recognized patterns such as

simple	→	complex	→	simple
intimacy	→	independence	→	intimacy
tonic	→	melody	→	tonic
Israel	→	Mitzrayim	→	Israel

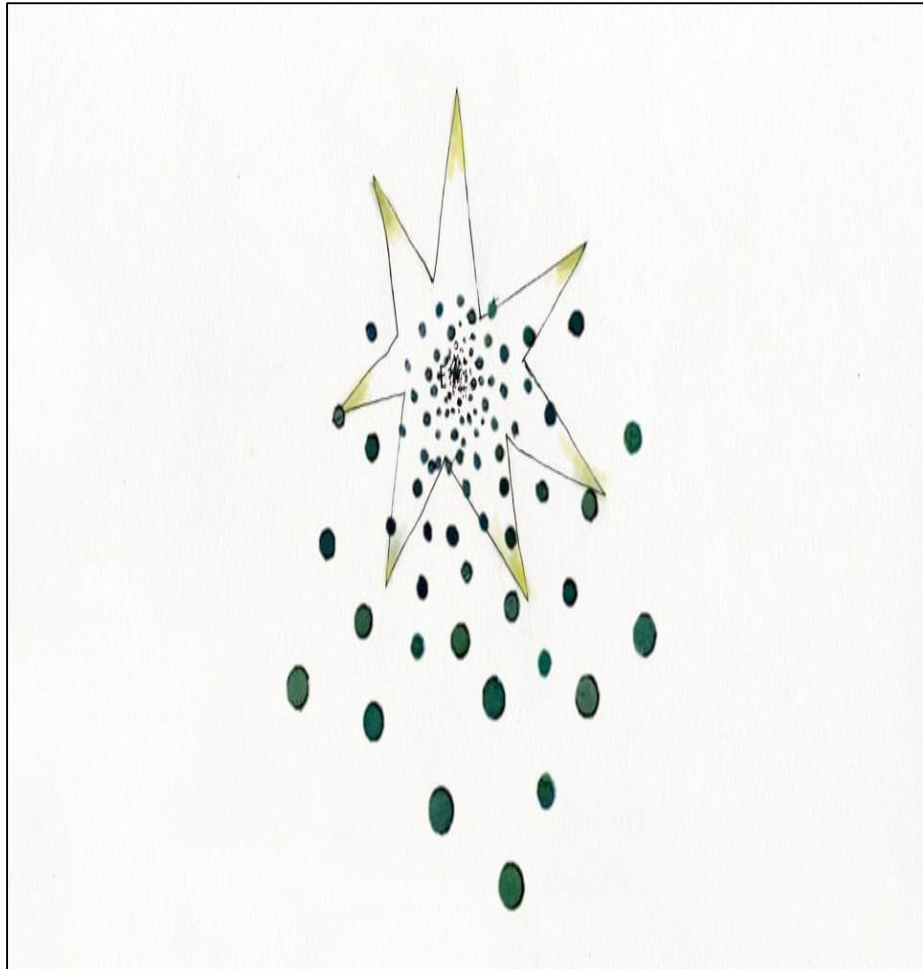
We understand that similar patterns can resonate with each other.  
One pattern can enliven another pattern that is harmonically similar.

I want to unwrap another simple and parallel pattern.  
A pattern with which we have the opportunity to be in resonance –  
a rather large and fundamental pattern.

We will begin with:  
**creation.**

## Consciousness: Creation

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Thinking: The universe began as an eruption of space,  
time, matter and energy out of an all-nourishing  
abyss, the hidden source of all creativity.  
(The Universe Story, Swimme, 110)

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The universe began as a titanic bestowal, a stupendous quantum of free energy given forth from the bottomless vaults of generosity. The universe began here in a different form, one so hot no structures could yet exist, but as the expansion continued, the temperature slowly came down, and the first assembled beings began to appear. Quarks, the constituents of the stable elementary particles, gathered together and formed protons and neutrons. Three minutes later these in turn formed the first nuclei. After 300,000 years the temperature dropped to 6000° that of the surface of our sun today, and the universe transformed itself from nuclear particles to the first atoms of hydrogen and helium. This same spectacular transformation continued into the future, carrying these atoms into the form of the galaxies, and then into that of the molecules in cells, and then into the very form of the human and the elephant and the blue Spruce and the Mississippi River. (110)

And just as unimaginable as this singular act of creation seems to have been, somehow, this creative event is also not just a one-time affair.

‘Careful investigation of a vacuum by quantum physicists reveals the strange appearance of elementary particles in this emptiness. Even where there are no atoms, and no elementary particles, and no protons, and no photons, suddenly elementary particles will emerge. The particles simply foam into existence. These elementary particles crop up out of the vacuum itself - that is the simple and awesome discovery. Somehow, being itself arises out of a field of “fecund emptiness.” This creative activity takes place everywhere and at all times throughout the universe.

(92-93)

It seems something of that nature happened, and is continuing to happen.

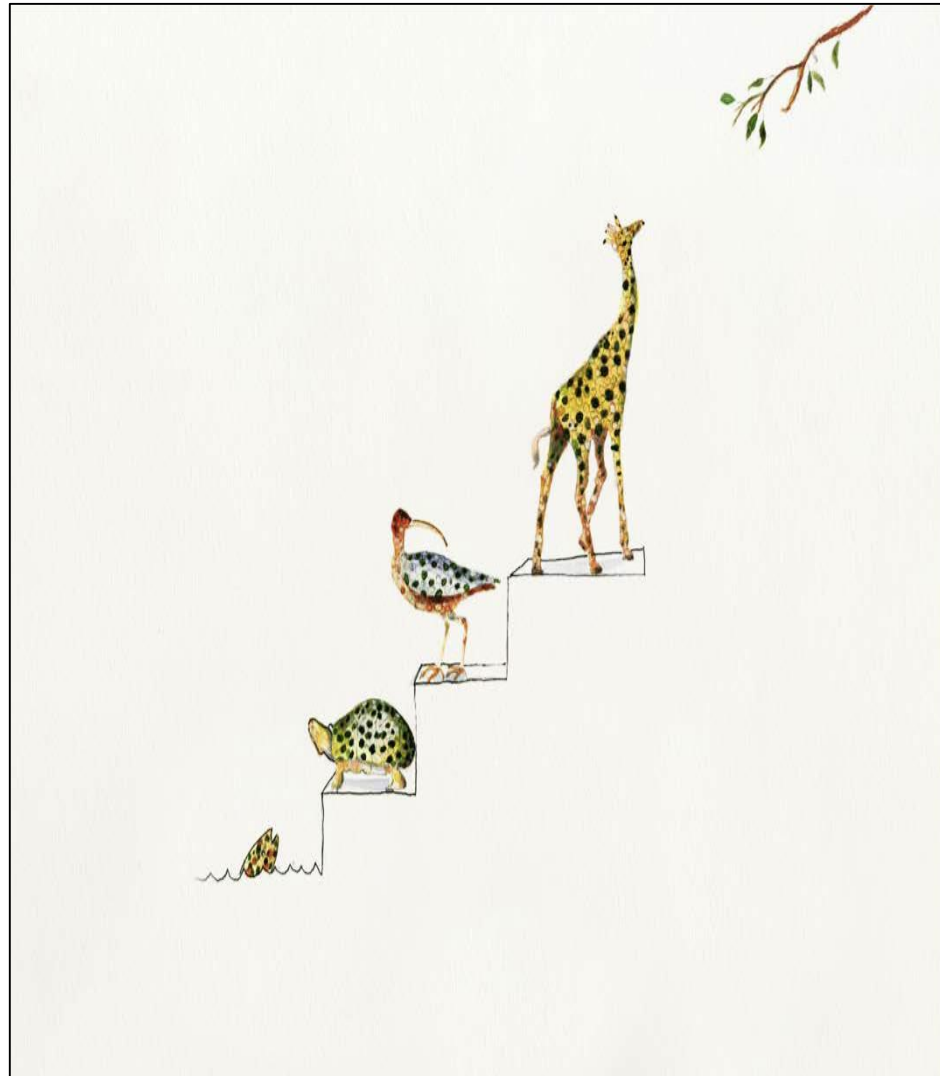
Why? How? What was before?

At best, I can only guess at why (which we will discuss).

After **creation**,  
a process of **evolution**  
seems to occur.

## Consciousness: Transcend and Integrate

---



Thinking: The doctrine of evolution that is presently gaining acceptance in the world has a greater affinity with the secret teachings of the Kabbalah than all other philosophies... Evolution sheds light on all the ways of God. Its ascent is general, as it is in particulars. It ascends toward the heights of the absolute good. (Rav Kook, Orot HaTchuva)

Rav Kook lived from 1863-1935

---

Our working definition of evolution will simply be:  
**transcend and integrate.**

I am not referring to Darwin or natural selection or random mutations. Please be clear; all I mean, when I use the word *evolution*, is a process, through time, of – transcend and integrate.

**There is a directional movement in which novel formations come into existence. These new forms of organization transcend and embrace the particulars that came before –**



molecules transcend and embrace atoms,  
cells transcend and embrace molecules.

I am not addressing why this is happening.  
I am also not addressing the reason particular formations  
such as chickens and bananas end up looking like chickens and bananas.

I am simply pointing out a general pattern,  
through time,  
of transcend and integrate.

Things die and go back to their constituent parts.  
A tree decomposes back into the earth.  
A star dies and explodes back into the elements of which it was composed.

Chaos and disorder cycle through life.

And,

**there is a mysterious and counter-intuitive movement  
toward more complex and inclusive forms of organization.**

Again, to underscore this definition:  
when I use the term “evolution” throughout this book,  
I simply mean the development of novel forms of organization  
that transcend and include that which came before – in any spectrum of reality.

**Evolution - transcend and integrate. (period)**

**I want to be *very* clear  
that evolution, understood in this way,  
in no way interferes with the absolute mystery of creation itself.**

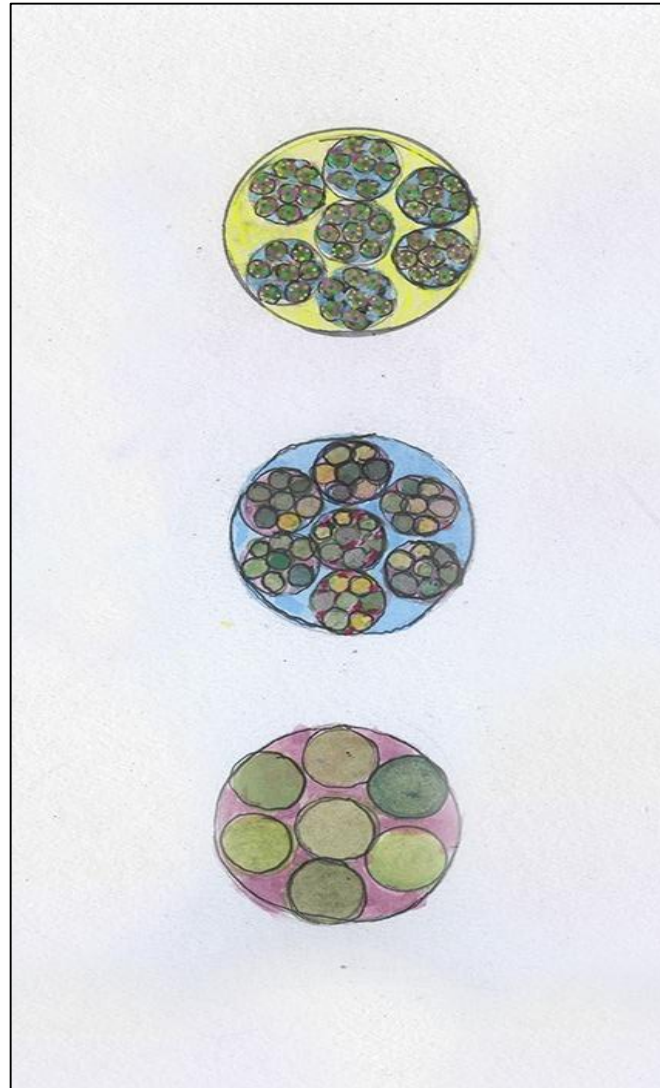
How trivial is all scientific interpretation of the order of the  
universe, compared to the massive mystery of the ‘unnatural  
givenness of being itself. (Berkovitz, God, Man and History 72)

We will make 3 distinctions regarding evolution:

- **The resulting formations:**                   **Holy Wholes.**
- **The inclinations:**                           **Freedom and Relationship**
- **The processes:**                               **Transcend and Integrate**

## Consciousness: Holy Wholes

---



Thinking: There is no whole that isn't also simultaneously  
a part of some other whole,  
indefinitely, unendingly.  
Even in the realm of time,  
today's wholes are tomorrow's parts.

(Wilber, *A Brief History of Everything*, 28)

---

Everything is a whole thing, in and of itself.  
Everything is also part of something else.  
A whole atom is part of a whole molecule,  
which is part of a cell, which is part of an organism, and so on.

Imagine greater and more embracing wholes.  
Imagine, as well, descending into subatomic particles.  
Concepts are wholes  
that are parts of more embracing principles.  
Letters exist within words, within sentences, within paragraphs, within  
chapters, within books...  
That, in short, is the stuff of evolution—  
wholes that are also, always, parts of greater wholes.

**Nothing exists just as a self.  
Everything is part of a greater whole.  
And every thing that does exist  
has some sort of self-dimension.**

**As we progress along the axis of time,  
more unifying, complex and embracing forms of organization  
come into being.**

I am an individual.

I am made up of atoms, molecules, cells, organs, etc.

I am an individual.

I am part of a family, community, nation, etc.

I transcend and embrace that of which I am composed.

I am embraced by and included within that of which I am a part.

This moment transcends and embraces the past.

A certain degree of understanding  
transcends and embraces  
the previous ideas that came before.

My conscious mind  
can transcend and embrace (become aware of)  
previously unconscious, habitual patterns of thinking.

**There is nothing in existence that does not share this quality –  
wholes that are also,  
always,  
parts of greater wholes. <sup>4</sup>**

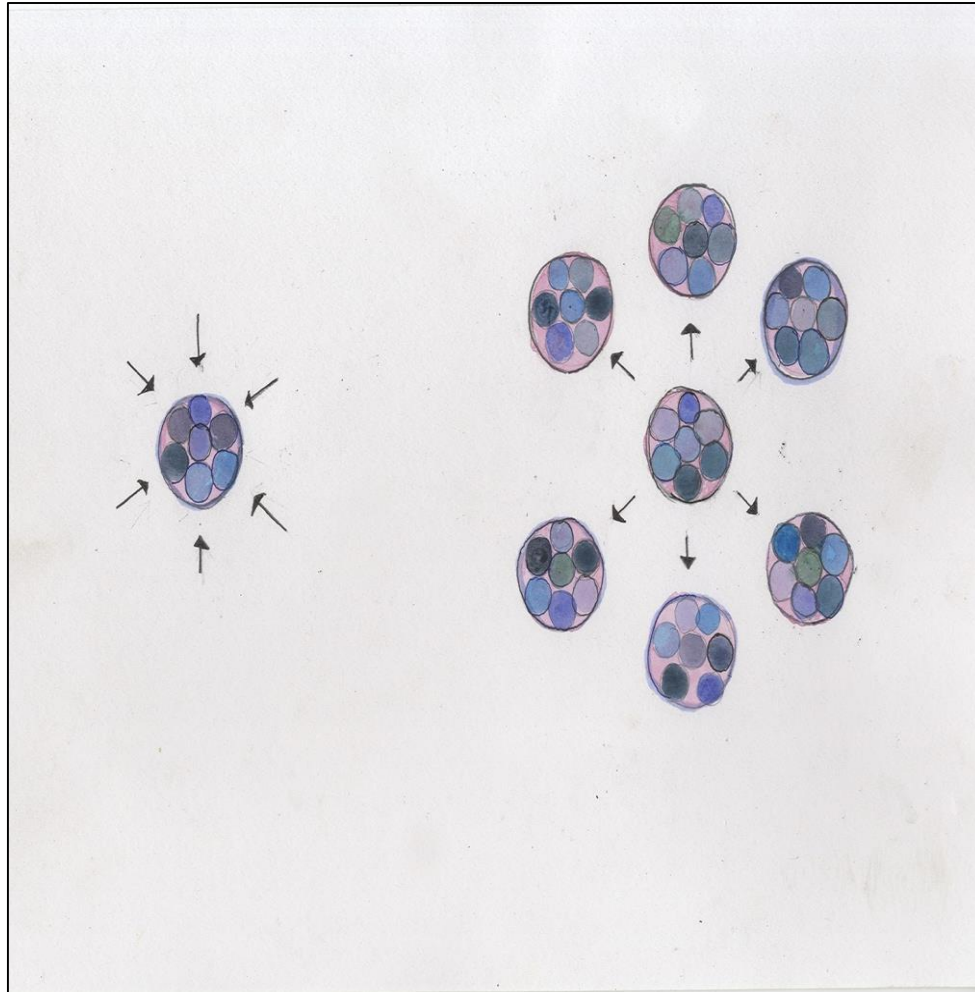
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<sup>4</sup> The only exceptions to this rule, as far as I understand,  
are God and consciousness (the witness),  
both of which seem to transcend and embrace,  
while neither of which are transcended by or included within  
anything other than what T/they are.  
God and consciousness seem to share a rather interesting quality.

“Hidden but always present.” Tao Te Ching

## Consciousness: Freedom and Relationship

---



Thinking: Evolution has two inclinations:  
Freedom and Relationship.

People grow best where they continuously  
experience an ingenious blend of  
support [relationship] and  
challenge; [freedom]  
the rest is commentary.

(Kegan, 42)

---

Every individual whole  
that is also part of a greater whole  
has two principal inclinations.

One inclination  
is to maintain its own wholeness,  
its own identity,  
its own autonomy.

And the other inclination,  
is to strive to belong,  
to fit in,  
to be part of something greater than itself.

Its own existence depends upon  
its ability to maintain itself,  
as well as,  
its capacity to have a place in its environment.

**There is a drive for freedom,  
and  
a drive for relationship.**

We may say that the inclination towards freedom,  
in general, is the more masculine impulse.

Whereas, the inclination to be in relationship,  
in general, seems to be the more feminine impulse.

Whether male or female, we all have both inclinations to various degrees.

We all desire freedom.

We all desire relationship.

Clearly each one of us balances these inclinations differently.

And, we all balance these inclinations differently at different  
**stages of our own development.**

A suckling infant craves intimacy and connection.

A two-year old, fights for independence  
and is determined to do it his or her own way.

We also have different inclinations when in different  
**circumstances.**

When I'm in trouble I may long for support.

When bored by playing sheet music,

I might be inclined to improvise my own unique expression.

Our varied

**personalities**

resonate with different inclinations.

Some of us, by nature,

are more inclined towards relationship and support.

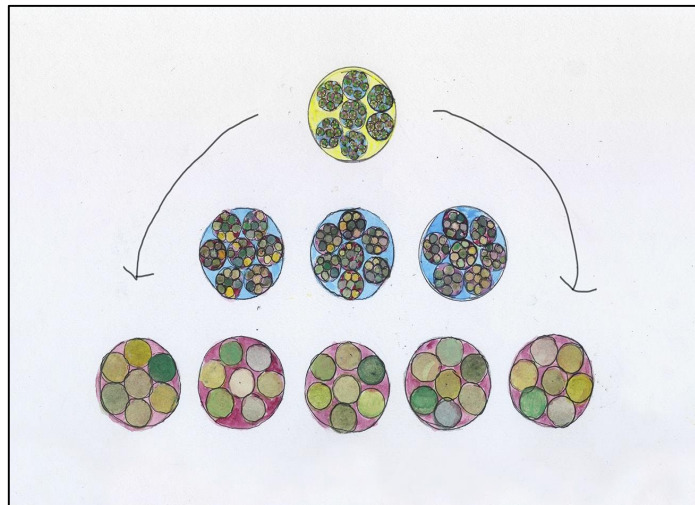
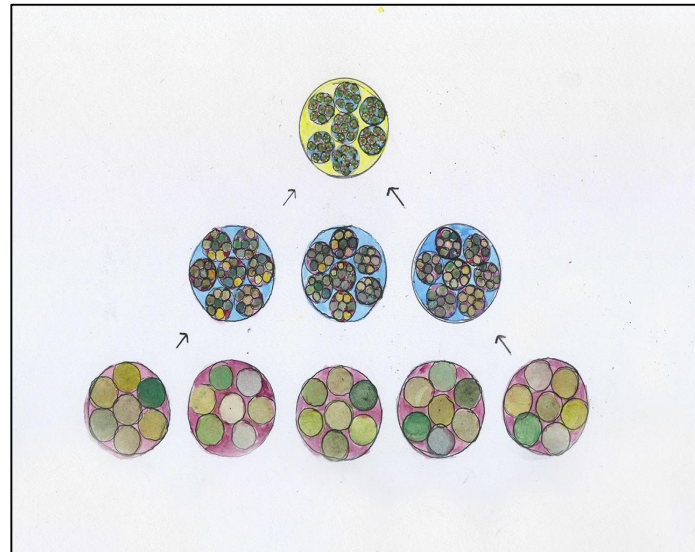
And some of us are more inclined towards freedom and challenge.

Freedom and relationship

Agency and communion

## Consciousness: Transcend and Include

---



Thinking: Evolution's processes are – transcend and include.

More advanced creations incorporate, in a perfected form, those things that had appeared earlier. . . Everything formed on a given day was incorporated into the things formed on the next day. (Malbim, 269)

---

**The processes that result from the inclinations of freedom and relationship are transcend and include.**

The masculine inclination for independence generates a process of transcend:  
to liberate,  
to free oneself,  
to individuate.

The feminine inclination for relationship generates a process of inclusion:  
to embrace,  
to connect,  
to communicate.

The masculine without the feminine creates separation and disassociation.

The feminine without the masculine does not allow for unique transcendence.

**And just as each of us balances these two inclinations to different degrees,  
we embody or process them differently as well.**

When I am inclined towards freedom and transcendence,  
I might leave an old job and start my own business.

When my inclination is to connect or to be included,  
I might join an existing organization whose values I support.

Am I taking time for myself?

Am I too self-absorbed?

Are we focusing on those less fortunate than ourselves?

Are we giving ourselves the freedom to be as successful as possible?

*I was seventeen.*

*I was in my first year of college.*

*I got a call. Come home immediately.*

*My much older brother and sister were waiting for me as I got off the plane.*

*Ellie, my other sister, had committed suicide.*

*I had no idea how to process what had happened.*

*Within days, I returned to college.*

*Within weeks, I dropped out of school.*

*I hitch-hiked around the country.*

*I joined a commune.*

*I lived in Europe, where I apprenticed fine woodworking.*

*I was scared, confused, angry and very alone.*

*Several years later, I was at another airport, this time in England.*

*I was waiting for a girlfriend to get off a plane coming from New York.*

*She did, with another guy who had charmed her on the flight.  
The dam that was holding back my emotions broke.  
Thank God.*

*I had been living like a tuning fork wrapped in duct tape,  
unable to resonate with life flowing through me.*

*I spent the next several years feeling feelings  
that my body had been desperately holding.*

*I began to feel; my anger, my fear, my sadness and even my love.*

*I began to touch authenticity.*

*I cried a lot. I screamed a lot. I shook a lot. I learned to breathe deeply.*

*I learned to forgive. And I began to smile again.*

*I had to venture into some dark places in myself.*

*Some very intense feelings were waiting for me there.*

*Intense feelings that I wasn't able to metabolize when I was younger.*

*But these intense feelings were stored in my body  
until another circumstance came along that resonated with them.*

*I felt the unmetabolized feelings that I was holding in my body and the "stories"  
that were repeating, like bad tunes stuck in my head.*

*As best I could, I began to transcend the stories that I had been carrying around  
and the feelings they generated.*

*And,*

*as best as I could, I learned to embrace my history from a higher level of  
compassion.*

## Consciousness: All the way up and all the way down

---



Thinking: Every aspect of our lives  
is a reflection of how we balance  
relationship  
and  
freedom.

---

This is because these elements  
are the most basic descriptions of who we are.

We are unique wholes  
who are also, always,  
parts of greater wholes,  
all the way up  
and all the way down.

We have inclinations for self-preservation and freedom.  
We have inclinations for inclusion and relationship.

These inclinations lead to the processes of transcend and integrate.

These processes are evolving the world in the direction of  
greater complexity,  
greater wholeness,  
greater depth,  
and, as we will soon see,  
greater consciousness.



## Consciousness: A river that runs uphill

---



Thinking: In evolution there is a progression from multiplicity and chaos to oneness and order. There is also progressive development of complex multiple-component individuals, fewer in number but more accomplished in behavior than the previous entities. Evolution does go one way rather than another. (Laszlo, *The Systems view of the World* p. 44.)

---

We are living in an extraordinary process of emergence. A process in which more embracing, complex wholes emerge through time. It is also true that wholes decompose into their parts.

However, a mysterious impulse continues to generate formations of greater embracing wholeness and complexity.

We take this for granted but we see within the context of our own lives, without an initial intention, meetings, organizations, buildings, cities, civilizations, works of art, etc., rarely just 'happen.' In fact, we marvel when individual entities organize themselves outside the order of nature to which we are so accustomed.

Existence, by its own devices, really should only move in the direction towards greater chaos, but that is not the case.

**Evolution is a process in which something more emerges from something less, almost like “a river that runs uphill.”**

**Think about it for a minute: if life is truly random, how is it that life continues to manifest greater organization through time?**

**Why on earth would randomness do that?**

**Randomness would not do that.**

**Greater order, greater complexity, and greater consciousness, cannot, will not, evolve from randomness.**

What we have determined concerning evolution:

- **The products are whole/parts, and the further along in time we go, the more embracing, integrative, and complex formations come into being.**
- **Freedom and relationship are the basic inclinations of life.**
- **Transcend and include are the fundamental processes in existence over time.**

The particular formations that manifest, God only knows.

We are whole/parts.

We desire freedom and we desire relationship.

We transcend and we include.

And, we are not simply products of evolution.

Nor are we just particles riding the wave of evolution.

**At this point,**

**we are proactive, co-creative participants in evolution’s unfolding,**

**And**

**the conscious appreciators of what that unfolding reveals.**

After

**creation**

a process of

**evolution** occurs,

which results in greater

**consciousness.**

Consciousness: Consciousness might be the most mysterious aspect of existence other than existence itself.

---



Thinking: I–Anochi – am naked . . .’ (Genesis 3:10)

The word Anochi [as opposed to ‘ani’] implies existential awareness.

(Sefer HaChinuch)

---

At least enough consciousness exists in the world today for me to write this book and for you to read it.

We can be self-aware.

We can think about life.

We can think about thinking.

We can attempt to understand the principles around which reality seems to form.

We just distinguished two processes of evolution: organisms transcending, reaching up and differentiating, as well as embracing, reaching down, and integrating.

**These two processes result in a third fundamental quality that is hierarchical in nature.**

**Organisms that have embraced that which came before are also deeper than that of which they are composed.**

In other words,

novel forms of organization are formed

by embracing that which came before.

And, therefore, these more complex organisms (molecules as opposed to atoms) experience *within themselves* a greater spectrum of reality.

**Viewed from the outside we see this as relative depth.**

**Viewed from within,  
the internal experience of embracing a broader spectrum of reality  
is greater consciousness (a more embracing experience of oneness).**

Again, from A Brief History of Everything:

The basic drive of evolution is to increase depth, to go beyond what went before, and yet include what went before, and thus increase its own depth. The greater the depth of an organization, the greater its degree of consciousness. Consciousness and depth are synonymous. And with evolution, depth becomes greater and greater—consciousness becomes greater and greater. There is a spectrum of depth, a spectrum of consciousness. And evolution unfolds that spectrum. To say that evolution produces greater depth is simply to say that it unfolds greater consciousness. (Wilber 41)

While this is an abstract way of looking at consciousness, nevertheless;  
**the deeper and more embracing the organism,  
the greater spectrum of reality it experiences internally.**

A molecule “knows” what it’s like to be an atom as well as a molecule.  
A cell has the experience of being an atom, a molecule and a cell, and so on.

**Each novel,  
transcending,  
more embracing form of organization  
has a fuller experience of unity  
within itself.**

**An organism that is further along in the evolutionary process  
is deeper,  
more complex,**

**embraces a greater spectrum of reality  
and  
is more conscious.**

**Our description of evolution is transcend and integrate.  
The processes of transcend and integrate create greater depth.  
The internal experience of greater depth is greater consciousness.  
Greater consciousness is a more transcending and embracing (deeper)  
experience of reality.  
Evolution increases consciousness.**

When we transcend and embrace our own thinking,  
when we become more conscious of our own thoughts,  
we further evolution.

We can say that we are conscious of something,  
our own bodies, our thinking, the weather, etc.  
But consciousness is actually much more profound  
than a method of how we process reality.

**Each one of us is a unique expression  
of the universe evolving  
as a flowing stream of consciousness  
turning back on Itself.<sup>5</sup>**

---

<sup>5</sup> It seems clear that evolution through time has increased our general level of consciousness. It also seems clear that extraordinary individuals with exceptional levels of consciousness have stood outside of this general evolutionary flow. They have illuminated our world from earliest recorded history. In my opinion it is important to acknowledge and honor the truth of both observations.

Consciousness: Individuation,  
Relationship,  
Consciousness

---



Thinking: One gives birth to two  
Two gives birth to three  
Three gives birth to all things.  
(Tao Te Ching: 42)

---

The stream of evolution has deposited three basic qualities into the pool of who we are.

- We are **individuals.** **I**
- We are in **relationship** with formations that are on our level, formations within which we are embraced, as well as formations that are embraced within us. **We**
- We exist in a hierarchical spectrum of depth and therefore embody a relative degree of **consciousness.** **It**

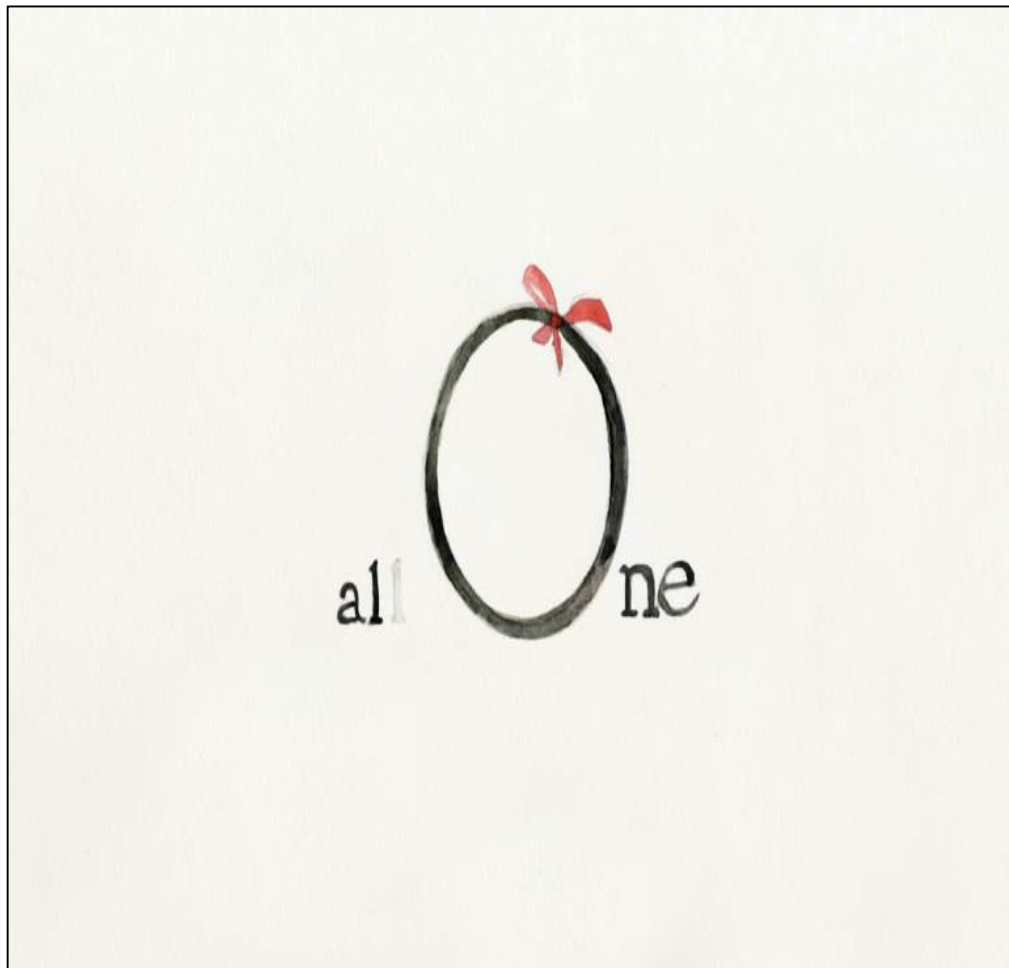
These [differentiation, communion and consciousness] are the cosmological orderings of the created display of energy everywhere and at any time throughout the history of the universe. Indeed, the very existence of the universe rests on the power of this ordering. Were there no differentiation, the universe would collapse into a homogeneous sludge. Were there no subjectivity, the universe would collapse into inert, dead extension. Were there no communion, the universe would collapse into isolated singularities of being.

(Swimme and Berry, The Universe Story 71)

After **creation**,  
a process of  
**evolution** seems to occur,  
which results in greater  
**consciousness** that;  
all is indeed **One.**

Consciousness: The entire universe is basically, a single  
indivisible unit. (David Bohm)

---



Thinking: The myth of a material, world made up of  
separate parts, is exposed, exploding the structures  
of how we understand reality. Mystics and  
scientists, and all of us in between can meet in this  
holy alliance that all is indeed One.

(Love's Alchemy, Sky)

---

The relative view is that I am an independent self who is born, develops, and  
dies.

A more absolute view is that all is One and all is interconnected and continually  
transforming.

Here it comes  
Pouring down from the sky,  
Seeping into the earth,  
And rising again as a bed of roses,  
Now it is water, now a plate of rice,  
Now the swaying trees, now a horse and rider,  
It lies within these forms for a while,  
Then bursts forth to become something new... (Rumi)

We, the world, is an organism.

We, the world, love.

We, the world, reproduce.

We eat.

We are fire and water and air and earth.

**Everything is in relationship with everything.****All is one, and is never not one.**

Wholes and not wholes, convergence and divergence, consonant and dissonant, from all things one and from one thing all. (Heraclitus)

Is an oak tree a singular event?

Does an oak tree exist independently of the air and the soil and the sun?

Do the air, soil and sun exist independent of minerals and water and fire?

Who am I?

Yes, I am unique.

And, we are all parts of a fathomless Whole.

This is true for, not just stuff, but time as well.

Is today not an extension of yesterday?

Yes, on the surface, we can imagine separate Newtonian billiard balls knocking each other around, but that understanding of reality is long gone.

The world and its particles are not separate, isolated things but rather, one small particle contains the nature of the world just as the world contains the nature of each small particle; the nature of each is the same. **[matter]**

The apparently single event is but a variation and segment of the great whole and the great whole is the combination of all single events. Thus, single events contain the life experience of the whole. **[time]**

(Jupiter and Skelly, Harmony: a new way of looking at our world)

**Everything is connected.****All of existence shares the simplest common denominator.****Existence is a unified whole.****Nothing exists outside this Oneness.****Everything is ultimately and always in relationship with everything.****Everything is One.****There is nothing that is not a part of One.**

A fairly obscure discovery was made in 1997 that makes inescapably obvious the underlying unity of existence through a quantum perspective.

In 1997, experiments were conducted in which light particles (photons) originated under certain conditions, and traveled in opposite directions to detectors located about seven miles apart. The amazing results indicated that the photons “interacted” or “communicated” with one another instantly, or “in no time.”

Since a distance of seven miles is quite vast in quantum physics, this led physicists to an extraordinary conclusion - even if experiments could somehow be conducted in which the distance between the detectors was halfway across the known universe, the results would indicate that interaction or communication between the photons would be instantaneous. What was revealed in these little-known experiments in 1997 was that physical reality is nonlocal.

Non-locality is a fundamental property of the entire universe. If non-locality is a property of the entire universe, then we must also conclude that an undivided wholeness exists on the most primary and basic level in all aspects of physical reality. (Nadeau, The Non-Local Universe, 4)

It's certainly a challenge to wrap our heads around the world as an undivided whole, when our experience of that whole comes from the perspective of a physically individuated part.

Nevertheless, mystics and quantum physicists invite us to step out of our ordinary perspective and acknowledge a mysterious, all-embracing unity.

**A Unity that embraces all its details.**

**A Whole that is present in all its parts.**

A human being is part of a whole, called by us the 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest—

*a kind of optical delusion of his consciousness.*

(Albert Einstein, in a letter he wrote of condolence to a grieving father whose son had died of polio a few days earlier.)

*From my desire to come "home" to wellbeing, I explored many different ideas, modalities, practices and substances.*

*Meditation, movement, food, medicines, detoxing, mindfulness, deep feeling, breath work, different books, different workshops, different teachings, and different teachers.*

*When I was thirty years old some friends turned me on to the Torah.*

*I dove in. I checked into a yeshiva. I married. We had four amazing kids.*

*We lived in a community.*

*I learned a bit almost every day for many years. I davened (prayed) regularly.*

*We kept Shabbat and other mitzvot.*

*Torah Judaism became my main vehicle for growth and intimacy.*

*I was in search of one place, one source, one method, one tribe, one teacher.*

*It didn't quite pan out that way.*

*I tried. For quite a few years I practiced the practice.*

*But what I was exposed to wasn't checking all the boxes.*

*For sure, there are gems in that world; gems of wisdom, gems of people, gems of practice, gems of community.*

*For instance, there is no way I would have married and raised four beautiful children had I not entered the structure of orthodoxy.*

*However, aligning myself exclusively with that world and isolating myself from what had brought me there was not working for me.*

*I was drowning in words.*

*I needed to be in my body.*

*I needed to be in touch with my feelings.*

*I stepped back into experiential work.*

*Breath work, movement, healthy boundaries, healthy food, medicines, feeling, physical vitality, communicating with integrity...*

*I lived in an orthodox community.*

*My kids attended orthodox schools.*

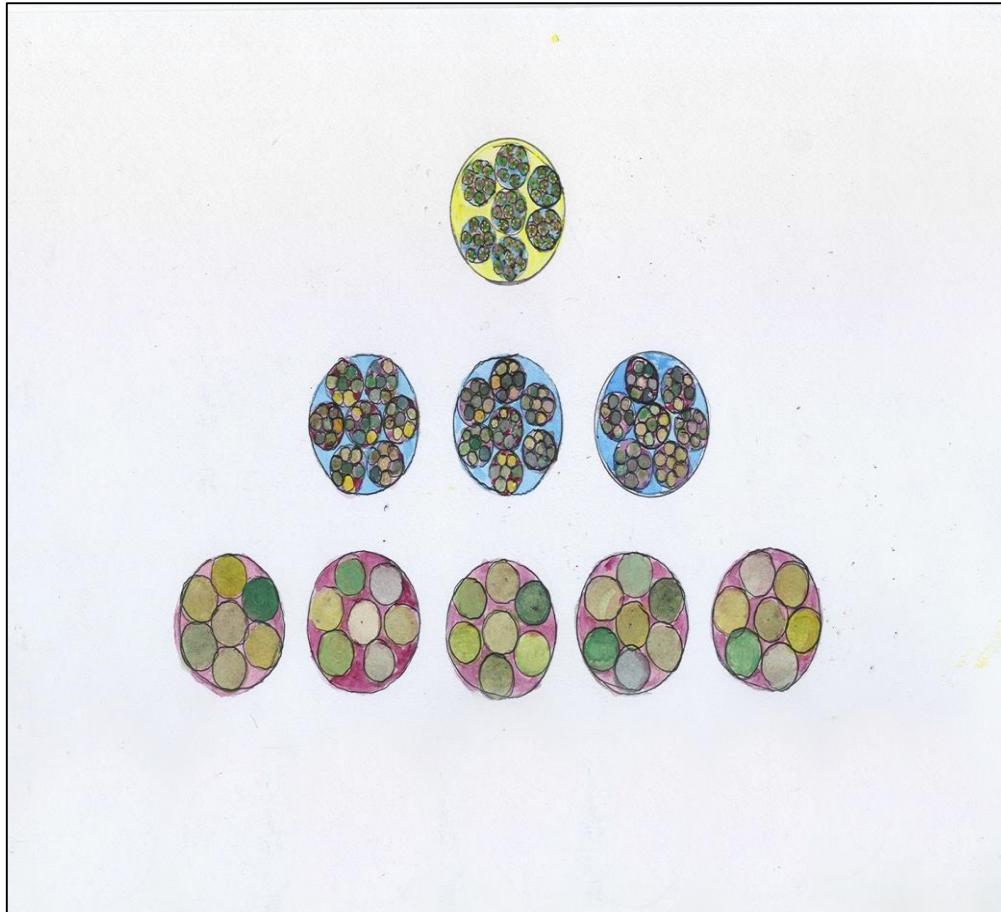
*But I needed more.*

*So did my wife and children.*



## Consciousness: A hierarchy of value

---



Thinking: Evolution is unfolding in the direction of greater consciousness. If we consider greater consciousness to be a value, then we can say that evolution is unfolding in the direction of greater value.

Our experience tells us:

that which unfolds in the direction of greater value has meaning and intention.

---

Value expresses itself in two directions, which are referred to as **intrinsic value** and **instrumental value**.

**Intrinsic value** (the top of the pyramid) refers to the increased value of the more embracing, deeper, more conscious, emergent forms of organization (mankind as opposed to elements).

**Instrumental value**, on the other hand, (the base of the pyramid) refers to the value embodied by the parts that are included, and make possible the greater depth of those forms of organization at the top of the pyramid.

Individual human consciousness has more intrinsic value than plant life.

Matter is more instrumentally valuable than mammals.

**This understanding of value helps us appreciate all levels of existence.**

**And, at the same time,**

**it allows us to recognize a hierarchy of increased meaning.**

**Everything has value, while also existing within a hierarchy of relative value.**

As is the case with all hierarchies,  
the higher is built on and dependent upon the lower.  
Without atoms, molecules cannot exist.

Deeper forms of organization that are more intrinsically valuable  
will also be fewer in number  
than less deep forms of organization  
that are more instrumentally valuable.  
There will always be fewer molecules (organizations with more depth)  
than atoms (organizations with less depth).

Assuming that we appeared later in evolution;  
we transcend and embrace that which came previously.

In other words,  
we are actually embracing of the environment  
from which we come, not the other way around.  
We are a more evolved, embracing, conscious form of organization;  
therefore, we are also more responsible.

**Anyone, in any circumstance,  
who is more evolved and is more conscious –  
is also more responsible.**

We have said that all these hierarchies exist within an absolute One;  
a hierarchy of relative depth and relative consciousness of One.

**One truth, with two expressions:  
a cauldron of activity evolving towards  
greater depth and greater consciousness  
of an already existing, unified Whole.**

This blessedly mixed marriage is not an undifferentiated oneness, nor a  
static twoness, but a dynamic twoness in Oneness experienced both  
outwardly and inwardly, in an ecstatic union of finite and infinite.  
(Godwin 247)

**Evolution unfolds greater consciousness.**

**We might say, therefore, that greater consciousness,  
the *internal experience* of a more unified reality (not greater thinking)  
is the highest value towards which our world is evolving.**

Relative value necessitates the existence of hierarchies.  
Some people are genuinely better at things than others.  
Cars, food, art, etc. all have relative value within their respective categories.

In a very general way:

Conservatives are concerned with preserving the individual's freedom  
to move up and occupy the top of the pyramid.  
Conservatives are also wary of the possible irresponsible complacency  
of the base draining the system as a whole.

Liberals, on the other hand, are concerned with the welfare  
of those who occupy the foundation and who can become dispossessed.  
Liberals are also concerned with the possible corruption of those at the top.<sup>6</sup>

Both points of view and concerns are necessary.  
And both points of view can move to areas of extreme.

Extremists often prevent the necessary dialogue  
that is needed to continuously adjust and preserve the system.

---

<sup>6</sup> Liberal and conservative as understood in American political terms.

## Consciousness: A very fundamental pattern

---



## Thinking: There is a core melody of which other patterns are harmonics.

---

Let's see what we have so far.

We comprehend the existence of patterns.

We have seen that similar patterns resonate with each other, are in relationship with each other and can activate each other.

- ...
- **Creation**
- **Evolution**
- **Increased consciousness of**
- **One**

These are parts of a very fundamental pattern, not just a pattern that happens to exist amongst other patterns but a pattern of which other patterns seem to be harmonics.

I want to share a few more ideas before completing this cycle.

## Consciousness: Begin with One

---



Thinking: There must be some principle of unity, creating and maintaining coherent wholes, already inherent in the process of the world from which life originally emerged. (Godwin, 76)

---

Stepping back and looking at our foundation with the information we have so far, we need to ask:

Is “creation” really the point from which we should be starting?

Within our limited time, in our limited universe, what are the chances of our degree of consciousness (wholeness) evolving through random mutations from a random Bang?

Roger Penrose, a famous British mathematician, concludes that the probability of our favorable-for-life environment coming to be, through random evolution beginning with a random explosion is on the order of 10 to the 123<sup>rd</sup> power. According to Dr. Penrose;

“Even if you were to write a 0 on each separate proton and on each separate neutron in the entire universe – and we could throw in all the other particles for good measure – we should fall far short of writing down the figure needed.”

**It really seems that; embracing wholeness, unity and depth which exist on the level of our consciousness cannot have emerged randomly.**

**A random bang followed by random mutations will not, cannot, over the span of fourteen billion years, evolve to the degree of complexity and unity that exists as our minds.**

Take the standard notion that wings simply evolved from forelegs. It takes perhaps 100 mutations to produce a functional wing from a leg, a half wing will not do. A half wing is no good as a leg and no good as a wing - you can't run and you can't fly. It has no adaptive value whatsoever. In other words, with a half wing, you are dinner. The wing will work only if these hundred mutations happen all at once, in one animal - and also the same mutations must occur simultaneously in another animal of the opposite sex, and then they have to somehow find each other, have dinner, a few drinks, mate, and have offspring with real functional wings. Talk about mind boggling. This is infinitely, absolutely, utterly mind-boggling. Random mutations cannot even begin to explain this. (Wilber 23)

And that's just chickens.

Consciousness?

Fagetaboutit.

We cannot explain where the stuff came from.

We cannot explain where the laws came from.

And we know that complexity and order do not simply emerge from chaos and disorder.

Therefore, it does seem that:

**Without the principle of wholeness woven into the very fabric of the universe, it would be impossible for true wholeness to later emerge at the level of life and mind.** (Godwin, 49)

We initially rolled out;  
**creation** of other, who is  
**evolving**, becoming  
**conscious** of an existent  
**Oneness**

However, the order really seems to be;

**Unity, Wholeness, One**  
**created** other, who is  
**evolving** (re-membering) becoming  
**conscious** of an existent  
**Oneness**

Throughout evolutionary history, something is going on “over the heads” of any and all of the local, individual organisms. More comes from less, again and again. A more plausible explanation is that, complementing the self-organizing, there is a ground of information, or an Ambience of Information, otherwise known as God.

(Holmes Rolston, Genes, Genesis and God, 355)

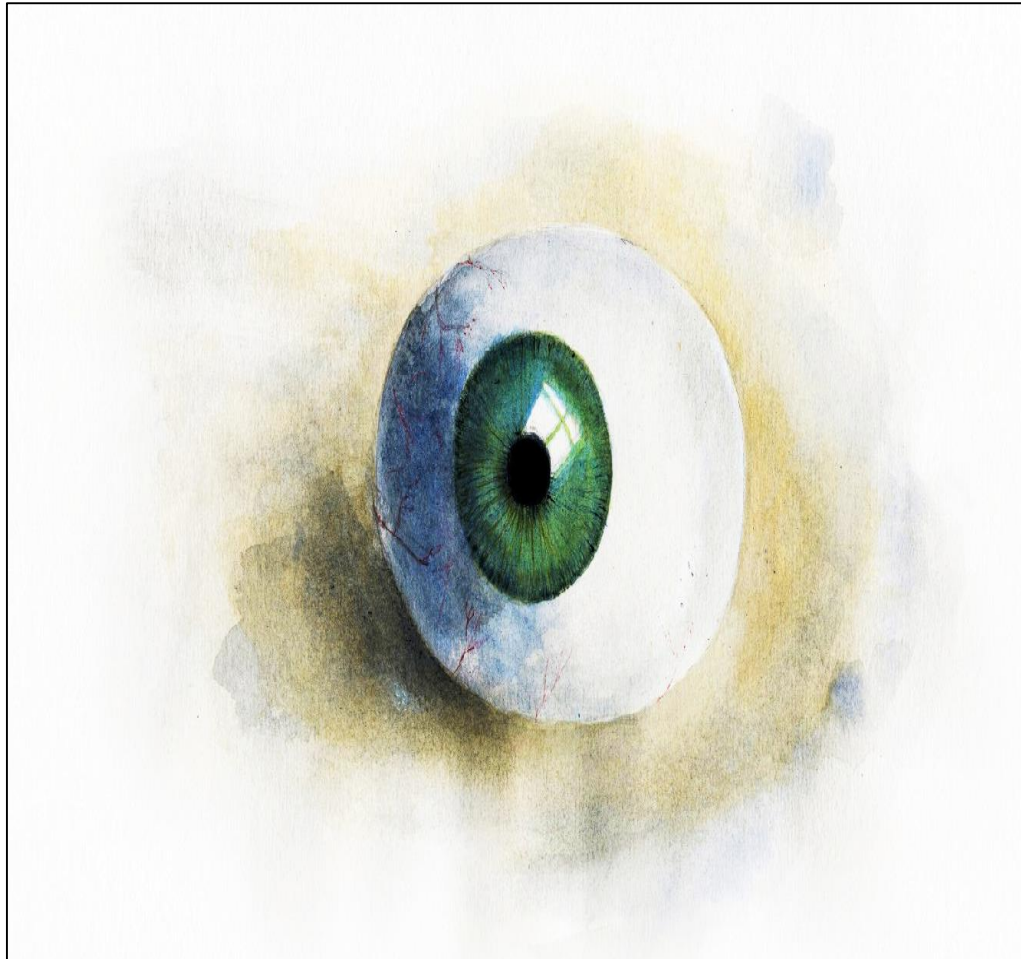
**simple** - complex - **simple**

**home** - away - **home**

**One** — the creation of other, who is evolving towards greater depth, a greater internal experience of, a greater consciousness of - **One**

## Consciousness: A Conscious Universe

---



Thinking: Non-local refers to infinite interconnectedness: a state in which everything in the universe is connected to everything else, all of the time. This manifests as a cosmic intelligence or consciousness that operates instantaneously across the entire universe.

(Lohrey, *Trekking the Big Picture*, 26)

---

Let's see what happens when we place two of our fundamentals next to each other.

(Dear Reader, please take the next two sections slowly.)

1. **Transcend and integrate are the processes of evolution. Organisms that transcend and integrate that which came before are more unified and complex than the parts they embrace. They are deeper. A deeper organism has a more embracing and inclusive internal experience of reality. It is more conscious. And**
2. **All of existence is one organism as defined by our quantum understanding of reality.**

**Therefore,  
if the universe is indeed a singular embracing unity  
of unimaginable complexity, then the universe is conscious.**

If consciousness is an emergent property of the universe in the case of human beings, would not this also imply, given the underlying wholeness of the cosmos, that the universe is itself conscious?

(Kafatos and Nadeau, The Conscious Universe, Pg. 170)

**We previously defined the spectrum of consciousness as  
an organism's relative, embodied, embracing unity.**

**And**

**According to our understanding of a "Non-Local Universe",  
the universe is an absolute, embracing, unified Whole.**

**Therefore, and simply, the universe is absolutely conscious.**

**Existence is a unified organism  
of unimaginable depth and therefore, it seems,  
unimaginable consciousness.**

Consciousness: Consciousness is more fundamental than space/time itself.

---



Thinking: Material existence does not give birth to consciousness.

Consciousness (Absolute, embracing Oneness) gives birth to material existence.

Material existence then evolves through the processes of transcend and embrace to produce greater depth, greater consciousness, a more embracing, internal experience of Absolute Consciousness - of One.

---

The emergence of something from nothing, the information that the emergent forms organize around, and the evolutionary impulse toward greater depth and meaning, all seem to have an indescribable cause that we need to add to our foundation.

- **Quantum physics tells us that we exist within an absolute wholeness.**
- **Wholeness, greater depth, equates to greater consciousness.**
- **Therefore, we exist within a conscious universe.**

Our experience tells us that

- **Wholeness must emerge from previous wholeness.**
- **Previous wholeness must also equate to a previous consciousness.**
- **An existent Wholeness = an existent consciousness**
- **A previous Wholeness = a previous consciousness**



(Wholeness refers to time as well as stuff, so previous and existent are forced distinctions when speaking about One)

**The evolutionary impulse towards greater depth is actually a re-membering.**

**Evolution is simply a re-membering of an Initial (and never not always) One.**

One, God, Ein Od Milvado (There is no other), The Creator... “banged” into a g’zillion pieces.

This “created out of nothing” g’zillion pieces is what we call the early universe. These g’zillion pieces, somehow, come together, through appropriate relationship, to form more embracing, more complex, deeper, and therefore, more conscious forms of organization.

Organisms that are further along in the process of evolution embody, within themselves, a greater spectrum of reality.

As we have just seen, our degree of consciousness cannot have randomly evolved.

**Wholeness, to the degree of our consciousness, must come from a previous wholeness, which means a previous consciousness.**

**Again, a re-membering.**

Material existence, in the form of our degree of depth and complexity and therefore consciousness (wholeness),

**must**

emerge from an original, absolute, wholeness – which means, an original, absolute consciousness.

In other words: **consciousness does not evolve from material existence.**

Other ways of expressing this are:

Consciousness does not come from brains.

Brains come from consciousness.

Consciousness (is) without form,

as opposed to the various forms that consciousness takes,

or the various forms that consciousness experiences.

(Dr. Donald Hoffman)

**An initial Wholeness,  
which is an initial and absolute consciousness,  
gives birth to material existence.**

**Material existence, which, was/is birthed from "no thing"  
is engaged in the evolutionary process of transcend and embrace.**

**The evolutionary process of transcend and embrace  
creates greater depth.**

**Greater depth means greater consciousness  
of  
an Initial Wholeness (Consciousness).**

**The evolutionary process  
of transcend and embrace  
creates  
deeper,  
more complex  
more conscious  
forms of organization  
who are re-membering  
Its Self.**

Again;

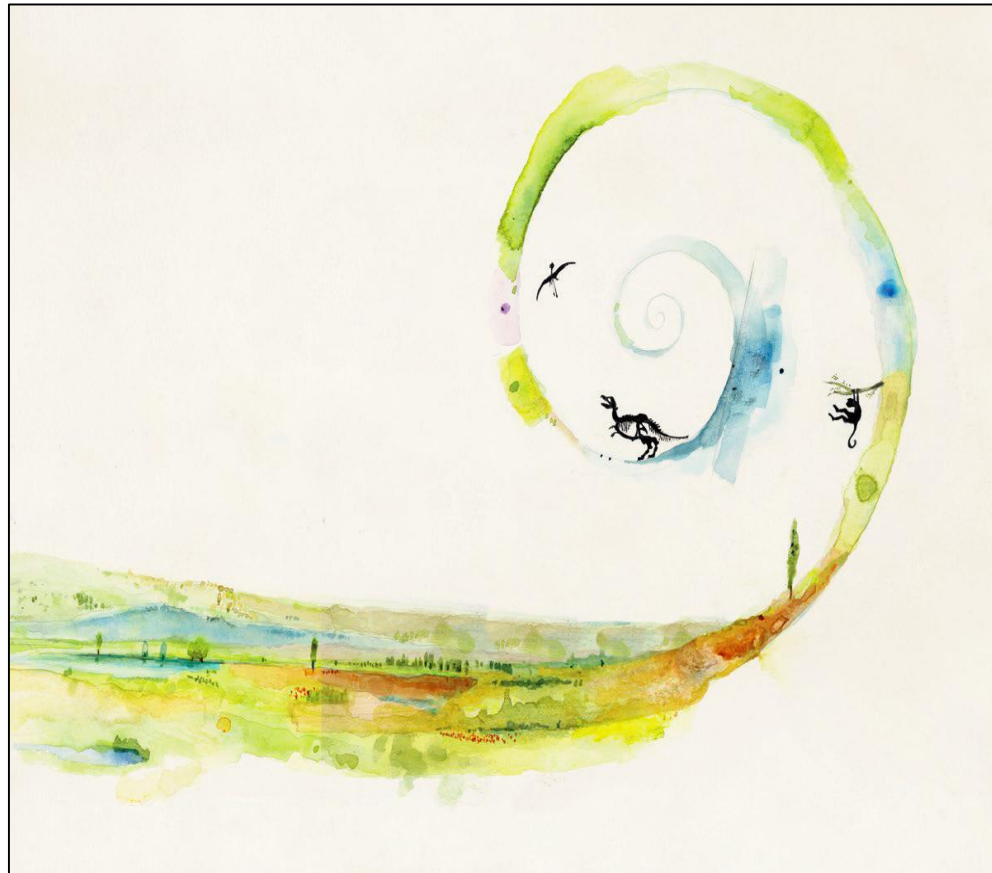
We initially rolled out;  
**creation** of other, who is  
**evolving**, becoming  
**conscious** of an existent  
**Oneness**

However, the order really seems to be;

**Unity, Wholeness, One** (*and therefore Absolute Consciousness*)  
**created** other, who is  
**evolving** (re-membering) becoming  
**conscious** of an existent  
**Oneness**           *(from whom*  
*other,*  
*really,*  
*never was,*  
*is not now and*  
*never will be,*  
*"other")*

Consciousness: A random Bang,  
resulting in our degree of consciousness?  
Really?

---



Thinking: How unlikely is your existence?

I would say, pretty unlikely. And yet here you are. Do you think it was the greatest series of, well rolled dice in history? That's silly. That's ridiculous. Probability would never have delivered us. Probability sculpted by loving intent... has delivered us. (Terrance McKenna)

---

What or Who is behind creation?

And, after the Bang, how did consciousness emerge?

To be clear, we are addressing two distinct issues.

Issue # One; the creation of some thing from no thing. And,

Issue # Two; this created some thing from no thing evolving to our level of consciousness.

However, in my humble opinion, these two distinctions are rooted in the same Mystery.

Distinction # One; the creation of some thing from no thing, is clearly unfathomable, but, somehow,

Distinction # Two; creation evolving and becoming conscious, is often explained without resorting to the same Unfathomable Mystery That is Behind Creation Itself.

How did consciousness emerge?

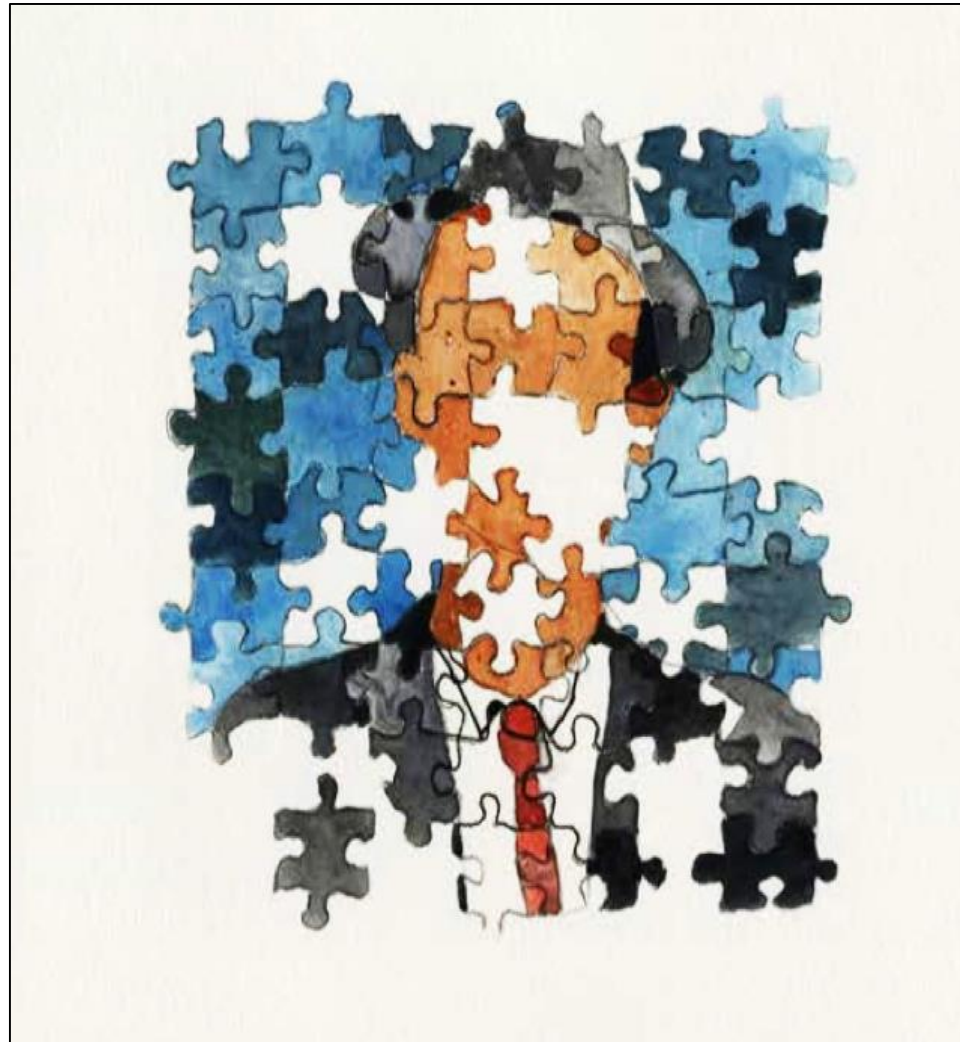
**It seems to me that**

**The One,**

**who created some thing from no thing,  
must have had a hand in it.**

Consciousness: Our individual awareness is a fractal  
of AWARENESS

---



Thought: Consciousness seeks the shape of its vessel.  
(Terrance McKenna)

---

AWARENESS, is not simply **my** awareness.

AWARENESS is **Universal**.

**AWARENESS Is.**

Evolution unfolds an infinite continuum  
of relative unity, relative depth,  
and therefore, relative consciousness.

Consciousness exists on  
an infinite continuum of relative unity.

This is a continuum upon which we exist.

However much depth we embody  
determines our place on this continuum,  
and therefore, our level of consciousness.

**Consciousness is.**

When we engage in appropriate relationships in the realms of reality that we touch,  
(art, family, principles, etc. – I, We, It)  
we create novel forms of organization  
that embrace a greater spectrum of reality.

Organizations that embrace a greater spectrum of reality,  
are higher up on the infinite pyramid of intrinsic value.  
They ascend and resonate with greater depth.

**Our consciousness is an emergent fractal  
of an Infinite, Embracing Presence.**

Consciousness: The liberation of consciousness from its enslavement in materiality.

---



Thinking: Love, beauty, presence and compassion invite consciousness to return to the symphony from which it has never really left.

---

*I recently participated in a 10-day silent meditation retreat.  
There is a lot to share;  
The stories and dramas that arose in me, sitting still for hours at a time, 24 hours of silence.*

*However, I want to make a single point.  
We were instructed to focus on our bodies,  
in particular, to notice sensations that our bodies might express  
when our focus is resting on various parts of our physical selves.*

*I have spent many years facilitating men to vulnerably, powerfully and  
courageously touch and express their, often suppressed and/or misdirected,  
passionate desires -  
to be seen, to be loved, to matter, etc. - their deepest truths.  
I know, from a lot of experience, that those deep feelings  
are expressed in direct relationship to the facilitator's ability to be present and to  
listen.*

***In other words, a conscious presence creates a safe container for  
authenticity to arise.***

*We have just spoken about the idea that materiality arises from consciousness.  
Consciousness does not arise from materiality.  
For the sake of conceptualizing this idea; Imagine that;*

*pure consciousness, an unimaginably fine vibration,  
somehow transforms into physicality.  
Some thing from no thing, (yeysk me'ayin).  
This happens through stages of increasingly denser frequencies,  
which ultimately results as solid matter.*

***Consciousness which has been captured in an infinite number of  
physical objects, has an inherent drive to re-unite,  
through appropriate relationship - through the process of evolution -  
with us being co-creative, proactive participants, in this endeavor.***

*As a facilitator,  
I am trying to listen and be present with another individual  
with whom I am working;  
My conscious presence is inviting his conscious self  
to emerge from its enslavement to his old patterns of thought  
and to the constricting frequencies to which his body has been habituated.  
In most cases this invitation results in an authentic emotional release which is  
followed by a deep awareness.  
(a liberation of consciousness from its constricted enslavement)*

*In other words, out of a less than conscious constriction,  
a greater consciousness emerges through stages,  
in this case vibrant emotional honesty followed by a deeper, more embracing  
understanding.*

*This emergence is the product of an authentic, unconditional listening,  
inviting a spark of consciousness, which was entrapped in physical constriction.  
(Similar to the sound of the Shofar emerging from the constricted end of the  
Shofar, as a consequence of the actual commandment, which is to listen.)*

***The consciousness that exploded apart with the Big Bang,  
into created, physical existence,  
is returning,  
via conscious relationship  
to realize Itself as part of the Whole.***

*Back to me, sitting in silent meditation for 10 days,  
focusing my awareness on my body.  
Sensations arose; heat, cold, pain, tickles, itches, numbness, vibrations, etc.  
The same dynamic that was taking place, when I, as a facilitator,  
am deeply listening and being present to another,  
is taking place between my own conscious presence,  
which is now focused on my own physical body.*

*What took place was, to me, amazing.  
At some point during the retreat,  
while directing my focused attention  
on the various sensations that arose in various parts of my body,  
my whole body,  
in a very coherent way,  
began to vibrate.*

*It was as if a layer of energy that was entrapped and hidden within the  
physicality of my body was presenting itself to reunite with  
the presence that my conscious mind was offering.*

*What my body seemed to be presenting  
was a frequency of vibration  
that felt like an emerging, finer stage of consciousness.*

*In short, I felt as if the consciousness that was enslaved in the constricting  
physicality of my body, was drawn out by a simple, focused presence.*

*Two important instructions were continuously given throughout the retreat;  
Don't desire something other than what is being presented, and,  
this too will pass. Change will happen.*

*The same principles I would implement when facilitating another;  
Simply be present with, and make space for, whatever feelings arise –  
do not try to change the feelings that arise.*

*And, in your mind, for now,  
do not try to change the circumstance that is evoking the feeling.*

*And,*

*This too  
will pass.*

Consciousness is.

Consciousness gives birth to the world.

Consciousness is enslaved within individuated objects of physical reality.

Consciousness is enslaved within the maze of endless thought and repetitive circular thinking.

Consciousness emerges to re-member itself when embraced within a compassionate, present container.

**Consciousness is returning to the symphony from which it has never really left.<sup>7</sup>**

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<sup>7</sup> When I am being present to what is, with the desire for change, I am not whole heartedly and simply being present with what is.

I have an agenda. I am being present with what is, with the agenda to change what is.

I want to embody presence without the desire for what I am being present with to be other than what it is, because;

I want to resonate with simple consciousness, which is not about change or thinking or relative value.

As we have said,

consciousness does not judge nor project into the future.

“Consciousness is (simply) present with what is.”

## Consciousness: The basic rhythm of existence

---



Thinking: At first, there was complete perfection -  
 Everything was filled with the simple light of Ain Sof (No End). This perfection was then concealed (through the first 'Tzimtzum' or contraction).  
 Then the governmental order came into being. The end goal of the government is also complete perfection as at first (the revelation of His Unity).  
 (Luzzatto, 138 Openings of Wisdom 60)

---

Moshe escaped from Mitzrayim.  
 After his escape, while shepherding,  
 he was encountered by God, in the form of a burning bush.

Despite his initial resistance,  
 Moshe ultimately agreed to return and liberate his people.

At that time Moshe spoke and said,  
 "I will go to the Israelites and say,  
 'Your fathers' God sent me to you.'  
 They will immediately ask me:  
 'What is His name?'  
 What shall I say to them?"

God answers Moshe:  
 "Ekeyeh Asher Ekeyeh (I Will Be as I Will Be)" (Shmot: 3.13-14).

The Tikunei Zohar comments that God's answer, Ekeyeh Asher Ekeyeh, can be understood as a pattern:



- The first Ekeyeh corresponds to klal (undifferentiated unity/Ain Sof/No End),
- this is followed by Asher, which corresponds to prat (differentiated parts/created existence),
- which is followed by the second Ekeyeh, corresponding to klal (a return to a higher unity that allows the full expression of all its parts and details).  
(Tikunei Zohar 166b)

The answer that Moshe received;  
Ekeyeh Asher Ekeyeh,  
can be understood as a description of  
the basic **rhythm** of existence:

- Ein od milvado — There is nothing but One; there is no “other,” no parts, no separate things or moments; all is a complete, perfect, whole (Ekeyeh/klal). Again, a concept beyond anything we can possibly imagine.
- At some point, this is followed by a seeming “removal” or tzimtzum “constriction” of One’s presence to “make room” for the existence of an “other,” an act of creation (Asher/prat).
- A return to Unity via the evolutionary process of transcend and embrace - forming greater depth, a more embracing internal experience, a greater consciousness, of One. (Ekeyeh/klal).

After One created the space, time, energy, and stuff of material existence, the process of evolution began to bring particles together to form atoms and atoms together to form molecules. Over time, individual wholes continue to come together under new embracing patterns of formation.

**These new patterns transcend and include the previous, disparate parts. These novel, more embracing forms of organization are deeper, and therefore more conscious.**

<b>One</b>	-	created other who is re-membering, creating greater consciousness of	-	<b>One</b>
Ekeyeh		Asher		Ekeyeh
Klal		Prat		Klal

**Transcend and embrace:  
the evolutionary process of individuated, created existence, embodying greater depth,  
the process of created existence experiencing greater unity,  
the process of created existence becoming more conscious –  
of greater Oneness.**

**This evolutionary process  
of transcend and embrace  
has resulted in an organism of sufficient  
complexity, depth  
and (therefore) consciousness,  
who can now be a co-creative partner  
in this process  
of re-membering  
Who We Are.**

## Consciousness: Klal Prat Klal

---



## Thinking: Ya gotta be a somebody before you can be a nobody

---

Notice that unity, Klal, is at both the beginning and end of our basic pattern. Don't confuse unconscious unity (the starting point) with the experience of conscious unity (the end point.)

There is a direction to evolution.

Our intention is not to crawl back into the womb and give up responsibility for our individual selves.

Rather, we are striving to re-member unity through mature, responsible, appropriate relationship.

**Our intention is to engage in conscious intimacy.**

The beginning stage of unity simply is.

As with infancy, it requires no effort on the part of the recipient, and the recipient has little or no appreciation of what is being received.

The latter stage of unity is formed by individuals who have developed awareness. The relationship can then be co-created and consciously appreciated. One first has to be a free conscious self before engaging in conscious relationship.

**Only individuals who have developed awareness and have a sense of self are able to engage in conscious relationship.**

**Free choice is the basis of autonomous individuality.**

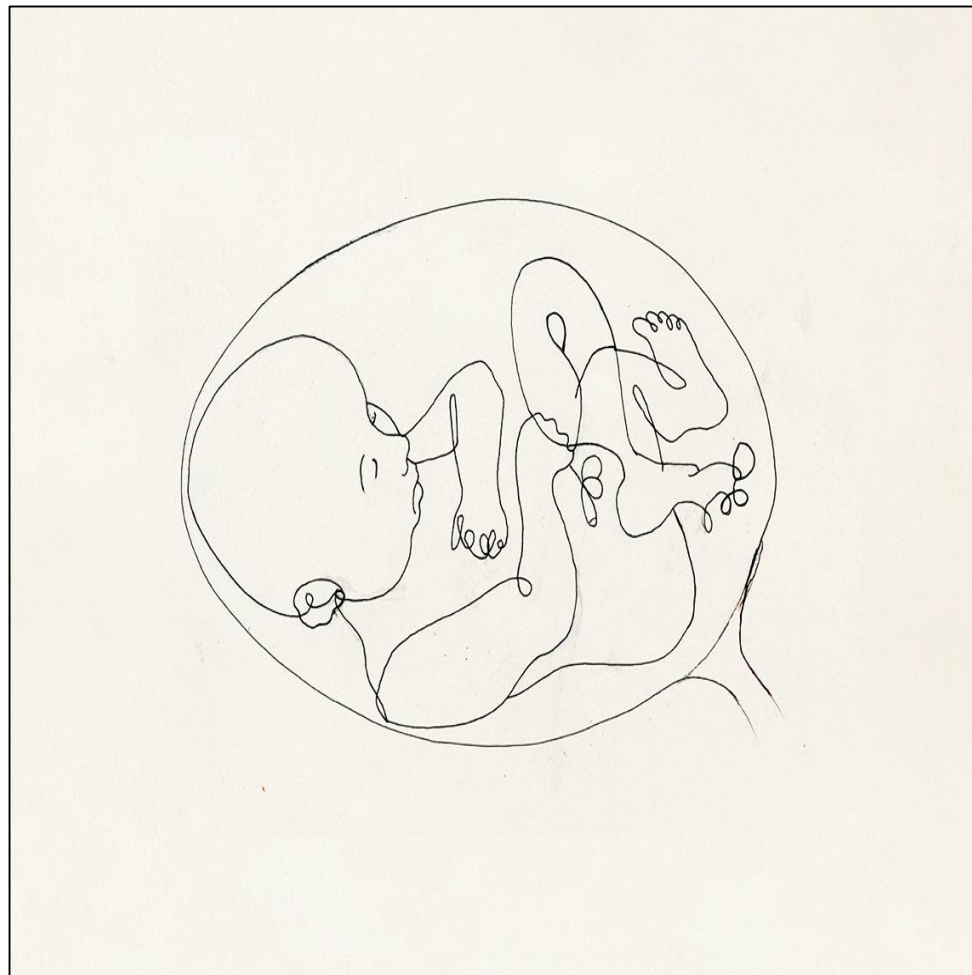
**Autonomous individuality is the basis for meaningful relationship.**

In other words, becoming a self is a necessary step in the greater process of co-creating, experiencing and appreciating intimacy in relationship.

For all you spiritual aficionados out there – don't be so fast to be a nobody.

Consciousness: The greatest gift you have to give  
is that of your own self-transformation.

---



Thinking: (W)e may reasonably view an infant's dawning of awareness on two levels: as a consciousness arising in the individual and, simultaneously, in the universe as a whole...

We can watch an incredibly condensed version of the growth on this planet, and in the cosmos, in each developing child. (Darling 124)

---

We have our basic pattern:

- An initial Oneness (pre-creation)
- The creation of other,
- who is evolving towards a re-membering, a growing consciousness of
- One

When we observe our own individual development, we see a similar pattern playing itself out in a different octave:

- Undifferentiated unity in the womb
- Individuation/birth
- Developmentally evolving towards
- A co-created unity, through conscious, loving relationship.

Individual development  
and cosmic evolution  
appear to be similar melodies playing out in parallel octaves.

**One - creation and the evolutionary process - consciousness of One**

And

**Intimacy - birth/ developmental process towards - conscious Intimacy**

share a similar pattern of three notes

**an initial tonic - a journey away - a return home**

Or an even simpler pattern

**a string at rest - pulled away - return to the original place of rest**

Our own cycle of individual development,  
cosmic evolution,  
musical progression,  
and the Torah's story of a nation,  
are the same pattern playing out in different octaves.

Similar patterns are in relationship through resonance.  
As we have said regarding resonance, one frequency stimulates another that is a harmonic of itself.

If two frequencies are resonant with each other,  
the "playing" of one has the potential to activate the other.

**Our individual development  
and the evolution of our world  
seem to be in resonance.**

The more a person engages in self-transformation, the more the world is  
thereby transformed. (Rav Kook, Shmoneh Ketzavim 1:454)

## Consciousness: Why pluck the string?

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Thinking: How can the machinery of the universe ever be imagined to get set up at the very beginning so as to produce man now? Impossible or impossible unless – preposterous idea – meaning itself powers creation.  
(John Wheeler)

---

Let's look at this construct from the top down.

Our universe was created –  
some thing from no thing.

Principles appeared out of nowhere.

Stuff appeared out of nowhere.

Time and energy also, somehow, showed up.

A mysterious impulse re-members the parts  
back in the direction of the original whole.

This impulse to re-member evolved into a unity of complexity  
that has resulted in our degree of consciousness.

We concluded that to evolve into the complexity  
that is embodied by our mind is impossible  
unless it was initiated from a previous unity,  
which points to a previous consciousness.

This previous consciousness before creation is unimaginable.

However, if there was a previous unity, which means consciousness, before  
creation, then, I think, we can possibly acknowledge

**One/Conscious/Creator**

as the initial resting place of our string before it was plucked.

So, if we are acknowledging **One/Conscious/Creator**, we have a logical question to go along with it.

Considering all the schlepping  
and maintenance  
and recycling  
this creation requires in order to exist,  
we need to ask:

**If One is so conscious, why go into the creation business?**

*I was living in Baltimore, in an orthodox community, with my wife and four kids.*

*A friend organized ten men in the community to participate in a weekly men's group.*

*I estimate that 100% of us showed up 90% of the time for seven years.*

*Some of us grew up Orthodox, left and came back. Some of us, like me, were newbies.*

*All of us brought different modalities of healing and different practices and exercises that we had previously experienced.*

*We worked. It was real and vulnerable and powerful.*

*We made mistakes. It wasn't perfect. But we tried.*

*We tried to be more present.*

*We tried to be better husbands, better fathers and better men.*

*It was during those meetings I realized that, besides a book of laws and rituals and a history of a people, the Torah is a guide.*

*I began to see the Torah as a story of how we can, as individuals, become free from the enslavement to our own constricted consciousness (Mitzrayim) and how we can travel back to our own "home" of wellbeing.*

*I created an experiential workshop for men based on what I was beginning to see in the Torah.*

*I created an organization to support the work we were doing.*

*I organized ongoing follow-up groups.*

*The ideas presented in this book are the ideas around which the workshop and ongoing follow-up groups were orchestrated.*

*The workshops were amazing: physically challenging, emotionally vulnerable and powerful, intellectually - it's all in this book, so decide for yourself.*

*And it was all grounded in Torah principles.*

*I truly felt that we were honoring the Torah with the work we were doing.*

*Men showed up scared, constricted and closed.*

*Men left connected, feeling and open.*

*We used the story in the Torah as a vehicle to come "home."*

*We journeyed from enslaving "stories" to the freedom to embody our essential selves.*

*We distinguished being in direct relationship with present reality, from experiencing present reality through the "glasses" of old patterns of thinking.*

*We engaged in processes that encouraged us to resonate with the full spectrum of qualities that we have the potential to embody.*

*Personally, I learned to listen deeply.*

*I descended with men to deep places of fear and anger and sadness.*

*We brought power and love and consciousness to those places.*

*I loved the space. I felt alive and powerful.*

*We were helping men evolve. It was a privilege.*

*We received hundreds of grateful testimonials from the men who participated in the workshops.*

*But by far, the most meaningful testimonials came from the children and wives of those same men.*

## Consciousness: Love

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Thinking: The essential reason for the existence of man is  
love. (Rav Kook)

---

Let's briefly reflect on our own experience of being creators.

The most profound expression of creativity,  
in my world anyway,  
is driven by beauty and love.

I can engage in intimacy from a place of love.  
And that love can result in the creation of a conscious other - a child.  
(A conscious other can also result from conscious individuals getting together  
unconsciously.)

I am choosing to believe  
that love is the highest possible expression  
of who we can be as creators.

**I am suggesting that:  
our expression of love when engaging in creation  
is our opportunity  
to be in harmonic resonance –  
with, what I can only imagine to be,  
the intention of a Conscious Creator.**

I am choosing to believe that however much consciousness and love that I can “bring” into my own act of creation (of family for instance), God has, and, is “bringing” at least that much consciousness and love into creating this astonishing existence within which we find ourselves.

In Hebrew, every letter has a numerical value. It is understood that two words that share the same numerical value represent qualities that share the same frequency and therefore, resonate with each other.

**The Hebrew words for *one* and for *love* have the same numerical value and therefore, according to this principle, these two words and what they represent are in absolute resonance.**

We have already concluded that a previous *wholeness* (unity) and *consciousness* (depth) were needed in order to evolve to the level of *wholeness* and *consciousness* that exist today.

I am now also concluding that our ability to be loving must have originate from an initial love as well.

**Our ability to love must have evolved from an initial Loving Source. (One)**



## Consciousness: One, Conscious, Loving, Creator

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Thinking: And God saw all that He had made  
and behold it was very good. (Genesis 1:35)

We are being told that the creation of the universe  
was an expression of His goodness. (Kaplan 9)

---

Based on everything we have said so far, I am choosing to begin our creation cycle with:

**One** - because we don't get to unity unless we began with unity

**Conscious** - because we live in a non-local universe, meaning absolute depth and so, absolute consciousness

**Loving** - as with the concepts of unity and consciousness, we would not arrive there unless we came from there

**Creator** - because we do know there was a beginning

So, our "mother" of all patterns seems to be:

**One, Conscious, Loving, Creator (whatever that means)**

**Creation of other, who is,**

**Evolving towards (re-mem-bering),**

**Greater consciousness of (remembering),**

**A unified existence or possibly; One, Conscious, Loving, Creator**

More complex, more conscious forms of organization

**must**

emerge from intention.

Therefore, if the world was initiated by the intention of

One, Conscious, Loving, Creator,

then,

I am choosing to believe that this,

unimaginably amazing, creation must come from;

a conscious, loving and unimaginably amazing intention.

The highest intention that this puny imagination can conceive of –

for any action or for any act of creation, is love.

It almost doesn't make sense for it to be any other way. <sup>8</sup>

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<sup>8</sup> We're about to get a bit religious, so a quick reminder to keep things in perspective around here:

“One of the basic axioms of the Kabbalah is that nothing can be said about God Himself. It is for this reason that God is called Ain Sof, which means, the One without end or limit. God is undefinable and uncharacterizable. He is limitless Being and Existence before the act of creation as well as subsequent to it. Even conceptually, there is no category in existence, which can define God. This is what the Tikuney Zohar means when it says ‘No thought can grasp Him.’” (Kaplan 23)

## Consciousness: The greatest possible good

---



Thinking: I have no good but You. (Psalms 16.2)

Man was created for the sole purpose of rejoicing in God and deriving pleasure from the splendor of His presence; for this is true joy and the greatest pleasure that can be found. (Perkei Avot 4.21)

---

As best as we can understand:

One desired to give and so, created another who would be the recipient of that which One desires to give. And,

The ultimate good is God Himself. The greatest possible good that He can bestow is Himself. There is no greater good than achieving a degree of unity with, and experiencing, the Creator Himself. (Kaplan 10)

**In other words;  
the greatest possible gift  
would be intimacy with the greatest possible good.**

This bestowment of true good would be by giving the creation a chance to cleave to Him, according to the measure that they are able to do so.<sup>9</sup>  
(Luzzatto, The Way of God, 1.2, 1)

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<sup>9</sup> A very brief note on; “There is no greater good than achieving a degree of unity with and experiencing, the Creator Himself.

Experiencing intimate relationship with some big, powerful, masculine other – The Creator Himself,

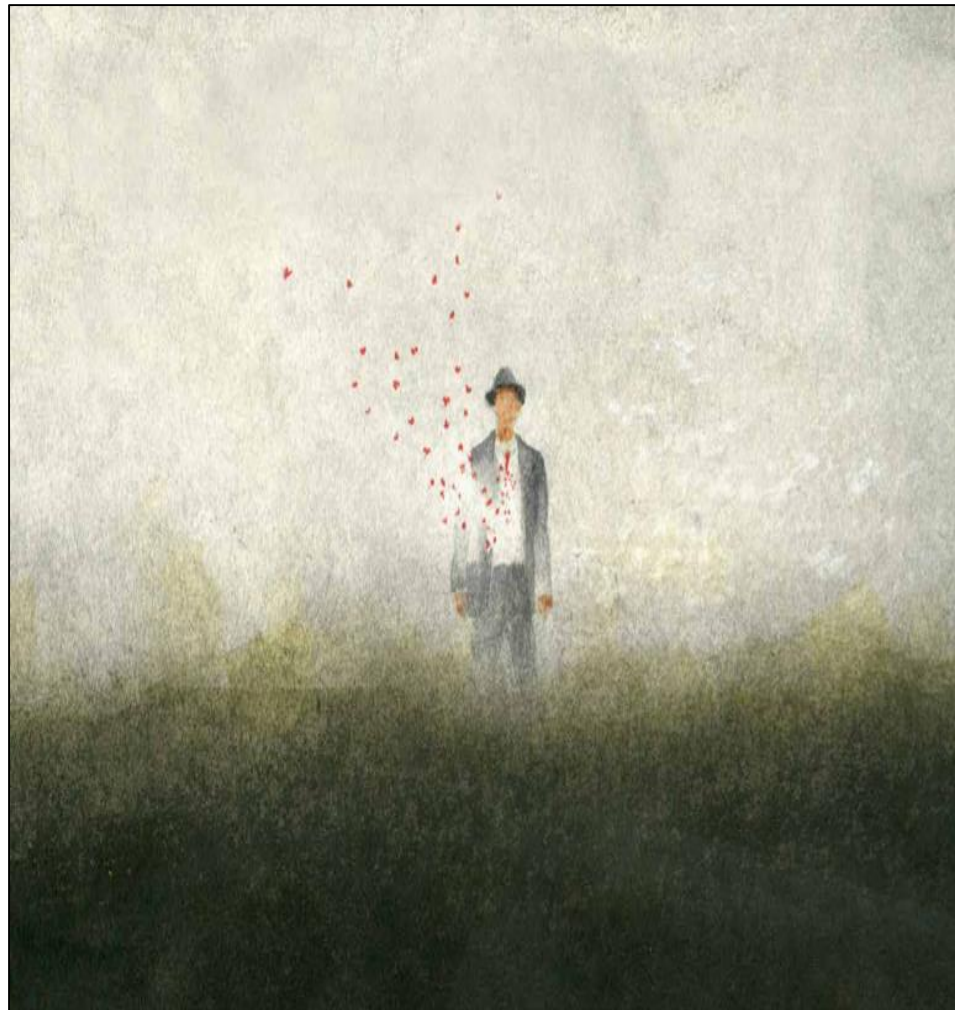
Or

Experiencing intimacy with Ein Od Milvado, There is No Other – “me”, included.

Which begs the question; who is this “me” anyway?

Consciousness: Searching for the home towards which  
all our hearts long.

---



Thinking: Love is the impulse that initiates  
creation and individuation.

Love is also the impulse that re-members disparate  
parts, that form greater unity/depth,  
which results in greater consciousness of One.

---

Thinking simply and logically, using the foundation we have already built;  
if there is a One –

an originating, absolute depth of Being who is absolutely conscious  
and who created other from an intention that we can only hope to imagine –  
what would be the highest reason for creation?

In our terms, I assume it would be; to give to another, from love.

And what would be the greatest gift that One  
could bestow upon another from an intention based on love?

The conscious experience of profound intimacy with One (love).<sup>10</sup>

If One is perfect, whole, creative and loving,  
then what greater good could One provide for other  
than for other to consciously experience  
intimacy and closeness with One's perfection, presence, and love?

I'll tell you what I think. I think the sages are the growing tip of the secret  
impulse of evolution. I think they are the leading edge of the self-  
transcending drive that always goes beyond what went before. I think  
they embody the very drive of the cosmos toward greater depth and  
expanded consciousness. I think they are riding the edge of a light beam  
racing toward a rendezvous with God. (Wilber 43)

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<sup>10</sup> Intimacy, to such a degree, that One is not other.

## Consciousness: To be a cause is to resonate with a Cause

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Thinking: If man is to receive God's light,  
he must first resemble God  
by being a giver.

---

(Kaplan 84)

Before we go further, let's again state our assumption and the two subsequent steps based on that assumption: a fundamental pattern that, to my understanding, underlies Jewish thought as well as other vital spiritual paths.

- Ain Sof, No End, One "desired" to give. (My assumption, based on the faith in an intentionally created, meaningful existence.)
- One became Creator so there would exist another to be the recipient of this giving. (First logical step based on our assumption.)
- And the greatest gift that One could give to other, is for a conscious other to co-create, experience and appreciate intimacy with One. (Second logical step based on our assumption.)

Within One;  
Other has to be other,  
otherwise, there is no other  
to receive the experience  
that God desires to bestow.

Other also  
has to have the capacity to engage in relationship  
with something greater than him or herself  
(intimacy with One = the good that is bestowed).

Freedom,  
as well as  
relationship.

And, in our paradigm of  
One creating other to be the recipient of experiencing intimacy with One,  
created-other needs to develop consciousness.

Why?

Because:

1. Other needs to consciously appreciate the experience of intimacy  
(in contrast to, for example, an infant's unconscious experience of  
intimacy);  
otherwise, what's the point?
2. Other consciously needs to make choices that allow him or her to be a co-  
creative participant in forming the relationship.

Why #2?

Because:

- A. We derive greater joy  
from earning something than from having something given to us.  
This is known as *Mitaken namidiksufa* (rectifying the bread of  
shame).
- B. Closeness is resonance, and resonance results from similarity.  
God is a giver, a creator, a cause. Therefore, for us to emulate  
God to the greatest degree possible, and thereby draw as close as  
possible, we also need to be a cause, as opposed to a recipient  
only.

The capacity to be co-creative partners in forming relationship  
allows for a greater opportunity of resonance and therefore  
intimacy to take place.

We need the ability to give love to another,  
not just the ability to appreciatively receive love from another.

To be a cause of a loving relationship  
allows us to resonate with a loving Creator.

In other words:

**It's not about perfecting ourselves.  
It's about perfecting our ability to love.**

*Over two thousand men participated in the workshops we were running. My family and I moved to Australia, to where my wife grew up. My plan was to return to Israel and to the U.S. a few times a year to run workshops.*

*Out of nowhere, so it seemed, a group of fundamentalist whackos decided that we were a cult. All of a sudden, I was the leader of the cult and we were brainwashing vulnerable members of their community. So, basically, instead of going after the abusers and molesters of the many victims with whom we were working, these fundamentalist nuts, in their infinite wisdom, chose to come after me.*

*After all, I meditated. After all, I didn't pray from a book three times a day. After all, I attended spiritual workshops. After all, I didn't know whether or not the Meshiach, for whom we were waiting, was actually a man made of flesh and bones.*

*The rabbis who had previously supported me either turned on me or baled. The whole episode was shocking.*

*The community, with whom I was working, forbade their members from attending our program. They even went so far as to fire teachers in their schools who I evidently brainwashed and who would in-turn brainwash their students. Website posts, articles, videos...*

*The community was not able to metabolize what we were contributing and they regurgitated us out.*

*Certainly, I was less than conscious. I made mistakes. I was insensitive. I was unaware. I certainly could have been more grateful and humble, caring, responsible. I was afraid.*

*My brother, a bigshot corporate lawyer in New York, hooked me up with the gadol hador (the giant of the generation) of PR.*

*He gathered all the information and made it very clear to me, in no uncertain terms, that my only option was to walk away from what I had put so much effort into building. If not, I would waste a lot of time, a lot of energy and money, and God only knows what else they would have accused me of.*

*I was now living in Australia. What I had passionately built was destroyed. My way of providing for my family was squashed. I had been doing very intense emotional work.*

*I made a decision to buy a gardening business. For three years, I mowed lawns, weeded weeds and planted plants. It was simple. It was physical and outdoors.*

*I got a bit sick. My other sister died. My wife and I parted ways.*

*So much of what I had identified with was pulled out from under me.*

*Marriage, community, the organization I built...*

*Who was I under all of these identities?*

*Who was this single guy, mowing lawns in Australia?*

*I met with a spiritual mentor of mine. I told her all that had taken place.*

*I had created this organization that was helping thousands of men.*

*And suddenly it was gone.*

*She listened. She breathed. And she simply asked, in a way that didn't require an answer:*

*What has a greater impact on the world, running an organization with thousands of participants, or simply mowing lawns and trying to stay present?*

*A good question.*

## Consciousness: The world evolves through stages



## Thinking: Music in the soul

resonates with the universe.

(Lao Tzu)

We have outlined a simple pattern:

- undifferentiated unity
- individuation
- a return to unity ultimately formed through the conscious relationships between the parts.

When we examine this simple pattern in more detail, we begin to recognize stages of development.

Stages or levels of development that we and the evolving world progress through on our journey back home.

In other words,

**our personal growth and the world  
evolve through distinguishable,  
as well as universal, stages of development.**

In the case of creation, God leaves “home,” Bang!

In the octave of our own lives, we pop out of the womb.

And after both of these beginnings, we don’t simply beeline it home.

**We and the world within which we live,  
seem to develop through a scale  
of evolutionary notes before returning to the Tonic.**

So, our basic pattern of

**Undifferentiated unity**

To

**Individuation**

To

**A return to unity,**



when listened to, in actuality, sounds more like a scale or a melody.

**Undifferentiated unity** (the initial tonic)

To

**Individuation**

Evolving through distinguishable and universal stages of development

- 
- 
- 
- 
- 
- 

to

**A return home** (to the initial tonic or an octave of the initial tonic)

These stages or levels appear to be imprinted in the very fabric of existence.

They can be seen as colors of a rainbow.

They can be heard as notes in a scale.

They can be observed as stages of our own personal growth.

They can be studied as periods in the history of cultural evolution.

**We seem to share this most fundamental pattern of  
One - individuation - and a return to unity,  
with existence as a whole.**

And,

**Our scale of development  
seems to be in resonance  
with the over-all song of evolution.**

Evolution is a process of transcending and embracing,  
not transcending and disassociating.

So, yes, as we have seen in the previous image,  
evolution develops in progressive stages **(a)**,  
and these same stages also become qualities of being  
that exist as embraced parts of greater wholes **(b)**.

When we listen to these stages of development, we begin to feel process.

We feel the inclination towards freedom,  
and we feel the desire for connection.

We feel the different frequencies,  
different colors,  
different notes,  
different qualities:

all the different stages between

embeddedness	Klal	undifferentiated, enslavement
freedom and	Prat	distinction, developmental process
relationship	Klal	experiencing conscious relationship

When listening to a musical scale, for instance,  
once the melody leaves the tonic, there is an emotional leaning  
to return home to the original tonic or an octave of the same.

Try this:

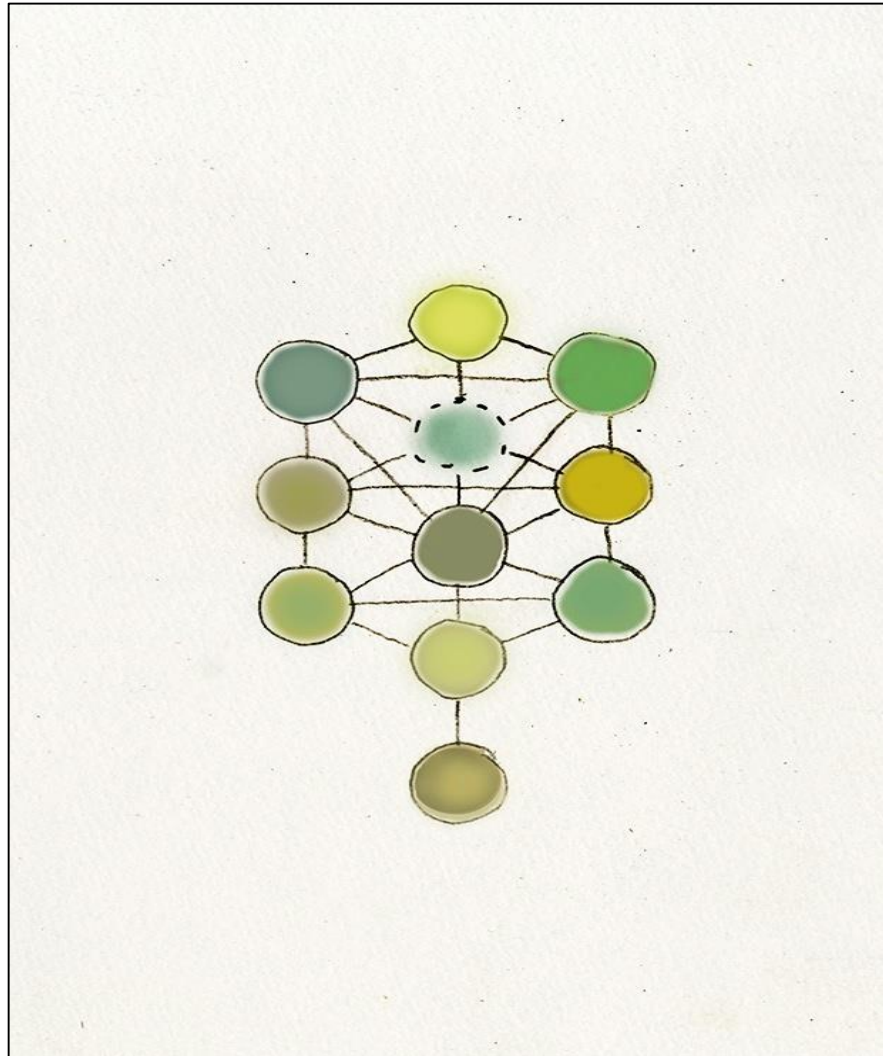
Sing a simple scale to yourself and... stop before completing.  
Feel how uncomfortable it is to stop before it is completed –  
especially if you stop after the 5th or the 7th.

doe, reh, mi, fa, sol...

doe, reh, mi, fa, sol, la, ti...

## Consciousness: The Blueprint

---



Thinking: And God said,  
 ‘Let us make man in  
*Our* image, after *Our* likeness.’ (Genesis, 1:26)

---

We have our basic pattern of;

- One,
- the creation of other,
- and other’s return to consciously experience One.

Klal-Prat-Klal

When we looked deeper into this simple pattern,  
 we distinguished stages  
 through which created-other evolves  
 on his or her return to One.

And as we said,  
 when we listen to these stages,  
 we feel desire.

We engage in process.

Meaning, we feel  
 the desire for freedom  
 and we feel  
 the desire for intimacy.

We seem to be on a journey,  
 vibrating  
 between agency - and - communion,  
 between prat - and - klal.

The distinguishable  
and universal stages of unfolding,  
which also become embraced qualities of being,  
are referred to as Midot or Spherot.

The last image, known as the **Tree of Life**,  
is an ancient Kabbalistic model.

It indicates

- **qualities**,
- **relationships** between those qualities, and
- **processes** that are generated by the dynamics of those relationships,  
that ultimately manifest the Creator's will.

As such, it is the blueprint for the evolutionary unfolding of reality.

And because man was “created in *our* image”, this model also indicates  
qualities,  
relationships  
and processes  
of our own healthy development.

We will now explore these stages of unfolding in the form of a story.

## A Story

---

Our story begins before creation.

I think we can agree that we have very little to say about the Creator after creation,

and infinitely less to say about the state of affairs before creation.

So, for now, I am going to refer to the Creator, before and after creation, as One.

How to begin is another issue.

As you know, stories of this nature often begin with ‘once upon a time.’

But at this point in our story, even time wasn’t around for once to be upon.



We are about to investigate:

**distinguishable and well-studied stages of personal development,** which, because of the evolutionary process of transcend and *include*, become **our embraced qualities of being.** And, according to our sages this same sequence of development can be applied to **“the various traits required for a complete act of creation.”** (Kagan)

Therefore, because

**the stages of personal development** that become **our embraced qualities of being** and **the various traits required for a complete act of creation and continued existence**

are parallel processes,

**when we fully embody these qualities of being, we have the possibility to resonate with and experience intimacy with how the Creator shows up as our reality.**

“similar to two instruments that are resonant with each other, one small and one large, one man and the other the world.” (Malbim)

First, we will cover the distinctions of mind:

- Keter
- Hochma
- Bina
- Daat

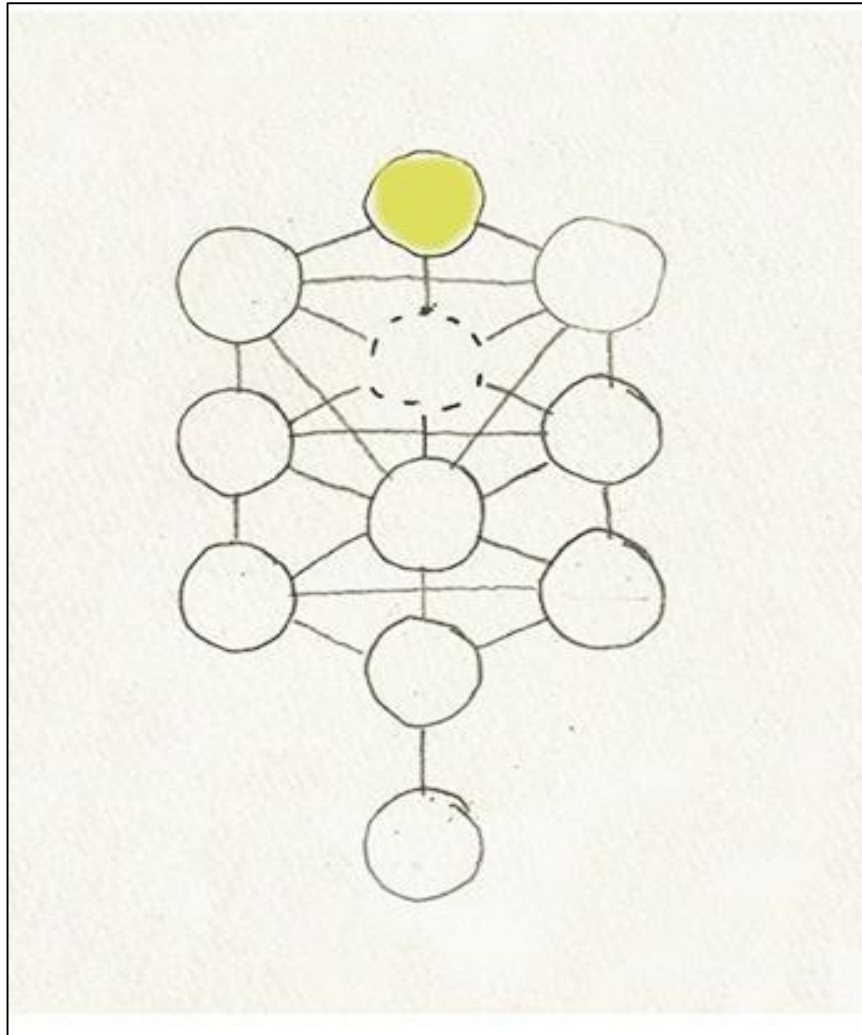
Then we will go through the different qualities of being (south of our neck) that we have the potential to embody,

**as individuals** (Prat) and

**as individuals in relationship with our world.** (Klal)

We will begin with Will or Intention.

## Consciousness: Keter, Ratzon



## Thinking: Will. Desire. Intention.

### Our Creation Story

Before creation there was One (Ein od Milvado, No Other).  
One desired to share One's love with someone other than Oneself.

Of course, there is no other, from Oneself.

And, of course love requires another.

(Rectifying these two concepts is way above my pay grade.)

However, the word, olam, created existence, also means hidden.

Oneness had to constrict or hide Oneself in order  
for "other" to experience him or herself as other.

One had a desire, a will, an intention (to the best of our understanding)  
to be loving, to give.

One needed to create another to be the recipient of One's love.

And One wanted the recipient of this love

to earn, consciously experience and appreciate the love One had to give.

So, One decided to create another (us).

We will refer to us as One's daughter, the recipient of this love.

### Our own parallel qualities of being

We also embody will, desire. Will is referred to as the crown on our head.

What is our essential will? What are our deepest desires?

Certainly, our will spins off into a myriad of desires; food, possessions, sex,  
fame...

However, I think our deepest desires are:

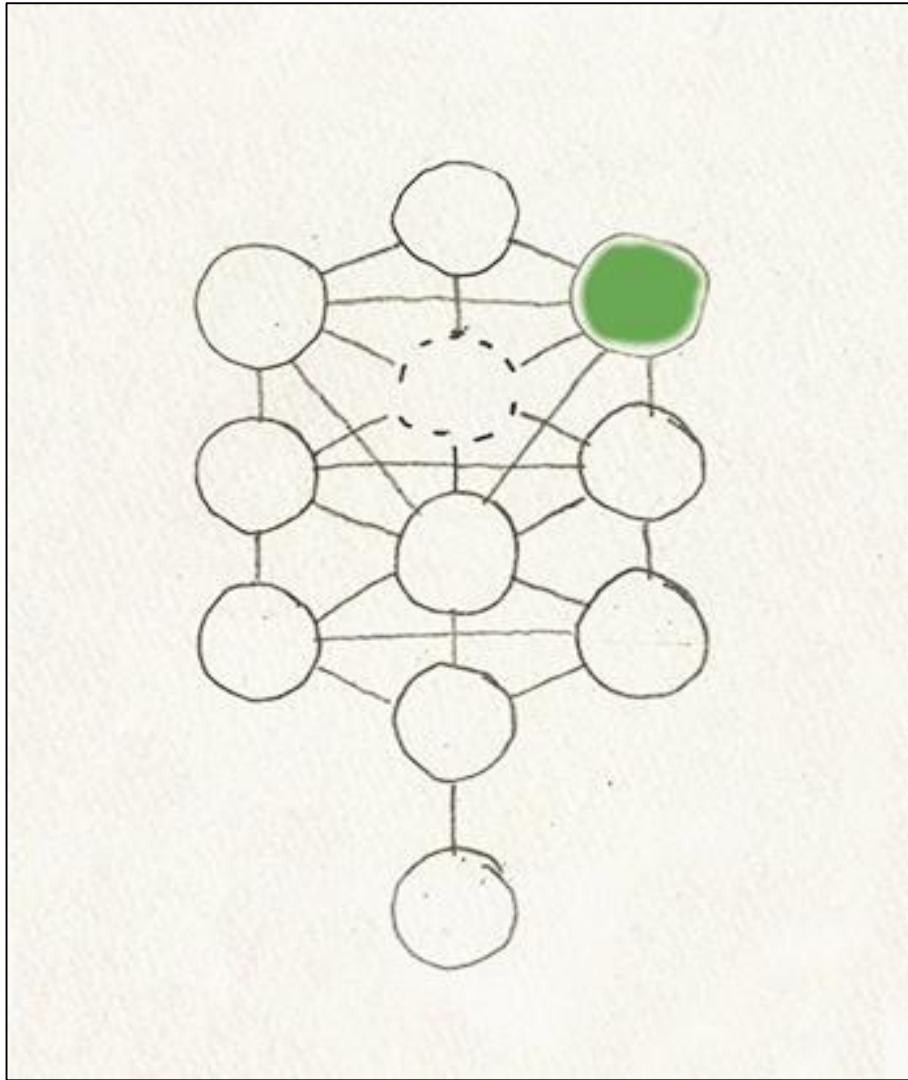
- freedom (prat)

and from a place of freedom to experience

- love (klal).

## Consciousness: Hochmah

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Thinking: One's will would necessitate the creation of an existence, a world, within which One's will could be fulfilled. This existence, olam, would be built upon axioms or principles that would create space and time within which One's intention would manifest.

---

### Our Creation Story

Now, in our story, One needs to create a world within which to carry out One's will.

Let's call this world One's kingdom.

And let's call the aspect of One who creates the principles around which this kingdom is built: the Wise King.

The Wise King created the kingdom with the same principles that are needed to create music.

These principles allow for:

- **separation** - individual notes - the creation of other
- **relationship** - harmonic resonance – re-memering, forming greater depth and therefore greater consciousness and
- **process** through time – melody – which allows other to evolve through time and thereby experience and appreciate the distinctions between:

- being embedded (the initial tonic, undifferentiated, enslaved) Klal
- freedom (the journey - engaging in the melody) Prat
- co-creating and appreciating intimacy (returning home) Klal

The daughter (us) embodies the same qualities, engages in similar relationships, and evolves through parallel processes, as the world of music that was created for her.

She was, after all, “made in *our* image.”

**Being “made in *our* image” would allow her to be an individual who could also resonate with how One shows up as her world – and thereby experience intimacy with One’s Presence.**

(The ultimate goodness that One desires to bestow upon One’s daughter.)

These principles would ultimately flow from One’s love for One’s daughter, who needed to feel the challenge, power and full self-expression of freedom, as well as, the joy, support and compassion of intimate connection.

### **Our own parallel qualities of being**

We can describe wisdom (Hochmah in Hebrew) as standing vibrations – principles, truths, natural laws around which the world is formed and sustained.

Using the example of radio frequencies;

if we are able to tune ourselves to the frequencies of truth and wisdom, we are able to resonate with them and possibly internalize them.

We tune ourselves by what we eat, with whom we associate, the environment within which we live, how we treat our bodies, what we read, to what we listen, etc.

We can align our lives with wisdom.

We can resonate with wisdom.

A truly wise individual knows that he or she does not possess wisdom.

A truly wise individual understands that he or she

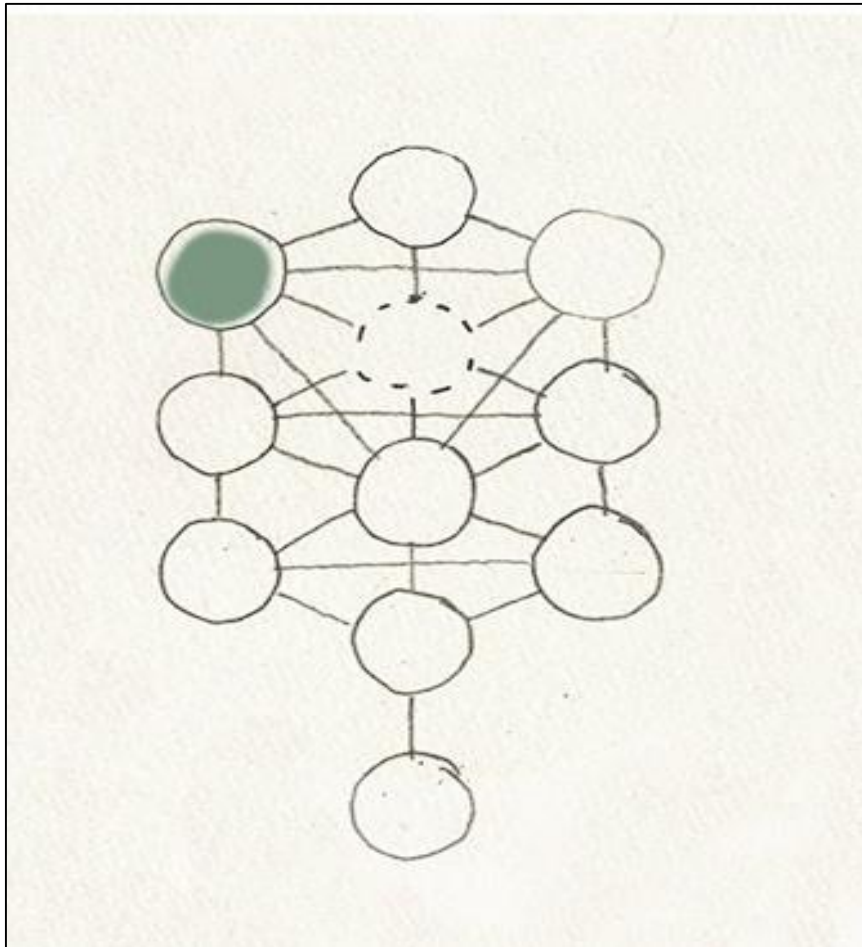
is simply an instrument, a conduit,

who is fortunate

to be in resonance with truth.

## Consciousness: Binah <sup>11</sup>

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<sup>11</sup> Other thinkers in the Jewish tradition associate Bina with reason, logic, making distinctions and other mental characteristics. In this book, in this particular progression I am building for you, dear reader, we are emphasizing the view of Bina as consciousness or simple awareness.

Thinking: All “things” have their fundamental frequencies. Frequencies are in relationship through resonance. Relationships between entities can give birth to novelty. Through harmonic resonance; the more fundamental frequency (One, for instance) can sustain, be in relationship with, and hidden from all of its parts. One is all, and, is hidden from all, through resonance. Other can be independent, as well as, in relationship through resonance. Embracing presence, awareness, listening.

---

### Our Creation Story

Through an act of tzimtzum (constriction), One created a hallal ha-pnui (empty space) within which other could be other.

Into this empty space One introduced stuff and principles that allow for music to live. One such principle – resonance - was introduced into this “empty space”.

Through resonance, **One**:

- is in harmonic relationship with every thing
- gives life to every thing
- is every thing
- is hidden from every thing



Resonance gives **created-other** the possibility to;

- maintain one's self and one's free will,  
while not being overwhelmed by One's presence  
(who remains hidden to all by being a simpler common denominator to all)
- experience relationship with other others  
through harmonic vibration
- create novel entities  
also, through harmonic vibration,  
without the seeming participation of Source.
- be in relationship with the all-embracing One,  
while experiencing individuation.

This last quality of individuation is extremely important,  
because it allows the daughter to experience freedom.

This principle of resonance, which allows for  
independence, relationship, embrace and novel creation,  
we will call the Queen.

### **Our own parallel qualities of being**

Our second distinction within mind, Bina,  
we will describe as consciousness or simple awareness.

Consciousness is our subjective presence.

It is not past nor future.

It is simple awareness.

We can be conscious of our surrounding environment.

We can be conscious of our bodies.

We can be conscious of our emotions.

We can even be conscious of our thinking (our next distinction of mind).

Just as Bina is an embracing, hidden Presence that cannot,  
itself, be an object of awareness;

so too,

our faculty of consciousness –

is an embracing, hidden presence that cannot, itself,

be an object of awareness –

because it is awareness.

It seems that consciousness

is not self-contained,

but is an underlying Presence

that embraces

and permeates

the entire world.

Possibly,

when we rest in our own consciousness,

we are in resonance with,

at one with,

**the Presence,**

**the womb,**

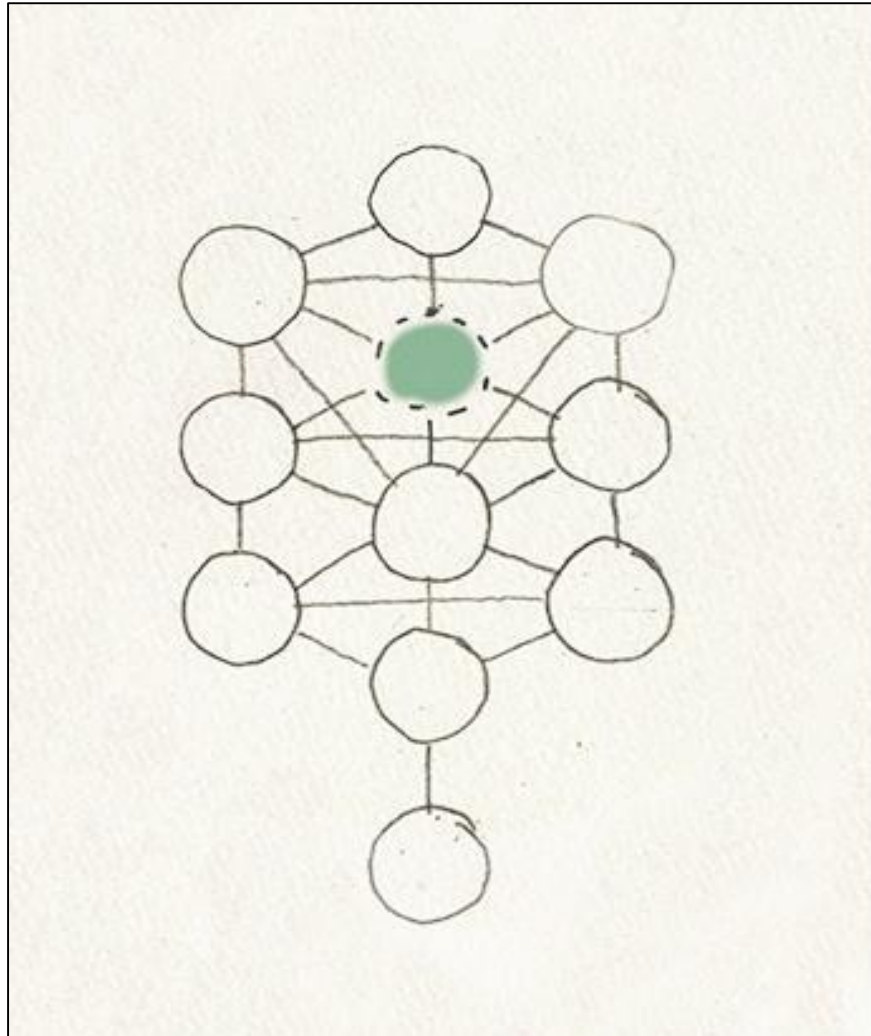
**that embraces**

**and permeates**

**the entire world.**

## Consciousness: Daas

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Thinking: Meaningful freedom of choice requires the ability to make distinctions within the context of relative value – being able to name the animals (distinction), as well as, eating from the Etz HaDaas, the Tree of Good and Evil (relative, meaningful value). True freedom of choice has been given to created other so that he or she can earn, (through meaningful choice) as well as, appreciate (through recognizing relative value) intimacy with One.

---

### Our Creation Story

One chose to express One's love through the medium of music. A "Composer" was needed who understood all the relative values in the world of music – in order to compose the desired result.

- The Composer understood that each note could be expressed with different; **qualities**; its frequency, its volume, its duration, its power, its texture, its timbre, its voice, its instrument, etc.
- The Composer understood and felt the **relational dynamics** (harmony and dissonance) the notes have with each other, as well as, the relational dynamics the individual notes have with the melody as a whole.
- The Composer was also able to feel the **process** when traveling on a melodic journey through time:

- the **fear** of individuating,
- the **sadness** of leaving or not yet having arrived,
- the drive for freedom and self-dimension (**power**), and
- the **joy** of connection and intimacy.

The Composer was able to project patterns into time.

The Composer understood that all music begins from an initial tonic and travels on a dynamic journey of freedom and return.

In other words, the Composer understood and was capable of choices based on all the variables contained in musical composition:

**quality,**  
**relationship** and  
**process.**

Amazingly, the Composer was able to compose an infinite variety of melodic journeys that, somehow, all have the potential to experience **harmonic resonance with the greater symphony within which we are all embraced.**

### Our own parallel qualities of being

Our next distinction is Daas, which we are aligning with the facility of thought.

Thinking is on the level of judging relative value.

Thinking:

- reflects on the past,
- makes decisions with regard to the present, and
- projects into the future.

Thinking is all the stuff that goes around in our minds on the level of words, judgments, worry, regret, comparing, choosing, analyzing, and so on...

Daas, or thinking, is the quality that we ingested while still in the Garden of Eden ~ also known as the Garden of Bina.

We ate from the Etz HaDaas - the Tree of Good and Evil, and left a paradise that had unconditionally nurtured and supported us.

We were exiled from a simple presence, an embracing garden, into a field from where we could now judge relative value, recognize patterns through time, and engage in meaningful choices.

We were now responsible to cultivate the new reality in which we found ourselves.

We could reveal and experience greater unity through appropriately remembering parts to form more embracing wholes.

**We could create novel formations through relationships based on relative value.**  
**We became co-creative partners in evolution.**

Thinking allows us to choose the **qualities** that:

- foster power and independence and
- form intimacy and connection.

Thinking allows us to decide the nature of our **relationships**:

- with whom to be intimate and
- with whom to establish boundaries.

With thinking we determine what **processes** to engage in:

- when and what to do and,
- when to rest.

**Thinking is good - when in relationship with reality.**

*There is a concept in Kabbalah that there are 10 Sephirot, not 9 and not 11.*

*“Ten Sefirot of Nothingness/ ten and not nine/ ten and not eleven.”*

*(Sefer Yetzirah)*

*Either Keter or Daas is included, not both.*

*My own thoughts on this matter:*

*“[These developmental stages] also manifest as our own spiritual infrastructure: Human character can mediate this connection because [our developmental stages are] structured around the very act of creation, which connects Spirit to physical reality.”*

*(Kagan)*

*We are talking about these progressive, developmental and universal qualities from the perspective of;*

*The Creator’s unfolding of creation and upon which creation continues to exist, as well as,*

*the same fundamental qualities that we have the potential to develop and embody.*

***Therefore: “When we refine our character, we attune ourselves [we resonate with] Spirit’s analogous connection to creation.”***

*Daas, the quality that we ingested in the “Garden” gave us the ability to distinguish and judge relative value.*

*Daas gave us meaningful free choice, so we can both earn and appreciate that which The Creator desires to give.*

*Meaningful free choice, by definition, can result in success or failure.*

*On the other hand, Keter, will, intention, from the Creator’s point of view, must come to fruition. It cannot be contingent upon the possible wrong choices of those who are created with free will.*

*The Creator’s intention cannot fail.*

*If indeed; ‘Let us make man in Our image, after Our likeness.’ (Genesis, 1:26) And, if indeed; these are harmonically resonant “unfolding melodies,” then,*

***the Creator’s Will (Keter), to give, which must succeed, and***

***our free choice (Daas) which must include the possibility of failure, cannot openly (obvious to us) exist as fully parallel processes in our understanding of the world.***

## Consciousness: Mind

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I want to take you through a sequence of ideas, that are important, regarding the precious tool we have been given; mind.



Thinking: Without judgements and projections of patterns, perception is simply our sensation of movement in an unbroken wholeness.  
Can you coax your mind from its wanderings  
And keep to the original oneness?

(Tao Te Ching)

---

By listening to the snake and eating from the Etz HaDaas,  
Chava and then Adam  
ingested the venom of the snake,  
the necessary evil of individuation.

We were given the ability to name the animals  
and therefore, make distinctions.  
We were then seduced into eating from the Tree of Good and Evil  
and could now judge relative value.

Because we now embodied these two qualities—  
recognizing distinction, and judging relative value,  
we could make intentional choices  
that had a meaningful impact on the world in which we lived,  
a world that we could now co-create.

This ability, to recognize distinction and judge relative value,  
also allowed us to project patterns through time. (2, 4, 6, 8, ...)

The blinders that kept us grounded in the present moment were taken off  
and the panorama of the past and future were opened.

However, projecting patterns through time, being able to anticipate and plan for a better future, is that which so often lures us away from now,  
**the present moment,**  
**the resting place of true intimacy,**  
**with Presence.**

NaCHaSH, the actual word for snake,  
 is the same word, with different vowels,  
 as NeeCHaySH, questioning the future,  
 that which often seduces us away from experiencing an intimate connection  
 with the present moment.

In the early stages of our development,  
 our families and cultural surroundings  
 mold us like soft, impressionable clay.  
 As we age the clay hardens.

When young: profound experiences or regularly occurring impressions  
 imprint our patterns of thinking.  
 We then project these patterns into the future.

**That is what we do with patterns - through time.**  
**We project them into the future.**

Through the glasses of old habits of thought,  
 we unconsciously project old patterns onto present or future circumstances.  
 Imagine being severely and often berated in the past when making mistakes.  
 When that pattern is projected into the future, one would think twice before  
 expressing oneself.

We can spend our entire lives turning round and round, tethered to a  
 vibrational core that is awakened by external situations that resonate at  
 the same bass (or base) frequency. (Godwin 214)

**If our lives are unconsciously generated by thinking patterns  
 shaped by the imprints of old, “unmetabolized experiences,”<sup>12</sup>  
 then we are not making free, conscious choices  
 in relationship with present reality.  
 We become and remain enslaved to fantasy, to old patterns of thinking.**

**These patterns of thought also  
 often become memories/frequencies stored in our bodies.**

**These old patterns of thought, and the feelings we hold in our bodies,  
 resonate with, attract, are stimulated by, present reality.**

We can end up being in relationship with present reality  
 through the fog of unconscious “stories”.

And,  
 when we are in relationship with present reality through the tinted lens of an  
 old “story” our feelings and actions are often not appropriate  
 with what is actually going on in front of us.

---

<sup>12</sup> As we will see, *feelings* are how our body metabolizes experience.

Many of us ‘see’ the world  
through the glasses of old patterns of thinking,  
and we are so accustomed to wearing those glasses  
that we have forgotten they are on the bridge of our noses.

**Simply, when we are unconscious,  
we are not making conscious choices.**

**We are not independent selves.**

**We are enslaved to the “stories”  
through which we are experiencing present reality.**

**Living in vital relationship with reality  
does not happen by unconsciously dragging the past into the present.**

The unconscious is actually the past in the present; it is that portion of the past that we are unable to psychologically metabolize<sup>13</sup> when it occurred, so that it is continually projected onto current situations and relationships, resulting in the past being thoroughly conflated with the present. (Godwin 179)

<sup>13</sup> Again, through feeling.

*This sort of dynamic goes on all the time in countless variations on similar themes.*

*When I am frozen with fear  
because I am viewing life through the insecure glasses of,  
“I’m not good enough”  
I am not in wellbeing.*

*When I react with rage  
because I am projecting onto someone else  
my old thoughts of,  
“I don’t deserve to be listened to”  
I am not free.*

*When I fall into depression  
because I have a constant narrative in my mind that  
“Nothing I ever do matters”  
I am not fully showing up.*

*As long as I am living from the contexts of unconscious fantasies,  
I am enslaved to the often bitter and crushing demands of those fantasies.*

*Our conscious mind can relate to these habitual ways of thinking as objects of awareness.*

*In other words – transcend and embrace – we can be pro-active partners in the evolutionary journey home.*

**We are in touch with the surrounding environment through our senses. The impulses that process through our senses are interpreted by our minds.**

**Often our minds interpret the impulses our senses receive through habituated patterns of thinking.**

**What we perceive in the present is often obscured with a projected memory from the past.**

**We assume we are relating to a simple circumstance, when, in fact, often we are not.**

**We often experience reality through the “glasses” of old patterns of thought.**

We can learn and practice to be conscious of our thinking.

We can become conscious of whether;

- we are in relationship with reality through the glasses of old patterns of thinking
- or
- our thinking is in direct relationship with reality.

**Our facility of consciousness can transcend and embrace our thinking.**

We can see our thoughts:

for what they are,

from where they come,

and the impact they are having on our lives.

**Our own thinking can be an object of our own awareness.**

Thinking is a tool, a necessary and precious tool, that allows us to judge relative value and make appropriate, meaningful choices.

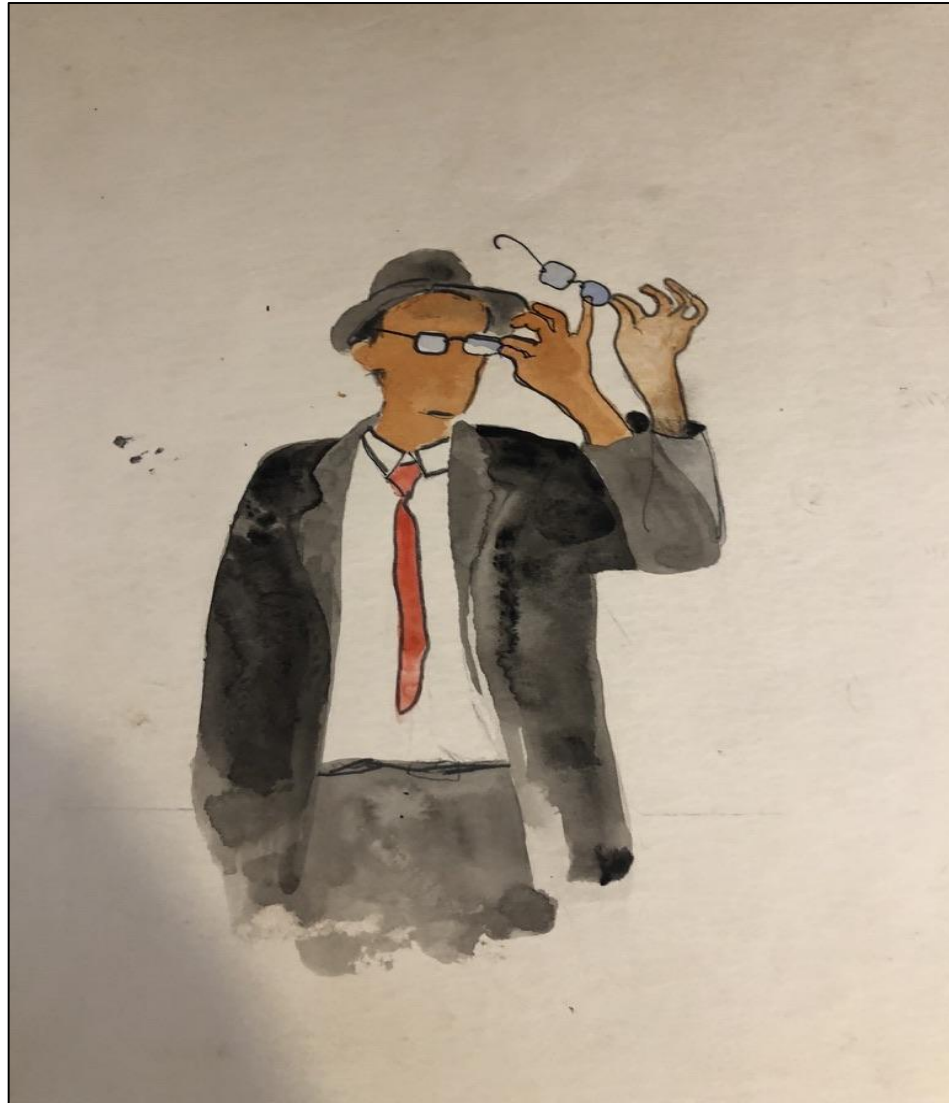
Becoming more conscious is not so much about stopping our thinking.

**When we become more conscious,  
we become less identified with our thinking.**



## Consciousness: Wellbeing is a choice.

---



Thinking: We don't see things as they are;  
we see things as we are. (Anais Nin)

---

**In my experience, most people think that:**

- **Circumstance = my relative state of wellbeing**

**But an equation that more accurately reflects how our lives really seem to work is:**

- **Circumstance through mind = my relative state of wellbeing**

This understanding has profoundly impacted my life.

**We can learn and practice to be conscious of our thinking.**

To be clear, this understanding in no way makes life always fun and positive.

Life can be painful; a friend can become ill.

Life can be scary; I might suspect a threatening presence.

I might have to aggressively stand up to someone who is invading my boundaries

or I might need to intervene when someone is causing harm to another.

**Strong vibrant feelings are a sign of health.**

**Strong vibrant feelings in relationship with present reality are a sign of health.**

Having strong feelings or being depressed because I am experiencing reality from within the context of insecure patterns of thinking, **sucks**.

It's a **bummer** if I experienced myself as insignificant when the adults around me were too busy to care.

But it is a **tragedy** if I continue to see life from this perspective, even years after I have left the root cause.

It's a pretty simple choice

once you understand the mechanics of what is actually going on:

I say simple and not easy. Understanding this dynamic is simple.  
Changing old habits is not easy.

**Wellbeing is not contingent on circumstance.**

**Circumstance through mind = my relative state of wellbeing.**

**And very often, our thinking about circumstance**

**is simply a projection of old, habituated patterns of thought.**

*Imagine a young boy coming home from school.*

*He wants so much to share his day, but everyone is just too busy to pay attention.*

*This is an experience he has over and over again.*

*Perhaps at first, he might feel angry, but he's a little guy and everyone really does seem to have more important things to do.*

*He inevitably interprets the message he is continuously given, to mean:*

*Other things are more important than me. I don't matter. Maybe there is something wrong with me.*

*As is common for most children, rather than acknowledge that those who are raising him are incapable of giving more attention and love, he interprets these negative and insecure messages to be reflections of himself.*

*From this perspective, he might become a trouble-maker, in order to get attention.*

*Or maybe he'll just give up and become a depressed introvert.*

*He is craving love and attention. He is not receiving it. And, he is in pain.*

*And again, because he's a little, impressionable guy, he absorbs this message and it becomes a pattern of thinking in his head, as well as, possibly; an angry, painful or tense feeling held in his body.*

*Now he is an adult and he is trying to explain something to someone. When he is experiencing life through the lens of this "story", our little man feels angry and sad. And, when unconscious, ends up blaming the present circumstance for his feelings. Is our hero feeling angry and sad because the listener is tired? Or*

*Because our little hero is viewing the data through the "glasses" of "I don't matter"? This is a very important distinction.*

*We need to clearly distinguish **data** from **thoughts** from **feelings**.*

*The simple **data** is, someone is tired and yawning while he is talking.*

*His habituated pattern of **thinking**, the glasses through which he is seeing this data, is: "I don't matter."*

*The **feelings** that he feels in his body, when he experiences the distracted listener, through the context of his "story", that*

*"I don't matter", is: anger and sadness.*

*He could be in relationship to what is taking place from a perspective of, the other person is simply tired or distracted.*

*He could also be in relationship to what is taking place from the simple question of: whether or not what he is saying is of interest to this other person.*

*Either way: accepting someone's tiredness or perhaps, accepting the fact that the relationship just might not be compatible; is simply being in relationship with what is, without taking the response personally.*

*His anger is coming from the fact that he is experiencing the present circumstance from behind the lenses of his old "story" of "I don't matter."*

*For the rest of this person's life, he could be in unconscious relationship with reality from within the context of an old, dysfunctional story that he absorbed as a child.*

*The unmetabolized feeling/frequency that he has been holding in his body is stimulated by the present circumstance – resonance.*

*This someone is tired, maybe because their kid kept them up, or distracted, perhaps, because their father is ill.*

*Our, not so little guy anymore, experiences this someone's tiredness and distraction through his "insecure glasses" of "I don't matter."*

*The present circumstance (someone yawning while he is talking) resonates with and therefore activates his "story."*

Consciousness: Feelings –  
the frequencies we hold in our body

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Thought: Reality responds, in some way,  
to the nature of our relationship with it.

---

**Our thinking impacts our feelings.  
When our thinking changes,  
our feelings change.**

When we are  
open and powerful and vibrant and trusting and fully alive,  
we resonate with  
we activate,  
we attract –  
a spectrum of reality  
that resonates with those qualities.

When we are  
fearful, guarded, angry, resentful, constricted or insecure,  
we resonate with,  
we activate,  
we attract –  
a spectrum of reality  
that resonates with those qualities.

**The feelings/frequencies  
we hold in our body  
enliven, resonate with, attract,  
different aspects of reality.**

**We can choose to become more conscious  
of our thinking.**

We can practice presence

and being in direct relationship with what is.

We can identify more with our consciousness  
and less with our constricted personal thinking

**“We don’t see things as they are; we see things as we are.”**

**And,  
that which shows up in our lives  
is often  
that which is in resonance  
with how we feel. <sup>14</sup> (The frequencies we hold in our bodies)**

---

<sup>14</sup> I want to be clear about two possible misconceptions of ‘circumstance through mind’.

**One.** I am not talking about “the secret”, as in; if I envision it, if I think it, it will manifest.

And

**Two.** I am also not talking about simply engaging in positive thinking.

No matter what happens, just be positive and it will all, ultimately work out.

In my opinion, both of these are types of magical thinking.

They are **not** what I am talking about.

I am talking about freeing ourselves from fantasy in order to be in vital relationship with present reality.

Of course, it is true that present reality can be painful and scary.

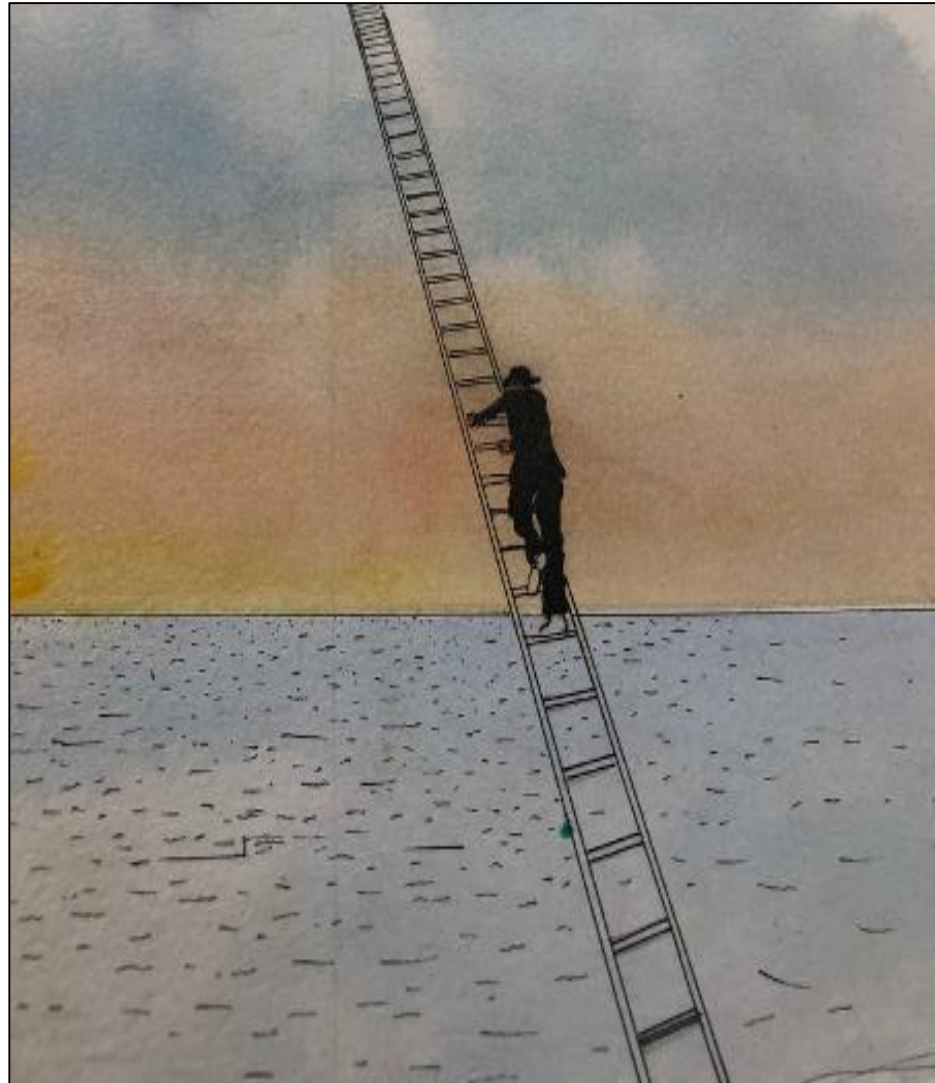
Reality can be rough, as well as magnificent.

I am not talking about practicing some magical formula or having happy thoughts.

I am talking about living in relationship with present reality.

## Consciousness: Developing through a Scale

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## Thinking: Notes in a Universal Scale

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We have briefly explored intention and mind.

We have examined some of the tributaries down which our minds might float. Some of these tributaries take us away from being in authentic relationship with reality.

Other streams simply give us a pure and simple relationship with what is.

Having looked at mind, we can now get a sense of the various qualities that we have the potential to embody as individuals, (Prat) as well as,

the various qualities we have the potential to embody as individuals when in relationship with the world around us. (Klal)

We will now proceed to look at seven distinctions or notes or stages of development:

- Chessed
- Gevurah
- Tiferet
- Netzach
- Hod
- Yesod
- Malchut

**We will “listen” to these “notes” as they play out through five different contexts.**

- **Our Creation Story, “the various traits required for a complete act of creation.”**
- **Cultural evolution**
- **Our parallel stages of development, which become embraced qualities of being**
- **Potential wound (when prevented from fully resonating with a particular stage during its appropriate time of development)**
- **Patriarchs in the Torah who personify that particular quality**

**Again, because we are made in “our image”,  
when we embody these qualities,  
we have the potential to resonate with how the Creator shows up as our  
world.**

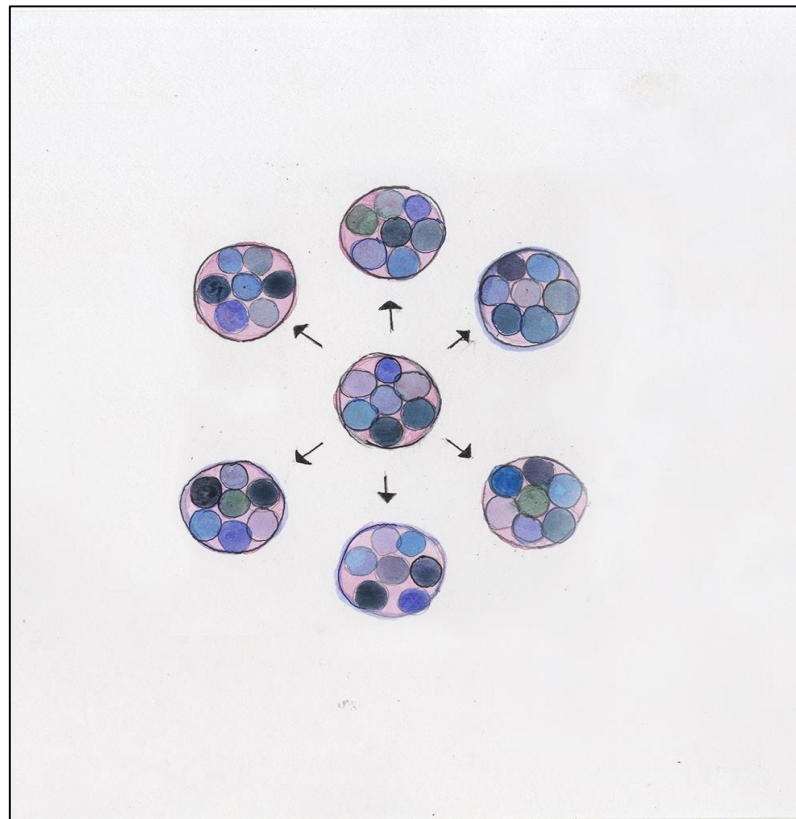
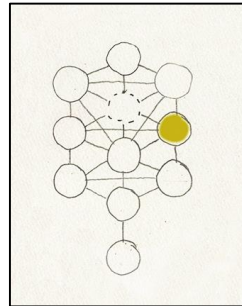
See if you can feel into the essential nature of each quality based on how it manifests in each context. <sup>15</sup>

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<sup>15</sup> Book Two, Seasons of Transformation, explores these qualities as they are expressed through the Jewish Holidays.

## Consciousness: Chessed

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Thinking: Existence comes from a loving intention to give to another. Kindness is the giving of existence to all from One, in order that individual consciousness, ultimately, re-members and experiences intimacy with One. We are all ultimately kin. We are all given existence by, and connected to, a Common Source of giving, “a bottomless vault of generosity.”

---

### Our Creation Story

A symphony is an interconnected whole that is made up of an infinite number of details:

notes, rests, time, vibrations, waves, resonance, conductor, musicians, relationships, personalities, instruments, materials, and so on...

A symphony is a creation which emanates from a Composer’s intention.

Those who sensed that everyone and everything is a part of this singular, unified creation, could not help but feel a kinship with all its parts.

They heard the symphony unfold in a direction that seemed to return home, to its tonic, to its’ Source.

Because they heard the arc of return, they also experienced the symphony’s unity through time.

This creation evolved into a formation who can actually self-reflect and appreciate the magnificent symphony - of which it is a part, as well as, the symphony of which it is an expression.

And,

- those who sense the unifying Oneness of what is,
- those who behold the magnificence of what has been created,
- those who realize that creation is in a process of return to an incomprehensible Source,
- and those who see themselves as the possible recipients of subjectively experiencing resonance with Source,

also

- *conclude, that a creation, such as this, must also come from a magnificent intention, which, in our limited language, we call love.*

Chessed

is the internal feeling when we recognize our common humanity, our kinship and our love.

Chessed

is the feeling we have for each other, as brothers and sisters who, together, are on a magnificent journey home.

### **Cultural evolution**

Life in the kingdom, perhaps like our earliest ancestors, was a life lived more simply, in the present moment.

We survived.

We had no particular sense of self.

In a way, we were undistinguished parts of a greater whole.

Because we did not experience ourselves as other, we could not consciously co-create relationship.

We had no sense of self in relationship to others who would feel shame when naked.

We had no sense of self, within a process through time, who would anticipate our own death.

### **Our parallel stages of growth, which become embraced qualities of being**

When we are infants there is no sense of self, only oneness and connection.

We have no self-awareness.

We do not sense the flow of time.

From this initial stage,

we are simply extensions of, and totally dependent upon our mother.

There is a total lack of boundaries.

We experience no differentiated attention, no shame, no division between subject and object, no past or future.

Our mother is our sole provider, our source of life and ideally boundary-less love.

We live in unconscious - unity.

### **Potential wound**

All of us, when first born,

don't know ourselves from the blanket in which we are wrapped (except when we take a bite out of the wrong one).

If we are missing that unconditional support, nurture and safety at that time in our lives,

then as adults our bodies might have difficulty relaxing in a peaceful environment

or feel secure in a supportive relationship.



## Patriarch

The Torah speaks about Avraham, who left home in search of unity consciousness.

He made a commitment, a bris, for his children to continue the search he began. Avraham (Av Ram, meaning highest prototype) the patriarch of the Jewish people, spent his life pursuing ultimate fundamentals.

He was a monotheist, a true scientist who searched for simple principles and unifying axioms that transcend and embrace the details he observed.

He left home in search of answers.

He destroyed idols because they were substitute satisfactions that distract us from continually pursuing

The Ultimate Common Denominator of All Existence.

He personified kindness, not as Mr. Niceguy, but as a function of understanding that we are all related parts of a unified Whole.

Avraham personified a kindness that emanated from the awareness of absolute kinship.

We come to realize that we humans are all embedded in a living developing universe, and we are therefore cousins to everything in the universe. (Swimme 99).

And perhaps, by looking into nature, Avraham saw: a spectacular manifestation of an underlying impulse pervading the universe.

In the star(s) this impulse reveals itself as the ongoing giveaway of energy. In the human heart it is felt as the urge to devote one's life to the wellbeing of the larger community. (42)

*I'm in Jerusalem. I'm sitting outside with my friend Joel.*

*I'm feeling a bit down. I've been working on my book.*

*I'm feeling stuck.*

*I like it, but it's just too dense. It needs space.*

*I want it to be beautiful.*

*I want it to be engaging.*

*It needs air. It needs space.*

*Joel offers to illustrate the entire book.*

*I can use any drawing he has already done.*

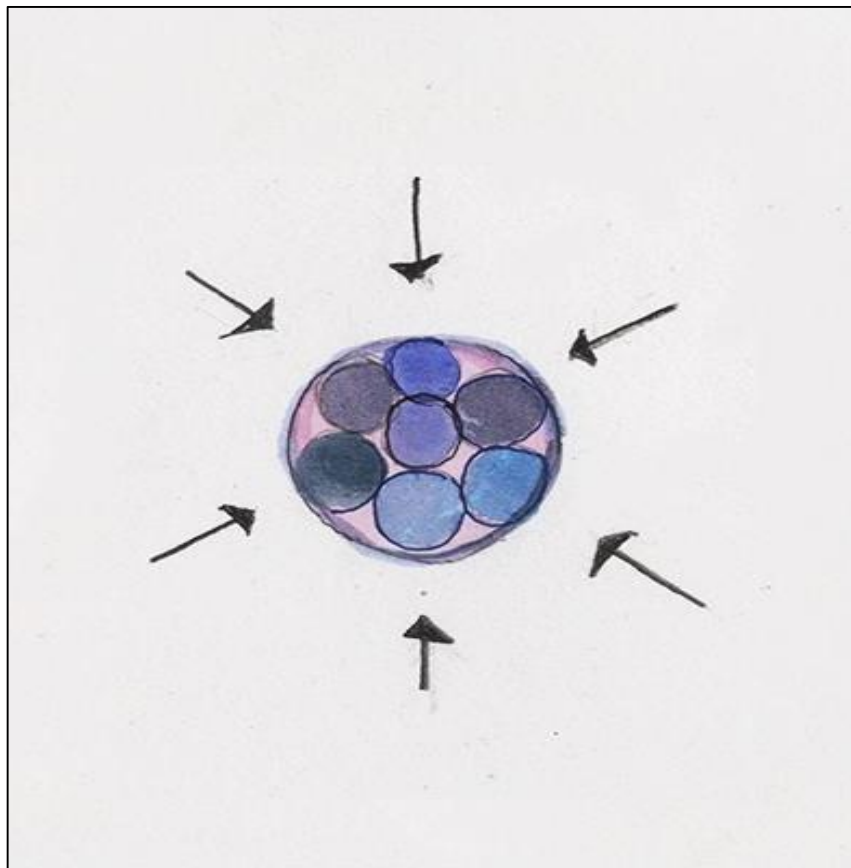
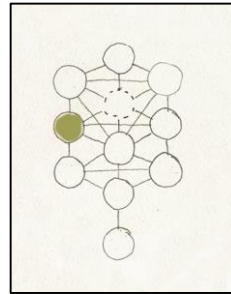
*And whatever else the book needs, he will do anew.*

*No cost.*

*His gift.*

## Consciousness: Gevurah

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Thinking: The creation of “other” is needed in order for there to be a recipient of the Creator’s loving intention. Individuation, boundaries, distinction, self-dimension

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### Our Creation Story

The whole is composed of an endless number of parts, each with its own self-dimension.

Within the symphony as a whole, different movements elicit different moods.

Each musician has his or her particular part to play on his or her particular instrument.

Within each musician’s part are specific notes and intervals of time.

Each note has its own frequency, amplitude, texture, and duration.

Without distinctions between notes and times, between musicians and parts, there could be no relationships and therefore, no process, no music.

This quality allows for the possibility of other, of freedom, which allows for the possibility of relationship and therefore, ultimately the possibility to give and receive love.

Establishing healthy boundaries.  
A warrior energy. Making distinctions. Individuation.

### **Cultural evolution**

Individuals began to have a sense of self.  
They became involved in hunting and gathering.  
They had yet to develop a concept of linear, progressive time.  
So, they had not yet engaged in elaborate preparations for the future, such as farming.

Also, at this stage, there was no sense of cooperation and community in order to coordinate different tasks and work together to form greater organization.

At this stage they had a sense of self, but very little sense of self in relationship to the greater whole – whether that greater whole is of substance or of time.

### **Our parallel stages of growth, which become embraced qualities of being**

We eventually develop a desire to differentiate from our mother.

We strive for self-dimension and boundaries.

We have yet to develop a sense of context that embraces the details within a greater organizational whole.

Our perspectives do not include a continuity between moments or between parts and therefore, our awareness, at this stage, is limited to a series of separate actions in present moments.

We can't control urges.

We don't project consequences.

We don't share very well.

We certainly don't plan for a future.

In striving for our independence, we create some unpleasant moments.

Parents, in general, are not too crazy about this stage of development.

They could have just stayed as one,

but no, they had to go and create another.

Poetically, this stage of our development is known as the “terrible twos.”

**Potential wound**

If we are not allowed to individuate during this period, or we were humiliated during our first attempted steps to be on our own, then as adults we might exhibit a poor sense of self, be out of touch with our needs, have poor boundaries or have a difficult time taking responsibility for ourselves and for our actions.

**Patriarch**

From the quality of kindness (Avraham) and the desire to give, is born Yitzhak, the personification of individuality.

We learn from the Torah that Yitzhak was weaned.

We learn that he was bound. He is in complete control of himself.

“Not only physically bound but mentally bound as well. You see a person totally held back. He totally subjugates his ego” (Kaplan 62).

We know that Yitzhak became blind, maybe to allow for the illusion of individuality.

As we will see, Yitzhak is the individual associated with the holiday of Rosh Hashanah, the day of individuation and judgment.

*My friend has been struggling to make the kind of living he needs to support his family.*

*He is struggling.*

*But he is suffering because he is not making enough money to **appear** successful – to his friends and neighbors.*

*In truth, his friends and neighbors are most likely not judging him.*

*His suffering is the result that his current circumstance is resonating with an “old story” that he has been schlepping around since his childhood. His parents (not consciously or intentionally) made it very clear, from a very young age, that their love for him was contingent on his success.*

*Freedom from this suffering begins when he is able to clearly distinguish between; what is a difficult reality*

*- and -*

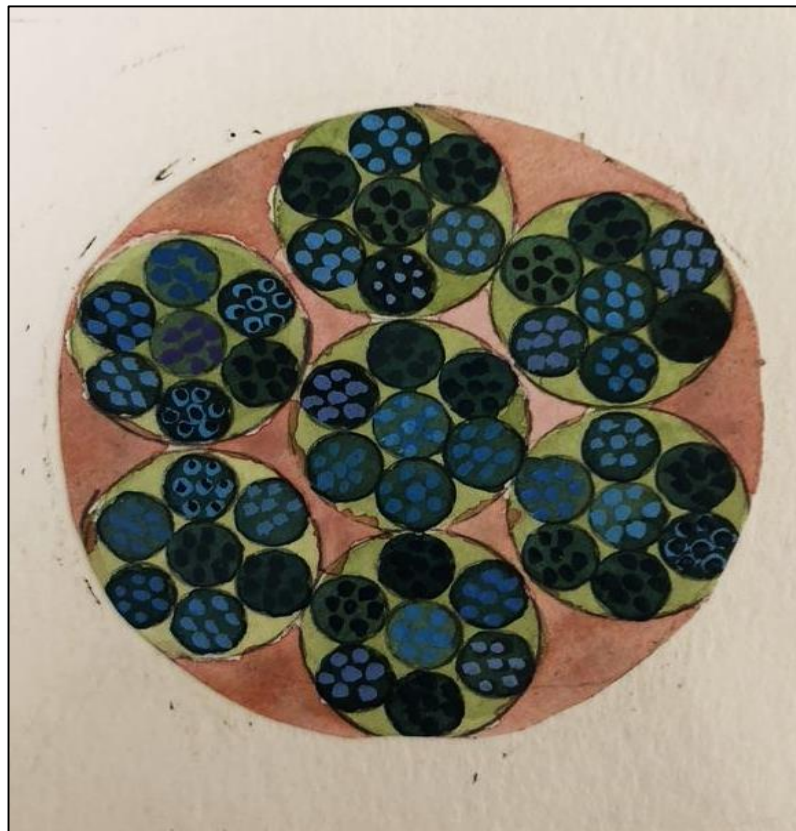
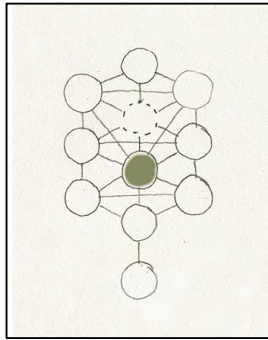
*the toxic judgements through which he has been perceiving this difficult reality.*

*It is his ability to make this distinction, with his discipline and his warrior energy that will free him from the enslavement to his old habits of thought.*

*He is then more capable to engage, from a place of wellbeing, to deal with the trying circumstance that is in front of him.*

## Consciousness: Tiferet

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Thinking: The experience of beauty is feeling the whole through the harmonic relationship of the parts – a melody through its notes, a painting through its strokes, a poem through its words, history through its moments. This is the stage when we integrate distinctions into a larger context: art, beauty, perspective, compassion and embracing consciousness are examples of this.

---

### Our Creation Story

The more complete and embracing truth  
of one undivided symphony (Chessed)  
made up of individuated parts (Gevurah)  
is the harmonic relationship  
that the parts have with the whole. (Tiferet)

Each note is in relationship  
with the chords within which they are embraced.

Individual notes and chords are all parts of  
an all-embracing symphony.

The same is true for each musician;  
they each have their own parts to play,  
as well as,  
each exists as a member of the greater orchestra.

Each moment has self-dimension and is also  
a part of the entire piece's journey through time.

Each note is a separate entity,  
within which, exists numbers of vibrations.

Each physical instrument  
is a part of the whole orchestra.

The consciousness of each musician is focused on his or her own part,  
as well as on the symphony as a whole.

There is individuation  
as well as connection within the context of the whole.

Harmonic relationship allows for the beauty  
that is an intrinsic quality of music.

Harmony is the relationship individual has with community,  
part with whole,  
moment with extended time,  
note with melody.

Tiferet is harmony,  
embracing, conscious perspective and beauty.

Tiferet is compassionate understanding of this detail within the context of the  
whole,  
whether that whole is time, place or circumstance.

### **Cultural evolution**

People began to engage in farming.  
Because they now comprehended extended time,  
they planted for a future harvest.

They created community and began to work in cooperation with each other.  
They comprehended individual tasks as parts of a larger coordinated effort.

They began to speak with each other about mistakes  
in the past or preparations for the future.

Through their new sense of perception,  
their relationship to the environment extended beyond the here and now.

They created works of art by arranging parts in harmony with each other  
to evoke an experience of the whole.

### **Our parallel stages of growth, which become embraced qualities of being**

At this stage we begin to wake up to the greater truth  
that we are not merely independent selves  
but selves who are also parts of greater wholes.

We become conscious that we are a part of a family and a larger community.

We also become aware that individual moments  
are parts of extended, linear time.

We begin to speak in tenses, experiencing the present  
within a stream that flows from a past to a future.

To our parents' relief, at this stage, we can now project the consequences of our  
actions  
and we begin to control our urges.

**Potential wound**

We experience independence,  
as well as, develop the perspective of belonging to a family, community, and/or  
other groups.

What if we have difficulty balancing those seemingly opposite impulses?

We might not only distinguish ourselves from the greater whole,  
but disassociate ourselves from it. Or,  
in order to (try too hard to) fit in and belong,  
we might hide parts of ourselves and put our unique self-expression in shadow.  
Both imbalances can unconsciously drive us towards unhealthy behavior in the  
future.

**Patriarch**

From Yitzhak and his wife Rifka is born Yaakov, later named Israel.

Avraham	Klal	(Chessed)
Yitzhak	Prat	(Gevurah)
Yaakov	Prat within Klal	(Tiferet - perspective of part within whole consciousness, compassion, harmony)

Yaakov was an individual who negotiated his way through various challenges  
with the appropriate consideration of the parts within the context of the whole.

He balanced the responsibility to the greater vision with appropriate  
consideration of specifics, whether it was:

Esav's hatred,  
Lavan's trickery,  
his sons' jealousies,  
the rape of his daughter,  
the famine in his own home,  
or the need to settle in a strange land.

He was at once an individual and the head of a family  
that became the nation of Israel.

Yaakov was the one who dreamt of a ladder  
that at once, touched both heaven and earth.

*My kids are older now.*

*When they were younger, they played and argued like kids do.*

*But because I grew up in a situation in which my siblings hurt each other in  
horrible ways, when my kids fought, in ways that were totally normal, I felt a lot  
of fear.*

*All the flashing lights would go off in my body.*

*I would worry.*

*Is the family I am raising going to turn out like the family in which I grew up?*

*I felt fear because I was viewing my children's behavior through the glasses of old  
ingrained patterns of thinking.*

*At the time I wasn't aware that the attention I was giving my kids was saturated  
with worry.*

*But, thank God, I became more aware.*

*I realized that I had been unconsciously viewing my children's behavior through  
the lenses of my past unmetabolized trauma.*

*It didn't happen overnight, but I transcended my own thinking with greater  
consciousness.*

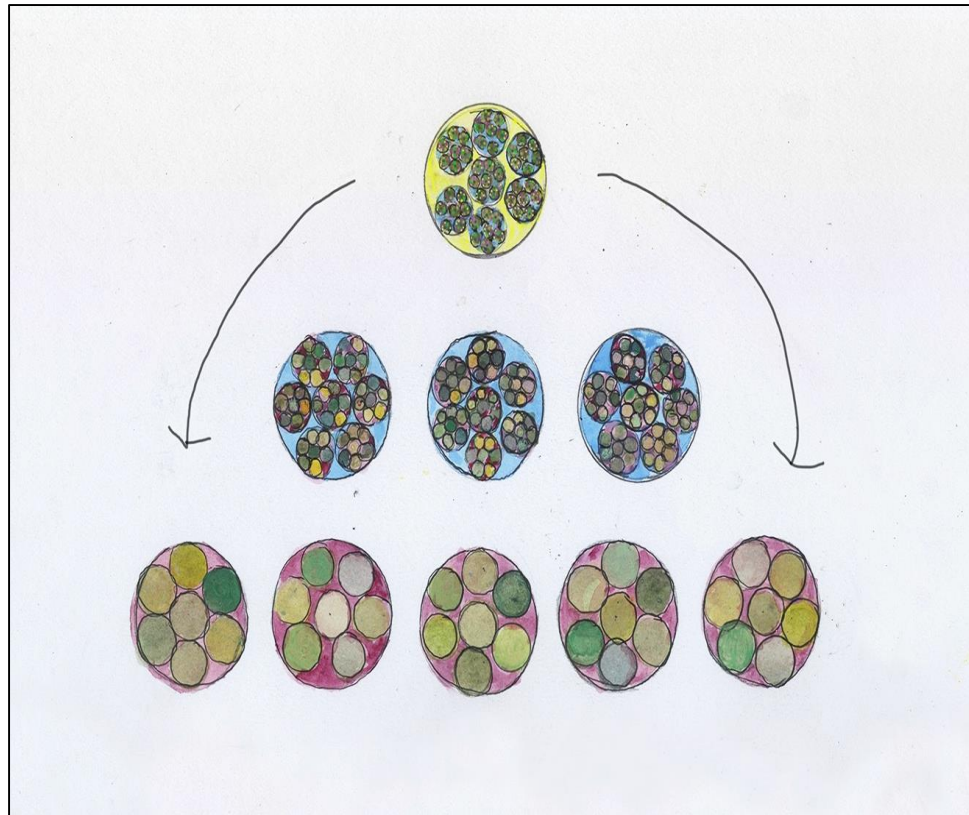
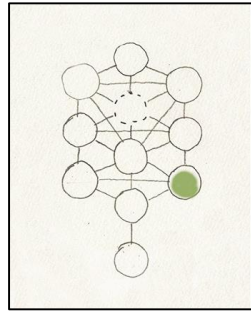
*In this situation I left my enslavement to some old projected fantasy and began to  
celebrate my kids in reality.*

*I transcended my constricted thinking with an embracing conscious perspective.*

*My kids are still ungrateful brats, but what can you do?*

## Consciousness: Netzach

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Thinking: More embracing forms of organization are deeper. Deeper forms of organization are in resonance with greater intrinsic value (top of the pyramid). These deeper and more complex forms of organization, transcend and embrace, the previous wholes – that now make up the new level of organization. A relational impulse exists between parts to orchestrate themselves around the actualization of greater value, greater complexity and greater consciousness.

---

### Our Creation Story

One hired a Conductor who understood One's intention.  
 The Conductor received the musical score from the Composer.  
 The musicians needed parameters, rules and roles.  
 The Conductor distributed the entire score to each musician and outlined parts for each one's participation.

The Conductor was mindful of each musician and the relationships they all had with each other,  
 with the orchestra,  
 with time,  
 and with the symphony as a whole.

All the musicians looked to the Conductor for direction and leadership.  
 The Conductor listened to each musician, each group of musicians, each note and each interval of time.



He was attentive to the chord progressions  
and to the general flow of the melody.  
He kept time with his baton.

The Conductor was that individual who was in relationship  
with all the details  
while being fully conscious of,  
and responsible for  
actualizing the Composer's intention.

Netzach is value.  
We distinguish relative value.

Netzach is orchestration.  
We orchestrate the details of our lives,  
in order to actualize the value that we hold highest.

Netzach is victory.  
We fight to manifest that which is important.

Netzach is infinity.  
Time and all that is, exist only for the ultimate value,  
intimacy and presence with this moment.

### **Cultural evolution**

We entered a stage in which many people began to worship a higher order.  
They formed groups around belief systems.  
Greater organizational structures were formed to actualize value.  
Greater organizational structures, such as star systems and constellations were  
linked to higher powers.  
These systems offered explanations for how the world works, who created it,  
why we are here and what we're supposed to do.  
Those people who aligned themselves with these systems obeyed the rules and  
roles that were assigned to them.

### **Our parallel stages of growth, which become embraced qualities of being**

At this stage of development, we are mature enough to recognize relative values,  
as well as,  
how to orchestrate the details of our lives  
in order to manifest those values that are most meaningful to us.  
We also align ourselves with organizations that promote the values we hold.  
We take on roles and obey rules to help actualize that which is important.  
For instance, we might join a sports team or an orchestra.  
Once making these choices we feel a sense of belonging to something greater  
than ourselves.  
We may passionately fight for that in which we believe.

**Potential wound**

We sense ourselves as individuals who are also parts of more embracing forms of organization. We begin to recognize hierarchies of meaning.

Problems at this stage can arise from losing oneself in a larger fundamentalist organization.

I am not just embraced by this larger organization, but also repressed by it, with no room for unique self-expression.

As an adult, I might not be able to make my own responsible decisions.

I might not explore new relationships.

I might have difficulty accepting different forms of individual or cultural expression.

**Patriarch**

Moshe was born in Mitzrayim and grew up in the home of Pharaoh.

He was chosen at the burning bush, to lead Israel out of slavery.

He purified himself and became a clear conduit for wisdom.

Moshe was in constant communication with the One who gave us freedom, and the One who accompanied us home.

He held the mantle of leadership for the nation.

He took responsibility for orchestrating the details of the journey to manifest the vision.

The Conductor received the musical score from the Composer.

He was our rabbi who orchestrated the details to bring about the Composer's intention.

*In ordinary life, our children don't pay attention, and they misbehave.  
Maybe I told my son to do something and he got distracted and didn't do it.  
If I react from the place of my own frustration of not being listened to,  
then my response and my actions will be sourced from  
my personal need of wanting to be heard.  
If my response comes from my desire for him to learn responsibility,  
then my response will emanate from that higher value.  
Superficially, both responses might even look the same.  
In both cases I might take my son aside and strongly reprimand him.  
But the two responses are actually miles apart.  
One is for my sake, the other comes from love.*

*We all act from secondary values.*

*In the above case,*

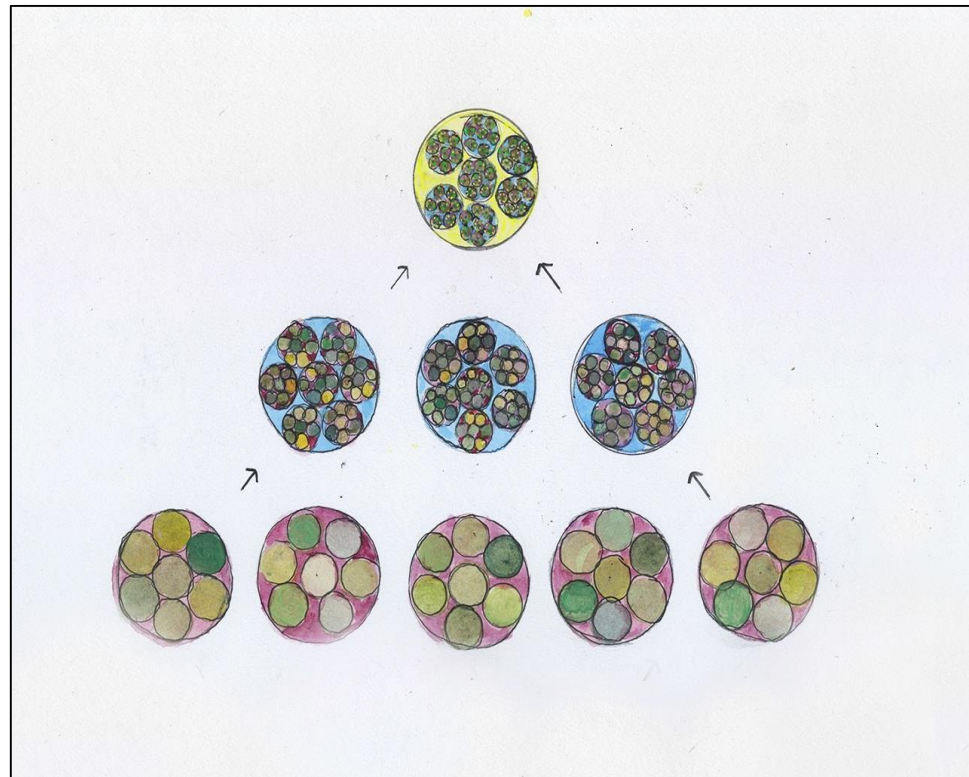
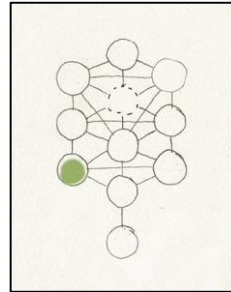
*I might be protecting my own ego  
as opposed to doing what is best for my child.*

*Making distinctions such as these,  
give us the opportunity  
to orchestrate our lives  
around that which matters more.*

*Living in alignment  
with our highest value  
is having clarity of intention  
and orchestrating our lives  
around profound meaning.*

## Consciousness: Hod

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Thinking: Within the hierarchy of increased depth of being is an impulse for freedom and a desire to manifest novel possibilities. Evolution has an “inherent directionality, a secret impulse, toward increasing depth, increasing intrinsic value, increasing consciousness.” (Wilber)

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### Our Creation Story

Within the rules and roles that kept the orchestra organized and going in the intended direction were opportunities for unique interpretation.

Room for vital self-expression was given to those musicians who knew the score well enough and who had the courage to improvise into previously uncharted territory.

Each individual felt as if the kingdom was created for him or herself.

They all needed the opportunity to fully express themselves.

One did not desire a machine with parts.

One desired a community of brilliant, expressive individuals, simply because

One wanted One's daughter to be recognized, appreciated and loved for the unique, creative individual she was.

As a unique individual, the daughter would be able to resonate with the Unique, Creative One.

This way, not only would each individual part make up the fabric of the whole, but somehow,

the whole would radiate through each unique part as well.

During this stage of development,  
we begin to sense the whole expressing itself  
through our unique self.

We feel and express gratitude for the opportunity.

### **Cultural evolution**

People discovered science and created a bit of an industrial revolution.

They invented and built all sorts of things.

Yet, as their labor became more specialized and they became more industrious,  
they also began to lose connection with the environment and history from  
which they evolved.

They began to put their faith in their own inventiveness and distanced  
themselves from traditional points of view.

The remnants of the stage of traditionalists reacted harshly toward these  
modern types.

The modern types in turn believed only what they were able to see with their  
own eyes and measure with their own instruments.

Understanding how physical reality functioned and manipulating it for their  
own benefit became their new god.

### **Our parallel stages of growth, which become embraced qualities of being**

Life began to settle down, as we seem to generate our lives from values and a  
desire to fit in.

Out of nowhere, however, we develop a passion to express everything in our  
own unique way.

We begin to conceive of possibilities and enroll others in our vision.

We even begin to think that we know everything there is to know about  
everything.

We often individuate from our previous alignments  
with family,  
with structures,  
with organizations,  
and with traditional values.

We become introspective.

We become aware of new opportunities to express our distinct potential.

This is often expressed in the teenage stage of development, when he or she  
needs to venture out on their own, express a unique style,  
question well-worn traditions, etc.

Why the King invented hormones and adolescence is still a question  
buzzing around the kingdom.

In the eyes of One, the terrible twos no longer seemed so terrible.

### **Potential wound**

After the stage of taking on roles limited by rules (in Netzach), we encounter a stage of unique, creative self-expression.

Problems at this stage often center around the difficult transition from conformist roles and prescriptive morality, to universal principles of conscience and post-conventional identities: who am I, not according to mom or dad or society, but according to my own deeper conscience.

(Wilber 105)

### **Patriarch**

The Torah tells us of Moshe's older brother, Aaron, who led the Jewish nation in Mitzrayim before Moshe was chosen to lead. We are told that Aaron was truly happy when he was informed that his younger brother was anointed to the position of leadership.

Aaron felt no jealousy.

He taught us to focus on our unique potential.

Through his teachings of unique personal expression, coupled with his absence of competitive jealousy, he established peace between the parts.

Aaron was the one chosen as the high priest to express our individual and our collective gratitude.

*The note of Hod was very distorted in my own upbringing.*

*Who was better than whom, epitomized the norm in the house within which I grew.*

*There was no way of rooting for the other, because the light only shined on the one at the top.*

*One of the results of growing up in this condition*

*has been a difficulty on my part to openly acknowledge the greatness of another.*

*In the paradigm in which I was raised,*

*for me to acknowledge the greatness of another represented a diminishment of myself.*

*This lesson really only penetrated me when I began to have children of my own.*

*Yes, each one is different.*

*Each one shines a unique light into the world.*

*This one is better at school.*

*This one is more physically gifted.*

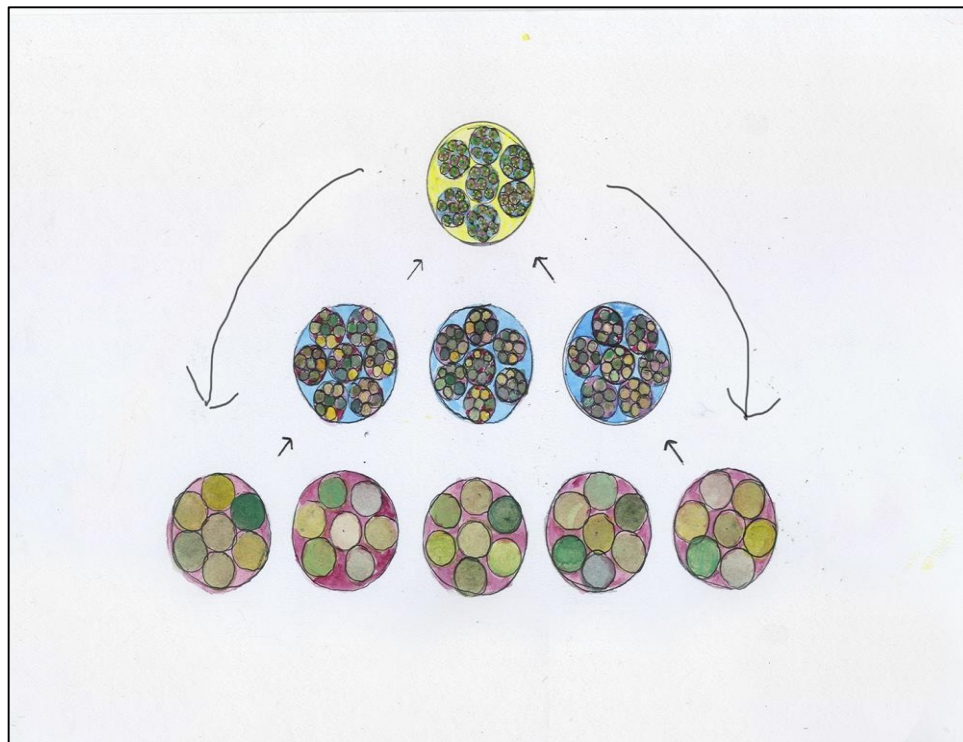
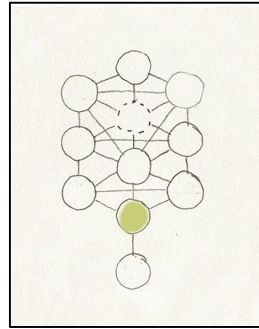
*And you know what?*

*In spite of their relative differences,*

*they each deserve unconditional love.*

## Consciousness: Yesod

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Thinking: We exist in a quantum reality of waves and particles in process. This awareness allows us to be unique individuals who are also, always, in responsible relationship with the greater environment and to time. Every unique thing and every unique moment is always in relationship with each other, with process through time, and with the Greater Whole within which we exist.

---

### Our Creation Story

All the musicians had to watch the conductor, abide by the rules, and maintain their roles in order to appropriately manifest the whole. These musicians had an impulse to simply follow the conductor as perfect craftsmen.

Other musicians desired the opportunity to improvise within the overall context. They had an impulse to express their unique creative selves to the greatest extent possible.

**However, both of these impulses ultimately exist for the greater goal, which is, the conscious relationship the parts have with each other and the conscious relationship the parts have with the all-embracing Whole.**

We see ourselves as unique parts of an infinite network of interrelationships traveling on an evolutionary journey through time.

**Parts in relationship** causing **process**.

### Cultural evolution

A new era sprouted up, as civilizations and commerce and science grew.

A point of view arose that transcended the conflict between the traditionalists and the modernists.

The people who had this new perspective appreciated the contributions the moderns were making but they also wanted to stay connected to, and responsible for, the environment and history from which we evolved.

They appreciated our **individuality**, our **interconnectedness** and the **evolutionary process** we share.

They understood our interdependence as well as the unique light each one of us has the potential to bring forth.

Things began to reveal themselves as both **waves** and **particles**, which are always in **process** through time.

They tried very hard to balance; self-sacrifice for the greater good with unique self-expression.

They also tried very hard to balance presence and gratitude for what is, while at the same time, strive for a more evolved future.

### Our parallel stages of growth, which become embraced qualities of being

At this stage of development, we integrate; spontaneity and unique creativity, with, a profound respect for the environment, the greater community and the history from which we emerged.

We begin to awaken to the (quantum) reality that we are unique individuals in constant connection with an undivided whole - all of which is in process through time.

This awareness engendered within us a desire to powerfully express ourselves, as well as, a profound responsibility to care for all with whom we are in relationship.

When in this stage of awareness we have a deep appreciation for historical development as well as, the ability to be spontaneous in the moment.

**Potential wound**

What if we become so caught up in a movement to which we belong that we lose the ability to engage in spontaneous relationship with what is? Or, we're so caught up in the moment that we become uprooted from our chosen values.

**Patriarch**

Yoseph, one of Yaakov's twelve sons, his favorite, was sold by his brothers into slavery and taken down to Mitzrayim.

For two years he was imprisoned in the depths of this land called "constrictions."

From there, his prowess to interpret dreams led to his freedom and to great power.

Think of an individuated seed buried in darkness (dream/unconscious), absorbing what it needs (interpretation/consciousness) in order to emerge and nourish those above.

Yoseph germinated underground and emerged like a fruit bearing tree to provide food for his family and the world through the trying circumstance of famine.

He related through 70 languages and was beautiful of form, attracting and creating connection.

Yoseph, however, maintained the integrity to take only what was his.

As a seed, he was at once an extension of the original tree as well as a root for the next generation.

*Imagine you are running around doing good deeds and always making yourself available for other people's problems.*

*You are looking like a saint.*

*But the greater truth, in this case, is that you are being inauthentic.*

*You are acting out of self-interest.*

*You want to be seen and appreciated for all your "goodness."*

*You look altruistic.*

*In actuality you're being selfish.*

*Imagine you are greeting a friend with a big warm smile and welcome.*

*In reality, instead of being happy to meet him, your real intention is to sell him the product you are peddling.*

*Again, you are pretending to be one way and are really being another.*

*You are looking warm and friendly.*

*You are really being self-serving.*

*Now imagine you're a government interfering in foreign affairs under the guise of wanting to promote democracy.*

*In reality, you have friends in the military industrial complex and see a handsome financial reward resulting from a military invasion.*

*The government is pretending to care.*

*In reality, the government is willing to send other people's sons and daughters to die for the financial gain of others.*

*Certainly, there is a huge difference between;*

*pretending to be a friend when in reality you want to make a sale, and, sending young men and women to their death so that your friend can make a few bucks.*

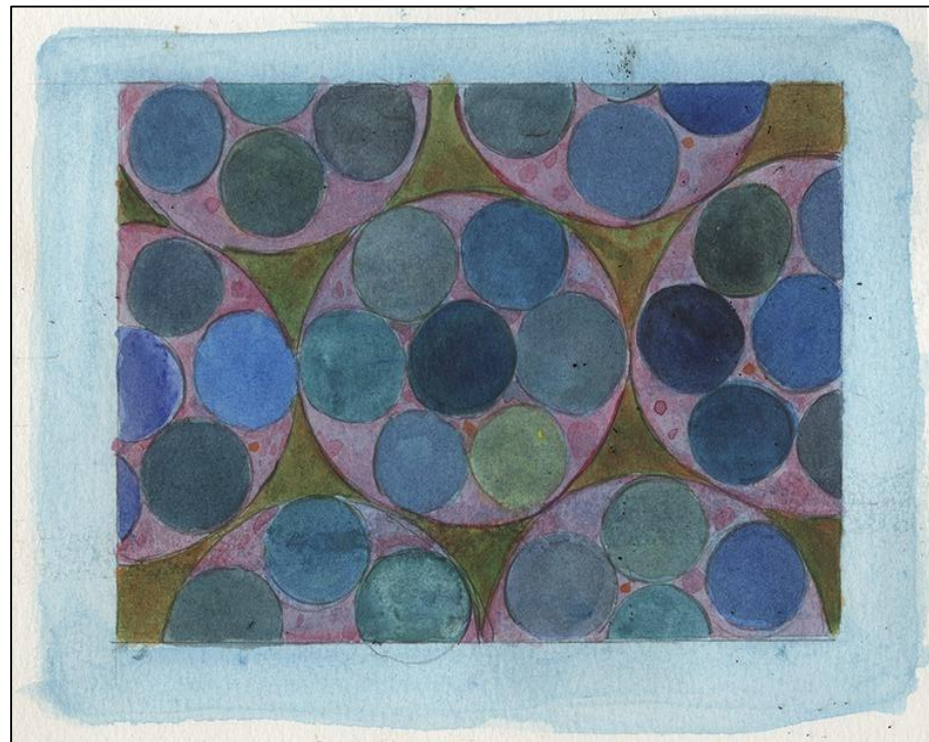
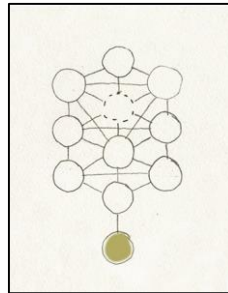
*And, from another perspective, acting from real authenticity and integrity in any circumstance,*

*is a function of developing the same muscles of consciousness and courage.*



## Consciousness: Malchut

---



Thinking: The rectification of individual and Whole.  
 The rectification of prat and klal.  
 Created individuals radiating their full  
 potential, power, and light - while experiencing,  
 being conscious of, and grateful for,  
 the Greater Whole of which we are a part  
 and of which we are unique expressions.

---

### Our Creation Story

So, all of them were together;  
 the King  
 and Queen  
 as One,  
 the Composer,  
 the Conductor,  
 all the musicians,  
 and One's daughter.

While the daughter was still a young child,  
 One played hide and seek with her.  
 One understood (as did the composer)  
 that, yes, it can be scary to lose sight of home (leave the tonic).

However, we do need to individuate.  
 And the pleasure of return brought so much joy  
 that it was well worth the temporary fear of being apart.

The daughter experienced fear when One hid from her.  
 They also experienced great love when they found each other.

Once upon a time,  
 One was playing hide and seek with One's daughter,  
 who wandered off into the forest and became lost . . .

### **Cultural Evolution**

Just as a melody embraces the notes of which it is composed;  
 some residents evolved to the degree of consciousness  
 from where they had a perspective that transcends and embraces  
 all the different levels through which they and the Kingdom had journeyed.

In the manner of kings,  
 they took responsibility for all the details that they embraced.

In the manner of subjects,  
 they felt humility and gratitude for the greater whole/King who was embracing  
 of them.

Each saw him or herself as a unique melodic process  
 included within,  
 and resonant with,  
 the greater song through which the universe was evolving.

They realized that our melodic journeys  
 through time  
 are but notes in an endless symphony.

An endless symphony in which we were all moving  
 towards a greater awareness  
 of a Loving, Present One.

### **Our parallel stages of growth, which become embraced qualities of being**

Love?  
 Freedom?  
 Unique self-expression?  
 Gratitude?  
 Joy?  
 Ecstasy?  
 Amazement?

### **Potential wound**

Passively waiting for God to make this happen.  
 As opposed to taking responsibility and living life as if;  
 "The world was created for me." (Sanhedrin 37)  
 Or,  
 Thinking that I, alone, can make this happen,  
 as opposed to beseeching the Greater One Who does and is all.

**Patriarch**

David, the King, was responsible for the nation of kings over which he ruled, as well as, always aware of the Greater King within whose embracing presence he lived.

David was a scholar, a musician, a lover, a warrior and a poet. He was pursued, made mistakes, fought individual battles, as well as wars.

David embodied the full spectrum of notes that evolve to the new transcendent level of melody.

This new level embodies a depth and consciousness that recognizes itself as a radiant note in an endless embracing Symphony, as well as, a responsible leader to all that his consciousness can embrace.

David came from the lineage of Yehudah. The name Yehudah comes from the root word, 'modeh', which means to acknowledge the parts of one's self (as occurred in the incident with Tamar) as well as acknowledge the greater whole of which we are all a part (David's poems - the Psalms).

David was at once, a humble servant and a powerful King.

*I'm in Jerusalem.*

*Covid has been going on for two years. The world is ill. The world is polarized.*

*Truth has not been easy to come by.*

*All my kids are in Australia.*

*I text them or Zoom with them or speak to them almost every day.*

*It's the highlight of my day.*

*I had heard all the reasons why my father ran away from home when he was thirteen.*

*I know why I disappeared from my family at seventeen.*

*And I certainly had to learn on the job as my own kids were growing up.*

*I'm now watching how my kids are around my oldest daughter's son, my first grandchild.*

*Attentive, listening, embracing, fun, caring, amazed.*

*Simply put: this kid is not lacking for love.*

*My kids know that love is what it's about, and everything else is a subcategory of that.*

*Four generations, my father to my grandson.*

*I'm watching the baton being passed.*

*I'm watching my family evolve.*

*It's a beautiful thing for me to see.*

*We will return to this story in Book Two, "Seasons of Transformation" in the chapter on Spherot HaOmer.*

Consciousness: Remember,  
evolution is a *re-membering*

---



Thinking: Before The One what can you count?  
Sefer Yetzira 1: 9-10)

---

We have distinguished universal stages of progression  
as stages of creation  
as well as  
levels of personal development.

We have also said that the very nature of evolution  
is transcend and embrace, therefore,  
these stages of development become embraced qualities of being.

The development of one's mind should not lead to the dissociation from  
one's  
body,  
feelings,  
or sexuality.

Another reminder of a principle we have already covered;  
Evolution is a process that began with "involution."

Meaning;

**Evolution is a re-membering.**

**It is a return to an already existing oneness.**

**Simply,**

**we are evolving  
towards a greater  
awareness  
of an already,  
all embracing  
One.**

Consciousness: (One) created His Universe with three books

Sepher (text - quality)

Sappir (numbers - relationship)

Sippur (story - process)

(Sefer Yetzira 1)



Thinking: The Spherot are the most basic modes of God's creative power. The Spherot thus constitute the inner structure and makeup of the Olamot-Universes. It is through the Spherot that God interacts with the universe. They are the bridge between God and His Creation. (Kaplan 37)

In our story about One and One's daughter, we explored the Spherot as the developmental stages of creation as well as, the distinguishable stages of growth for One's daughter, who is made in the image of these same Spherot.

**When we, the daughter, are/is able to embody these qualities, we/she can then resonate with how One shows up as her world.**

**They are the stages between intention and manifestation and due to the principle of transcend and embrace, they are the standing qualities of which existence is composed as well as, the qualities embodied by us, the daughter.**

Before we get too crazy here, let's be clear that we cannot talk about the Spherot without tying ourselves into a knot.

Because, as we will see, in describing the Spherot (reality) –

**quality,**

**quantity** (relationship), and

**process**

cannot be fully distinguished from each other.

To explain, again within the context of music:

- A single note, **(quality)** really is a compilation of harmonic overtones **(quantity)**, which is actually a cycle of vibration **(process)**.
- Relationships between notes **(quantity)** create their own particular sound **(quality)**. Relationships between notes also generate a movement **(process)** towards freedom or attraction (dissonance or harmony).
- A melody **(process)** is made up of notes **(quality)**, which are in relationship with each other and with the whole, of which they are a part **(quantity)**.

In other words,  
there is really no way of separating any one of these concepts from the other two.

No **thing**

is not in **relationship** to other **things** (including time).

And all these **things**, which are always in **relationship** to other **things**, are also always in **process**, ongoing evolution through time for instance. And this means that we are as well.

We are **individuals**

who are **composed of parts** with which we are in **relationship**.

We are also in **relationship** with other **individuals**,

as well as,

in relationship with the **greater wholes** of which **we are part**.

And all of us **whole/parts** always exist within a **process** through time.

Think of a family of individuals on a road trip.

- They are always individuals. **(quality)**
- They are always in relationship with each other, with the family as a whole,  
and with the greater environment through which they are traveling. **(quantity)**
- They are also always on the road trip. **(process)**

The daughter in the family wants to tell her boyfriend back home about the annoying road trip she is having with her crazy family. Because they are always traveling, the trip is never the same from moment to moment.

And because she can't get a moment alone for herself, her call would impact the rest of the family, as would their listening impact the nature of her call.

She cannot step out of her reality to objectively explain it without affecting the reality of which she is a part.

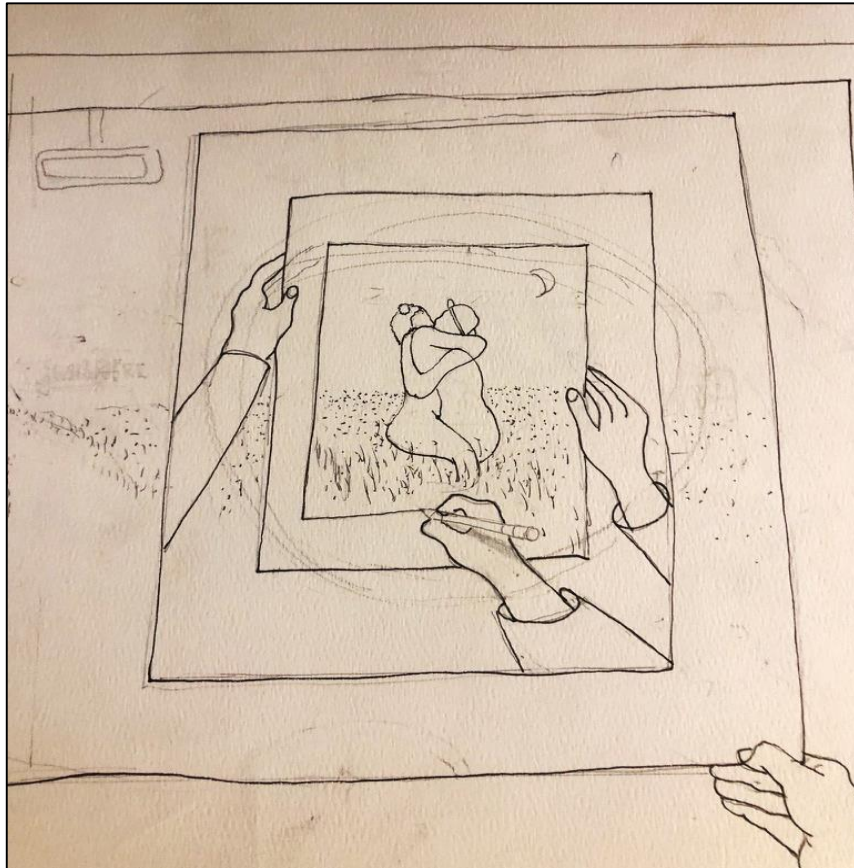
Each of these  
**qualities,**  
**relationships,** and  
**processes**

is always true and always affecting each other.

The essence of  
Everything [quality] (I)  
is **transition** [process] (It)  
and **participation** [relationship] (We)  
in the creative advance of the cosmos. (Godwin 42)

Consciousness: The vibrating string of life.  
 The inhaling and exhaling breath  
 existence.  
 The involution and evolution of each  
 moment.  
 Awareness becoming aware of Itself,  
 Of You as I.

---



Thinking: We are like tuning forks vibrating between  
 agency and communion,  
 between,  
 freedom and relationship

---

**The qualities/attributes/Midot  
 that the Creator used  
 to create existence,  
 are the same qualities  
 that we have been created with,  
 and with which we have the opportunity to embody.**

Everything that exists, in the world at large, in nature, depends on a combination of division and union. Just to be wholly unified is not good and just to be divided and atomistic is not good. There needs to be a synthesis of union and division. (Iain McGilchrist)

As embodiments of these Midot,  
 we fluctuate between; Prat and Klal,  
 between freedom and relationship.

Reality as a whole is not composed of things or processes but of holons.” - The apparent endless series of part/wholes which fundamentally compose reality as we know it. (Wilber)

Therefore, our,

conscious experience takes two different forms,  
attention (a specific focus)

and

peripheral awareness (a holistic, open and inclusive awareness)

(John Yates, *The Mind Illuminated*)

And, true enlightenment

is not only

the realization of the Absolute One,

but also includes

a profound respect for unique, creative, individuality.



Consciousness: Adam said:

“I *will* eat [the future tense]. . .  
Va’achal” (Genesis 3:12)

Our sages say:

“Adam said, ‘I ate it, and  
**I would choose to eat it again.**’  
(Breishit Rabba 19:12)



Thinking: Why would we choose,  
and choose again,  
to leave a garden that nurtured and supported  
us unconditionally?

---

At first, we lived in paradise.

We were unconscious parts of a greater whole.

We are told that Chava and then Adam

ingested the venom of the snake

when they ate from the Etz HaDaas. (Tree of knowing between good and evil)

They internalized evil.

A toxic substance became part of our molecular make-up.

For the first time we experienced ourselves  
as other, apart from the whole.

We no longer belonged in the same way as before.

We were expelled from the Garden.

We became aware

of good and evil,

of order and chaos,

of belonging and being alone.

We could distinguish

dissonance from harmony.

We all come from the same womb.

We all originate from the same Big Bang.

At a certain point in time, we woke up to our separate selves.

Trauma does that.

We belong and then we don't.  
 We feel connected and trusting and can look deeply into another's eyes  
 and then we can't.

Birth is a trauma.  
 Being abused is a trauma.  
 Being rejected is a trauma.  
 Things simply not working out are traumas.

Any experience that distinguishes us from  
 living in only harmony with paradise  
 is some degree of trauma.

That's what evil is.  
 It was created to seduce us away  
 from being homogenized particles of the whole.

Individuation requires dissonance.  
 And that dissonance can be dark.  
 It can be painful.  
 It can leave us confused and scared.

If Adam knew the impact, why would he make the same choice again?

Why would he choose to ingest dissonance  
 and be expelled from only harmony with the whole?

Why?

**Because,  
 there is no way  
 to experience love in relationship  
 without the birth of the self.**

Rather than reach for another place and another time,  
 Rather than endlessly hope for a future redemption,  
 Rather than pretend to imagine the qualities of an ineffable being,  
 Rather than yearn for something outside of ourselves to finally show up –  
 be it a lover, more money or God,

Rather than dwell on:  
 when – in the future  
 or,  
 if only – in the past

Rather than  
 prepare  
 and  
 plan  
 and  
 improve  
 and  
 search -

all away, all not here, all not now.

Be present and grateful.

Be silent and listen.

Consciousness: *Ve'ahavta l'orecha kamocho.*  
 Love your neighbor as you love  
 yourself (Vayikra, 19: 18)

---



Thinking: If you are far away from yourself,  
 How can you be close to another?  
 (Yung Pueblo)

---

You are the key to your healing, not time. Hurt, trauma and dense conditioning will continue sitting in your mind, impacting your emotions and behavior, until you go inwards. What heals is self-love, learning to let go, self-awareness and building new habits.  
 (Yung Pueblo)

If I'm busy beating myself up,  
 negatively judging myself,  
 insecure,  
 unhappy with who I am, etc.

Then what?

In other words:

**How can loving ourselves  
 not be a prerequisite to loving our neighbor?**

**If in fact,**

**“Love your neighbor as you love yourself.”**

Consciousness: In our world,  
relationship is real.  
Love is real.

---



Thinking: Listen for the vibration of wholeness  
that is the deeper note of existence.  
(Moss, II)

---

Every time we reach into our pockets and pull out a nickel instead of a quarter,  
every time we're stuck in traffic,  
every time we can't come up with the correct answer –  
we experience some degree of pain.

Pain happens, but we suffer when we are unable to incorporate pain within the context of our greater journey.

We must continue to listen for the greater melody,  
the simpler common denominator to which we all belong.

We must listen for, and have faith in, the returning melody line,  
even as it flows through intervals of discomfort and chaos.

We must allow our bodies to feel the dissonance but not identify with it.

We need to be free in order to choose to belong.

We need to exist in a body in order to have a point of reference.

Life includes darkness, so that we may distinguish light.

We feel dissonance so that we may appreciate harmony.

Certainly, if God is One, then there is no other,  
and everything is as it should be.

If there is only non-duality  
then separation is an illusion,  
and fixing and growing is also an illusion.

If separation is an illusion, then relationship, is an illusion.  
And,  
if relationship is an illusion,  
then love itself, which is irreducibly relational,  
would be an illusion.

**In our world,  
relationship is real.  
Love is real.**

**Somehow,  
we have been granted the miracle of freedom  
to love another,  
all within  
the context of One.**

## Consciousness: One is resonant with love.

---



Thinking: Life is a process through time.  
 Evolution is a process through time.  
 And...

---

We make decisions based on recognizing patterns that play out through time.

I am here now. (Person, place, time)

I recognize a process that is playing out in a direction. (A melody, a pattern through time, a journey...)

How will this note (I, here, now) fit into the flow of this melody (process, pattern through time).

I make choices.

Sometimes I see the pattern well, and I arrive at the desired place, at the desired time.

Sometimes I don't recognize the pattern well and I lose the money I invested.

That note fits well into the melody line.

That food did not sit well with my metabolism.

That friend is supportive and encouraging.

That relationship was a mistake.

That shirt is a good match.

I thought that course was going to be more relevant to what I wanted to learn.

This is the perfect brush for the job.

I will never go there for a vacation again.

If I walk in this direction, I will get to...

If I invest in this, my money should...

If I speak like this, she will...

If I educate myself in this way, I will be able to...

Think of all the above as recognizing patterns in time.

Think of a horizontal line of notes and spaces of time, articulating a melody.

And I see/hear where the melody is going and I choose to place this note, this moment, this action, this thought, this word in the pattern through time.

Decisions in regards to qualities in a “horizontal” process through time.

There are real processes through time;

I’m walking from here to there.

I’m constructing the foundation for this building.

As well as, imagined processes through time.

If only I was as successful as my brother I would be appreciated.

If only I was smarter, then I would be lovable.

Both actual processes and imagined processes are patterns that we perceive through time.

I have some degree of free choice in regards to the quality/note I play in relationship to the melody/process/pattern through time in which I find myself.

Is the quality I generate ultimately harmonious or dissonant within the pattern that I desire to play out into the future?

Now, don’t think of a quality in a flowing, horizontal, pattern through time, but think of a quality in a “vertical” relationship with an infinite Presence.

That “vertical” relationship with Presence is not contingent on how that particular quality fits into a horizontal process through time.

Presence is infinite.

Presence is never not here.

Presence is never not now.

The opportunity for relationship with Presence is always, regardless of how well the “note” fits into the “melody.”

A horizontal process, in time, with a beginning and a destination takes on qualities of relative value:

harmonious or dissonant,

late or early,

success or failure,

old or young,

healthy or ill,

rich or poor...

**Intimacy with Presence is contingent on nothing other than my ability to wake up and consciously transcend to the ultimate and infinite value of love.**

We get so preoccupied with conditions that we imagine will help get us there.

Where is there?

So often, there is where we want the melody to conclude; money, performance, status, comparing, success, looks, intelligence, lineage, age...

On the level of what we really and ultimately desire, (Netzach) there is always an infinite here.

**How do I get there?**

**By simply and gratefully being here.**

Consciousness: The **process**  
of becoming **conscious**  
seems to be **it**.

---



Thinking: Evolution has an “inherent directionality,  
a secret impulse, toward increasing depth,  
increasing intrinsic value,  
increasing consciousness.” (Wilber)

---

**Evolution results in more complex,  
deeper forms of organization.**

**Deeper forms of organization  
embody, within themselves, a fuller spectrum of reality.  
They have a more embracing experience of the Whole.  
They are more conscious.**

**The *process* of evolution (transcend and embrace)  
*is* the universe  
becoming more *conscious*  
(a deeper internal experience of Oneness)  
of Its Self.**

**And, we have been given the opportunity,  
to now,  
be co-creative partners  
in this adventure,  
of the universe becoming more conscious  
of Its Self.**

**The *process* of becoming *conscious* seems to be *it*.**



Consciousness: All our experiences are internal and subjective.

---



Thinking: The issue is not the issue.  
My issue with the issue,  
is the issue

---

**We are never just dealing with issues.  
We are also,  
always,  
having an internal experience  
when we are dealing with issues.**

Things come up in the real world:  
circumstances, relationships...

We address them:

powerfully, inappropriately, authentically, with compassion, with fear, etc.

What is our internal experience, when dealing with external issues?

How am I processing the circumstance?

What am I thinking,

when in relationship to the data that is taking place in front of me?

How is my thinking about the data,

influencing my feelings,

my body,

my general sense of wellbeing?

The question;

What is my issue with the issue?

is a very legitimate inquiry.

Distinguishing the actual issue, the actual circumstance from my internal experience, while in relationship with the circumstance, is a very important distinction.

**Our conscious experience of 'other' (meaning any object of our awareness) with which we are in relationship, is never just about other.**

**Our conscious experience must include an awareness of our own internal experience, when in relationship.**

In other words, our internal experience can also be an object of our awareness.

**Conscious, subjective presence always includes self-awareness.**

Our experience, our bodies, our feelings, our thoughts, our personalities, are also objects of Awareness.

We are not just a wall  
off of which a ball bounces.

**Life penetrates us.**

We feel love.

We feel joy.

We feel sadness  
and fear.

We resonate with,  
we feel,  
we are in relationship with life.

We defined consciousness as relative depth.

“The greater the depth of an organization, the greater its degree of consciousness. Consciousness and depth are synonymous.”

I can be conscious,  
when in relationship with  
all objects of my awareness,

**including the depth of my own experience.**

Consciousness: Relative value, and therefore evil, exists  
*only*  
 to allow for free, meaningful choice.

---



Thinking: Love is not just light and good and  
 connection.  
 Love is also behind the creation of evil.  
 Evil allows for the possibility of meaningful  
 choice.

---

**An arena that allows for free, meaningful choice  
 creates the possibility for a free, conscious “other.”**

A conscious other who can:  
 co-create,  
 experience,  
 and appreciate  
 loving relationship.

It's not good for us to be alone, to be in darkness and chaos.

But it's also true that  
**good and bad,  
 light and dark,  
 order and chaos,  
 are necessary creations  
 that allow for the possibility of meaningful choice.**

We don't praise evil, but we need to acknowledge its function.

Darkness,  
fear,  
chaos and  
multiplicity

are all necessary, in order to distinguish, strive for and appreciate

light,  
love,  
peace  
and Unity.

We strive to cleanse our systems of the snake's venom.  
But total purity does not exist in the self,  
otherwise the self would not exist.

Impurity creates the dissonance that separates us from  
the undifferentiated harmony experienced in paradise.

Yes, we need to choose good over evil.

Making appropriate choices within the context of relative value is precisely  
the opportunity given to us by Adam and Chava.

**Relative value,  
and therefore evil,  
exists  
*only*  
to allow for free, meaningful choice,  
and therefore,  
conscious individuation.** <sup>16</sup>

**The greater value of existing in an arena of relative value  
is not  
to make things better.**

**The greater value of existing in an arena of relative value  
is to become *conscious* –  
of What Is.**

---

<sup>16</sup> Think of it for a minute: Assuming you are in a good, centered place; would the **love** you have for your child be contingent on how well he or she is doing? I am not talking about the desire you have for your child to do well, to evolve, to improve. I am simply talking about the **love** you have for our child, regardless of his or her performance.

## Consciousness: Two Mistakes

---



## Thinking: It's not about being right. It is about becoming conscious.

---

We make two main mistakes.

Mistake number one:

We think that our performance (choices) in regards to relative value determines whether or not we merit to experience loving intimacy.

In other words (it would be a mistake to think:)

If we make the right choices we go to heaven.

If we make the wrong choices, we go to hell.

This is an all-too-common mistake, in the western world.

We think that loving intimacy is contingent on making the right choices, performing well, doing better, improving.

Mistake number two:

We look at everything in regards to good, bad, better, etc. as a total illusion.

In other words (it would be a mistake to think:)

It's all good.

And it is our spiritual job to see through the illusion.

All is Maya – it's all just an illusion.

Yes, on some ultimate level, evil is an illusion.

Yes, God is good.

But our job, in this world,  
which does contain good and evil,  
is to care and make the best choices that we can.

We need to take this “illusion” seriously.

We need to care about the choices we make.

Why?

Because meaningful choice requires care. (Otherwise, the choice is meaningless)

**Meaningful choice provides an arena for freedom.  
Freedom allows for conscious participation in experiencing love in relationship.**

Stop thinking  
how to be better  
in order to deserve  
more love.

Do your thinking.  
Make your best effort.  
Choose good over evil.  
Live life as fully as you can.

**Then,  
when free,  
when conscious,  
when present  
with what is,  
take every opportunity in every moment  
to resonate with  
Presence and Love.**

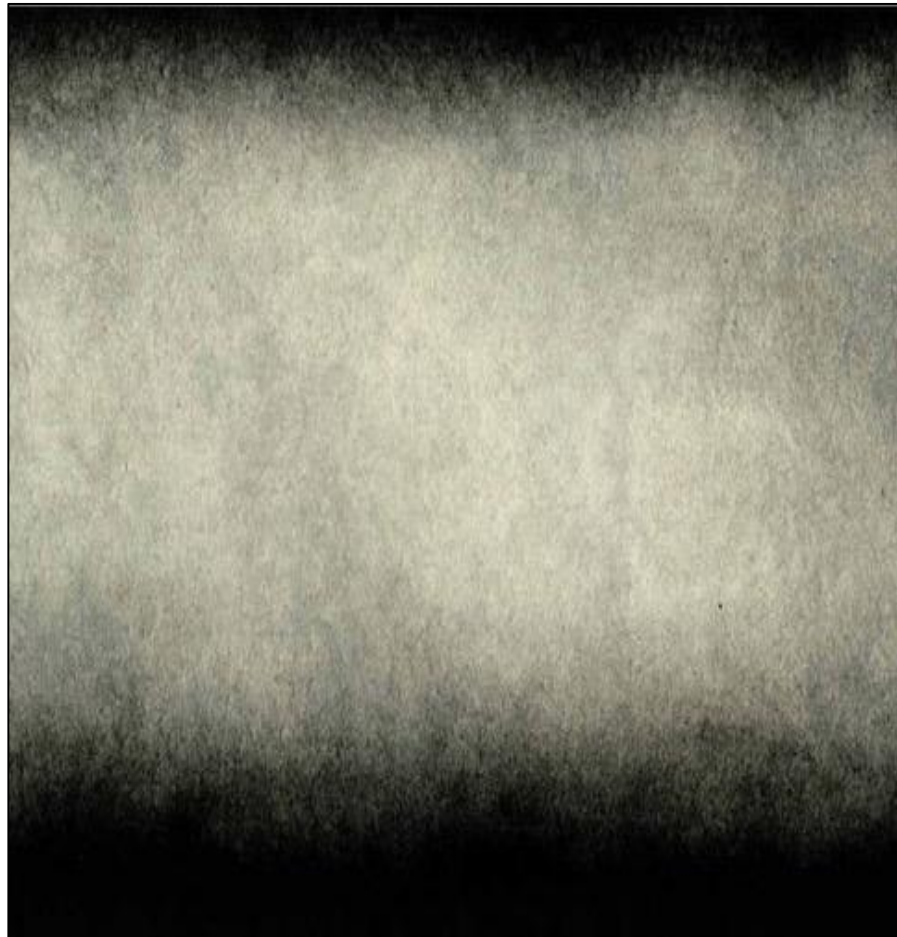
**Our choices in this world matter,  
and,  
I refuse to believe that Love is withheld  
depending on how successful we are.**

**Dear Human,  
You've got it all wrong.  
You didn't come here to master unconditional love.  
This is where you came from and where you'll return.  
You came here to learn personal love.  
Universal love.  
Messy love.  
Sweaty love.  
Crazy love.  
Whole love.  
Infused with divinity.  
Lived through the grace of stumbling.  
Demonstrated through the beauty of ... messing up.  
Often.  
You didn't come here to be perfect; you already are.  
You came here to be gorgeously human.  
Flawed and fabulous.  
And rising again into remembering. (re-mem-bering)  
(Courtney A. Walsh)**

Consciousness: Faith and courage are needed when we descend.

Humility and gratitude are needed when we ascend.

---



Thinking: Every contraction and expansion begin to be experienced as the throb of our own awareness.

(Igor Kufayev)

---

We are  
**individuals**  
who are also, always,  
**parts of greater wholes.**

**“Nothing exists just as a self.  
Everything is part of a greater whole.  
And everything that exists  
has some sort of self-dimension.”**

This is a most basic description of who we are.  
And these two most basic qualities can, in a variety of ways, go off the rails.  
Because of this, I have observed two *basic* approaches to psychological healing.

One, is to transcend our “old patterns of thinking” with our more embracing level of consciousness.

Consciousness can genuinely acknowledge these elements [old patterns of thinking] and thereby let go of them: see them as an object, and thus differentiate from them, de-embed from them, transcend them - and thus integrate them into a more encompassing, compassionate embrace.

(Wilber 99)

The second approach  
(in particular when I cannot transcend because I am so entrenched and habituated,  
both mentally and physically, to my old ways of being)  
is to descend into the vortex of my “story.”

To feel my deepest desires from the enslavement of oppressive constriction,  
and, to call out from there in truth and simplicity.

From the narrow place I called out to God who answered me with Divine  
Expanse. (Psalm 118:5)

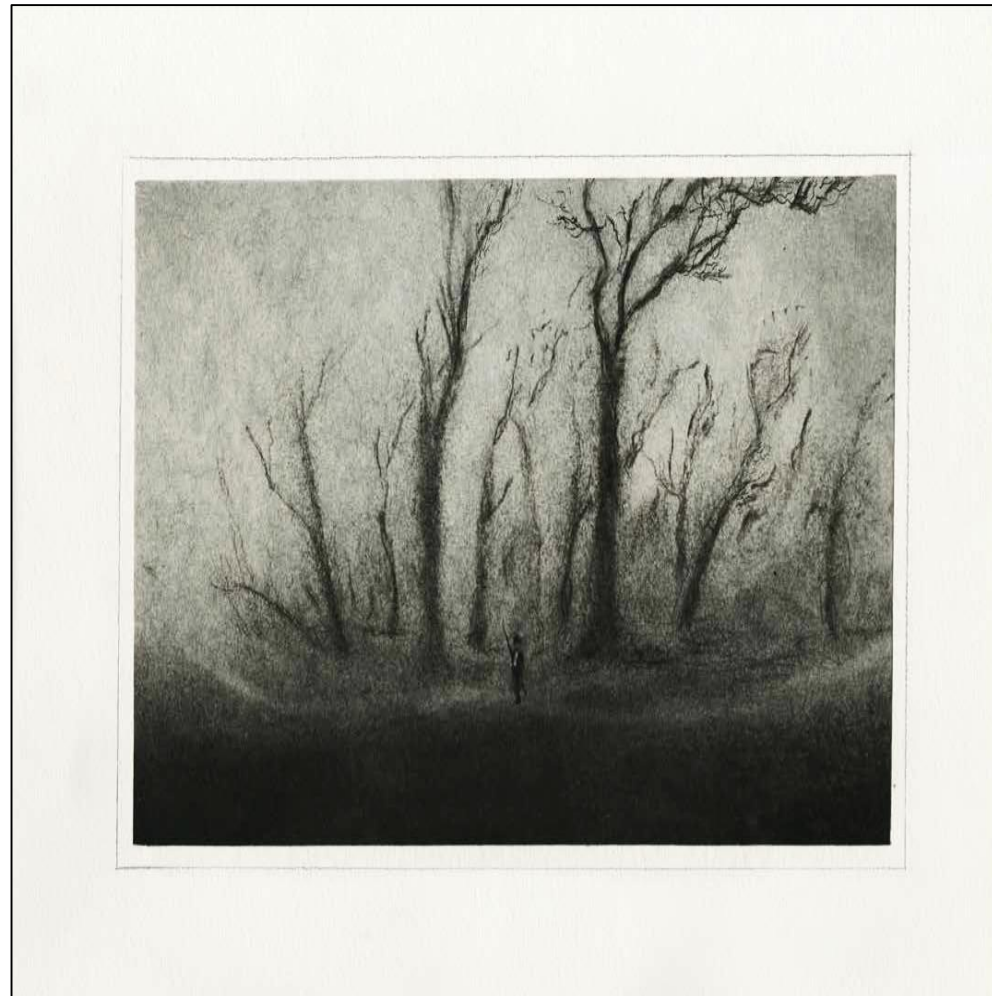
Rabbi Nachman says that we need to be  
experts in both  
ascending  
and  
descending.  
We need humility and gratitude when ascending  
and  
we need faith and courage when descending.

It's an inevitable rhythm of life,  
an inhaling and exhaling,  
an expanding and contracting.  
It's a practice of running and returning.  
It's a practice of awareness through the full spectrum of prat and klal.



Consciousness: When you cry out to God from the midst of,  
the confusions of the abyss,  
your voice will be heard.  
(Rav Kook, Orot HaKodesh)

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Thinking: At the core of what we fear is what we long for.  
There is no fear without freedom.  
If we track our fear back to that which it arises out of,  
fear is freed.  
At the core of fear is freedom. (Sky, 23)

---

**When we feel our true desires  
that are buried  
in the depth of constriction,  
we authentically connect to  
the hidden sparks of  
a Loving Creator,  
Who is present in,  
and Who gives life to  
those places of darkness – as well.**

**When we truly feel our desires  
that are buried  
in the depth of constriction,  
we come face to face  
with a Loving Presence  
in those places of darkness  
that just before  
seemed devoid of  
Loving Presence.**

Avraham asked God,

How shall I know that my offspring will inherit what you have promised?

(Genesis 15:8)

God's answer:

Your offspring will be enslaved in a foreign land. (Genesis 15:13)

How does God's response answer Avraham's question?

Some are of the opinion that God's answer is a punishment for Avraham simply asking the question.

In my opinion, God's answer is precisely the guarantee that Avraham requested.

Avraham, if your children descend far enough into darkness and constriction, - it is from just such a condition that they will call out to Me in simplicity and truth and authenticity.

It is from just such a place of constriction that they will passionately yearn to return "Home."

To connect with Me in relationship (Dvakut) is precisely the reason that I have created you and existence.

And if you, Avraham, or your children don't ascend to be in relationship with Me, then, if need be,

descending into Mitzrayim, into darkness and constriction, is My assurance to you, that

**from there,  
your children  
will authentically and passionately  
cry out  
for My Presence.**

Consciousness: If you are falling, dive. (Joseph Campbell)

---



Thinking: When we express our true desire,  
from our places of constriction,  
our call becomes  
a connecting thread,  
a common denominator  
between the pain of slavery  
and the power of freedom.

---

Our desires  
are the deeper currents  
that cause the waves  
of our feelings  
to ripple  
across the surface.

Feelings allow life  
to flow through us,  
just as dance  
allows music to  
flow through our bodies.

Feelings, in themselves, are not good or bad.

Feelings are  
the body's way  
to metabolize  
and process  
experience.

***Feelings metabolize experience.***

They are how our bodies  
resonate with,  
are in relationship with,  
the frequencies that surround us.

If, for whatever reason,  
we do not properly  
metabolize circumstance through feeling,  
our bodies and our thought patterns  
hold onto unprocessed frequencies,  
causing tension, disease and suffering.

So much of healing  
is simply allowing our bodies to feel.

Sit with it.

Instead of drinking it away, smoking it away, sleeping it away, eating it away, or  
running from it,  
sit with it.

Healing happens by feeling.                      (Third Eye Thoughts)

And this healing  
always takes place  
in the present moment,  
always happens through the body  
and liberates consciousness.

**When we truly feel,  
when we allow life's energy to flow through us,  
we stop being victims to circumstance,  
and we become conduits for life.**

Consciousness: Resonance is not only similarity  
and therefore closeness –  
resonance is also cause.

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Thinking: The exile of man is really the exile of man's  
consciousness. Redemption is really  
just a change of consciousness.  
(Betzael Philip Edwards, Mei HaShiloach)

---

The Midot or Spherot  
are the qualities, relationships, and processes  
with which One manifests as reality.  
And, we are made in their image.  
Resonance is similarity and therefore closeness.

**When we embody these qualities, relationships, and processes  
in ourselves, we emulate and therefore  
have the possibility to resonate  
with how One expresses One's Self as reality.**

**We are instruments who have the potential,  
to resonate with how God shows up as our world.**

And,  
**Resonance is not only similarity.  
Resonance is also cause.**

**If two strings are in harmonic resonance  
with each other,  
generating a vibration in one causes a harmonic vibration  
in the other.**

Therefore,

**Adam went first alone to make Him King,  
and then all creation followed,  
and he said, Hashem is King”  
(Tehillim 93:1)**

Consciousness: All things in the world  
are dependent upon nothing,  
except desire. (Zohar 2:162)

---



Thought: Intention is everything.  
The revival of intention is the revival of the world  
Intention is where action is conceived. (Kook, 211)

---

Going back to our story of One, and One's daughter:  
One had a desire and steps were taken to bring about One's desire.  
(Although in our story, so far, the daughter is still lost - certainly, as am I!)

Let's imagine for a bit.

No thing, then – bang! – existence, then creation unfolding through evolution.

I am starting from the understanding that intention (Will, Rotzon - Keter) comes before the bang.

And, therefore the bang, existence and the process of evolution all come to fulfill a Creator's Will.

Imagine intention as a wave of a simple frequency moving through existence.  
This simple frequency,  
enlivens any aspect of existence  
whose fundamental frequency is in harmonic resonance with it.

Again, as is the case with simplest common denominators in regards to numbers – the simpler the number, the more numbers for which it will be a common denominator – the simpler the frequency, the more aspects of existence will be in resonance with it.

In our creation story,  
desire or will is the simplest common denominator (The desire to bestow love) and is therefore resonant with each and every subsequent stage of unfolding.

All of the subsequent stages will only be activated to the degree they are in harmonic resonance with the more fundamental frequency that precedes them.

In that respect, pure desire or clear intention,

enlivens those aspects of reality that are in resonance with it.

First there was will, which ultimately led to the creation of the material world, which continues to resonate with, and be enlivened by that will.

Desire or intention is the simplest common denominator to all that follows. Intention gets everything moving.

We are told that we are created in their image; meaning, will (Keter), the highest or first of the midot, is a quality that we also embody.

If that is the case, we create and enliven those aspects of the world that resonate with our own will.

If my desire is not strong, (if the melody's amplitude/volume is low) it will not have sufficient energy to fully enliven those aspects of reality with which it has the possibility to resonate.

If the goal of my desire is not clear (if the melody lacks focus), I could get side-tracked into a different melody line that intersects my initial intention through a note that is common to both.

**In other words, a clear and strong desire, to which I am committed, creates the best possibility for the “right notes” in myself and in my surrounding environment to come alive and compose the melody I wish to play.**

**In a sense, my will is the hidden composer of the melody I end up playing with my life; just as the Creator's will is the hidden life force behind all that takes place.**

Nature loves courage.

You make the commitment and nature will respond to that commitment by removing impossible obstacles.

Dream the impossible dream and the world will not grind you under, it will lift you up.

This is the trick.

This is what all the teachers and philosophers who really counted, who really touched the alchemical gold, this is what they understood.

This is the shamanic dance in the waterfall.

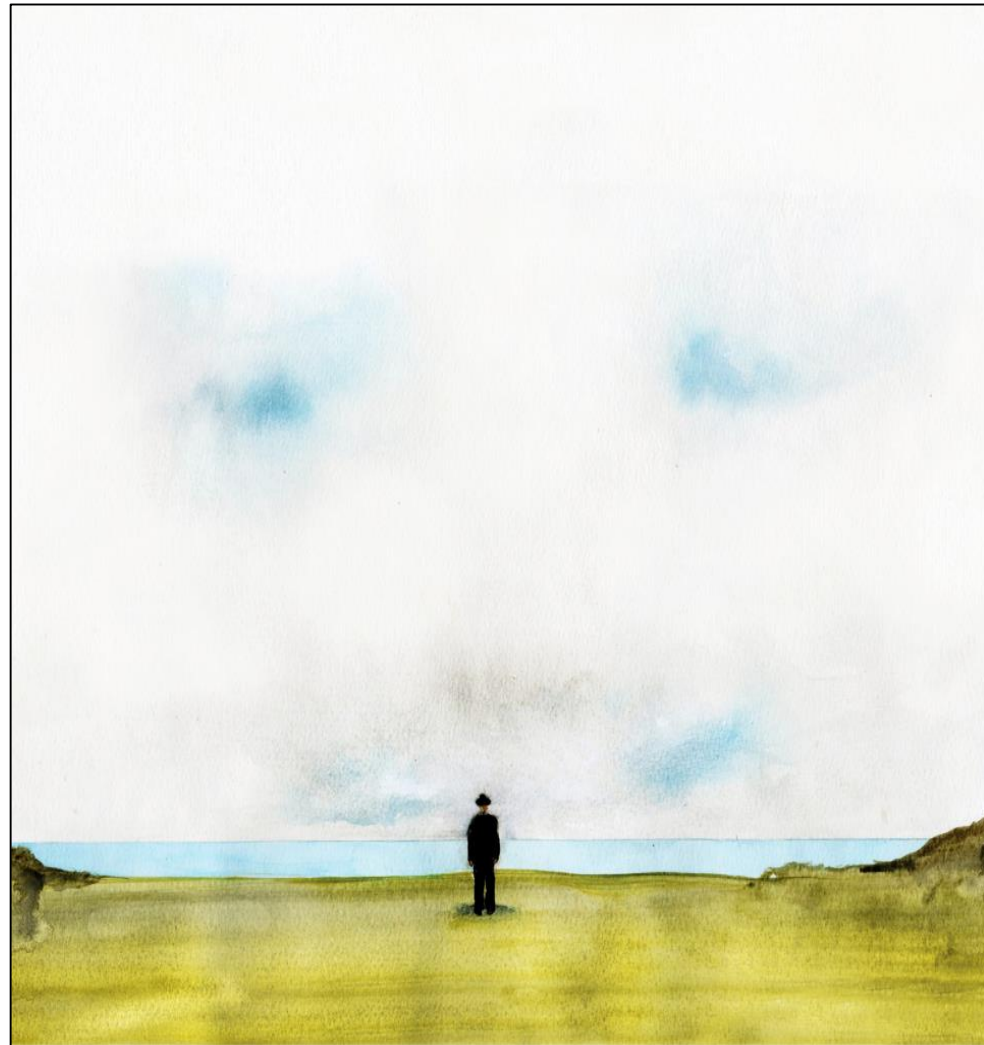
This is how magic is done.

By hurling yourself into the abyss and discovering it's a feather bed.

(Terrance McKenna)

Consciousness: The present moment is the only aperture  
through which the soul can pass out of time  
into eternity. (Aldous Huxley)

---



Thinking: It's not the future of humanity,  
but the presence of eternity. (Jack Kornfeld)

---

Perhaps our spiritual journey is  
sensing the One through the many, the infinite through the finite.

Perhaps our spiritual journey is  
feeling gratitude while in discomfort or holding onto faith when lost in chaos.

Perhaps our journey is resting in wellbeing while still engaging in our journey  
home, (Sukkot).

Our spiritual journey may even extend into such constriction and fear and  
loneliness, that our truest cry from those places (Shofar)  
actually, resonates with the highest Will for Creation –  
the passionate desire to experience loving intimacy.

**Maybe our spiritual journey  
simply comes down to  
being simple and loving and present –  
in resonance with  
One's, Loving, Presence.**

It's not: do this, and then  
this other reality will show up, another place at another time.

We don't earn Olam Haba (the world to come),  
we co-create it.

**We co-create Olam Haba  
by becoming more conscious  
of what already and actually is.**



**The ideas, I have shared with you in this book,  
are why I think and why I believe that:**

The world is created.

The world is evolving.

Consciousness is a gift. (It is not the result of random evolution.)

There is an underlying unity to everything.

Everything is One.

One is everything.

I believe there is nothing else.

We live in an illusion of separation – and there is a reason for this.

I believe in loving, caring, intimacy, and compassion for our common humanity.

I also believe in freedom, power, appropriate boundaries and unique self-expression.

Tradition is a value.

Novelty and spontaneity are values.

We have free choice

- based on our ability to make distinctions
- and on our ability to judge relative value.

Otherwise known as (from the story of Adam and Chava);

- naming the animals
- and eating from the Tree of Good and Evil

We can be conscious of how our thinking impacts our lives.

When we embody humility and gratitude, we can be conduits for wisdom.

I believe in a Presence, an Awareness, a Mystery and Love that is infinitely beyond anything I can possibly imagine.

I believe there is an intention to creation.

I believe we play a role in that intention.

**My belief that all the above is true,**

has created a context for me.

Within that context,

I have a vision for what is possible.

I envision a world in which:

- we are more **free**, (I)
- we are more **loving** (We)
- and we are more **conscious**. (It)

We can learn to be more, **free** and **loving** and **conscious**.

We can learn the principles of how to generate our lives from wellbeing.

And, we can practice living our lives based on those principles.

**Wellbeing is not contingent on circumstance.**

**Wellbeing is a choice.**

**And therefore,**

**so is love.**

Thank you for your attention and blessings on your journey.

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Book Two, Seasons of Transformation, very briefly explores the Yomim Tovim, the Jewish Holidays, through the principles that we have covered.

Feel free to stop here, read on or read about each holiday at the appropriate time.



**Klal Prat Klal**  
**The return of the King's daughter**  
**Return to the Symphony**

**A bit of an epilogue;**

I just returned from two ayahuasca ceremonies in which I participated. About 25 people gathered together. I had journeyed with the person who facilitated the experience many times before, although, I have not been with her over the past five years.

This particular weekend was very different from other journeys that I have taken in the past, whether with this “tribe” or others.

I want to keep this simple.

My experience, when I am under the influence of the medicine, has always been that I am embraced by a feminine Presence who is a wise and compassionate teacher.

She, the mother, is inviting my presence –  
 but wants me,

not the physical toxins I carry around,  
 not the emotions generated by “stories” through which, I sometimes see life,  
 nor the toxic thought patterns that often bounce around in my head.

Sometimes, she is referred to as the great purge – as in, *you* are welcome,  
 but check your inauthenticity at the door before you enter.

The journeys are often amazing, often very intense, healing, revealing, sometimes frightening, loving, mind blowing, and most of the time way beyond the words I might use to describe them.

Friday evening, was the first of our two journeys.

The medicine “hit” me about forty-five minutes after drinking it.

It hit me like a freight train.

In other words, there was no doubt that I was under its/her influence.

Several times, when journeying in the past, I would unconsciously follow repetitive patterns, visual or auditory or whatever, and fearfully get lost in them.

This time, however, she would show me a glimpse of these patterns, but hold me close and not let me follow them into my own little hell.

There were other similar examples, but the bottom line was that I was shown different avenues through which I would normally get lost and become afraid.

This time, no matter what I was introduced to and no matter what craziness I might normally entertain, I could not fall out of her loving presence and embrace.

I have never felt happier or more safe.

No fireworks, just a whole lotta love.

My intention going into the ceremony was three simple words; love, presence and gratitude.

It got geometric for me (which it often does).

**Love** is.

My **presence**, in this moment, with what is, generated tremendous **gratitude**.

Joining

**love**

and

in **presence**

**gratitude**

There was nothing else.

Very simple.

I felt extremely blessed.

Saturday night, ceremony number two;

Forty-five minutes after drinking the medicine it came on me again, not like a freight train this time, but there was no doubt that I was in it. No visuals, nothing extraordinary, same room, same people as before I drank. But there was no question, I was well under the influence of the medicine.

Similar patterns came up, as did the night before.  
 But unlike the night before, this time, she did not stop them.  
 I had to choose not to follow them,  
 which I did.

At one point I went outside to lie under the stars.  
 A beautiful woman came out and covered me with a blanket.  
 I was back in heaven, like the previous night.  
 So, I thought.  
 But no, the mosquitoes came,  
 in droves.  
 I chose to go back inside.

The second night was not just and only love and safety.  
 During the second ceremony, I experienced;  
 both support, and challenge.

I experienced;  
 good, and bad,  
 comfort, and discomfort,  
 light, and darkness.

I had to make choices.  
 I had to participate.  
 I no longer felt as if I was effortlessly floating in an ocean of love.

Before I went into the second ceremony,  
 my intention was to see or directly experience Her Presence.

At one point in the journey, she made it very clear to me:

Look, stupid;  
 you've been swimming in Me forever.

This is Me.  
 This is how I've been showing up in your life, every day, since day one.

You see those women?

You see those men?

The light, the darkness, the wood, the stone, the smells, the stars... ?

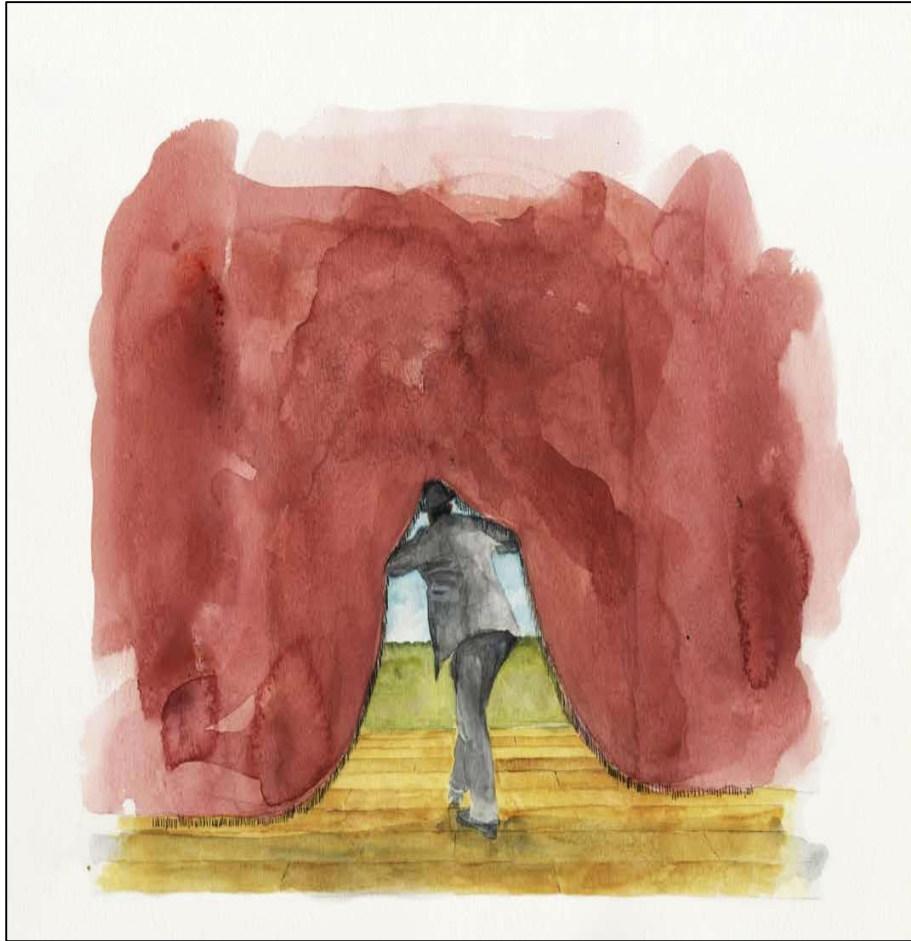
This has always been Me.

You're Me.

There is nothing that is not Me.

That woman next to you, crying,  
 she's not a distraction, preventing you from experiencing Me,  
 she is Me.

Last night I took you behind the curtain.  
Yes, it is all love.



But remember,  
you're the one who ate from the Tree of Good and Evil.  
You're the one who wanted to be a somebody.  
You're the one who chose to leave a garden of only undifferentiated harmony.  
So, here we are, mosquitoes and all.

And you know what?  
Good on you.

Because the gift of love  
takes  
giving and receiving.

The gift of love is not a one man show.

You want to be a somebody who can experience love in relationship?

Every moment is an opportunity for you  
to embody a quality, play a note, express a mida,  
such as;  
kindness, appropriate boundaries, choosing relative value, communicating with  
integrity, etc.

Embodying those qualities allows you to resonate with;  
the same qualities/notes/midot ,  
that I used to create the world,  
the same qualities/notes/midot,  
that I use to sustain the world,  
the same qualities/notes/midot  
that My Presence shows up as your reality.

You see that woman crying next to you?  
She's not a distraction.

She is **Me**,  
as an opportunity for **you** –

to feel  
and  
to give  
love and compassion.

I want to thank my friend Joel Klein for the beautiful images he contributed to this project.

I want to thank Joel's daughter Davida and Mathew Mausner for their editorial assistance.

All those who participated in the workshops that I used to facilitate, lots of courage, thank you.

My precious children, Esti, Menucha, Boosey and Shalom – the best things that ever happened to me.

And CRL, thank you. If there is any merit to this project, may it go to you.

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