

**Being the change you want to
see "out there"**

"The greatest tragedy of human
existence is the illusion of
separation."

Albert Einstein

North American Indians: All things are interconnected.

Greek philosopher scientists: the material world is an illusion. Our 5 senses deceive us.

Vedic teachings: "Maya" means the illusion of the physical world.

Dagara (West African): The dream world is more real than the world you are experiencing now. (And we know in dreams time and space are in other dimensions.)

Our physical senses and a 600-yr old scientific philosophy tell us that only what's physically measurable and publicly observable is real.



That paradigm is called Newtonian, Cartesian, materialist/physicalist, and mechanistic. We believe the illusion.

Quantum physics reveals a deeply interconnected universe, challenging the classical view of independent objects through phenomena like entanglement, where particles share a unified existence regardless of distance.



Our 5 physical senses do in fact deceive us!

Our eyes see separate objects and our sense of touch tells us we reach out to feel them.

The most dense brick may look and feel solid, but it's made up of atoms, and atoms are 99.9% space.



Our 5 physical senses deceive us but conventional empirical science, and the Scientific Method so central to academic and research science, rely on the 5 physical senses.

In the model of separate reality, if we don't like our reality, we assume we just need to change/eliminate the problem/people "out there".



The Quantum model has a whole new set of operating assumptions.

For instance;

Cause and Effect



Contrary to the
materialist/behaviorist doctrine,
consciousness is primary and a
causal reality.' Nobel
neuroscientist
Roger Sperry

Inner subjective states affect
physical conditions and outcomes.

The Observer Effect



The act of choosing what to observe (not use of the instruments) affects what is observed.

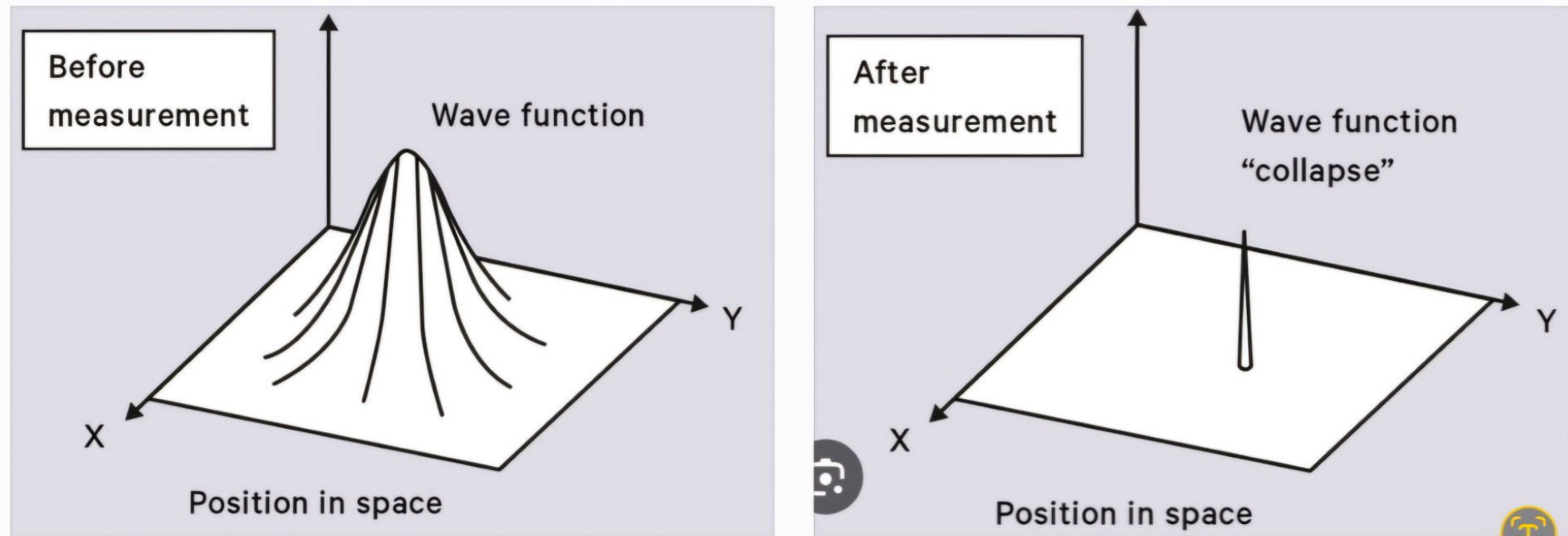
Schrodinger's Cat

Something can exist in 2 opposite states until the observer enters the picture and collapses 'maybes' into a "singularity".



Collapse of the Wave Function

When infinite possibilities are "collapsed" into an actuality.



Quantum human applications

- **Placebo Effect** - Harvard and Baylor research: placebo meniscus surgery as effective as actual surgery.
- **Pygmalion Effect** - a teacher's expectations of average students created geniuses.
- **Self-fulfilling Prophecy** - do we get what we expect?

OBJECTive

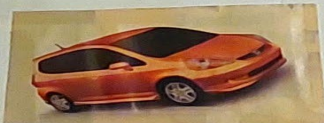
SUBjective

"OUTER" WORLD

"INNER" WORLD

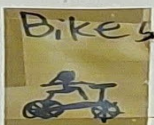
PHYSICAL THINGS
MEASUREABLE

NON-PHYSICAL
NON-MEASUREABLE



▪ CARS

▪ \$



▪ BIKES

▪ JOBS

▪ PEOPLE

▪

▪

▪

▪ CIRCUMSTANCES

▪

• DREAMS

• THOUGHTS

• FEELINGS

• IMAGINATION

• INTUITION

• MEANINGS

• EXPECTATIONS

•



FACTS

HOW THEY FIT TOGETHER

DO THE FACTS MEAN SOMETHING TO YOU

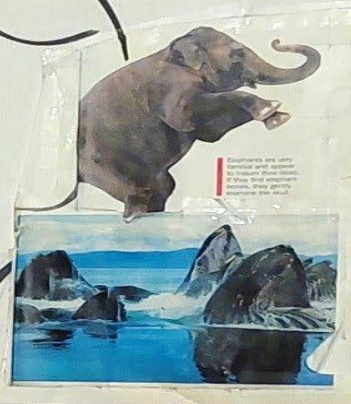
We are wired for interconnectedness, but conditioned to believe separation, and taught an intelligence that operates within the illusion of the physical domain:

The left hemisphere and STEM IQ are for managing the physical pieces, analyzing and labeling them based on category differences. That's very helpful...to a point.

CHOICE OF MEANING

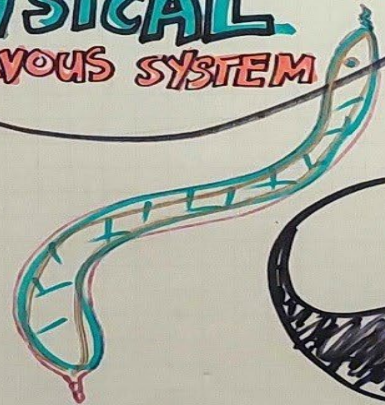
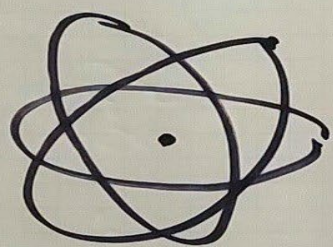
OUTER
LOGIC
WORDS
PARTS

INNER
INTUITION
IMAGES
CONNECTION



ANIMAL
EMOTIONAL

REPTILIAN
PHYSICAL
NERVOUS SYSTEM



CHOOSE
POS OR NEG



We have a right hemisphere that sees connections, that goes beyond the physical boxes and beyond probabilities to possibilities. Schools should develop that creative, interconnecting, intelligence.

Unfortunately, our early conditioning focuses on our differences. Growing up, everyone learned the Sesame Street song, One of These Things is Not Like The Others.



"One of these things
doesn't belong."

We worry about fitting in and worry we won't measure up, that we don't belong.

Loneliness and alienation are epidemic, as are peer and social pressures.

If you don't heal your own pain/anger, if you have unresolved emotions, they are like buttons to be pushed...and the universe will send someone or something to push them.



The Dalai Lama:

"If anger on the inside is ignored and instead, we focus on our external foes and even kill 1000s, then 1000s more will appear. So, seeing this answer is not the solution, muster the forces of mercy and love, turn inward and tame the wild flow of the mind stream."



The universe is more like a mirror than a machine.

Change the inner...

- Diaphragmatic breathing
- Focusing
- Imagery
- Take emotional risks, challenge your own assumptions, perceptions and motivations.
- Mindset for quantum leaps

Begin within.

Then stretch further out of comfort zones to most constructively engage with people and the world "out there".

Thank you!

Jane Barrash

jane@continuumcenter.net