

SIX**THE POWER OF CREATIVITY****Meditation 07: World creation**

'We are one human family and one Earth community with a common destiny. We must join together to bring forth a sustainable global society founded on respect for nature, universal human rights, economic justice, and a culture of peace. Towards this end, it is imperative that we, the peoples of Earth, declare our responsibility to one another, to the greater community of life, and to future generations.'

Earth Charter Preamble, 2000

If the world is to change for the better it must start with a change in human consciousness, in the very humanness of modern man.

Václav Havel, *Disturbing the Peace: A Conversation with Karel Hvizdala*. English translation by Paul Wilson (1990)

The aim of this meditation is to firmly implant in your mind the certain knowledge that a change in your own consciousness changes the world. To do it alone, as one among seven billion, is kind of a tall order, obviously. So the proposition is that the more people begin to change their consciousness – by any route – the more the world changes.

This idea, this experience, depends on a clear understanding and acceptance of the idea that mind affects matter, but also that matter affects mind. Everywhere we look we see that what we are doing to the earth and how we ourselves are living is unsustainable, because it is all driven from a basic mistake we have made about the true nature of our Selves. We have been working on the idea that we are our physical bodies, and that the happiness we all seek can be gained by having physical things, things and more things. Makes sense that if that mistaken mindset has created this mess,

then we need an ‘unmistaken’ other one to fix it. In fact, we can’t begin to fix it unless and until we change the way we think – and feel, and perceive – and act. Which is where the change in consciousness having an effect on the state of the world comes in. Here we’re talking about the effect of the subtle, the non-physical, on the physical, the impact of thoughts and emotions on the material world.

Matter is energy, right? I think we all, with Mr Einstein’s help, have established that much. Right down at the sub-atomic level, where the quarks and neutrinos play, every single building block of material substance in or on this earth, everything that makes the earth or indeed the known universe, is nothing more than a handful of infinitesimally small particles whizzing about in what to them is infinite space. Matter is energy is motion, vibrating, flowing, at frequencies which we as conscious, conscient beings (a different kind of energy) pick up. We also generate vibrations or frequencies with our own mental and spiritual activity – we put out our own ‘vibe’. Walk into a club or bar where you don’t belong, for whatever reason, or find yourself in the wrong section of a sports stadium, and you will feel an atmosphere, created from the thought frequencies of those around you. If you’re not wanted or welcome, you’ll feel it. Churches, temples, prisons, hospitals; you name it. It’s what people think, feel and do that creates the atmosphere; their mental and spiritual activity.

You just need to consider what people call the ‘power of the mind’ to know how our own conscient energy affects our physical environment. There have actually been scientific experiments to prove this, although doubtless there are still doubters. At a personal level, we know very well how our mental and emotional states affect our health and wellbeing, our sex lives, our ability to

* Garrett Moddel & Kevin Walsh, PsiPhen Laboratory, University of Colorado, 2007
<http://psiphen.colorado.edu/Pubs/ModdelSSEo7.pdf>

perform in any activity. In yoga we are very familiar with how physical activity stills the mind and how that still mind in its turn opens and releases the body. If we love plants, we know that showing them that love in a subtle, nurturing way makes them grow better. Logically, we conclude that of course, with enough people with powerful minds focusing on the same end, our transformational effect on the physical world is guaranteed.

Sometimes after a session of yoga or meditation I sit silent, enjoying my gradual return to daily consciousness from a place of light and peace, and our cat, an ill-tempered and unpredictable creature given to lashing out without warning, will come and rub up against me, making contact with the peaceful energy she can feel. She becomes quiet and docile, lying back like a soft toy and purring as if she has plugged herself directly into this source of peace. Which, in a way, she has. My 'vibe' is spreading out, and so will yours, subtly affecting the energy of the immediate environment. If we want to make the polar ice caps come back, we have to build our powers into something spectacular, learn to focus them a great deal more precisely, and work in unison with the other 6,999,999,999 people on the planet.

Not every single human being is going to sit down and meditate all at the same time, of course, but the idea does lead us to the next step – a communal consciousness. As inhabitants of the natural physical world, driven by the non-physical energy of consciousness, the link between our 'micro' inner Selves and the 'macro' environment is inherent and obvious. That macro environment is mental and spiritual, not just physical; we feel that nature too, though it is physical energy alone, can have an emotional or spiritual element. The angry wind is cruel, the soft breeze is kind. But other people, who are – like you – chunks of physical energy controlled by spiritual energy, are also your environment, and after your Self your first port of call in the

consciousness journey is them. Can't avoid it really, because as we have seen above, the people close to you – and soon, not so close – will be bound to pick up your 'vibe'.

The idea of a 'New World' means a change of general consciousness – in time. There is the world we have now, and the one that is coming. 'When the ecology of the Soul is in balance' – to quote myself – 'we live and thrive in this world – and create the new one – with grace, harmony and beauty. As we rediscover, reconnect and recharge our innate peace and power, the world changes along with us.' Our enhanced, true perception of our Selves creates a powerful spiritual 'vibe', changing our environment with mind as well as action. As more and more of us achieve that individually, we achieve it together. We don't have to all sit down together because the connection is subtle and takes no notice of physical distance, but it helps because we feed off the cumulative power of the group as we feed into it. We become uplifted, completely living the experience that this power, of silence, peace and love, is not only the greatest power in humanity, but actually the only one. As the Old World crumbles, this consciousness makes sense of what is happening around us right now and gives us a vision of the New World we are making. Which looks a lot like Heaven.