

## Life Wants to Speak Through Us

Everything in life has its feeling value, for it is through our feeling and experiential states that we best know life and what it values. We know the great connection and belonging we can feel in nature, which is a body and heart experience, our words arising from there and expressing appreciation, awe, or the like, these words usually few and much like a poetic expression.

Socially, when we love and relate from our heart, we are in connection with that which joins us with others. All people have joys, sorrows, emotional and physical needs, health and at times the lack of health, and finally, we all also die.

These are things that join us all in connection in a world of change, if we are attuned to each other and the planet.

As I watched a nature program about mule deer a night ago, a researcher/nature lover named Joe Hutto joined a mule deer herd by being in their nearby presence for two years, till they accepted him as one of them, like Jane Goodall and her chimps.

Being with them, he saw emotions and interactions that were just a little less than human, as the deer extended themselves to each other and even to him: knowing each other's presence in their individual nature and personality; caring and looking out for one another; feeling joined in herd fear when threatened by predator pursuit; a doe's great pain and anguish at the loss of a fawn; the herd's deep sadness with the demise of the matriarch and one of the two strong males.<sup>1</sup>

A question phrased by many: "Why are there hurtful and sorrowful situations and emotions if this is a "God-created life?" Regardless of our thoughts about God or no God, feelings inform us of what we deeply value, and what we deeply value is life, speaking through us. How often we listen and honor these feelings, or not, shapes our behaviors and our very lives.

Anthropomorphizing science for a moment, it could be said that, governed by the laws of life, even electrons deeply 'value' their relationship with the nucleus of an atom, for this creates their possibility to exist and persist, to have a 'lifetime', and as with all things to 'live' dependent upon relationship and connection.

So why the problems of our world despite our concern and efforts, our deep feelings of not belonging, and our very fragile scaffold of hope for our future?

This is because modern human societies have become almost exclusively dependent upon our thinking, and not upon our connective experiences and abilities. Thinking, disconnected from our universal feelings, separates us from the basis of life which is our connection to all things by our foundational shared, felt presence and needs.

If not connected/joined with our feelings, thinking also creates distrust, for thought-created separation, not being in union with life connection, creates fear and the rise of self-interest, hierarchy and domination, all of which becomes increasingly destructive to all life forms.

Thus, the first indigenous peoples knew the deep values of belonging and respect for all of life, and later our “spiritual” traditions taught we were to live from the intelligences of connection and the heart, such as acceptance, patience, love, caring, compassion, forgiving, and more.

It is the heart intelligence that compulsively responds without a separatist thought in times of tragedy, large or small, overriding limited responses that could arise from limiting thoughts. Indeed, entrenched in our ways, some say we have five seconds to respond from our connective feelings, impulses and inspirations, before those limiting thoughts will want to take over.<sup>2</sup>

Day-to-day activities, very much managed now by our over-active thinking mode (left brain), for several centuries emphasized in our educational systems, and now greatly exaggerated by technology, keep us in our head with no time and little honoring of any connective underlying truths.

Disconnected thinking, creating more and more of these separations that endanger our world, is allowed to continue as we turn our attention linearly away also from those inconvenient truths we have created. Poverty, suffering, greed, depletion of natural resources, climate change, all continue as our avoidance-linear-flattened attention turns us away from the inequalities and disasters we have created, or has numbed us if we dare to view them.

Considering our sciences, which also includes medicine:

We have thought for centuries that the optimal use of the brain is our thinking alone, the majority of our world having adopted this as the main way to understand and manage our world. Most strongly, the influences of Francis Bacon and Rene

Descartes<sup>3</sup> turned the world's attention from our whole mind and body intelligences to this separate approach with thinking and logic considered our primary intelligences. Descartes: "I think, therefore I am." And, we have since predominantly used thinking to carve out our objective world.

But there is reason for hope. Our objective sciences look only in the outer realms. However, quantum physics dives deeper than the objectified level, the term 'fields'<sup>4</sup> referring to lines of force connection in space, or it more recently used as a unified field of available information, (available to our right brain, which is open like a satellite dish.)

Additionally, the work of The Institute of HeartMath, originated in 1991, has done scientific research on this subtle realm, this being the influence of our feelings on our own lives, the lives of others, and even the planet.

Quotes from an abstract<sup>5</sup> of the article: "Coherence: Bridging Personal, Social and Global Health" by McCraty and Childre, Childre the founder of The HeartMath Institute:

When we are in such states ('zone,' 'flow,' or 'oneness'), we typically feel connected not only to our deepest selves but to others, even to the earth itself. We call this state of internal and external connectedness "coherence"...

The article concludes with the perspective that being responsible for and increasing our personal coherence are not only reflected in improved personal health and happiness but also feed into and are reflected in a global field environment. It is postulated that as increasing numbers of people add coherent energy to the global field, it helps strengthen and stabilize mutually beneficial feedback feeling loops among human beings and with the earth itself.

A more recent HeartMath quote: "Every person affects the global information field."<sup>6</sup> We influence the world around us with *every connective feeling, or disconnected thought.*

What is the center of our feeling? Not the mere sentimental, but our intelligent heart. We can feel it when we slowly drop down from our head and sink into our heart as we breathe. Peace is also there.

Further explained by Joseph Chilton Pearce,<sup>7</sup> the heart is a means of knowing, and it is the nurturing heart that allows for the brain's *full development* with all its connective *and* delineating intelligences.

Connective intelligences are of our body, heart and right brain. Quoting from his book, "Letters from Sacred Rock, Education Nature's Way," author and well-known rock climber Ron Kauk writes:

"Another thing I've noticed is that society is fixated on school curriculum. This focus misses the point that the curriculum is just a vehicle to the real curriculum which is written in nature. It appears to me that simply being born, we inherit the knowledge and wisdom within us. Education is about the nurturing of this and the appreciation of what it means to read and follow the laws of nature."<sup>8</sup> (life)

Kauk's statements describe a natural, balanced, and gifted use of our inherent, receptive and shaping life intelligences, which will result in contributions for the greater good for our lives and the planet. Most importantly, when humans live and speak from our connective knowing, we are speaking the messages of life coming through us.

For sure life will continue here, even recovering if it must with or without humans. However, if we make this connective choice, and allow life to speak through our body, heart and inner knowings, the use of our full felt and mental intelligences will help us act toward the continuation of the whole ecosystem of life for the planet and all who reside here.

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P.S. This paper is a wide background view of our intelligences as they relate to life. The main story on this website is that spectrum (ADD, ADHD, dyslexia, Asperger's Syndrome and autism) individuals are differently oriented, hard-wired to the right brain and coherent heart, lack a left brain filter to navigate this overly left-brain world, and also have very sensitive nervous systems.

These individuals are here to bring forth connective answers to our problems, these inspirations coming to their feeling and receptive intelligences, they unable to be linearly diverted as the rest of the world. Our acceptance and support of them will bring us into our own feeling and receptive natures, opening us to these

intelligences within, enabling us to leave our trained over-focus on left-brain separatist seeking for answers to our problems and joy for our lives.

### Notes

<sup>1</sup>Joe Hutto, “Touching the Wild,” viewed when aired on 16 April 2018, PBS, excerpt:

<https://www.bing.com/videos/search?q=Mule+deer+program+on+PBS&view=detail&mid=1D1DBC7EDA8AD0D405511D1DBC7EDA8AD0D40551&FORM=VIRE 2:37>.

<sup>2</sup>Chuck Gose, “The 5-Second Rule for Taking Action,” 3 September 2014, IN, accessed 15 October 2018, <https://www.linkedin.com/pulse/20140903145049-12839350-the-5-second-rule-for-taking-action/>.

<sup>3</sup>Barnes and Nobel, Spark Notes LLC The Scientific Revolution (1550-1700) Summary, accessed 15 October 2018, <http://www.sparknotes.com/history/european/scientificrevolution/section3/>.

<sup>4</sup>Wikipedia, “Quantum Field Theory,” last edit 12 October 2018, accessed 16 October 2018, [https://en.wikipedia.org/wiki/Quantum\\_field\\_theory](https://en.wikipedia.org/wiki/Quantum_field_theory).

<sup>5</sup>The Institute of HeartMath, “Finding Social and Global Coherence,” 12 August 2008, accessed 15 October 2018, <https://www.heartmath.org/articles-of-the-heart/global-interconnectedness/finding-social-and-global-coherence/>.

And Rollin McCraty, Ph.D.; Doc Childre, “Coherence: Bridging Personal, Social and Global Health,” 2010, Abstract, Research Library Publication, accessed 15 October 2018, <https://www.heartmath.org/research/research-library/basic/coherence-bridging-personal-social-and-global-health/>, this referred to in the evidently updated Abstract above.

<sup>6</sup>The Institute of HeartMath, Global Coherence Research, “The Science of Interconnectivity,” accessed 15 October 2018, <https://www.heartmath.org/research/global-coherence/>.

<sup>7</sup>Joseph Chilton Pearce, *The Heart-Mind Matrix, How the Heart Can Teach the Mind New Ways to Think* (Rochester, Vermont 2010, 2012), 15-18.

<sup>8</sup>Ron Kauk, *Letters from Sacred Rok, Education Nature’s Way*, (China, 2012), 6-7.

