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### **HEALING: A Cure from Consciousness. CHAP.3**

If we could integrate thought, energy, and matter and find the bridges that are joining us, we would restore the integrity and we would directly discover what health is.

Let's see an example:

A physics teacher shows to his/her students a transparent vase full of water nearly to the edge. In the vase, there is a pencil immersed. Due to the different refraction between water and air, the pencil looks bended, as we all know. He/she shows the vase to the students and asks:

“What is in here”?

John raises his hand and says: “Teacher, there is a recipient containing water; it is transparent, light goes through it and you there is a broken pencil inside.”

The teacher takes the pencil out of the vase and shows them it is intact; it is not bent. Everyone laughs. He/she explains to them that it is a refraction problem. He/she talks to them about the refraction in water and air and they appear to understand. They look happy with the learning. When the kids come back again, they laugh when they see the pencil; they see the same vase and the teacher asks them: “What do you see here?” Everyone raises a hand because all of them know the answer by heart.

One of them, the most eager, and who gets the ground, says: “There, I can see a pencil that is apparently broken, but that is a lie because that is an illusion from our

senses. That is a matter of the light's differential refraction. That pencil is straight and complete.”

The teacher takes out the pencil and it is broken. On the break, he/she broke the pencil. That boy saw what he wanted to see.

What is the muddle of our culture? The muddle between religion and science. The muddle between what we call metaphysics and what we call hard science; physics and consciousness sciences. That some people see what it seems to be seen, some people see the appearance world and some others only see what they want to see. And, obviously, both things confuse us and take us to a terrible rupture that is called dogmatism. Dogmatism is fundamentalism and, in the field of science, it leads us to the scientism that does not have to do with science at all. From scientism we end where molecules end. The other one is a strong version of idealism, also fundamentalist and dogmatic. It comes from a statement and the whole world is adapted to that statement, which comes from a measure and the whole world is adapted to that measure in such a way that we do not see the real world.

If we put those fundamentalisms aside, we would see beyond our body an energy field, and beyond the energy field we would see an information field and within it organization patterns of a consciousness which is cosmic.

If we loved life again but not in order to make a cosmic trip to the last star but to return to the body, to take it up and to marvel at the magic and the dance of our molecules. If we could integrate thought, energy, and matter and find the bridges that are joining us, we would restore the integrity and we would directly discover what *health* is.

Health is integrity, no more. That is our vantage point for all dimensions of life. We have health when we restore the unity, a unity that makes us unique. That is the

big paradox. The unity does not make you lose your individuality, but it reinforces your oneness. The unity reveals that you are unique and, therefore, necessary to complete our world. We are here to complete our world; therefore, without each one of us, our world would not be complete. If we deeply understood that, we would restore our self-image and we would come to the conclusion that our plenitude is emptiness. We are full of emptiness and we discover plenitude in there. Emptiness is the quantum world; a connectivity world. It is a connective world; that is its substance, and this substance without substance which is called connectivity may be also called consciousness.

Consciousness is the strategy of creation. Consciousness is what builds bridges; what connects. It connects atoms to molecules, and those to tissues, to organs, to organisms, to individuals, and those to their families. Families get connected to planets, to solar systems and to the cosmos. This connectivity is the key of neuronal function. Our neurons generate a consciousness field, a neuronal field, and as they generate it, they multiply their own consciousness; and their connections go self-creating and multiplying themselves. Neuron came to learn how to get connected, and, the more it gets connected to the others, the more synapse it makes; and synapse produces intelligence. Therefore, intelligence is made of connectivity, capacity of connecting. We lose intelligence when we get disconnected, but we also begin to lose health and life.

If the big life chain is a consciousness connectivity chain, illness goes in the opposite direction. In illness, we get disconnected and that is why we can say that illness represents a system's loss of consciousness. It is not the conscious consciousness –that little area of consciousness that is joined to the ego called the conscious- but the total consciousness which shows itself in atom and cell vibration also; in our conscious. Our conscious is also consciousness, and we also have to take into account that collective consciousness we call super consciousness or super conscious.

We have talked before about emptiness. To get in that history of emptiness, and to understand it better, there is a beautiful tale. It is a tale about a teacher who goes with an empty flask and ping-pong balls. He/she fills the flask with ping-pong balls and shows it to his /her students asks them:

“Is it full?” Everyone answers: “Yes teacher, it is full.” Then, he/she takes some marbles –crystal marbles- and shakes the flask and puts about fifteen marbles there. Then, he/she looks at them and says:

“Is it full? Now, it is, teacher.” But everyone laughs. Then, he/she takes a little sand and begins to sprinkle it; then, he/she shakes the flask and puts like 40 grams of sand. He/she has not finished, but when it was apparently full, he/she asks them: “Is it full?” - “Now it is, teacher.” But everyone laughs at their observation capacity. Now, it is full and they ask him/her:

“What do ping-pong balls mean?”

“They are the essential things of life. There are fundamental things in life.”

“But, what are the others?”

They are secondary things, tertiary things, less important things. But when he/she finishes those questions, he/she takes a little cup of coffee, drinks half of it, and pours the other on the flask. It was not full. Then, the students ask him/her:

“What does it mean? What does the coffee mean?” He/she says: “Emptiness is infinite; we always have space and time for our friends; we need to know that matter and appearances are an illusionary world that we see. Also the marbles, the ping-pong balls, the sand grains and the coffee molecules are filled with an essence: emptiness. They are just emptiness modalities; emptiness vibrations. But emptiness is not out there; emptiness also invades you, and that emptiness is your inner consciousness; it is your center. When we are in the center, we live in

emptiness and then we renounce to ourselves and to appearance; then, we discover the universe inside both ourselves and the others. In that moment, when we are in the center, we have an endless potential.

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