

A Reflective Meditation

Find a quiet place where you will not be disturbed.

Sit with your back supported and your feet on the floor. Bring your physical body to a comfortable position.

Allow your emotions to become calm and serene.

Let your mind become focused, attentive and alert.

Withdraw the attention now to that familiar place of inner stillness.

Using your imagination visualize a reliable functioning pocket watch. See it in as much detail as you can.

In your mind's eye turn the watch over and open its back plate. Look at the mechanism, the cogs, the springs and spindles. Each has a unique place and function.

Now begin to deconstruct the pocket watch. Place all the pieces out separately. See the all the parts. In detail. They no longer function as a watch.

Then begin to reassemble the pieces. Magically they come together and rebuild the functioning machine. It becomes a working reliable time piece.

Each part has *placement & wholeness*. Individually they are separate, however working together they form a living synthesis, demonstrating a group endeavor and the quality of unanimity.

Partness & Wholeness

There is a concept of a hierarchy of being that reveals the interconnectedness of life. Consider the circulatory system in a human being. It is composed of blood vessels, a heart, and blood. Each component is made up of cells e.g. cardiac muscles, red blood cells, white blood cells, etc. Each of these cells is made up of molecules, and each molecule is made up of atoms.

Here there is a hierarchy of being, as each component has *partness and wholeness*. The molecules cannot exist without their atoms. So each atom has *partness*, as it exists on its own and *wholeness* as they make molecules. The cells cannot exist without molecules etc.

Ken Wilber 'A Brief History of Everything'

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"Many confuse unanimity with uniformity, but these are two different things, as is clearly shown in the root of each word: Unanimity comes from anima, soul, and means having the same soul; uniformity comes from form, and means having the same form."



The Sundial House Group
& The Group for Creative Meditation

www.creativegroupmeditation.org

THE SUNDIAL HOUSE GROUP



“When you call yourself an Indian or a Muslim or a Christian or a European, or anything else, you are being violent. Do you see why it is violent? Because you are separating yourself from the rest of humankind. When you separate yourself by belief, by nationality, by tradition, it breeds violence. So a man who is seeking to understand violence does not belong to any country, to any religion, to any political party or partial system; he is concerned with the total understanding of humankind.”

-Krishnamurti (Freedom From the Known)



The Principle of Unanimity

Our personalities are uniquely ours. They are made of component parts with which we are very familiar. We have a physical body, we have emotions, feelings and a wish life. We also have a mind that is trainable and can be managed to focus attentively on subjects and concepts that we choose.

We live as individuals within groups with others e.g. family, friends, schools, work places, community and nations. We function within groups, often without realising the connectivity and interdependence that relates each of us, one with another. We are as individual cells in a great self-organising living system known as planet Earth, Gaia. This too is part of a greater hierarchy of organising selves which leads to the One Life. Together whether we realise it or not we are interdependent and functioning as an evolving field of consciousness.

Within the great diversity of forms—mineral, vegetable, animal and human we are as a collective changing field of consciousness contributing to the evolution of the Planet and it's informing Life. There is no conformity or uniformity there is however, the daily revelation of the magic of unity achieved through diversity.

Some Qualities of Unanimity

- ◆ Dependence— Co-Dependence
- ◆ Independence—Interdependence
- ◆ Uniform—Conform
- ◆ Unity—Diversity
- ◆ Partness—Wholeness
- ◆ Synthesis
- ◆ Exclusive—Inclusive
- ◆ Individual—Groups—Oneness
- ◆ Hierarchy of Being—Holons



Footnote: Ken Wilber in his book 'A Brief History of Everything' introduces the concept of 'holons'

A Culture of Unanimity

In our busy lives we race by the obvious web of connectivity which embraces and holds us altogether in the livingness which is planetary life on Earth.

This web of intermeshing relationships extends from the past into the present and is a huge co-creative act of now that is making the gift of legacy for the future.

A Reflective Revelatory Exercise

First of all pick a category to consider e.g. electricity supplied to your home via the national grid; a bus or train that takes you places; the clothes you wear.

Now:

1. What value do you gain from what you have chosen?
2. What would your life be like without this service or item?
3. How has this service or item been supplied or brought to you?
4. What organisation makes these goods and services available now?
5. When and how did these goods and services become available?
6. Who invented them?
7. What materials have been used to make them?
8. Where do these materials come from?

Allow 5 minutes for this Exercise.