

Re-creating our Collective Patterns of Resonance

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PART-1. War, Fear, & Violence: Our Collective Legacy

Recently I came across this stunning information in a recent article by Penny Bonda¹, that took my breath away. She summarized that “Combing through some old files recently, I came across a news clipping comparing the top problems in U.S. public schools as identified by teachers in 1940 and 1990. . . “

<u>1940</u>	<u>1990</u>
Talking out of Turn	Drug Abuse
Chewing Gum	Alcohol Abuse
Making Noise	Pregnancy
Running in Halls	Suicide
Cutting in Line	Rape
Dress Code Infractions	Robbery
Littering	Assault

Born in the mid-fifties into the middle class, my growing up years seemed more similar to 1940 than 1990. I grew up in a town where the major employer was a defence contractor. Upon reflecting, I realized that most of the adults surrounding me and most of the other kids I knew made their living either building, maintaining, or otherwise supporting products (or by-products) that can only be categorized as weapons of mass destruction or violence glorified through toys, movies, games, and other products. On the homefront, there was never discussion about the ethical implications of participating in building or buying these products. All non-work conversations slowly transitioned to shopping, as most folks began earning enough money to have a bit of “disposable” income. And, the marketplace of war, fear and violence thrived and prospered with little challenge.

As a young adult, I went to work in Information Technology (IT) -- what I believed was my most viable option to make a decent living. Buried in the corporate computing support organizations, I was isolated from having direct contact with the end products being produced. In the IT work environment, the primary discussions were around implementing the latest technology, process improvement, and delivery efficiencies. We never had to confront what was ultimately being created with the technology. And, a majority of folks began to earn enough disposable income with which to indulge themselves with little restraint. And the marketplace of war, fear and violence thrived and prospered with little challenge.

It is now our “cultural norm” that fear, fear of violence, and violence itself permeates our lives. These cultural norms invade our homes, neighborhood, schools, places of commerce, and our workplaces via attitudes and assumptions rooted in the military-prison-intelligence/security mindset. The way all forms of fear and violence have invaded our lives is astounding, yet is barely challenged because people now think it’s “normal.” These horrific attitudes and assumptions have seeped into our lives through the entertainment (TV, movies, games, toys), news media, and addiction-presumed advertising and marketing messages. The ensuing stress induced by general fears, fear of violence, and actual violence are now major health threats to this nation, costing Americans thousands of lives and millions of dollars in insurance, special programs, security systems, and stress-related illnesses and deaths. Interestingly, the health and pharmaceutical industries along with the security systems industry, and prison and military industries are literally making a killing in profits.

This age of affluence and technological achievement is also an age of deep anxiety and despair. “Higher levels of obesity and personal debt, chronic time shortages and a degraded environment are all signs that excessive consumption is diminishing the quality of life for many people. . . Private consumption expenditures have increased fourfold since 1960. Consumption has . . . gone beyond satiating basic needs or fulfilling dreams to become an end in its own right. New houses in the US were 38 percent bigger in 2000 than in 1975, despite having fewer people in each household on average.”² A new branch of environmental science now performs “bio-monitoring” on a regular basis. Bio-monitoring is the measurement of chemical body burdens that have accumulated in peoples’ bodies [as a result of pollutants].

So, throughout the past 50 years, shopping and the addicted-consumer society took root in the very core of our culture. The focus on “consuming” distracted and shielded the general population from examining or understanding the ethical implications of our collective participation in building or buying products and that ensure our main legacy is that of mass destruction – mass destruction of our mental-emotional quality of life, of our communities, of the environment, and of our collective social fabric. All the while manufacturing jobs have been and continue to be shipped overseas, but not before neighborhoods around the manufacturing plants become completely saturated with industrial toxins. The result? Look again at the 1990 list above, if you can stomach it. People’s lives, dignity, and motivation to connect with others have nearly completely disintegrated. Many of our kids (our seedlings) are not thriving or healthy physically, mentally, emotionally, and spiritually. Our kids are dying through suicide or violence, much like a dying ecosystem as its balance completely unravels. The very souls of our heirs are failing due to the horrific culture we’ve created and brought them in to. Where is our collective outrage??

¹ Green@work, Jan/Feb/04. www.greenatwork.com

² “The State of the World” article, March/April 2004 Green@Work magazine.

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Have you ever experienced a “defining moment” in your life? You know, one where the decision you made at a precise moment changed the course of your life? Humankind, collectively, has reached one of the most significant defining moments in our history. We, COLLECTIVELY, must come to understand and acknowledge that we (each and everyone of us) have been complacent accomplices in creating a culture that systematically inflicts fear and violence on our children, our communities, and our environment. If this doesn’t qualify for collective engagement in crimes against humanity, I don’t know what does.

PART-2. Humanity at the Crossroads: What we can do about it

Most of my life, I’ve been struck that most people I know or have met have some level of fear, anger, anxiety, phobias, an inferiority complex, or general selfishness and stinginess (mostly related to withholding affection and knowledge). In examining this notion of war, fear, fear of violence, and violence itself as a cultural norm, I’ve come to understand the toll that even the more subtle forms of violence have had on our collectively psyche. This helps me understand how we made the leap from 1940 to 1990. It also helps me understand where we can start to make a difference. Let me explain.

Increased self-awareness always precedes conscious, productive changes. We, collectively, have reached a stage in our evolution that part of this awareness must come through learning to be consciously and *constantly* in touch with our energetic body, the vitality of our life-force, and our inner, energetic “pulse”. Each of us has a personal resonance, which is our unique vibrational “fingerprint”. External energetic patterns we experienced through our senses impact our personal resonance, either enhancing it or negating it. Some examples of ways these everyday energetic influences happen are through

- Sound (e.g., music, a songbird, a scream, verbal insults and assaults, traffic and industrial noises, etc.),
- Sight (e.g., color, patterns and icons, a baby, vulgar visuals and graphics, witnessing a trauma, etc.),
- Smell (e.g., aromatherapy, a bakery, inhaling pollution, smoke, and exhaust fumes, etc.)
- Touch (e.g., petting an animal, touching prayer beads, being hugged, being shoved or hit, etc.)
- Taste (e.g., fresh organic produce, chocolate, vinegar, deep fried or highly processed food.)

Even our internal mental and emotional thoughts trigger a series of electro-magnetic and chemical sequences (i.e., energetic patterns) that impact our personal resonance. Again, these can either enhance your vibrational fingerprint or create imbalance and/or toxicity within it.

When we can collectively recognize and learn to observe the energetic patterns immersed in our everyday life, we can make conscious choices about the energetic resonance of that which we align ourselves. “Everything in the universe has a natural vibrational frequency. All similarly vibrating objects of the material and energetic universe are potentially linked by resonance. Your experiences resonate in accordance with your inner energetic pulse. Others tune-in to this pulse or “inner state” that you amplify. Thus, wherever you go you connect to the same types of friends, relationships, and circumstances. If you don’t like the connections you’ve formed you cannot break them, but you can transform your inner state so as not to resonate with those connections. In other words, to change what you encounter in the world, you must change the levels and qualities to which you resonate and give your attention.”³ We individually have the power and ability to connect with the melody, harmony, rhythm, and vital pulse of all form. This means that we individually also have the power and ability to disconnect with the resonance of fear, violence, and destruction that currently permeates our culture. In essence, we can consciously choose to resonate, i.e., “tune-in”, with energetic patterns that allow us to *experience first hand* the integrated harmony of universal oneness, harmony, and balance. This is the resonance of peace.

Historically there has been resistance to believing in the “invisible” world. There is still an ingrained attitude that if you can’t see it, then you can’t trust it, and therefore it doesn’t exist. As time has rolled along, greater understanding, so far mostly through science, of “invisible” things that impact us have come to be understood: viruses, radio waves, wireless phones, etc. When it comes to fear and violence, our understanding of what takes place on the “invisible” realm is not acknowledged, much less understood.

³ From [Beginner's Guide to Constructing the Universe](#), by Michael Schneider.

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It is our investigation, research, and increased awareness of our collective “vibrational vitality” that is key to creating a collective motivation for transitioning to a world of true peace, security, balance, and harmony. Building expertise in recognizing, monitoring, and restoring “vibrational vitality” at the individual, household, community, and larger collective levels will lead us to a deep understanding of how fear and violence damages *everyone and everything* in the “invisible” world. Thankfully, there are many people and organizations that are researching the resonance of peace and love and quantifying how the energetic dynamics of love and peace impact our bodies in positive ways.⁴

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It is imperative to healing our dying culture that people learn to readily recognize and neutralize the *energetic* forms of fear and violence and understand the energetic impact both have on our individual beings and our collective consciousness. For example, there seems to be a common belief that if a person has clean hygiene and comfortable material surroundings, and behaves according to cultural norms, he or she are living a “clean” life. This is not true. Look at what the opening reference regarding *common* problems in public schools says about our cultural norms! A person and his/her environment can be physically clean – even feng shui’d(!) while their physical, mental, emotional, and energetic bodies are grossly contaminated, even toxic.

How does energetic contamination happen? The energetic patterns from the things you see, hear, taste, and physically and emotionally feel wash over you, much like a ripple cascades across a pond. The externally generated energy is absorbed into your own resonance pattern, i.e., into your vibrational “fingerprint”. Our energetic bodies were designed to continuously cleanse and flush out anything that causes discord in your base resonance, much like tears constantly lubricate and cleanse your eyes. However, when negative energy is continuously absorbed and builds up in your energetic body, it creates blockages that disrupt the natural cleansing process. This reduces a person’s ability to communicate clearly with cosmic and earth wisdom and it reduces the ability to retrieve and act on divine wisdom and guided information. Again, look at our “cultural norms” to understand how collectively contaminated we all are.

We all – healers included! – have barely an inkling of how much the “everyday” resonance of our collective deluge of fear and violence constantly pummels our energetic bodies. We have barely begun to understand how even the subtlest forms of fear and violence resonance via the realms of the “unseen” impact our health and well being. Until we come to understand how to shift our individual resonance to vibrate with one of peace and harmony, we cannot hope to stay energetically “clean”: We will still be vibrating within the dominate cultural resonance of fear and violence. For instance, all of us have lived, attended schools or social events and worked with “toxic” individuals whose negativity affects an entire group. We need to bring into our collective consciousness the recognition that all forms of fear and violence assault our physical, mental, emotional, chakras, etheric, electromagnetic and other energetic bodies causing a deep, energetic contamination. Fear “freezes” energy in the body while violence effectively contaminates and congests our physical, mental, electromagnetic, emotional, and other energetic bodies. Both fear and violence create density in our being and lower our natural vibration/resonance. This, in turn leads to extreme disease (dis-ease) and dysfunction (e.g., refer to the 1990 list of typical problems in schools).

PART-3. Creating Peace: Re-creating our Collective Patterns of Resonance

Before we can even hope to create a peaceful world, we must create a new context, a new knowledge base, and even new language for how we individually and collectively see the energetic level of our interrelationships and interconnectedness with the whole of the humanity and planet at large. How can we stop this mad freefall and instead, shift our focus to creating a life and environments that support, revitalize, and enhance our children’s and one-another’s lives?

Changing Context. We can shift our individual resonance by approaching all thoughts, intentions, and actions with “The Art of Peace” leaving “The Art of War” behind. Start with the premise of assumed peace. Start with the belief that the reason for all actions, processes, or products is to increase or maintain peace and to remove that which damages or obstructs peace. For example, a myriad of methods, tools, and techniques have evolved around “conflict management” and “anger management.” What would happen if we approach the same situations with tools and techniques that focus on creating solutions with “peace and harmony management” methods, tools, and techniques? I believe that the same situation will come to a completely different resolution when approached from the assumption that peace is the expected outcome rather than “damage control” as the goal. *We can do this!*

But how do we go beyond the philosophy, study and organizational response of creating peace? We must seek, explore, create, and master *the resonance* of peace which creates a sense of joy, security, and belonging that is beyond the mere philosophy. Today, many experts and

⁴ One example is the Institute of Heart Math (IHM) (see www.heartmath.org) whose mission is to facilitate people in finding the balance between mind and heart in life’s decisions. The IHM developed the HeartMath System: a set of practical techniques and technologies that help people transmute stress and negative emotions in the moment, improve performance and enrich the quality of life.

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professionals are masters in the study, strategies, and logistics of physical and psychological war, fear, and violence. We must cultivate expertise and professions that create masters in the physical, psychological, and **energetic vitality** of the strategies and logistics of physical and psychological peace and harmony. Building and sharing our collective understanding and knowledge base of the resonance of peace will prompt a fundamental shift in everything from the language⁵ we use to how we approach caring for our children, our selves, our neighborhoods and communities, how (and why) we design and develop products, and how we structure our socio-economic systems. Even our criteria of heroism and things we celebrate will shift.

Mastering Vibrational Vitality. It is the interdisciplinary venture within the studies of science, art, philosophy, and humanities about how individual and collective resonance (vibrational vitality) interacts that holds the keys to a building a completely new area of knowledge. In nature, pattern-forming processes operate within strict limits, yet create endless varieties of shapes, patterns, and harmonies. There are no bureaucracies, organizations, or courts of law that regulate the essence of nature. In nature, a perfectly balanced environment creates perfect expression of form (say, a perfect red rose), which comes with an energetically measurable pattern of vibrational vitality. What thoughts, intentions, actions, and external energies (e.g., colors, sounds, geometric patterns, emotions, etc.) boost vibrational vitality of our collective environment (i.e., our collective resonance)? How can we understand what things, circumstances, or belief systems damage and undermine vibrational vitality?

Part of this new area of knowledge is to identify what can prevent the damage from occurring in the first place. Creating vibrational vitality comes from creating energetic balance and stability, which in turn creates a context of peace. This is beyond man-made laws and institutions. We each individually have the power to explore, learn, share, and master our own vibrational vitality. We don't have to wait for a body of experts to evolve. Each of us has the ability to begin within ourselves. In every thought, intention, and action are you contributing to or breaking down the vibrational vitality of yourself and those with whom you come in contact? What vibrations create the resonance of care and compassion? How do people (individually and collectively) react to the resonance of care, compassion? What influences enhance or diminish our capacity to receive, utilize, store, transform, and transmit a sense of joy, security and belonging?

As mentioned repeatedly, all of us has a personal resonance, our unique vibrational "fingerprint". The pure base essence of each vibrational "fingerprint" is the brilliant inner light of our energetic core. Our collective "inner lights" are designed to resonate together, in harmony with the universal vibration of peace, harmony, and balance. For many, if not most of us, our inner lights are like hidden treasures, buried deep within us, untouched, undiscovered. The change in context to peace and mastering the new skills of vibrational vitality are keys to unearthing our buried treasures and accessing and unleashing our inner lights. Our collective transition of mastering and integrating the resonance of our inner light into our daily activities is what will become our new language – the language of light. When each person shifts his/her resonance to vibrate with the resonance of peace in every moment (and no longer resonates with the vibration of war, fear, and violence), the power and momentum of war fear, and violence will diminish and subside.

Once critical mass occurs, a tipping point will shift our collective consciousness to the resonance of peace. The shift in our collective resonance to peace is the true "New World Order." Use this new resonance, this new language not just in meditation, but with how you breathe, see, and interact in every moment. Let's create the gentle resonance of reverence for our children, our elders, and each other. Join me and many others in building this new resonance, this new language (the language of light), and this new world order.

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⁵ I found it very telling that the definitions I found for "violence" were varied and many, whereas the definitions I found for "peace" essentially started with the context of "an absence of violence". I wondered how we can create a new context for violence then, as starting with "an absence of peace". I was intrigued to think of the myriad of new nuances and expansive definitions we will create in the coming years around the term "peace".