



Introduction

By JOHN BICKART, Ph.D. | **Science Education and Spiritual Transformation / Introduction**

"If you don't know where you are going,
you'll end up someplace else."
- Yogi Berra

This book is made of thought-provoking science lessons that use critical thinking to transform yourself - to develop spiritually. For me that means listening to your heart, and thereby having the life you deserve.

Are you a student of science? What does that mean to you? Does it mean that you want to know the rules of science so that you can work in that field? What about your purpose in life? Do you consider yourself to be a whole person with the desire to develop your character in addition to learning science? This book may be for you if your learning path is full of *living questions* and the *stuff of wonder*. Do you feel like every fact that is thrown at you is allowed to be challenged, overthrown, or updated? If you feel that you live in a space where there could be a knocking at the door at any moment and new ideas and new versions of yourself might come walking in ... then join me in these creative lessons and essays.

Science education is like making friends because you form relationships with whatever you study. And just like a relationship with a good friend, it can be spiritually transformative. What is a spiritual relationship? It is one that is more about giving than receiving - where you truly care about someone or something - one that transforms into genuine friendship with the world around you, with nature.

This book contains 20 of my favorite lessons from over 50 years of teaching. These are the ones where I felt successful in reaching students - all manner of students. In each, we tried to listen to a spiritual message from nature that we could apply to our own lives. In the 70s, I taught in a Waldorf school. In the

80s and 90s, I consulted on adult education in the corporate world to Fortune 500 companies. Then, I taught in a high school where I met fascinating students who were largely emotionally disturbed. Following these wonderful experiences, I taught in a men's, then women's prison. I have taught in different parts of the world from Shanghai to Peewaukie - from New York City to San Francisco. I have been pairing science with spirituality before the mainstream was interested in entertaining such a dichotomy. But, what about now? It seems to me that humankind has a chance right now to make a significant transformation.

Just think of the possibilities if we could extend our passion for relationship with friends to all of the beings of nature? What if we pursued science with the intense, heart-felt intangibles that we feel for our loved ones?
