

Wake Up Call #19a

Holistic versus The Divided Self

I love how Ralph Alan Dale does a translation of the Tao Te Ching. In Verse 21, he has this one paragraph that just blows me away.

"The Great Integrity [John: *that's when we perceived everything as one*] was apparent

before time, space and matter appeared to separate. [John: *which is pretty much as long as we remember nowadays. We think everything is separate.*]

How can we re-mind and re-infuse ourselves with this very touchstone of all essentialities and connections?"

(Laozi, 2005/circa 500 BC, Verse 21 The Great Integrity is a Paradox, Tao te ching : a new translation & commentary)

That's our goal for today. How can we remind ourselves that things are really whole? Well, Socrates said all learning is remembering. You know that re-member means to put the members back together - that were whole - that you forgot are whole. You forgot. We forgot.

So, I have a little exercise to re-member that we're really all whole. Just look at the sky. The sunlight is coming in and makes all light around us, so during the day you can't see the stars. But they're there. And, according to where you are on the earth and how good your eyes are and how the cloud cover is, you can see five to ten thousand stars. Ok? But how many are up there? Well,

we don't know. But the latest scientific reports are that we think there are some sextillions of stars.

They're all there, ok? When you look up, and you see all of them, all of those individual beams of light - some of which are not a star, it's a galaxy itself with thousands and millions and trillions of stars within a galaxy - sometimes they're coming into your eye as separate beams. And they are all in the iris of your eye at one time - joined. But by the time it gets from the front of your iris, to the back of your eye, they're separate and you see a separate picture- something that is whole, that has parts. And when you take a step a little bit over to the side, you can still see all of them. That means all of the stars are shining light on that step also - and over here - and over there - and over here - and over here. They're shining light everywhere - something that can be whole and taken apart - that has sextillions of parts, at least. (That's just modern science. We don't know anything. Who knows what is really out there?)

So, the next time you look at it, remember that there is a whole that has many parts that is coming together in your eye - and shining on you - and giving you something - that we used to understand - that we are just starting to re-member. That's it. And it takes sixty seconds to do it. You know what you do? You look up at the sky. And just remember, you're a whole - there's a whole - not an 'us & them' - we're all together. I'll see you in one of those tomorrows.



References

Laozi, D. R. A. C. J. (2005/circa 500 BC). *Tao te ching : a new translation & commentary*. New York: Barnes & Noble.