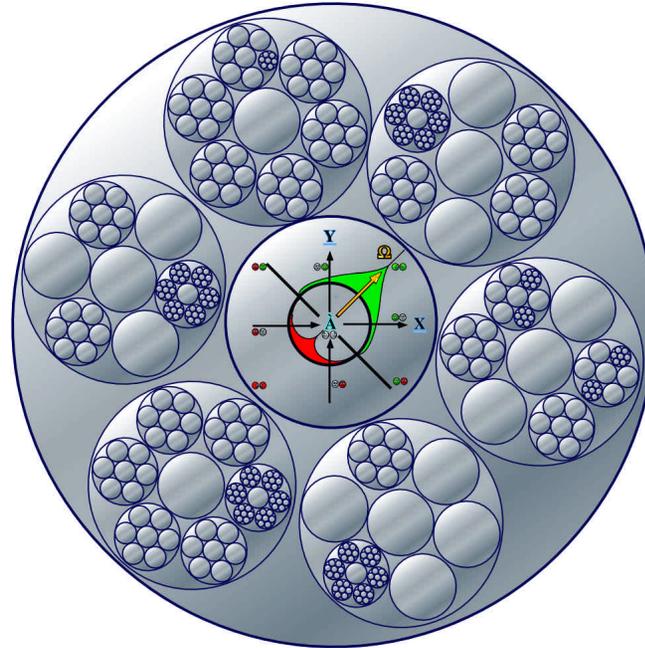


Timothy Wilken, MD



Local Physician, Synergic Scientist,
and Perennial Student

www.SynEARTH.net

A Time for Healing

Timothy Wilken, MD

Thursday Evenings 7:00 to 8:30 PM

A continuing program of events consisting of lessons, meditations, exercises and discussions on health and wellness. Each event is designed to be meaningful, and useful in its own right, but experienced together, they form a whole that is greater than the sum of their parts.

Reality Rules



Science of Mind

Opening Treatment

Defining Reality

1 : the quality or state of being real

2 a (1) : a real event, entity, or state of affairs <his dream became a *reality*> (2) : the totality of real things and events <trying to escape from *reality*> b : something that is neither derivative nor dependent but exists necessarily
- in reality : in actual fact

Synonyms: Fact, Actuality, Materiality

—Merriam-Webster

Antonyms: Pretend, Dream, Fantasy

Reality



“Reality is a side-effect of the relationship between self and other.”

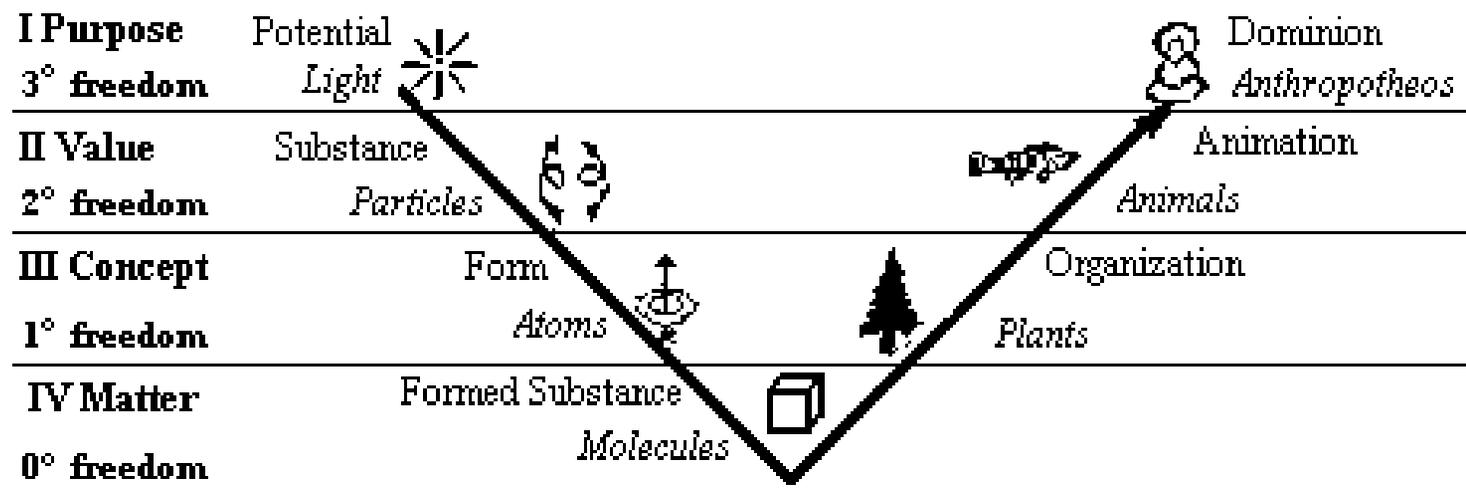
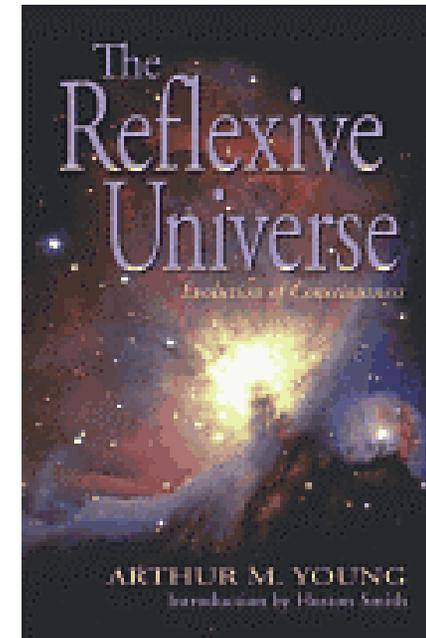
—Judy Wilken

Selves and Others in Universe

Arthur Young identified seven stages of process in Universe — *Light, Particles, Atoms, Molecules, Plants, Animals, and Humans*. And these seven stages of process also divide into *self* and *other* — in fact into countless selves and others.

And, when we examine the myriad of relationships between these *light* selves, *particle* selves, *atom* selves, *molecule* selves, *plant* selves, *animal* selves, and *human* selves, we discover our Universe in all its magnificent glory.

Arthur Young





It's really Simple.

“Universe to each must be, all that is, including me. Environment in turn must be, all that is, excepting me.”

—**R. Buckminster Fuller**

Other is included in Fuller's definition of environment. Other is that human component of environment that is not me. All relationships are between self and other. From my perspective I am self and you are other, but from your point of view you are self and I am other. This is a very simple way of looking at things.

Relationship is Critical



If we understand that reality is generated at the interface between self and other, then it follows that the quality of the relationship between self and other is critical.

Adversity — • — **Neutrality** — • — **Synergy**

If our relationship is *adversary*, then we will **lose**. We will be *less* because of our relationship with each other. We will be less happy, less effective and less productive. Our reality will be hurtful, negative and painful.

If our relationship is *neutral*, then we will experience a **draw**. We will be *unchanged* by our relationship with each other. Our happiness, effectiveness, and productivity will be unaffected by our relationship. Our reality will be ignoring, meaningless and indifferent.

If our relationship is *synergic*, then we will **win**. We will be *more* because of our relationship with each other. We will be more happy, more effective, and more productive. Our reality will be helpful, positive and pleasurable.

Reality is Personal, Local & Immediate

Reality is *personal*. It is happening between you and me.

Reality is *local*. It is happening wherever you and I are. Yes, there is reality in downtown San Francisco, and there is reality in New York City. But for each of us, reality is right *here*.

Reality is *immediate*. It is happening right *now*.

Control of Reality

And, remember, control over reality is shared.

If I raise my voice and start yelling, won't you notice that your reality is suddenly LOUDER? If I start pumping hostility into our shared reality, you will feel that hostility. You may even react and pump some hostility yourself.

If I start pouring friendliness into our shared reality, then chances are you will respond to that friendliness and we will both find that reality is more pleasant.

Everyone you meet has some control over your life. Anger them at your own peril.



Self and other create and share their Universe.

If we understand these three simple ideas — that *reality is generated at the interface between self and other*, that *reality is personal, local, and immediate* that *control of reality is shared*, then we discover that the relationship between self and other determines everything in our lives.

The Rules of Reality

Every individual's success in life depends on how well they understand the rules of reality, and how well they cooperate with those rules.

Reality Is!



A Dinner Tale



All You Get is the Second Move!



Schematic Diagrams

A schematic diagram has a special meaning in science. It means that the drawing is simplified. It makes no attempt to show the full relationship of the idea or concept being represented.

A schematic diagram is a metaphor for the concept or idea being presented.

Next I will show you some schematic diagrams of the space-time continuum. That means that the space-time continuum is more complex than represented on these simple diagrams. But our drawings can still be instructive in helping us to understand.

Understanding Space-Time

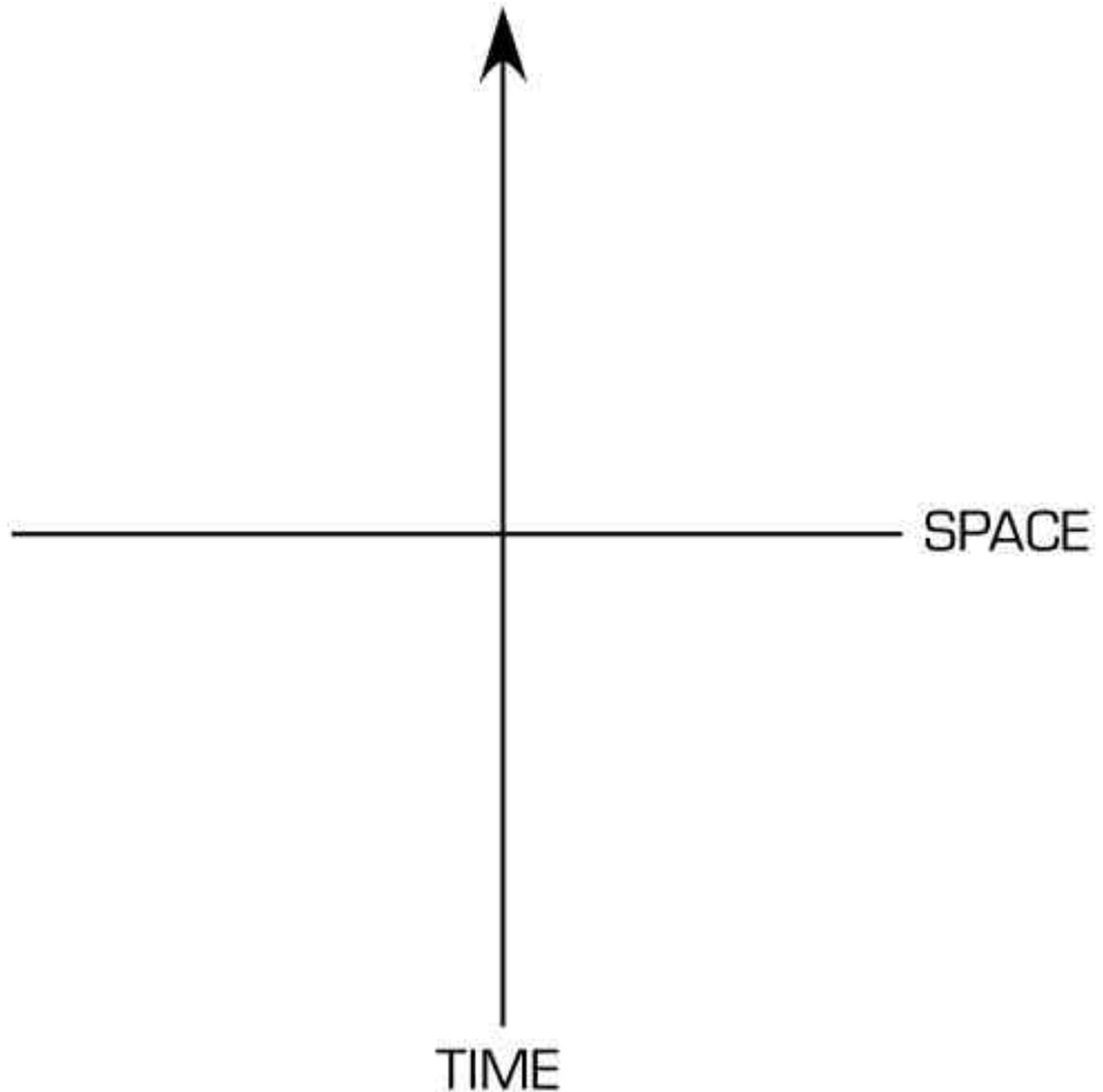
Now I will begin by drawing a simple horizontal line to represent space. Now we all experience space as three dimensional. The 'objects' in our world have height, width and depth. But in this simplified schematic we are representing space with a one dimensional line.



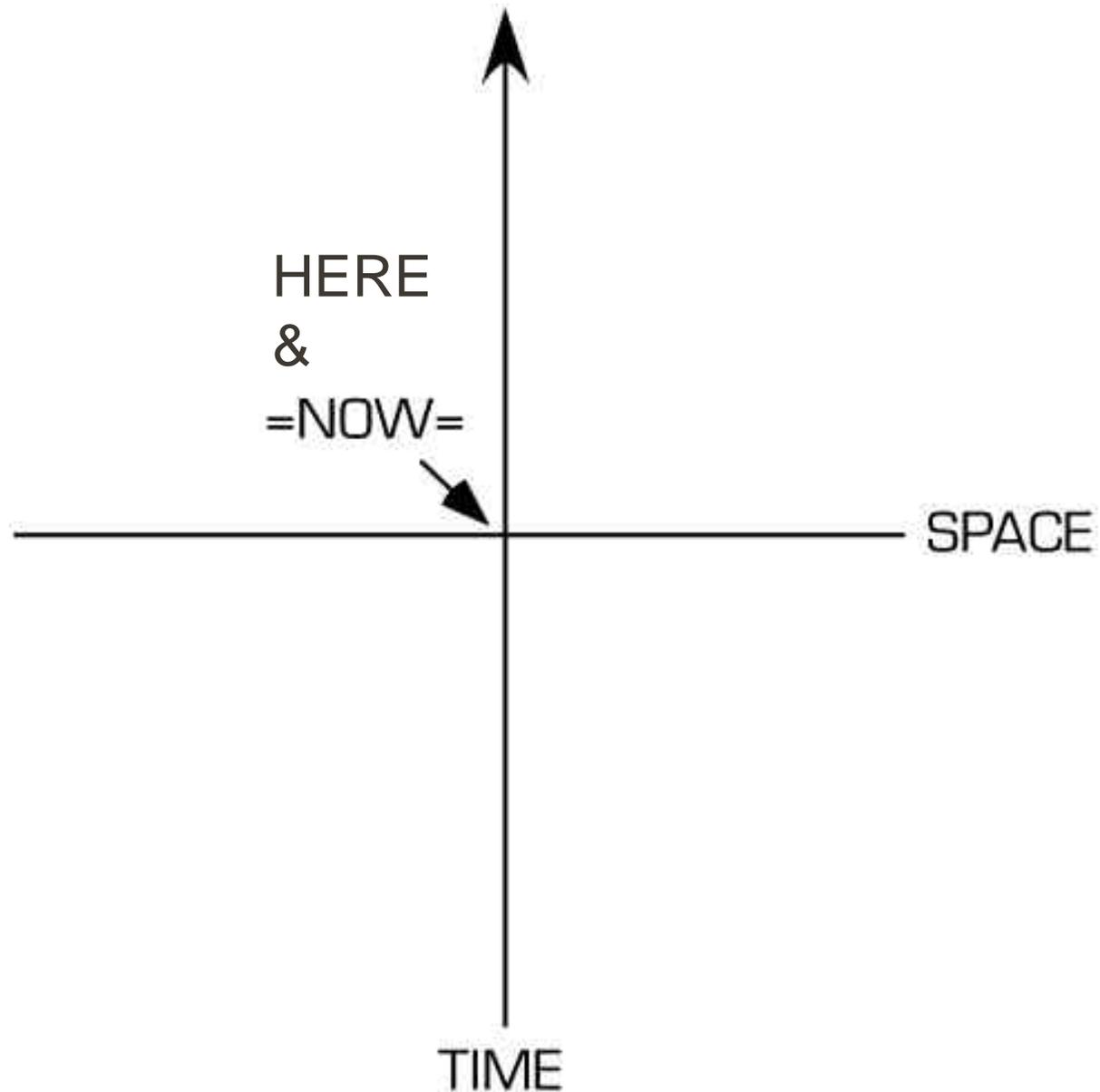
SPACE

Now I will add a second vertical line to represent time. And this line will be an arrow because time has a direction. It always moves from the *Past*-> to the *Present*.

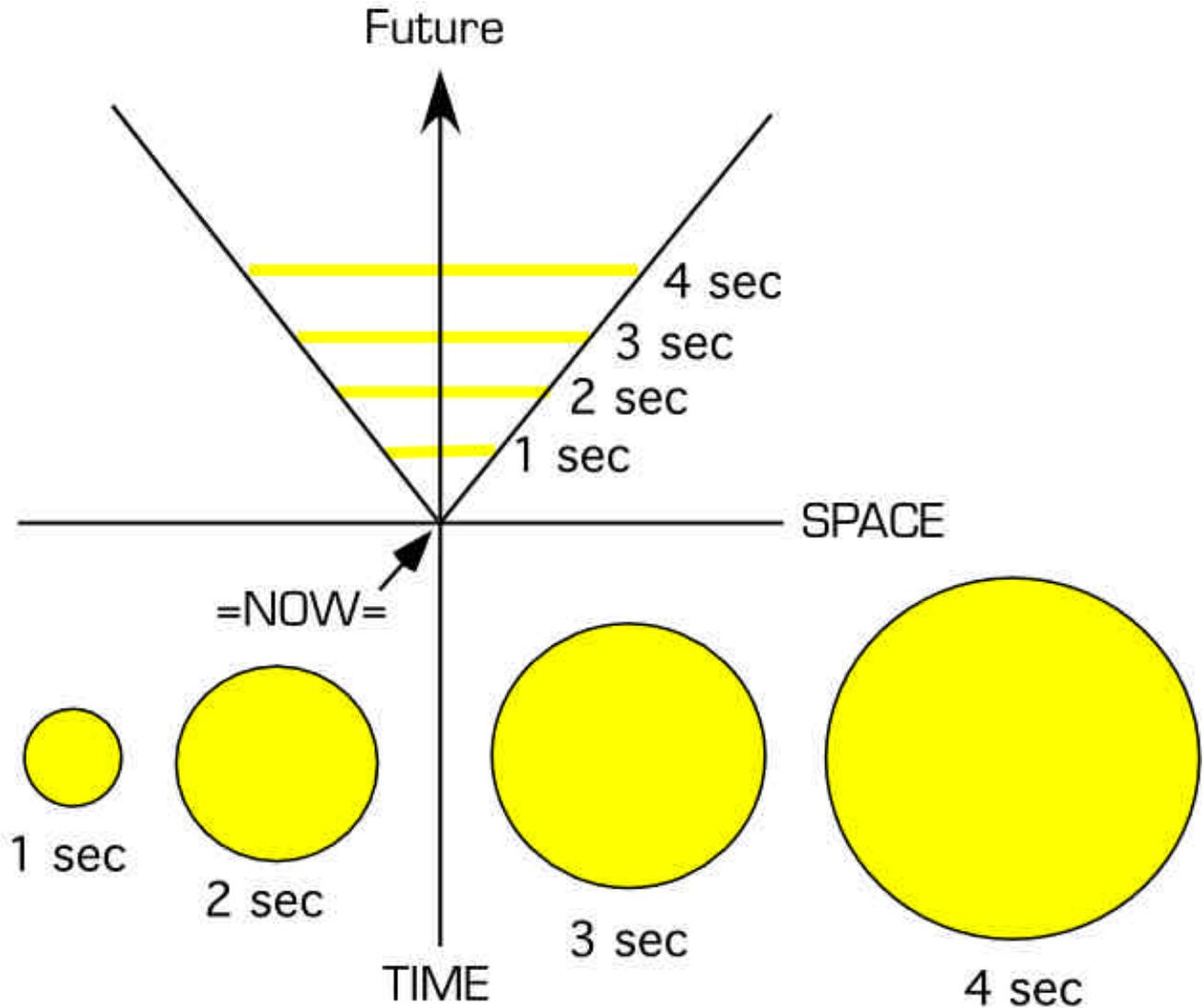
And, from the *Present* -> to the *Future*. This vertical arrow represents the direction of time.



“Where and when do ‘space’ and ‘time’ intersect?”

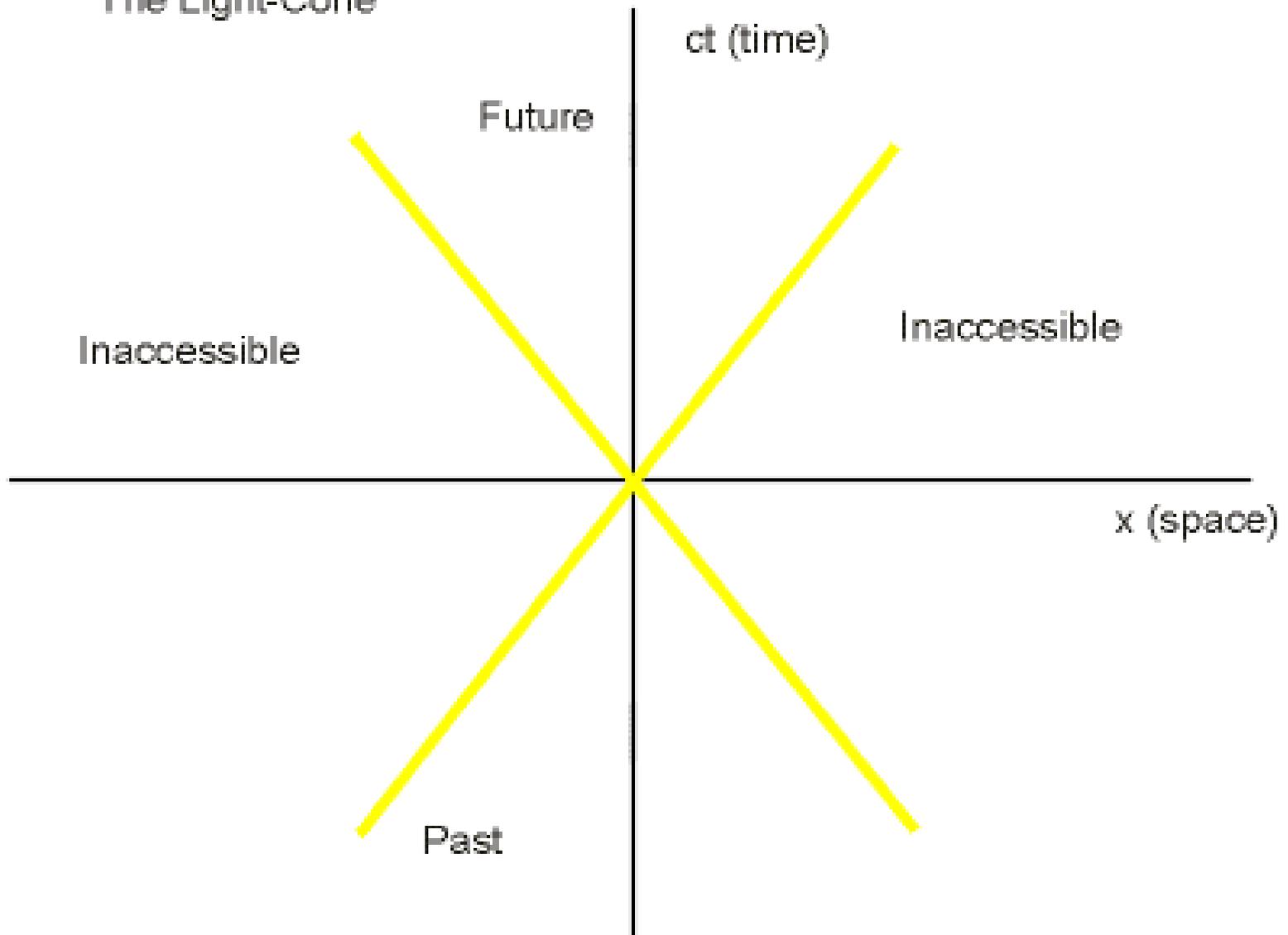


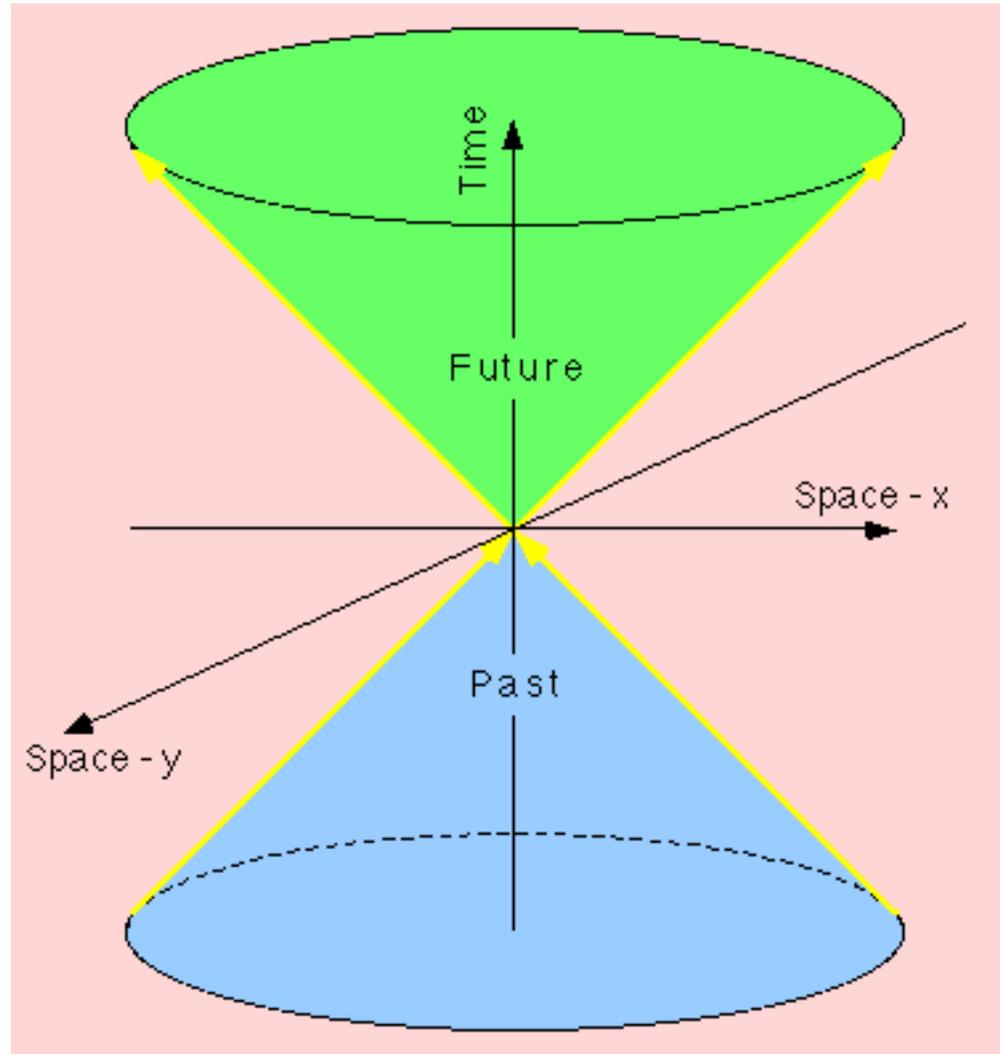
Light Cone



What would happen if an event occurred at the now point. How would information about that event travel through space?

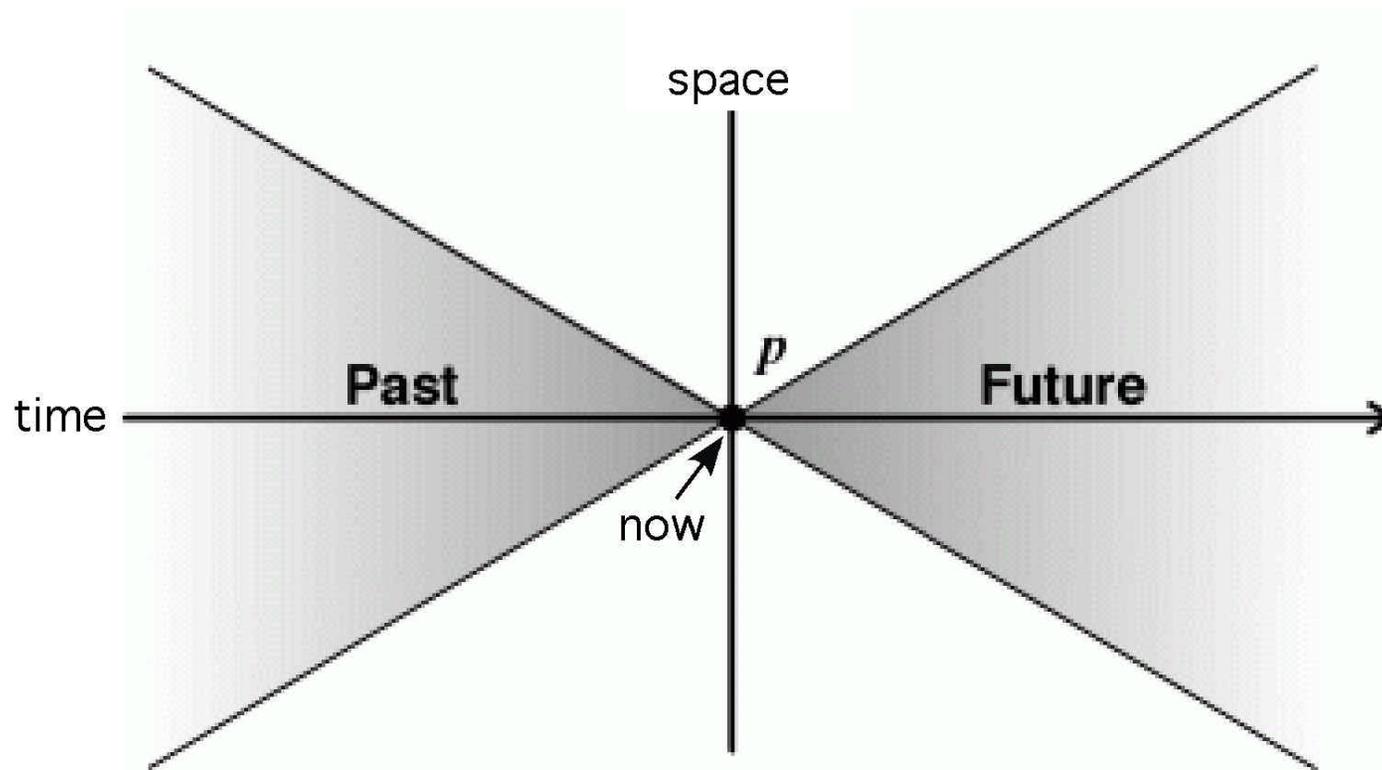
The Light-Cone





Remember that the Past light cone represents the limit of what volume of Past Universe can effect a Future NOW. And, the Future light cone represents the limit of what volume of Future Universe can be affected by a Past NOW.

Past —> Present —> Future



We experience reality as a series of NOW moments—one after another. NOW » NOW » NOW » NOW » ... NOW » Etc., Etc.

NOW » NOW » NOW » NOW » ... NOW » Etc., Etc.

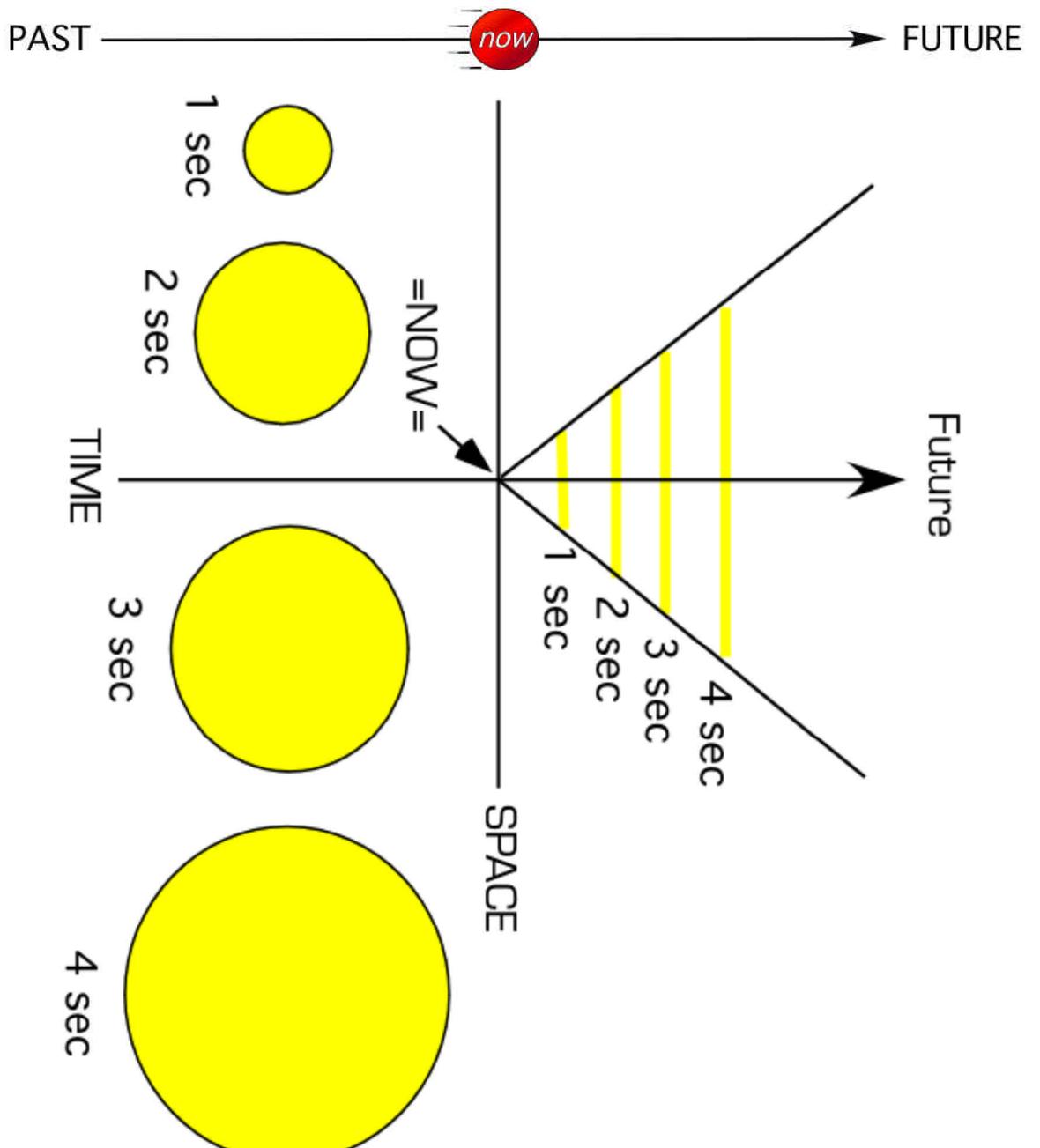
Imagine the NOW moment is a bead on a string.



The string is TIME's arrow, and the bead is sliding forward from the past towards the future. And, information from that NOW moment is radiating into space at 186, 000 miles per second.

Here we have rotated our light cone 90 degrees so we can see the circles of information as they radiate out from the now moment into space.

And, so we see that reality is very much about space-time.



Reality is NOW!

When are you touching reality?

The Action point of universe is NOW. The past is over. All you get is the second move.

The scientific should says whatever happens should happen.
The universe follows the laws of cause and effect.



Non-Existent Laws of Reality

There is no law that says: Reality is RATIONAL.

There is no law that says: Reality is FAIR.

There is no law that says: Reality is JUST.

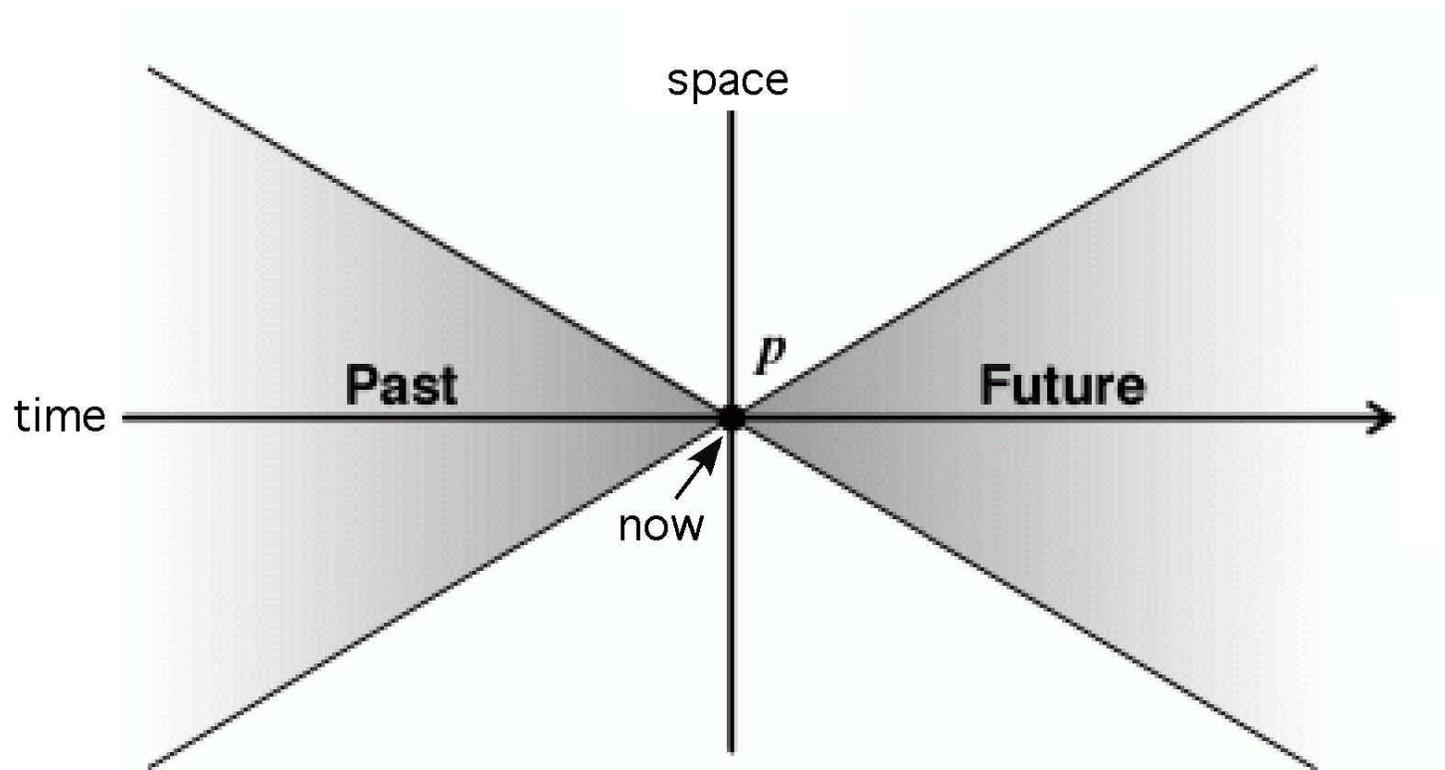
There is no law that says: Reality is FORGIVING.

There is a short law of NATURE that says:

REALITY IS!

Reality IS!

Reality is NOW!



Whatever happened should have happened. The Past is over.
All you get is the second move. What are you going to do now?

Alfred Korzybski



If Universe is a unity—
if Universe is a whole—
if all the ‘things’ in universe are also
unities—
if all the ‘things’ in Universe are also
wholes—
then these ‘things’ cannot be broken
down into basic ‘elements’.

Principle of Non-Elementalism

“This generalization states: that any organism must be treated *as-a-whole*; in other words, that the organism is not an algebraic sum, a linear function of its elements, but always *more* than that. It is seemingly little realized that this simple and innocent-looking statement involves a full structural revision of our language, because that language, of great pre-scientific antiquity, is elementalistic, and so singularly inadequate to express non-elementalistic notions. The problems of structure, ‘more’ and ‘non-additivity’ are very important and impossible to analyse in the old way.

“We cannot split the reactions of humans verbally and elementalistically into separate ‘body’, ‘mind’, ‘emotions’, ‘intellect’, ‘intuitions’, etc., but must examine ourselves from an *organism-as-a-whole-in-an-environment* (external and internal) point of view. This parallels the Einstein-Minkowski space-time integration in physics, and both are necessitated by the modern evolution of sciences.”

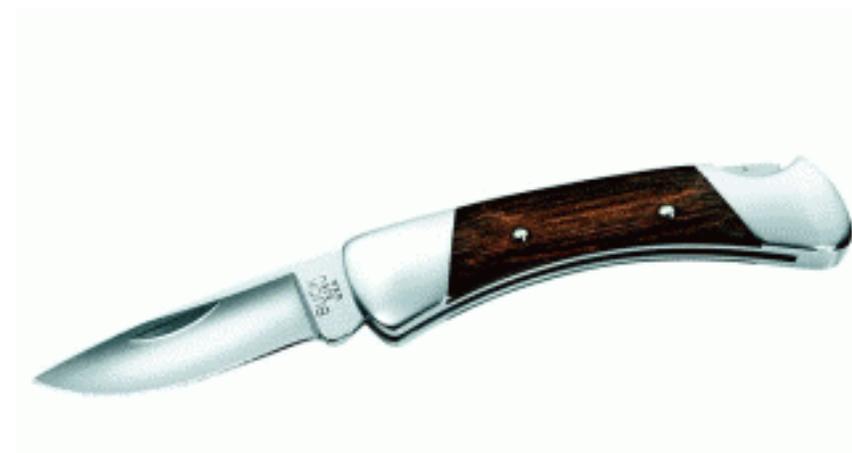
—A Korzybski (1933)

Tell Me All About the Apple



Tell Me All About the Apple







Non-Allness

Jacob Bronowski speaking in 1976 on the *Ascent of Man*:

“One aim of the physical sciences has been to give an exact picture of the material world. One achievement of physics in the Twentieth Century has been to prove that that aim is unattainable. ... Let us examine an object with the best tool we have today, the *electron microscope*, where the rays are so concentrated that we no longer know whether to call them waves or particles. Electrons are fired at an object, and they trace its outline like a knife-thrower at a fair. The smallest object that has ever been seen is a single atom of thorium. It is spectacular. And yet the soft image confirms that, like the knives that graze the girl at the fair, even the hardest electrons do not give a hard outline. The perfect image is still as remote as the distant stars.”

Paradox

“We are here face to face with the crucial paradox of knowledge. Year by year we devise more precise instruments with which to observe nature with more fineness and when we look at the observations, we are discomfited to see that they are still fuzzy, and we feel that we are as uncertain as ever.

“We seem to be running after a goal which lurches away from us to infinity every time we come within sight of it.

“The paradox of knowledge is not confined to the small, atomic scale; on the contrary, it is as cogent on the scale of man, and even of the stars.”

—J. Bronowski



Reality is Non-ALL



Assumption

Incomplete and imperfect knowing means that every human belief is an assumption. We can never know for sure. We can never know ALL.

As you sit in your chair reading these words, you assumed the chair would hold you. You did not check under the chair to see if it had broken since its last use. When you ate lunch at your favorite restaurant last week, you assumed the waitress had washed her hands. You assumed the cook did not have hepatitis. If you had assumed otherwise, you would not have walked into that restaurant. You would not have eaten your lunch. We humans assume. Herein lies our uncertainty — that's all we humans can do. There is nothing wrong in our assuming, we are simply obeying a fundamental 'law' of Nature.

Certainty

The principle of Non-Allness reveals that certainty is an attitude that has no basis. Certainty is granted to no human. The human condition is one of ignorance. There is always something I don't know. We are always assuming something.

If I am ignorant of my ignorance, then I become certain. Ignorance of ignorance is a very dangerous and highly leveraged form of ignorance. If ignorance is the opposite of knowledge, then certainty is the opposite of wisdom.

Humility & Caution

Once you know you make every decision without all the information. Once you know that you must by the very structure of reality be assuming something that you don't know and can't know for sure, you should expect to make mistakes.

Making mistakes is the human condition, and one hundred percent natural.

We humans can know, but we can't know all. What we don't know can easily injure us and others.

Reality's Rules

Reality is personal, local and immediate.

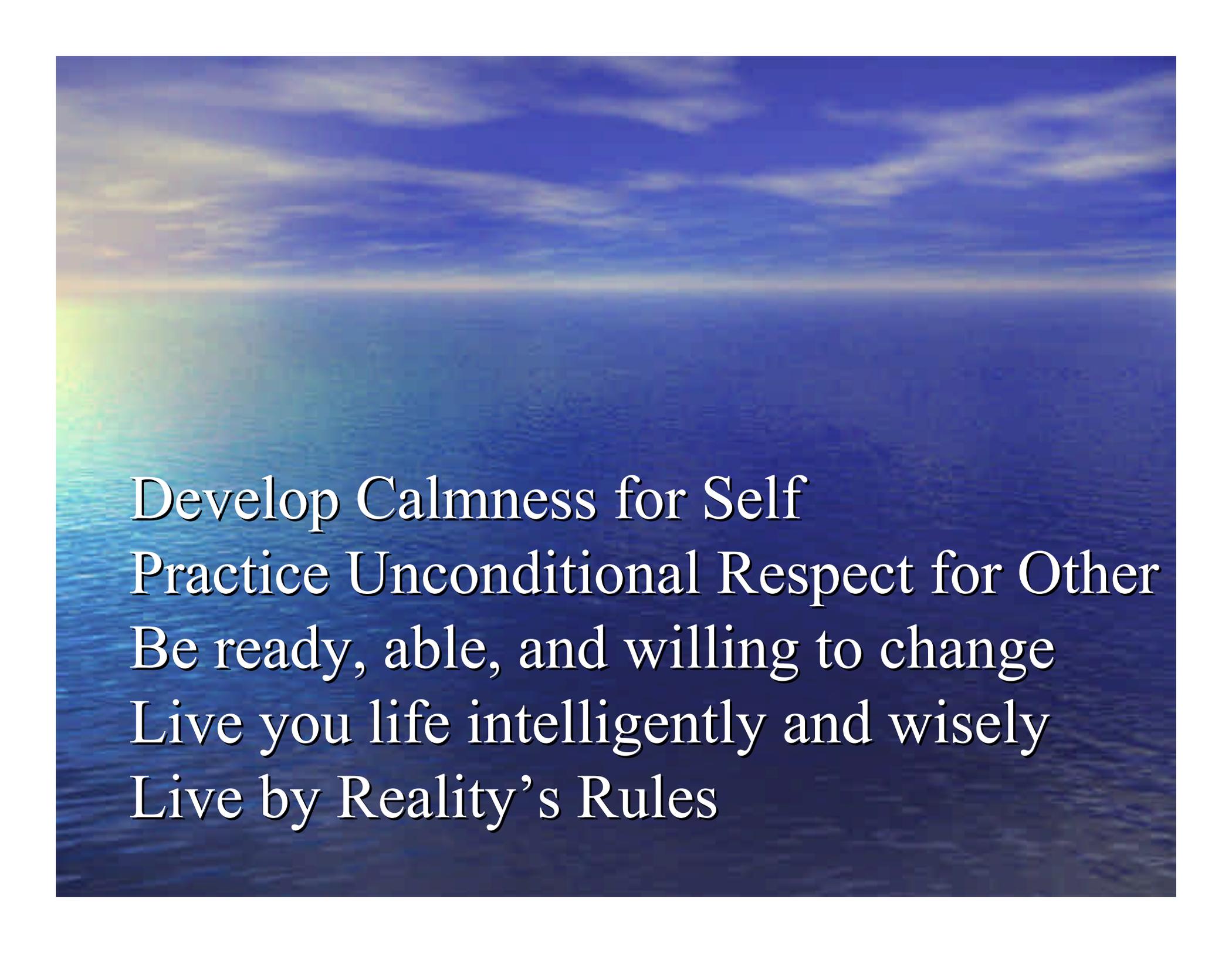
Control of Reality is Shared.

Reality is generated at the interface of self and other.

Reality IS! This is the basis of the scientific “should”. What ever happened should have happened.

Reality is NOW. The past is over, all you get is the second move.

Reality is NON-ALL. Act with humility and caution.



Develop Calmness for Self
Practice Unconditional Respect for Other
Be ready, able, and willing to change
Live you life intelligently and wisely
Live by Reality's Rules