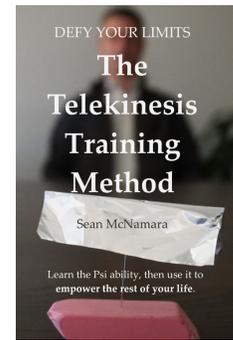


From the book:
37. We Are One



The knowledge that our perceived separateness from each other and from our world is *merely an illusion* has existed in human consciousness for thousands of years, passed on through ancient spiritual tradition. Today, this idea still finds its voice in the Indian Yoga tradition, particular philosophies of Buddhism, and teachings on Non-Duality, among others.

Philosophers and scientists are adopting concepts from quantum physics and finding parallels with these spiritual perspectives. Though I'm not scientifically qualified to speak about these ideas,* I will share observations from my own telekinesis experience. For me, personal observation always supersedes theories, no matter how spectacular the theories seem.

Do you recall the anomaly I mentioned earlier? I described how once in a while, the object would begin turning just as I entered the room. I had entered and exited the training area hundreds of times, so if the movement was just the result of

* I also dislike the popular use of quantum theory in *some* self-help publications because of the difficulty in proving the successful application of their ideas. This is the advantage of telekinesis, that you can see it immediately with your own two eyes.

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my footsteps, it would have become obvious. Also, the object didn't react that way when other people, people who weren't entrained with the object, also entered into the room. It had a *relationship with me*.

That idea is enough for me to consider that these ancient teachings and modern hypotheses might be accurate. Although I'd only actualized my connection with specific objects during my telekinesis training, it doesn't mean that an inherent connection doesn't already exist between us and everything else in this world.

Another occurrence is related to this experience. Most of the time, the object "behaved" and kept still as I entered the room and sat down in front of it. Yet before I had consciously begun the experiment and directed my attention to it, it would begin to turn. I wouldn't go so far as to say it was reading my mind. Rather, I'm more inclined to wonder if it was skipping ahead in time, into the future.

Research and theoretical explorations in quantum physics describe subatomic particles being capable of appearing in two places at the same time, and also disappearing and reappearing into past and future moments,* albeit very, very quickly.

There have been instances when I would work with an object for a while, finding no success, no movement at all. I would stand up to take a break. Sometimes I'd stay right there, other times I'd walk a few steps away, or exit the room.

* See Zukav, Gary (1979), *The Dancing Wu Li Masters*

Spontaneously, the object would move, significantly. The movement was bigger and faster than usual.

Earlier in this book I hypothesized that energy accumulates in an object over time, and that a certain amount is required for motion to occur. I also mentioned that sometimes in the moment of giving up my efforts, the object would only then begin to move. This indicated that something in my mind had been preventing the movement.

Odd as it may sound, when this occurs, it feels like the object is actually catching up in time. I use the word “feels” because this is more of an intuition than an observation for me.

There’s a reason why I bring up the question of time. During some of my early experiments I’d sit with the object and, while keeping the physical image in mind I’d simultaneously visualize its next moment. This next moment was a version of reality in which the object had begun to move. During Level Two, I called this *time blurring*.

After picturing the object in motion, the future version of the one before me, I’d mentally pull that image into the present, overlaying it upon the image of the still object. I was trying to intend a future potential moment into entering the present one. What if that method was actually effective?

We might not only be *unified in space*, mutually connected at all points, but we might also be *unified in time*. The separateness of future, present and past might be as illusory as the separateness between you, me, and the things of this world.

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Telekinesis can serve as a reminder that all people share the same essence. Whatever that part of me is which extends beyond the skin boundary of my body, it has no color, no gender, no religion, or any of the other surface level distinctions we use to sort each other out. Every person's consciousness surpasses these distinctions. It is our ineffable nature which unites us.

I hope that your experience with telekinesis encourages your sense of empathy, compassion, and unity with all people.

We're all doing the best we can.

We Are One

