

Love as a Field: Altruism as a reflection of our Level of Consciousness

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The following is an edited version transcribed from a tape of the slide presentation given at the conference. References are made to the slides but this paper is sufficient to stand on it's own without viewing the slide presentation itself. You can download the presentation by going to the following link:

<http://www.e-focusgroups.com/loveasafield.ppt.pdf>

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Good afternoon. It is certainly a pleasure to be here with you today. I would first like to acknowledge how wonderful it is to be participating in a conference focused on altruism and love. I want to say how much I appreciate your attendance and participation in this conference. This speaks volumes about your vision and intention and about who you are in this world. I hope that my presentation today will give you some interesting, provocative and useful ideas about how we can extend altruistic behaviors and make them more prevalent in the world.

As we look at the first slide – a picture of our beautiful home – the planet Earth – (Slide 1) I would like to begin our time together today by sharing a quote from the noted 20th century philosopher and author Teilhard de Chardin.

“Someday, after we have mastered the winds, the waves, the tides, we shall harness. . .the energies of love. Then for the second time in the history of the world, men will have discovered fire.”

Today we will explore what it looks like to “harness the energies of Love” and what it might mean for our efforts to enhance altruism and improve our effectiveness, benefiting both ourselves as individuals and humanity as a whole.

To begin I'd like to point out two complementary views of altruism. One view is the more traditional approach, which views altruism as exceptional behaviors in which one goes beyond their own sense of self for the good or well being of another. Another view of altruism involves looking at altruism as the natural and normal result of being in a certain state, or level, of consciousness. In this view, altruistic behavior is experienced as being quite normal and natural, given how one is seeing and experiencing the world. Caring for others is quite normal and natural when we are in this state of consciousness and altruism is as natural as breathing when we are operating from such a state of being. As we will see in this presentation, this view has powerful implications for both our experience as well as for our work in designing social interventions. (Slide 2)

What's the difference between these two approaches? In the first view we are looking at behavior - that which is external and observable. In the second view, we looking at the place from which behavior comes from - which is an internal level of consciousness or state of being. In essence, I am talking about the level of beingness which underlies (or informs) our doing ness in the world. Another way to say this is that this is the level out of which our altruistic actions arise.

These two approaches can actually be seen as complementing each other. They are merely different areas of focus. It is not an either/or choice but rather an intimate interconnection that informs our behavior. (Slide 3) In this presentation we will be focusing on the internal states or levels of consciousness and seeing that they offer a powerful leverage point for enhancing altruism in ourselves and in our society.

Altruism, Love and Consciousness

Altruism, Love and consciousness are intimately connected. Altruism is clearly inspired by love. Love can be seen as a state of being or as a level of consciousness. (Slide 5) When we are in this state altruism is quite natural and normal – because of the way we feel and see the world. We act on the basis of the world we see (our worldview). From such a worldview we find it is quite normal and natural to extend ourselves lovingly, out of our caring, to others.

If this is so, then from a practical standpoint the questions become:

1. Can we consciously access this state of being? (and if so, how?)
2. What beneficial effects and results might being in such a state produce?
3. Can such a state of being/ level of consciousness act like a field to create an environment in which positive behaviors are more likely to occur? (Slide 5)

In this presentation I am expanding the common definition of altruism from extraordinary acts (“big A” Altruism) like the firefighters and policemen of 9/11, to include the more common everyday experiences of altruism, cooperation and expressions of love, appreciation and gratitude (“little a” altruism). Whenever we are kind, more helpful cooperative and compassionate towards another I consider being instances of “little a” altruism. I feel that this way of thinking about altruism is empowering because it allows us to see altruism as more immediate and accessible in our daily lives – and hence more relevant and obtainable. (Slide 6)

I’d like to begin our journey today as I began mine over 30 years ago when I met with a remarkable man who was one of the “enlightened” beings on the planet- Swami Muktananda. (pictured on Slide 7)

My meeting with Swami Muktanada changed my relationship to the world and “ reality” in ways that I was only dimly aware of at the time, but that have become increasingly clear to me over the last 30 years.

I'd like to start out by talking about expansions of consciousness that we commonly all experience in our daily lives - the natural experiences of awakening our consciousness into a deeper dimension of ourselves. For example one common experience we all have of expanded states of consciousness in our normal lives is going to sacred spaces, or visiting holy sites. When people go on pilgrimages to visit holy sites it touches them deeply. That's the power of these sites; because when you are at them you experience a different state of being. Think of the Wailing Wall in Jerusalem, or Lourdes in France, or the Lincoln Memorial in Washington, D.C.

Another place where we commonly experience expanded states of consciousness is in prayer or in spiritual study groups. For example being in Church or being in "A Course in Miracles" study group. What you experience when you are in that kind of a group is a deepening connection both with your own inner spirit and with the other people who are in the group with you. It's really palpable. Has anyone experienced this kind of a shift? During religious services? It's very common. So this whole expansion of consciousness is part of our normal range of experiences.

Another way is when we connect with others through our hearts. Inspiring music and being in nature can also uplift us. Handel's Messiah, or feeling at one with nature are yet others. These are ways that we expand naturally into expanded states of being.

Another common way that this expansion of consciousness works in the more traditional spiritual frameworks is in interactions with "enlightened beings" - however we might define "enlightenment." There are certain people who are considered to be "enlightened" who have a tremendous range and depth of consciousness - such as the highly regarded Indian sage and guru (teacher) Swami Muktananda who is pictured here (Slide 7). I had a wonderful opportunity to interact with him. In the presence of these people there is a real feeling of depth that's palpable. If you have ever been around one of these people, you have probably had a direct experience of that for yourself. It's really quite an amazing and profound experience.

I met Swami Muktananda in 1972 when I received what is referred to as “Shaktipat” from him. Shaktipat is the transmission of the guru’s energy to awaken the Kundalini energy within the student. This transmission of the guru’s energy initiates a transformation process. It is a very powerful and profound process. I had known about receiving Shaktipat beforehand but I really had no idea that that a mere touch could have such profound and far reaching effects.

During my private session with him, Swami Muktananda interacted with me on what seemed to be a somewhat remote basis. He spoke no English and, though he answered my questions he never really looked directly at me until the very end of the session. I tried to make eye contact with him but couldn’t until the very end of the session when he looked directly at me (a very powerful, intense look) and reached over and taped me gently three times in the center of my forehead, in what is commonly thought of as the third eye region – about one inch above the eyebrows in the center of my forehead. He then said to me, through his interpreter, very good, now go over there and mediate for a while, you’re done. So I went over into the corner of the room and sat down and had a nice meditation. I seemed to be fully conscious for what felt like about five minutes and then got up to go downstairs to join my friends. Well it turns out that over 40 minutes had passed which was quite surprising to me since I didn’t feel like I lost consciousness and it really only seemed like five minutes to me. Aside from this surprise I was otherwise feeling pretty good. I went downstairs and joined my friends and we did some chanting (Om Namah Shivaya) for about 30 minutes. The chanting was very enjoyable and uplifting but I still felt pretty normal.

After the chanting period was over we left the house and I’ll never forget how I felt as the door opened and I walked out of the house into the yard. I can still vividly recall seeing the brilliance of the sunlight reflect off of the trees in a most unbelievably beautiful and intense way. It seemed that the street was alive with light, the vibrancy of the light reflecting off the leaves of the trees and the leaves themselves seemed to glow with an inner brilliance. The street was alive with light, and the light was luminous, glowing, pulsating. The air smelled wonderful and the whole scene created a feeling of intense awe and bliss and beauty. It felt so beautiful in a very deep sense. My

perception was greatly enhanced and all of the sights, sounds and odors were all exquisitely beautiful. I could barely speak. Indeed I had no desire to say anything. I felt that to speak would remove me from this very deep place that I was experiencing.

I felt energy rushes in my body flowing and pulsating, and with each step I took this energy began to come on stronger and stronger. At one point I felt that I might just dissolve. I couldn't really speak. I seemed to be in a very deep state – of peace and bliss – and that talking would pull me out of it and I really didn't want to come out and be “normal again” I thought that this state would last a day or two at most – but it actually turned out to last for about three weeks. During the last week I could feel it gradually fading away and decreasing in intensity. However the memory of this experience has never left me and I can still recall it vividly in all of its perceptual glory.

During the 2-3 weeks when this energy (energetic state) was present in my beingness I noticed a number of extraordinary and interesting things.

1. Perceptual enhancement – as already described – vision, sounds, odors and touch all took on an intensity, immediacy and beauty that were extraordinary. My perception was deeper and more exquisitely beautiful and intimate than anything I had experienced before. It almost felt as if I were at one with the things I was experiencing – it was that kind of direct perception. I could feel the aliveness of everything I looked upon and see their innate beauty in a most profound way. It was so powerful that you could almost cry because it was so beautiful.

2. I noticed that being in this state also had profound energetic and relationships effects. I remember that I felt like I was on fire, and that I was glowing. I remember going into a store. When I entered the store it felt like my energy filled up the entire space in the store. The people in the store stopped what they were doing and looked at me. This generally didn't happen to me. Children who were fighting with each other looked at me, calmed down and stopped fighting. They seemed to sense there was something going on – all nonverbally.

I was beaming and friends I would meet would say – What happened to you? There was something very different about me in terms of how I was and how people interacted with me.

I would meet people who were sick and they would perk up and suddenly feel better – people who were coughing or sneezing would stop. If they were depressed I would reach out and touch them and you could see their mood elevate and a smile return to their faces. You could see the light come back into their body. I could see and appreciate the beauty of people – even people who I didn't particularly like. It was quite an interesting and profound space to be in – being in love with everything because everything was so beautiful and it all felt just so perfectly natural. It was almost as if I couldn't understand why I hadn't always seen the world in this way. I couldn't imagine any other way to see the world, except that I did remember that it wasn't generally the way I was used to seeing the world. But while I was in this space it seemed quite normal and natural and obvious that the world really was this way, and the way I had been previously seeing it was like I was wearing very dark sun glasses that filtered everything.

3. Another curious thing was that I found when I shared this experience with others it would not only bring this energy back into my body and the room in which the sharing took place, but that my friends would also pick up on this energy and experience it themselves to some degree. In other words it seemed be transmitted to them – or to touch a resonant state within themselves activating what seemed to be a similar level of consciousness in them – at least for a brief time – although at a lesser intensity than what I had experienced. This energy seemed to give them access to their own memories of similar experiences and states, which they had experienced in their own lives i.e. states of elevated or expanded or love infused consciousness – states of grace and illumination or higher states of consciousness. So there appeared to be a real transmission effect in sharing this experience.

This was about 30 years ago. At first I shared it very rarely and selectively. Recently I've begun to share it a little more publicly, which was unthinkable to me at the time it first occurred in the 70's. A couple of weeks ago, in my consulting practice, I was

meeting with a group of CEOs in Silicon Valley, which is where I live and work. Sharing this story with them was so powerful that people in the group started to share similar stories similar from their lives in which they were deeply touched and moved. One CEO talked about a corporate takeover that he had tried to avert and how powerfully the battle had affected him and caused him to tap into what he referred to as his core identity (sense of his soul and spirit). Another spoke of giving money to a homeless person on the street and how after doing so he felt an overwhelming feeling of what it was like to be living on the streets, experiencing at the same time both the pain that homeless people felt and a feeling of overwhelming compassion for them. So the power of this energy to come in and lift us up to a level of consciousness where our hearts are open and transformed is very much a reality for me – because it's my experience. But that doesn't really play well in the world because you've got to be able to prove it, and you've got to be able to use it.

Nevertheless this is where it started, and there were many questions which I lived with in trying to understand and integrate this experience. Questions such as: How can I understand my experience? Where and how does it “fit in”? Is there a framework or a model that can make this experience understandable? Is there a way to use the experience of this state in a practical way?

In the last few years I came across the work of Dr. David Hawkins who has developed a map of human consciousness that seems to me to do an excellent job of putting my experience into a useable perspective.

Dr. David Hawkins, MD., Ph.D. (Slide 9) is a psychiatrist who lives in Sedona Arizona and who at one time had one of the largest psychiatric practices in New York City. He was the co-author with Linus Pauling, the Nobel Prize winner, of the landmark book on Orthomolecular Psychiatry in 1973. Dr. Hawkins has had various profound spiritual experiences, which are described in his book Power vs. Force (Hawkins, 2002). In this book he describes a Map of Human Consciousness an abbreviated version of which is shown on the next slide.

Map of Human Consciousness

This Map of Consciousness (Slide 10 & below) is a very important contribution to the field of consciousness studies and research. It provides a very rich model about which a lot could be said but for the purposes of our discussion here today let me just touch briefly on a few of the key dimensions which are relevant for our considerations of viewing Love as a field.

Map of Consciousness

	<u>Level</u>	<u>Log</u>	<u>Emotion</u>	<u>Life-view</u>
	Enlightenment	700-1000	Ineffable	Is
	Peace	600	Bliss	Perfect
	Joy	540	Serenity	Complete
	Love	500	Reverence	Benign
	Reason	400	Understanding	Meaningful
+	Acceptance	350	Forgiveness	Harmonious
Life	Willingness	310	Optimism	Hopeful
Enhancing	Neutrality	250	Trust	Satisfactory
	Courage	200	Affirmation	Feasible
	Pride	175	Scorn	Demanding
	Anger	150	Hate	Antagonistic
-	Desire	125	Craving	Disappointing
Negative	Fear	100	Anxiety	Frightening
	Grief	75	Regret	Tragic
	Apathy	50	Hopeless	Despair
	Guilt	30	Blame	Evil
	Shame	20	Humiliation	Miserable

This map places the levels of consciousness on a continuum. Going from negativity and low states all the way up to the positive – life enhancing states and ultimately culminating in the state of “enlightenment.” (In some traditions one can think of these states as frequencies or rates of vibration). The idea is that each state or level of consciousness, or frequency, informs the way we view the world – informs our perception. Our perception and worldview is different, and internally self-consistent at each level of consciousness. Our behavior is a function of how we see the world so as our perception changes so too does our behavior.

While we all experience most of these states at various times there is a general center of gravity where we tend to live. And as we evolve in consciousness we grow into greater, more pleasant and powerful expanded states, our behavior changes in relationship to how we see the world. So for example when we're depressed or anxious or frightened we tend to respond to the world in that way.

The significant demarcation point where the negative, which is not supportive of life shifts into positive or life enhancing energies is at the level of courage at 200. The levels above 200 are positive, life-enhancing and are expanded states of power, enjoyment, peace, bliss, etc. The major differentiating point is the level of courage. This refers to the courage to face the truth about what's going on. It's also the level of integrity. Integrity meaning wholeness, being of a whole. (See Power vs. Force for a description of how this logarithmic scale was developed).

The important thing about this map of consciousness is that love can be seen as a level of consciousness. For example the level of Reason (400) is the level at which we seek to understand, is the level of science and logic, which is the level of understanding, of proving, of external validity. This level has it's own coherent and internally consistent worldview and rules.

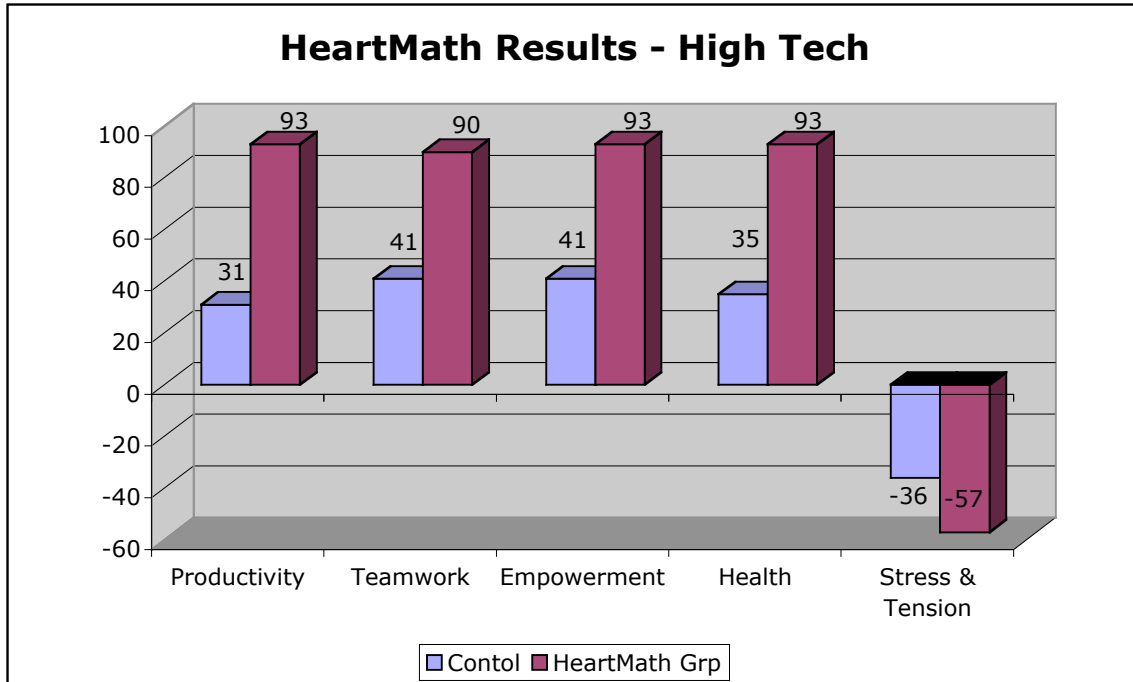
The next higher level, which is the level of Love (500), is a subjective level. At this level one understands through merging with the other. Love is felt internally, vs. something that is proven by observation. In love there is no difference between subject and object. One merges with what one loves and becomes it. This level has been calibrated by Hawkins to have a greater degree of power – according to the kinesiological technique he uses to make such calibrations. This is a log scale of power and, according to Dr. Hawkins, these –positive states are enormously more powerful than the negative states (i.e. they have much greater impact).

These states of consciousness manifest in the world as qualities such as peace, compassion and love and it turns out that being in these states has real impacts and effects. For example, the research of Dr. Gail Ironson (my wonderful sister) shows that

Peace and Compassion relate positively to longer-term survival in HIV and AIDS patients (Ironson et al., 2002). In other words they have life-enhancing effects. Interestingly enough, the mediators for this effect are helping others (or altruistic behavior) and low cortisol (an enzyme that's produced in response to stress). (Slide 11) So these states of consciousness have real effects.

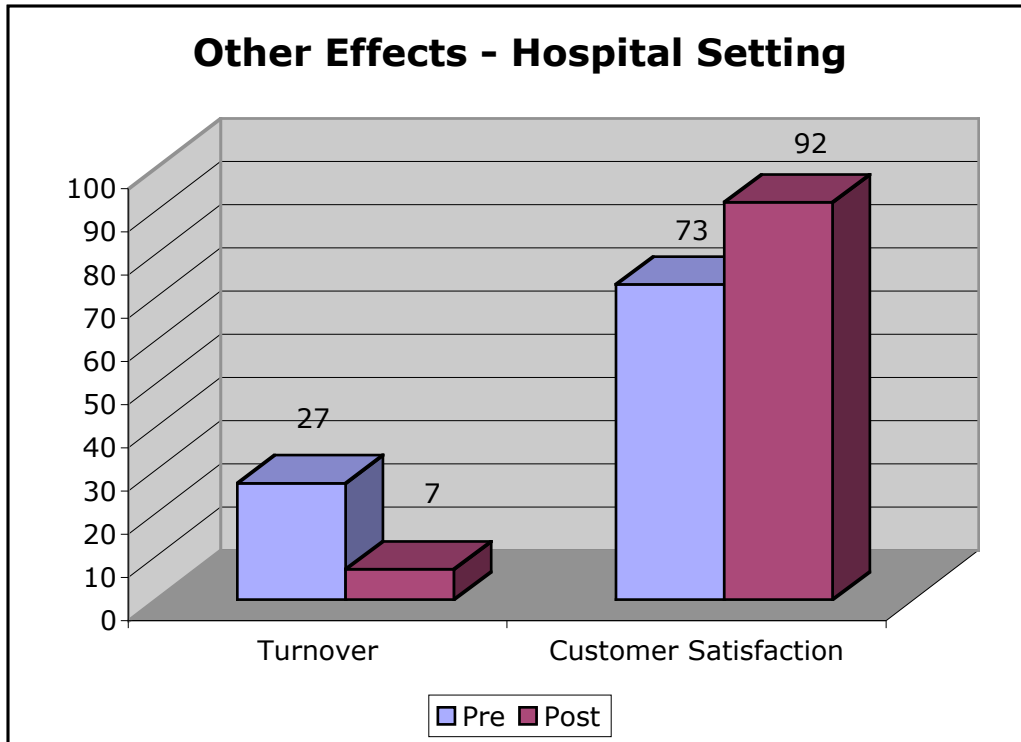
The question then becomes – Can we consciously access and develop this state of being? Is there a way to really tap into this Love level of consciousness? Indeed, it turns out that there is.

A technique for accessing this Love state of consciousness has been developed and used by the Institute of Heartmath for the last 15 years. (Slide 12) It is called the Freeze Frame technique. This technique has been used widely in education, health care, social service agencies and in business and corporate settings over the last 15 years. This simple but powerful technique consists of taking a moment to relax, concentrating on the area of your heart, focusing on something that you love or appreciate, which could be the memory of a loved one, or something you love, a dog, a pet, a child, a lover, or a feeling of love, etc. The point is to feel the feeling of love, appreciation and /or gratitude. After focusing on the area of your heart for a moment you can then either ask a question or send energy to have a beneficial impact. It turns out that using this simple little technique actually helps to shift people's reality in terms of the following kinds of dimensions. As shown on the next slide (Slide 13 and on the table below).



This study compares groups in a Fortune 50 high technology company that used the Freeze Frame technique as part of a training program with groups who did not use that technique (Childre & Cryer, 2000). As you can see in the graph Productivity, Teamwork, Empowerment, and Health were all enhanced to a much greater degree than in the groups who did not use the technique. On the other hand Stress and Tension were reduced to a greater extent. These results were based on self-reports to a questionnaire. As you can see the effects were two to three times more powerful when the Freeze frame technique was used in producing the positive effects of the training.

Another study, on the next slide (Slide 14, and below), was done in a Hospital setting, using a pre/ post design (unpublished communication with hospital staff member). This study showed a dramatic reduction in the hospital's turnover rate from 27% to 7%, and an increase in Customer Satisfaction from 73%, which is not very high, to 92% which is very good. In these examples both use objective measures of external results. Those of you in business know that turnover is a very significant cost and that any reduction in turnover translates directly to the bottom line.



On a personal note, the person who conducted these trainings commented that one of the most interesting things for her was the fact that her marriage of over 30 years was reinvigorated and that she “fell in love with her husband all over again.”

“My relationship with my husband of 30 years improved and I fell back in love with him. Whereas it had just been ok but all of a sudden I felt this great love and appreciation and gratitude for him and I had no idea where it came from.”

Well, when you’re in that state of being, that’s what you feel. When you come from that space – or level of consciousness – that is what you experience in the world. Being love – produces loving behaviors and relationships. Quite naturally. Without having to work at it – it just happens that way.

We can expand this finding further by looking at the dimensions of gratitude and appreciation. A study done by Emmons & McCullough (Slide 15) (Emmons & McCullough, 2003) has found that if you have people write down five things a day which they are grateful for in their lives, you find out that this simple task enhances positive emotions, (moves you up the scale) and you have higher optimism, friends report that

you're more helpful, and these people report the desire to pass on these good feelings. Why? - because it's natural when you're in that expanded state - you naturally want to share it. There's nothing extraordinary about how life works at that state. Another study on the state of appreciation (McCraty et al., 1995) shows that this state is related to increased parasympathetic stimulation to the heart, which is associated with better heart health care and lower incidence of heart disease.

Once again these things are real, because they have real effects, even though they are based on internal states of consciousness.

I'd like to extend this quickly to look at the concept of fields of consciousness. But before I do I'd like to pose the following questions (Slide 16)

Who is more altruistic?

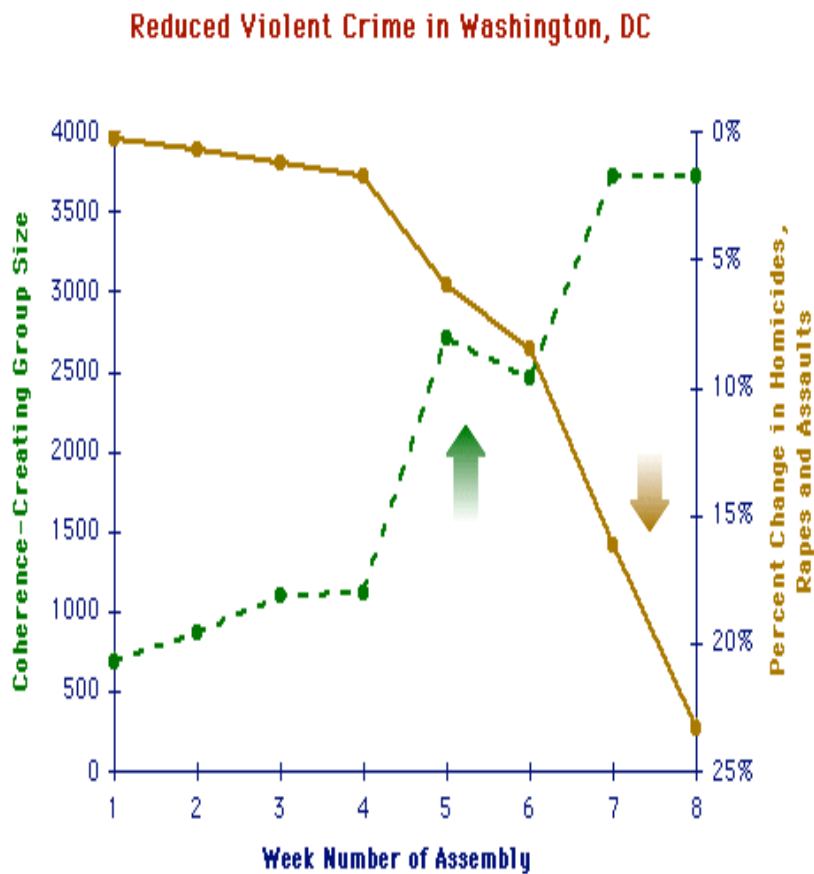
- a. Someone who intercedes to prevent a robbery?, or
- b. A small group of people who reduce crime by 20% in a city's population?

What if a coherence-creating group could reduce stress in collective consciousness - raising consciousness higher so that there's less negativity and more positivity in the population?

A study has shown just such an effect. The National Demonstration Project (Slide 17). research study was done June 7 - July 30 in 1993 in Washington D.C. (Hagelin et al., 1999). It involved approximately 4,000 meditators over a two-month period in which they found that the crime rate dropped directly in proportion to the number of people who were meditating.

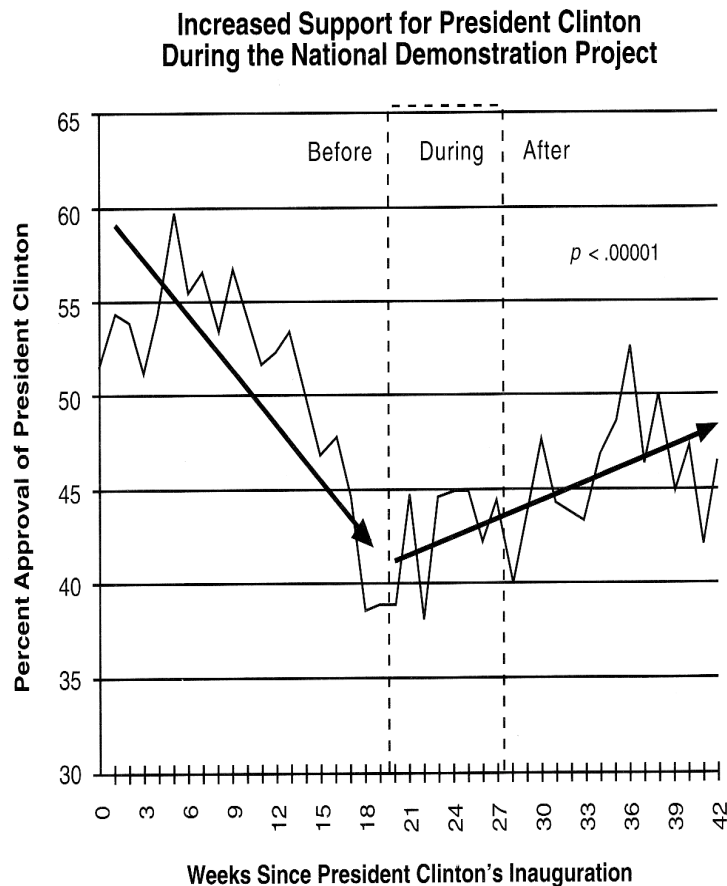
On the next slide (Slide 18 and below - on the next page) you can see that at the beginning of the experimental period there were about 600 people meditating (green line) which went up to around 4000 people by the end of the study period. As the number of people meditating went up the crime rate decreased dramatically by 23%. The method used was a time series analysis that compared the experimental periods with similar periods from previous years and also controlled for many other variables

which might have influenced these results. This effect, as amazing as it sounds, has in fact been repeated in over 40 studies to date. It is referred to as the Maharishi effect and the meditation methods used were Transcendental Meditation and the TM Siddhis program.



Another study showed an increase in cooperation (Slide 19) where the objective was to see if increased coherence in the collective consciousness of Washington D.C. would support increased cooperation and greater effectiveness in government as measured by the President's approval ratings, and by more positive media coverage. (Hagelin, 1998).

The results are shown on the next slide (Slide 20 – pictured below). As you can see in this graph the President’s (Clinton) approval ratings before the meditators intervention were declining at a rate of 1% per week. During and after the intervention his approval rating shifted to going up by 1.16% per week. There were no notable events that could account for this sudden change in the President’s popularity.



This change was also reported in the media. The Washington Post (Slide 21) noted, “Such a swift reversal of fortune is not easy to account for. (One) may logically wonder whether Clinton turned things around or if something else is going on. . . almost mysteriously and almost overnight, in the face of governmental distress, the press seemed to be transformed.” (The Washington Post July 18, 1993)

This intervention created a whole new environment. The act of altering consciousness had a great impact. This is a relatively small group of people affecting cooperation in government.

According to Maharishi the power of creating a coherence of consciousness when done in groups is multiplied, and requires only the square root of one percent of the population to have a positive effect (1% for Transcendental Meditators, and one tenth of 1% for TM Siddhi Meditators)(Hagelin, et al. 1999). Anything less than this is not sufficient to show an effect, but when you get to a critical mass then the effect can be seen. For the U.S. as a whole that number is around 16,400 people. A small group of people can have an enormous impact.

Mahatma Gandhi, on the next slide (Slide 23) is obviously a case in point. Gandhi talked about the power of Love and Truth in creating the various transformations he caused to occur in India (Easwaran, 1978). Consider that this man, who held no elected office, acting on his own, was able to free India of the British Empire without any violence. How can we understand such an accomplishment? Gandhi, acting out of the level of consciousness of Love and Truth (which calibrates at 740 according to Dr. Hawkins - a level of truth of enormous power) was able to overcome the British Empire that was acting out of a level of consciousness of 175 (Pride) or Force. Love and Truth overcomes Force because it is more powerful and is not coercive so it does not need to use violence to achieve its objectives. Also when the power of love and higher consciousness is used (operated from) the outcomes are good for all concerned with harm to none. Violence is not needed to be used as a way of achieving ones ends. The ends and means are seen as one so the means of achieving victory is based on adherence to universal truths and principles rather than coercive physical force to achieve compliance of the body. The power of the true Power (of consciousness) works on the level of consciousness and spirit to inform higher order changes so that life can be lived and experienced at higher, and more life-enhancing levels of consciousness. Gandhi's life and work are a shining example of putting a love-based philosophy and field into action. It shows the astounding power and impact that such a field of love and

truth can have in reforming the world. As Gandhi said, “We must be the change we wish to see in the world.” Or to put it another way - our being must change and comes before our doing ness in the world. Our beingness informs our behavior.

What are the implications of this presentation looking at Love as a Field?

First. We started by saying that Altruism is inspired by Love. Then we posited that Love is a state of consciousness that we can consciously tap into. We noted that appreciation and gratitude, as well as focusing awareness in the heart (the freeze frame technique) and feeling compassion and a sense of peace are all ways to raise one’s level of consciousness. These changes in state, while internal in nature are real in that they have observable and demonstrable effects – improved customer satisfaction, reduced turnover, increased approval ratings, reduced crime rate, lower stress hormone levels (cortisol) and longer survival. In the TM demonstration project studies we see that a small group of people can have a large impact – that working directly with consciousness is a powerful intervention and mediator in producing beneficial environments which encourage altruism and positive collaborative orientations enhancing teamwork and reducing conflict.

In summary, it may be the case that by looking at Love as a field we can unlimit our love and greatly enhance our effectiveness in the world. We all know that Love works. Looking at Love as a field might enable us to unlimit our conceptions about how love works and enable us to operate at new levels of power and effectiveness in creating a better, more positive and loving world where altruism is quite normal and natural because it is merely the expression of who we truly are. (Slide 24)

The difference in this approach is that it focuses on our internal states. In this approach, what matters is our awareness of and ability to consciously use our own internal consciousness and the state of being we are coming from in our interactions. Such an approach can complement and augment all of the programs that we are currently using. This approach utilizes another dimension, which we can use to make those programs more effective.

I'd like to close this presentation by returning to where we started – picturing our beautiful home planet, Earth. (Slide 25). This picture can remind us that we live in an atmosphere – invisible to us but crucial to supporting our life and well being.

Perhaps there is an invisible atmosphere of Love, which we can create together, which also supports and enhances Life, as we know it on Earth.

Life is a far bigger game, and a far larger playing field than just looking at behavior. It's about the essence of our being itself – Love as a field.

To Paraphrase the great mystic and poet Rumi -
Beyond the illusions of good and evil, of pain and suffering,
Love is the true Field of play in the world,
Let us Pause and rest for awhile, and
In the Infinite Eternal Peace that already exists within us -
In the field of an Infinite Love that embraces all with compassion -
Let us meet there - In this field of Love –
A place where we can remember ourselves in each other.
I will meet you there.

It has been a real joy and pleasure being here with you today at this glorious conference celebrating Love and Altruism in our world. May the energies generated on this day radiate out strengthening the field of love in our world.

Thank you very much.

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