

*INTEGRAL ECOLOGY
AS
AN ELEMENT OF SUSTAINABLE DEVELOPMENT*



A Clear Vision for a Proper Action

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Summary

Sustainable development requires a clear vision about the future development of human society. Recent scientific theories offer a holistic vision in which society and human beings are a consistent part of evolution of the universe, of global cosmic dynamics. All over the universe, life has tendency to develop into intelligent and conscious organisms such as we, humans. The old paradigm of a “dead universe” and life “only” on the planet Earth has been superseded by the understanding that the universe is a self renewing conscious system wherein the evolution of humans leads from the human mind to the discovery of consciousness.

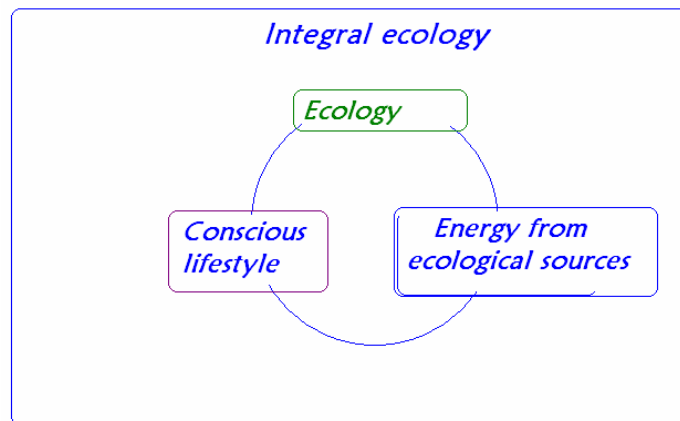
Consciousness is seen as a cosmic phenomenon that acts actively in the evolution of life and human being. It manifests into humans as awareness of how mind creates our material circumstances of life. Becoming conscious of how the human mind functions will give us the possibility to choose projects and take decisions that will sustain us into the future.

Integral ecology researches the relations between “mind pollution” and “environment pollution”. It makes it possible to “consciously” make right decisions regarding our future development in line with the tenet: “Any profit that increases pollution is in reality a loss.”

In our region we face certain negative attitudes of “ecologically oriented” individuals or groups who regard “ecological energy resources”, such as cogeneration power plants, biogas utilization from renewable resources, biomass and alternative fuels gasification, alternative fuels from waste etc. or indeed any production of ecological energy as “damaging to nature”; these people are not aware that production of energy is necessary for further development of human society in material as well as spiritual way.

The aim of Integral Ecology is to bring right understanding of human society as a part of global cosmic dynamics which needs to produce energy in such a way as to maintain the health of nature, animals, and humans. The Scientific Research Centre BISTRA is working on harmonizing public opinion with regard to the necessity of utilizing ecological energy resources through our web site, articles in journals, lectures on “Integral Ecology and Sustainable Development” in schools, universities, and conferences. We promote new a “conscious lifestyle” that combines “ecology-health-energy” and tries to bring it into harmony with nature. Awakening consciousness on a global scale is an indispensable element of sustainable development. Today, the current situation shows us that human mind does not have the capacity to resolve current problems on this planet, and that a mass awakening of consciousness is needed. Integral Ecology is an “Awareness Campaign” for a life in harmony with nature and other human beings. It relies on a new scientific paradigm: we are a part of the universe. To survive we have to reconnect with the universe. Mental understanding of the relation between a human being-and universe is not enough, we have to activate consciousness, which will give us the possibility of a clear vision of who we are and where we go.

Integral ecology merges ecology, conscious lifestyle, and production of energy from ecological energy sources

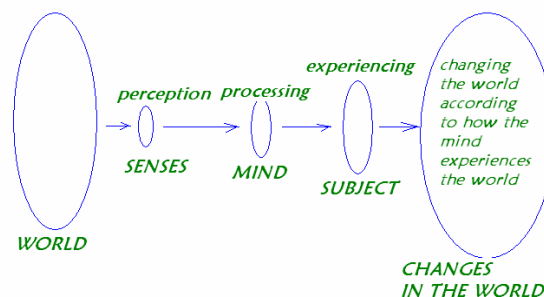


It provides research into correlations between the "pollution of nature" and the "pollution of human mind". All devices which pollute the environment have originally been conceived in the human mind. Were the mind sufficiently "holistically ecologically conscious", many of these devices would never have been made in the first place, since their operation poses a risk for the health of nature, animal, and man. Integral ecology is an important element of sustainable development as it makes us realize that the world we live in today is the result of ill-considered, hasty creations of the human mind. Today we live with the understanding that every profit resulting from the sale of a product which additionally pollutes nature is in effect a loss. We will have to learn to produce goods and energy in such a way as to keep the nature intact. What is needed is a general awakening of the "holistic ecological consciousness" in man.

Let us take a closer look at the term "holistic ecological consciousness". The meaning of the word "holistic" is well known, "ecological" comes from the word "ecology" which the Merriam-Webster's online dictionary describes as "a branch of science concerned with the interrelationship of organisms and their environments", i.e. a study of patterns of relations between organisms and their environment.

Now, let us take a closer look at the meaning of the word "consciousness". A typical dictionary definition of "consciousness" is: "the ability of a person to be aware of one's existence and one's mental states".

Consciousness enables us thus to be aware of emotions and thoughts present in us at any given moment. The contents of thoughts and emotions are in an ever changing flux, but the awareness of them remains the same, unchanged. While the mind keeps creating thoughts and emotions, consciousness watches them, is attentive to them, is aware of them. The more one develops his or her capacity of watching one's thoughts and emotions, the more he or she becomes aware of how they influence and direct one's life. As humans, we experience our world through our thoughts and emotions, react accordingly, and thus keep changing the world we live in (see graph No. 1 below). The world, as we live in it today, is the common creation of all people who have ever lived and are living now on planet Earth.



Graph 1

Based on our experiences we have acted and changed the world in the last 100 years to such an extent that it is now facing devastation. Our experience of the world is based on the image of the world as created by our minds. The perception of the world in our senses is appropriate since our senses function as receivers and do not alter the information they receive from the world. However, it is very likely that the images of the world that our minds create are incomplete. Improving the images (model) of the world as created by our minds in such a way that they will better correspond to the real world will bring our experiences of the world closer to the reality, making both our actions and reactions and actions more appropriate.

But in order to achieve this we have first to realise to what extent our mental image (model) of the world is distorted. What is needed here is a revision of our existing models of the world, a creation of new models which will be a truer image of the world and which will provide a more objective experience of the world and hence more correct responses, that is actions. "Proper action requires a clear vision". Our "mental experience of the world" must be upgraded and replaced by a "conscious experience of the world" in which the subject (the one who is experiencing) becomes fully aware of the fact that his or her mind through which one experiences the world acts as a "prism", and this awareness will enable him or her to experience the world directly and truly.

The scientific experience of the world through the rational part of the mind (reason) is quantitative, it makes it possible to measure the world, to develop science and technology. But in the future, science will have to develop a conscious experience of the world that is qualitative, making it possible to experience the mystical dimension of the world, which is inaccessible to man's reason, but is nevertheless not any less real for that. By researching consciousness, science will approach the mystical dimension of world and man. Combining "reason" and "consciousness", i.e. "the rational" and "the mystical" will enable man to unite the material and spiritual sides of the world and that will lead to the development of technologies such as not even the boldest science fiction writers dare to dream about today.

It is therefore consciousness that is the "natural director of the mind", guiding it in conceiving and implementing devices which are friendly to nature and man, being conducive to life in harmony with nature. Mind without consciousness is like a lamp without oil. The belief that the mind is intelligent by itself is erroneous. The rational part of the human mind (reason) governs our logical thinking, but that may prove to be destructive in the extreme. A scientist, who is not in contact with his or her consciousness and is unaware of the possible consequences of his or her actions, may create a weapon of mass destruction, that in the last consequence may even kill him or her. Bringing together reason and consciousness will herald the end of period of violence, hunger and war on the planet.

Recent scientific theories about the consciousness

The quantum consciousness theory, developed by the British physicist Prof. Roger Penrose describes consciousness as being a result of quantum gravity effects on the neurons in human brain. Consequently, consciousness is not only a product of biochemical processes in the brain, but is also linked to the universal space which is formed by the quanta of gravity. Mind has its seat in the brain, consciousness in universal space. Consciousness is a non-local phenomenon, therefore its existence is not limited exclusively to the brain.

The Italian physicist David Fiscaletti, Bs., the Slovenian chemist Prof. Dr. Dušan Klinar and this author went a step further and developed the following model of consciousness: Consciousness is the basic vibration of quanta of space, the building blocks of the universal space. Quanta of space are very small (having Planck's volume) and alter their electrical charge from positive to negative in Planck's time. This "fundamental frequency" of quanta of space is consciousness itself. Consciousness thus exists in space, or one could say the consciousness is the "fundamental frequency of the universal space". This model is consistent with the experience of some people, particularly the Buddhist monks, who have practiced watching their mind for years. Their experience is that consciousness is an "empty space" in which everything exists. All phenomena in the universe take place within the consciousness, consciousness being the main energy medium in which galaxies, solar systems, and planets exist. Dr. Alan Wallace, one of the greatest experts in the field of interdisciplinary research of Buddhism and theoretical physics takes a view that there are parallels between the concept of "empty space" (vacuum) in Western science and the Buddhist concept of "true vacuum", also called Primordial Awareness.

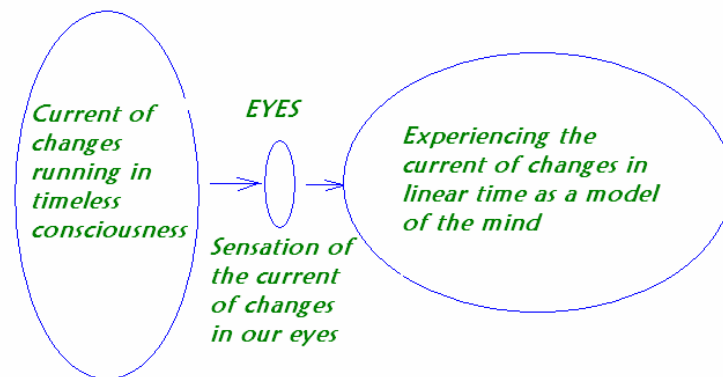
The primordial awareness (hereinafter briefly named "consciousness") is realised in man as the capacity of being aware of thought processes and emotions present at any given moment, breathing, body movements etc. When observing how our minds create models of the world, that very observation is a function of consciousness; when we are alert to how our thoughts define our lives, this is a function of consciousness. Consciousness functions equally in all and through all people, regardless of religion, political affiliation, colour of skin. Seen from that standpoint, consciousness is a common element of all people and as such has immense potential of bringing together different religions and cultures. Consciousness shows clearly that different world views are merely the result of different minds (Catholic, Muslim, Hindu, Buddhist, Jewish etc.) while the world is and remains one. The development of consciousness in the entire human population on Earth will enable the development of "planetary consciousness" for which religious and cultural differences will become of secondary importance, while the primary significance will be given to the fact that we are all inhabitants of planet Earth. Consciousness will also make it possible for us to grasp the fact that the right to live extends to all, humans,

animals, and nature alike, and that our survival on the planet calls for a life in harmony with nature.

Consciousness is timeless and infinite

Time does not run in consciousness, consciousness, as the fundamental universal space, is timeless. In universe nothing comes "before", nothing comes "after", everything happens in "timelessness", in consciousness, which is eternal. Consciousness does not extend infinitely back into the past or infinitely far into the future, consciousness is the present moment in which we live. The incessant current of changes in the universe is taking place within consciousness: from change No. 1 to change No. 2 to change No. 3 etc. We, humans, experience this current of changes in linear time, which is a mental model, in terms of the past, the present, and the future. In the universe, time exists only as a numerical order of changes, which is measured by clocks.

Interestingly, time cannot be perceived by our eyes. We perceive only the current of changes that are taking place in the universe. We are not aware that time as experienced by us exists only in our minds and is not a physical reality (see graph No. 2 below).



Graph 2

The civilization of today is "temporal" and "linear", it lives in linear time, which is a model of the mind, while the coming civilization will be "timeless", "vertical", it will live in consciousness. Its coming has been heralded by Einstein and Gödel. In the second half of the twentieth century they postulated the hypothesis that the universe is timeless. Einstein says that everything is happening in the eternal "NOW". In 1990, this author has published the book *The End of Time* ("Konec časa"), and in 1999 a book under the same title has been published by the British physicist Dr. Julius Barbour. In 2006, an American philosopher, Prof. Yourgrau has published his book "A World Without Time" in

which he discusses Einstein's and Gödel's vision of timeless universe.

We are born, we live, and we die in the same consciousness, in the same timeless universe, but are simply not aware of that. Someone might raise an objection saying: "The grandmother was born first, then her son, then her granddaughter". Yes, that is true, but only in the sense of a numerical order, the grandmother bearing number 1, her son number 2, and her granddaughter number 3. All three are born in the same, identical, timeless consciousness. For a person who lives only in his or her mind, this is difficult to comprehend, and for him or for her it is virtually impossible to experience timelessness; that requires the awakening of consciousness. An appropriate understanding of time, which has been making its entry into mainstream science for the last 60 years, is something Buddhism has discovered 2600 years ago. Buddhism is among other things a "science of the mind". Buddha discovered consciousness, identified with it, and came to know the influence of time as a mental model on the way we experience the world.

A timeless experience of the world has a religious dimension. Through it man comes to know that the universe itself is God, that there is no God beyond the universe, he comes to know the "sanctity of the world". That is why Buddhism originally is not a religion, it does not seek and discuss God, and rather it speaks about knowing the truth, reaching freedom, which means being beyond the bonds of one's own mind, completely identified with consciousness.

A fairly adequate mathematical model of consciousness is the infinite Euclidian space. In Euclidian space, one may proceed arbitrarily from any point and still have in front of oneself the "infinite vastness" of space. In mathematics, "infinitely distant" does not involve a concept of measurement, does not define an actual distance between two points: "infinitely distant + 100 meters = infinitely distant". This resembles the theory of infinite numbers: if we state that a set of real numbers is stronger than a set of natural numbers, we do not arrive at contradiction; if we state that the power of both sets is equal, we do not arrive at contradiction either. Such is the solution of the so-called "Cantor's problem of infinite sets" (after German mathematician Georg Cantor) worked out in the 1950's by the Slovenian mathematician Prof. Dr. Ivan Vidav. This solution moreover proves that mathematical infinity is not a quantitative concept. It is conceivable that the mathematical infinity reflects the quality of consciousness which is infinite in the sense that it is incomprehensible to reason, immeasurable, but existing.

One of the key questions of cosmology is, whether the universal space is finite or infinite. If we say that the universe is finite, immediately the question arises: what is beyond the boundaries of the universe? If we say that it is infinite, we are at a loss when we try to imagine that. In all probability, the universe is too big for man to be able to comprehend its dimensions by means of reason alone. What is required is the awakening of consciousness that will give us a direct experience and knowledge about the universe.

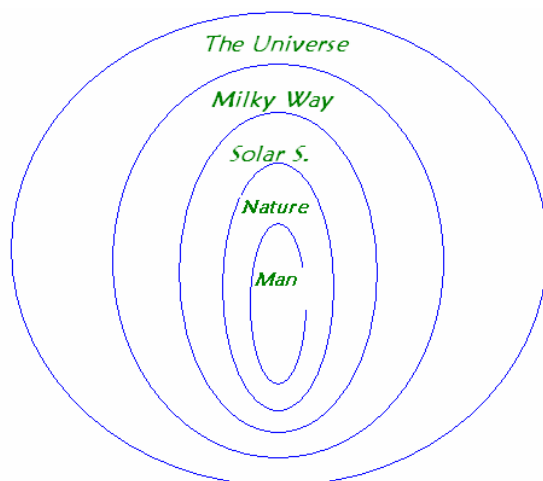
The Conscious Universe

Our theory as well as some other theories about the Universe (such as the theory of the physicist Prof. Goswami Amrit, who wrote the book "The Self-Aware Universe", suggest that the Universe is conscious. Everything existing in the universe is energy in one of its two basic forms: space as consciousness or matter. In huge explosions which occur in the centres of galaxies, the energy of space (consciousness) is transformed into particles of matter which in turn form atoms, i.e. matter, while matter is transformed back into the energy of space, i.e. consciousness, in the centres of black holes. The energies of space and matter are in constant dynamic equilibrium, the current of energy "matter- space-matter-space-matter" is constant, the Universe has never had a beginning and will never have an end, it is eternal. Energy can neither be created nor destroyed, but it may change its form.

In the vision of the conscious universe, the evolution of life on Earth is part of a universal process. Consciousness as the fundamental frequency of universal space is an active factor in the process of evolution of life. Matter across the entire universe has a tendency to develop into more complex systems, the development of which leads to the discovery of consciousness. Life develops towards consciousness. Life on planet Earth has developed to the point of man, a being with a developed mind, in part already connected with consciousness in the sense that man may become partly aware of his mental and bodily activities. The next step in the evolution will be a man identified with consciousness, a being who will recognize consciousness as their real home and source, one which is also the source of the entire universe.

The natural course of evolution of man is towards the discovery of consciousness. The man of today is still deeply anchored in mind and that is the major source of all his troubles. The mind does not have the power to clearly see the position of man in the universe and in nature and the ways of his survival. Al Gore's film "An Inconvenient Truth" unequivocally shows the fallacies of our civilization that have to be done away with in the next twenty years if we are to avoid a global ecological catastrophe on the planet. Proper action requires a clear vision, a vision which the mind does not and cannot have without awakening the consciousness on the global scale. Humanity is faced with extinction because of the "too narrow image of the world". Unless we awake the consciousness of the majority of the inhabitants of the planet, we, as species, are facing the threat of elimination by the "natural selection". Animal species which were not able to adapt to environmental changes went extinct, and such may be the fate of the human species as well. To survive, we must "develop a new organ", called "consciousness"; we must grow from the mind into the consciousness. Such is the way of the evolution of life, and we have no other choice, we have to play by the rules of the cosmic laws. The human mind naturally resists the idea that the rules of the game in the universe have been set

all along, but many reputable scientists of today are inclined to think of the universe as a conscious being into which humans have to integrate. Man is the most recent branch in the tree of life, i.e. the most recent subsystem that has developed in the subsystem of nature, in the subsystem of planet Earth, in the subsystem of the Solar system, in the subsystem of our galaxy, in the system of the Universe (see graph No. 3 below).



Graph 3

Bio-cosmology

In the years 1987-1990, I have worked on a research on the relation of the function of living organisms and universal space. Already at that time I was drawn by the Eastern concept of "shunyata" as the "fundamental space" in which the universe is taking place. "Shunyata" means "consciousness", but is translated into English also as "emptiness". I proposed a hypothesis that the "universal space – consciousness" takes an active part in the evolution of life, starting from

the chemical evolution (the origin of organic molecules) to the development of simple molecular systems, which develop into plants, animals, and man. To substantiate this hypothesis, an experiment should prove that space plays an active role in the functioning of living organisms. I flashed across my mind that the active relation of space towards life, i.e. towards the functioning of a living organism, could be demonstrated by the different effect of gravitation on living organisms. Space is namely the carrier of the gravitational force, and it could be that gravitation affects live mass differently as the same dead mass. At the University of Ljubljana I conducted some experiments which have shown that the mass of living worms is greater than the mass of the same dead worms. Worms weigh more when alive than once they are dead. The results of the experiments were published in 1997 in the "Newsletter of Monterey Institute for Study of Alternative Healing Arts (MISAHA)" under the title "Is Gravitational Field Associated With Life?". The Japanese physicist Prof. Shiui Inomata sent a fax to the editor of the Savely Savva's Journal stating that at his institute the same results were obtained with mice. The experiment demonstrated that a living organism is in an active relationship with the energy of space and that the energy of space in a living organism is additionally compacted, which is reflected in an increase of the weight of a living organism with regard to the weight of the same dead organism. This experiment should be repeated independently in at least three different laboratories around the world. So far, this experiment has not received enough attention from the mainstream science. This experiment is related to the experiment performed by Prof. Slawinski, Poland, who proved that light emission (bio-photon emission) in dying organisms increases by a factor of 10 to 100. Both experiments indicate possible links with the existence of the so-called "bio-energy", called "prana" in India, and "Qi" in China. The German doctor Wilhelm Reich called it "orgone".

This experiment encouraged me to postulate a hypothesis that the universal space is not only physically but also biologically homogeneous, that is to say that the conditions for the creation and development of life are the same all over the universe. This hypothesis is corroborated by the discovery of organic molecules, the building blocks for life, over the entire monitored space of the universe. The entire universal space is in the phase of a "chemical evolution", which on planets, similar to our planet Earth, develops into life. Planets similar to ours have been discovered in other solar systems, and surely we are not the only civilisation in the universe. Since matter exists in consciousness-space, it has a tendency to develop into intelligent and conscious beings all over the universe. Taken from this viewpoint, every phenomenon on the surface of the planet Earth should be treated as a cosmic phenomenon, everything happening on the Earth's surface is primarily a cosmic phenomenon and only secondarily a phenomenon of this planet. We live in the Universe, we are universal beings, whether we are aware of it or not.

The development of "ecological consciousness" or rather of

"consciousness", since consciousness is by itself "ecological", will help us towards a "clear vision", which will make it possible for us to act properly. The humanistic sciences of today see man as some phenomenon on the planet, but are not nearly enough aware of the fact that both man and society are cosmic phenomena, deeply connected to the global dynamics of the universe. Bio-cosmology sees the evolution of life and man as an integral part of the dynamics of the universe.

Man is a constituent part of the universe, is one with the universe. His feeling of separation stems from his mental picture of the world, which is incomplete and thus untrue. Only consciousness may give man a true experience of what is universe and what is he himself. That is why awakening in consciousness is necessary, and schools should develop consciousness in parallel to the mind and reason.

According to bio-cosmology, the direction of evolution of life on Earth is that man discovers consciousness. Today's society does not comprehend this yet, and therefore does not invest into the development of consciousness. Reason alone does not have the qualities to bring man out of the crisis he is in, what is necessary is the awakening of consciousness which will open a clear vision for us.

Conscious Man

Man is, basically, a three-part being: body, mind, and consciousness. The more a person is connected to consciousness, the stronger is his or her personal conscience, feeling of good, emotional intelligence, the stronger the health of his or her mind and body. A person, who is not rooted in consciousness, is much less resistant to diseases of mental origin, usually called "psychosomatic diseases".

Conscious man is not religious in the sense of having a belief in certain religious dogmas, but knows and is aware of the fact that God and Universe are one and the same.

Conscious man has a highly developed sense of responsibility and is not prone to manipulation, consequently he or she is often disliked by the politicians and organized religions. But such a man is the only way out of the crisis humanity finds itself in today.

A society of "conscious individuals" will be neither communism nor capitalism, but rather a society which will function to the maximum with minimum laws. The weaker the consciousness, the more rules and regulations are needed and vice versa: more consciousness, less rules, more freedom.

Conscious man will not create profit at the expense of increased pollution of nature, and his guideline in economy will be: "Every profit, which additionally pollutes nature, is a loss".

Conscious man is aware that the main problem of today's man is his mind

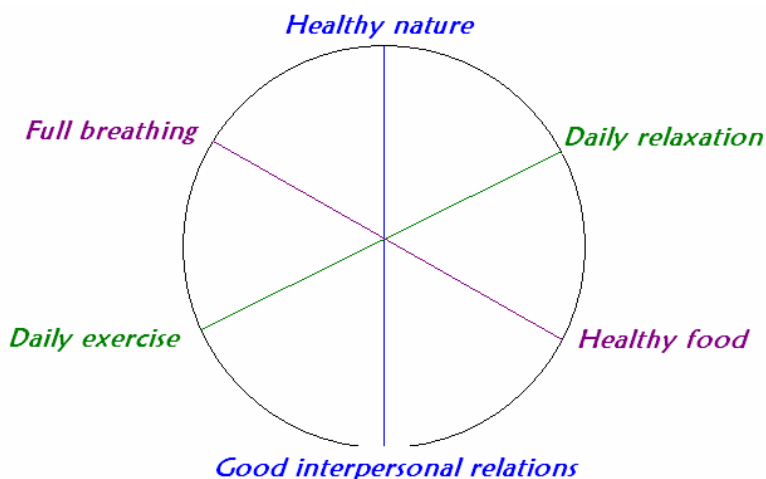
which makes him live according to rules which are not in accordance with cosmic laws. It is very difficult to face the fact that the rules of the game have already been determined, and that it is not for us to set these rules, but on the contrary, to accept them. Only the awakening of consciousness in masses may help us to wake up from the nightmare we are living in today. Therefore, it is of crucial importance to introduce techniques for awakening the consciousness in the curriculum of secondary schools and universities.

A Conscious Lifestyle

On the basis of the latest knowledge described above, the Scientific Research Centre BISTRA, Ptuj, Slovenia, has developed a lifestyle for conscious living, appropriate for the man of today, and aimed at preserving and improving man's wellbeing and health. In the last 30 years, life has been becoming ever more stressful, and we are witnessing an increased number of ailments and a decrease of resistivity against disease. Our lifestyles, created by ourselves or rather by our minds, are becoming more and more strenuous. The preponderant development of mind to the detriment of the development of consciousness has led to a loss of contact with nature, has alienated us from the subsystem in which we originated. The consequences are that our lives have lost values, motivation and cheerfulness.

A conscious life attempts to bring man closer to nature. Harmony with nature is the true source of man's bodily and mental health. In our opinion, the preservation of health requires taking into account the results of "integrative medicine", combining mainstream medicine and complementary medicine, according to the tenet: "The true is that which works". Integrative medicine rests on the new scientific view of the world which transcends the mechanical view of life. It is based on the results of the research done by Prof. Fröhlich and Prof. Popp from Germany, Prof. Slawinski from Poland, Dr. Sheldrake and Prof. Penrose from the United Kingdom, this author and numerous others. This new view sees human organism as a dynamic system in an active exchange of energy with the free universal energy (Qi). The human organism is a system made of several energy systems, each with its own vibration. The body is the lowest energy vibration; it is followed by the electromagnetic field of the organism, which was discovered by Fröhlich, and the bio-photon field, discovered by Popp, next in line is the "morphogenetic field" discovered by Sheldrake, followed by the Qi energy (called "prana" in India) while the system with the highest vibration is the consciousness as the basic vibration (frequency) of quanta of space. The seat of man's mind is in the brain, while the seat of man's consciousness is in the universal space. Human brain has the ability to "tune in" to the frequency of consciousness, to "connect" to it. The aim of relaxation techniques (meditation) is precisely to establish this "connection" to the consciousness. In man, consciousness is realised as "conscience", as "inner silence", as well as the

ability of being aware of thought processes and emotions. The new scientific paradigm is a shift from the "I think, therefore I am", to "I am aware of my thoughts, therefore I am." Awareness, alertness to thought processes, emotions, breathing and body movements is the basis of wellbeing and health. A conscious lifestyle is made up of six elements, forming a "wheel of conscious living" (see graph No. 4 below).



Graph 4

The wheel of conscious living has six spokes, supporting and complementing one another:

Full breathing – Healthy food
Daily exercise – Daily relaxation
Good interpersonal relations – Healthy nature (ecological energy sources)

Full breathing is an important energy input for the human organism, the better our breathing, and the lesser our food requirements. Body exercise is a prerequisite for relaxation. Good interpersonal relations foster better care for nature. A balanced care of all six spokes makes for a strong wheel and sees to it that it will run well even under the greatest load. Conscious living strengthens body, enlivens mind and spirit, and is the best prevention against fatigue, stress or managerial burn-out syndrome; it leads us back to nature, back to ourselves and the people around us. The quality of life is not in what we possess, but in what we share. This is true both in terms of material as well as spiritual part of life. A conscious lifestyle teaches us how to use techniques of relaxation which enable us to become aware of the ways of functioning of our minds and help us to communicate in a clear and conscious way, to accept oneself and others without condemnation.

- Full breathing:

Stress causes the inhalation to become shallow, and exhalation incomplete. Emotionally painful experiences make breathing shallow as well. Full breathing consists of three phases: full exhalation, abdominal inhalation, chest Inhalation. Full breathing brings a lot of oxygen into the organism, strengthens the muscles of the abdomen, provides exercise for the thorax and spine, and helps maintain the proper poise.

Nowadays, only very few people breathe fully. Mostly people breathe only with their chest; the exchange of air takes place only in the middle part of the lungs, while the diaphragm remains passive. Others breathe only with the lower part of the lungs, i.e. with the diaphragm, while the chest is blocked, and there is little exchange of air in the middle and upper parts of the lungs. Diaphragmatic breathing improves with thoracic breathing and vice versa, thoracic breathing improves when we start breathing with the diaphragm as well.

Full breathing is the basis for the relaxation technique called "conscious breathing", during which our attention is focused on breathing. An exercise in full and conscious breathing takes 30 minutes. Lie down on a comfortable surface, plug out the phone and switch off the cell phone. After 15 minutes of full breathing let the body breathe by itself, do not interfere with the depth and rhythm of breathing, become a pure watcher: the air is entering the body, holds still for a moment, and then returns into space. In Buddhism "conscious breathing" is called "vipassana". Attention to breathing activates the consciousness, brings the mind to the present moment, and harmonizes it with the body. The result is a deep psychophysical relaxation, which calms down the mind, restores its strength, and enriches it with originality, creativeness, the feelings of ethics and aesthetics.

- Healthy diet:

The conscious lifestyle recommends the Montignac diet, which is based on medicinal research that showed that the basis of a healthy diet is carbohydrates with a low glycemic index, aminoacid-rich protein and food which contains unsaturated fats. The dishes are made from ecological foodstuffs. Researches done within the framework of the European Union confirm that ecological foodstuffs are an important health factor.

It is also important to distinguish between a physical and a mental need for food. When we are ill at ease, are emotionally excited or have problems at our workplace, we often exaggerate in food. The best way of reaching a perfect body weight is to discover the reason why do we crave for food and eliminate the cause. A conscious lifestyle ensures an ideal body weight.

- Daily exercise:

The universe and nature are in constant movement. Well-being is not something static; it is an on-going process of interaction between the body, mind, and consciousness. To function properly, our bodies need daily exercise,

and everybody is free to make a choice of their choosing: jogging, walking, yoga, tai-chi, gymnastics, swimming etc.

- Daily relaxation:

Relaxation supplements movement. Today we have forgotten how to relax and rest. We live for the most part of time in our minds, our heads are full of thoughts about the future or the past at all times, while the body is neglected. One of the consequences of the split of the mind and body is stress. In our conscious living programme you will learn to relax through "conscious breathing", in which consciousness is focused onto breathing. Breathing is always taking place in the present moment, and being attentive to breathing brings the mind to the present and connects it with the body. The result is a deep psychophysical relaxation. Another important relaxation technique is "conscious thinking", in which we bring our consciousness to the observation of thought processes and emotions. "Conscious thinking" helps us to create negative mechanisms of the mind, such as self-condemnation and faulting others. Relaxation techniques activate the consciousness, which is the basis of self-awareness and self-control, and these two are the fundamental components of emotional intelligence. Emotional intelligence is the basis of every successful manager (more on that in the Primal Leadership by Daniel Goleman).

- Good interpersonal relations:

We may have all the wealth of the world, but without good relations with other people, we are bound to remain poor. A conscious lifestyle fosters friendship, human warmth, love... by awakening the consciousness and emotional intelligence of an individual and in "meeting others" while dancing. We use the method of "biodanza", developed by the Chilean anthropologist Rolando Toro. Biodanza is a most appropriate form of activity for deepening the relations between various groups of people.

- Healthy nature:

A conscious lifestyle binds man and nature into an indivisible whole. Whatever we do to nature, we do to ourselves. In the conscious life style we use natural cosmetics, natural cleaning agents, ecological foodstuffs, ecological clothing. We strive to develop eco-architecture, which uses natural building materials and produces energy from ecological energy sources.

A conscious lifestyle is realized in the details of everyday life. For instance, waste in our homes is separated into plastic, glass, and paper, and disposed of appropriately.

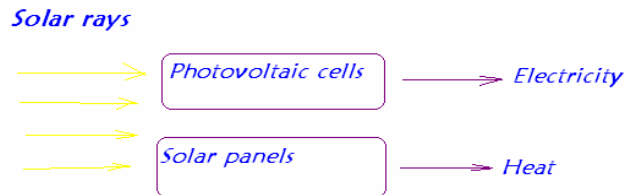
We use electric bulbs, which consume less energy, fit heating systems with electronic devices which rationalize energy consumption.

While washing our teeth in the morning, we turn off the tap, and open it again only when rinsing. We use a lavatory cistern with adjustable flush volume

(3 litres or 6 litres). While taking a shower, we close the water during soaping. To warm up the sanitary water we use solar collectors placed on the roof of the building.

We buy mostly biologically cultivated foodstuffs and in this way we redirect the flow of money into biological cultivation without pesticides. At this point it is worth mentioning that industrial hemp is one of the rare plants growing without pesticides and that the production of hemp products (bio-diesel fuel, soap, table oil, pasta, cosmetics, fabric etc.) does not pollute nature with pesticides. In 1930's, the founder of the Ford Motor Company, Mr. Henry Ford, made a car which had a body made of hemp fibre and was built to run on hemp gasoline. Hemp is the most serious rival to crude oil, and everything that is produced from petroleum can be produced from industrial hemp. This is the reason why oil companies have actively sought and at the end of the 30's succeeded in banning industrial hemp both in America as well as in Europe. The onset of the oil crisis in the last 20 years signs the comeback of industrial hemp to the fields.

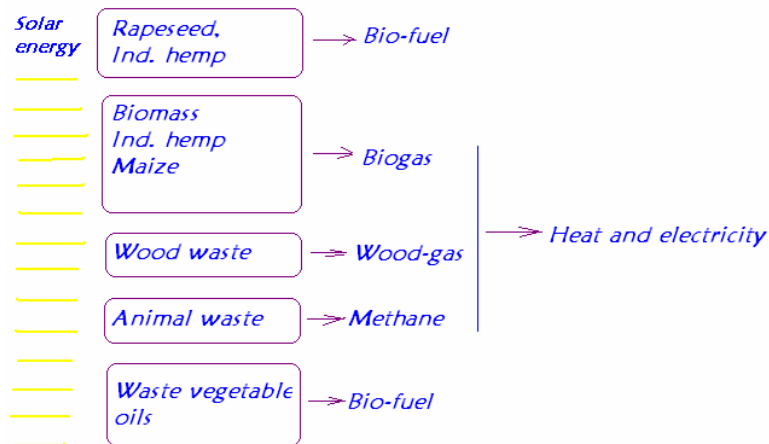
A conscious lifestyle strives to use ecological energy sources. The most abundant source of ecological energy on Earth is solar energy, i.e. solar light. Solar light may be directly transformed into heat energy and electricity (see graph No. 5 below)



Graph 5

The solar energy, which is stored in plants and animal waste, is extracted as bio-fuel or used indirectly as biomass for the production of gases, which in turn are used to produce heat and electricity. Starch (corn and potatoes) is boiled

and fermented by adding enzymes to produce alcohol. Sugar cane and sugar beet also produce alcohol in fermentation. Maize and wood are hydrolysed into alcohol. Car engines can be modified to run on alcohol. Waste vegetable oils may be used to produce bio-fuel that is then directly used in diesel engines (see graph No. 6 below).



Graph 6

Alternative energy stations implementing direct and indirect conversion of solar energy as presented above (charts 5 and 6) are already in operation in some parts of the world, for instance in Mureck, Austria (www.seeg.at). The municipality of Ptuj, Slovenia, plans to build a similar alternative energy station within the framework of its "Clean Town Programme".

The combustion of bio-fuel releases CO_2 that plants have taken from the air, while combustion of fuel from crude oil releases CO_2 that had been bound in fossil fuel. Consequently, consumption of bio-fuel does not increase the quantity of carbon dioxide in the atmosphere as is the case for consumption of fuel from crude oil.

Decomposing animal waste produces methane, CH_4 , which is 21 times more dangerous as a greenhouse gas than CO_2 . Capturing CH_4 contributes to the reduction of the "greenhouse effect". Methane may be used to drive internal combustion engines to produce electricity and heat.

In the commune of Mureck, Austria, all the energy needs of the commune (100 %) are met by ecological sources, while the surplus energy (70%) is exported. The commune of Mureck is a vivid example that it is possible to live in harmony with nature, and that the alternative, "green energy", is competitive and viable.

Where there is a will, there is a way; but what is indispensable, is a clear vision. Let us be guided in our lives by the following maxim: healthy nature is the basis of man's existence and his further development on planet Earth.

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