

Transformations of Humanity are generated from spirit, the label referencing consciousness including intangibles which when expressed physically can be identified as generosity, willingness, compassion, love, trust, forgiveness, resistance, competitiveness, cooperation, jealousy, ruthlessness, guilt, shame and humiliation to mention a few. Spirit is the old ever renewing frontier to transformation of ourselves. Spirit has been speculated upon for millennia but remains in my opinion “Dark Territory”, meaning largely unknown. I herein proffer what I call a wee flashlight, nothing more. And nothing less.

The body is material and clearly demonstrable, the mind is what we use to control the body and think with. I call anything else spirit for purposes of conventional reference.

The subject of spirit comes with a wide range of attachments and definitions which are highly speculative, such as ghosts and other common notions. I choose not to address claims and reports that are not supported by evidence as I consider them largely as mental creations. I view spirit and spirituality as real components in all of life. As far as I can determine to date, we humans as a rule do only what we feel like doing. As the spirit moves us. We make the choices from, or with, all the realities of living, to do this and not do that according to how we feel. Many will advance persuasive reasons for our choices but if we examine the process it becomes apparent that all our reasonings are generated from spirit. Even when we are duty or oathbound and thus appear to have no choice, in fact it may feel better or worse to follow our commitment than to not and accordingly we choose the one that feels best. Both nature and nurture abound as essential ingredients in the choices we make but ultimately “I” makes or has already made, a choice.

What we call spirit is vast and complex, perhaps infinitely so. Despite the complexity it is possible to perceive it in simplistic terms of good and evil. Let’s say that “Transformation of Humanity” is assumed to be towards our improvement and our enhanced survival, therefore good. Our ability to distinguish one from the other implies that we can prevail over the evil side of ourselves as according to rumor we have freedom of choice. This works equally on the evil side of course. As for the finer points of how we define good and evil, it is not my task here to undertake the clarification of that can of wrigglegorms. But transform we must, as we seem to be on an accelerating pace towards our own diminishment, if not demise, sooner rather than later, and be the first species to do so knowingly.

We must explore and understand the mysterious phenomenon of spirit because all our motivations, choices and actions derive from it. There is no other state of being possible, even the most scrupulous neutrality is its own unique attitude generating its own manifestation. As a rule personal intangibles are unknowable to others until expressed as voice, text and actions, but there have always been and there continues to be tantalizing indications that there is something other. For example, if you want to phone somebody, you pick up the phone to do so and to your mutual surprise that person is there on the line having just impulsively phoned you. You have a knowing about an event concerning someone a thousand miles away and you discover subsequently that it was true. You sense the presence of someone entering your space unseen and unheard, you turn to look and lo, your eyes meet! And it was not due to pheromones because you are way on the far side of a large cafeteria! Or the would-be passenger fears the plane will crash or the boat will sink, contrives to miss the departure and it does. We generate ideas, imagery, music, poetry and dance out of nothing, out of what is commonly known as the

creative spirit. We are all familiar with these random examples of “sixth sense”. Everybody knows what it is and nobody knows what it is. Dark Territory.

It is in spirit that we must achieve our transformation and it can only be achieved in the passive acceptance of spirit, usually a tough proposition for the intellectually defensive. Spirit functions in a mode opposite to our three dimensional universe. In material reality the more you do the more affect, as defined in Newtonian Physics. Spirit functions the opposite way. It is by doing nothing that anything is achieved. It means all thinking ceases allowing for experience of what it is that is. By doing nothing, thus not resisting or filtering our response to whatever we experience, changes of spirit, feelings and attitudes are enabled. Traditionally this conscious awareness is obtained through a lifetime commitment to a discipline or through meditation sessions requiring sanctuary or through surrender to a Deity optimally from a state of suicidal despair. While these methods are productive, they are time consuming and by no means 100% efficacious. These days we need to light up the dark territory efficiently, effectively and dependably. The animal body does not evolve discernable changes in a thousand years, but spirit transforms in an instant. Transformation of the individual is not uncommon in history, now we have reached a stage when we can approach the enigmatic reality of spirit with the benefit of our years of familiarity with the scientific method. Therein lies the potential of conscious awareness specieswide.

Let me divert here to an examination of stopping thinking as it seems to be problematic for many. The mind is comparable to the body in this sense: bring your body to a complete state of rest. No action whatever. Total relaxation. It is not at rest at all. It continues breathing, digesting, growing hair and fingernails, pumping blood around, overcoming infections, maintaining temperature and will notify the occupant of physical sensations. We cannot stop these functions. Although we hear of claims to the contrary, all I can say is I cannot do it and I know of no one who can. Now bring thinking to a stop. The brain function is at rest. The mind is not at rest at all. You become acutely perceptive of what is. And you know your name, your senses are alert, you are fully conscious of where you are and how, you are cognizant that what you are relating to is not you. There is no other time we are more alive than when thinking stops. At such a time “I” experiences what is, as opposed to what “I” thinks is.

I met a man in England years ago who told me with no apparent regret, indeed with wan satisfaction, that he entered a Zen monastery thinking that a tree was a tree. After 30 years he returned to ordinary life declaring that he now knew that a tree was a tree. I recall being appalled that a natural enlightenment of such simplicity could cost so dearly - not that I knew at the time what the hell he was talking about. Spirit compels humanity to know itself, we are all drawn to it, some hungrily prepared to pay 30 years, some deny their inner desires with mixed success. In retrospect I realize that the teaser is that the bloke not only knew that a tree was a tree but that he knew that he knew that a tree was a tree. The incident exerted a compelling influence in me towards the obsession that has ruled my life - the quest for a definition of nothing definite. It has taken me 50 years, but I have synthesized my findings into a datum that is simple, demonstrable and apparently effective, although not sufficiently tested to assign certainty to it.

Transformations of human nature are generated spiritually and manifested to enhance our survival and quality of life. They are always new and always appear to be good. For example some societies endorse freedom, do not execute people in public, provide social

welfare and forbid slavery. These indicate transformation because historically they are not there to be referenced. Other changes such as the mass slaughter of innocent people by sophisticated weaponry, destruction of environments by mechanization and technology, tyranny by propaganda and social mind control, are simply enlarged versions of primitive characteristics yet with us and do not qualify as transformations.

The essence of science is demonstration. Until a theory is demonstrated to be illuminating of our current reality it has no practical function beyond leading us towards considerations we might not otherwise have entertained in ourselves and may or may not help us out in the long run. There is a world of difference between an intellectually persuasive case - an "explanation" - and experiencable, measurable, predictable, identifiable, replicable reality. Spirit has remained mysterious despite the countless testimonials and critiques over time even though according to report it has been the source of inspiration for acts of glorious benefit and of heinous destruction, the best and the worst. In recent typology *The Right To Freedom* all the way to the polar compliment, *The Holocaust*.

Initially our explorations of spirit are evidenced in prehistoric gravesites supplied with tools, weapons, food, artifacts of sentiment, magical amulets and figurines. These ancient motivations and practices evolved into our religions. Science hatched and joined in, contributing hugely towards our understanding of life, notably here by exposing untenable religious beliefs. Thank God for atheism. Lately the psych industry has joined the fracas and we have all prospered accordingly.

In our disparagement of religions I notice that there is seldom any curiosity expressed about whatever it may be that has generated these beliefs, instead, all the critical attention seems focused on the displayed manifestations. Easy targets, many are simply absurd to any rationalist. At the same time I observe that the religious tend to focus on their dogma and if my observations of conventional religions are reliable, seem more invested in the practice of it than what generated it. So much for holy spirit. If anyone happens to ask about what it is that compels us to prayer for competitive advantage, immunity, pardon, good luck, healing or salvation the usual response is a shrug. Meanwhile in occasions of extremity we utter "oh god oh god oh god".

As everybody is quite familiar, the atheistic scientific community and the religiosos have solidified themselves in their own version of what they consider to be the answer to the vaguaries of life. I submit that the disparity has to do with mutual inability to understand spirit and be able to share in the revelation of it. One side cannot access spirit because of its investment in firm evidence, the other side cannot access spirit because of its investment in firm beliefs. As far as I can discern if you pursue atheism to the nth you will find God, if you pursue religious beliefs to the nth you discover there is no God. Apparently these adversaries do not do it, or if they do they do it they are not telling.

The words "faith" and "belief" are frequently used interchangeably indicating to me that neither of these terms is widely understood. Belief always has an object, it must have a thing to believe in. Belief always comes with its equal and opposite component, doubt. Without doubt there is no necessity for belief. It is a polar construct like all thought. Faith has no object, it is purely spiritual. You can have faith for no reason at all. Jesus of Nazareth appears to be the first to notice this when he said, if the reporting is reliable, "have faith". Just have it. What? Just have faith. It cannot be earned, it is obtained through acceptance only. If the word faith is

used in reference to a thing, for example faith in God, faith in the future, faith in a system, it describes belief, not faith. When a person survives an unusually harrowing ordeal and is asked how they did it the answer is often along the lines of - all I had left was faith.

It seems odd to me that the scientific community can fail to acknowledge the history of personal transformations, 10,000 years of historical record and expressions of grace, power, healing and rapture from a divine source. On the other hand it stuns me that religious believers can actually say with a straight face that Darwin was delusional, the fossil record is a hoax and the world is 4,000 years old. In their condemnations of religion atheists reject “amazing grace that saved a wretch like me” while the religious deny “Lucy”. The pity and the irony is that, to me, these adversaries each have an abundance of the very factor in which the other is deficient. There is an uncharted gulf that separates the two. Dark Territory.

Here is the datum: What We Relate To Is Not Us.

Here is the experiment: Recognize that you are not what you relate to.

What we relate to is not us. Nobody disagrees with this as it takes little reflection to realize that it is we who are doing the relating, and something other than we is what we are relating to. Axiomatic. Whether it's a coffee mug or the entire universe, it is not us, and we are not it.

Some will object to this claim by pointing out that we are made of the same stuff, atoms, energies, particles all spinning, the same stuff the cosmos is made of as Uncle Carl would intone. We are familiar with the notion that we are all One, all life, the universe, all existence. There is profound truth in this, we recognize the reality of it. We resonate to what our aboriginal and other venerable philosophies declare with grave reverence that we are the sky, the seas, the rivers, the mountains, the grass, the dirt, the grubs, the shit, everything. All true. This is learned, it is experienced as an intellectual appreciation. It is well proven knowledge, we rely upon it, so it is not surprising that many of us go by what we think rather than what we experience. If you claim that you are that coffee mug, I can bang that coffee mug on the table and you will not say ouch. It is not you. But you are relating to it. “You” is what is doing the relating, the coffee cup is what is being related to. Not going too fast am I?

Relating is a broad term. I like to use “owning” instead for purposes of demonstration. It provides a narrower focus than “relating” and allows handier referencing, but the two words can be interchanged as being equally effective in the context of the datum as owning is simply relating in a specific form. Notice your body. It is not you. You relate to it. You can say “my” arms, my legs, my organs, my hair, my bones, your entire physiology and by doing so you are relating to it, thus I trust that it is clear that anything you can preface with the word “my” is something you are relating to and axiomatically it is not you. You can say my world, my town, my lucky star, my career, my love, my hate, my God. Same thing.

The concept of ownership becomes particularly serviceable pertaining to intangible. Consider thoughts, beliefs, feelings, ideas, soul, life, self, destiny, anything and whatever. We can preface each of these with the word “my”. What is it that says “my” with such assurance? Here is what it is: it is what we represent when we utter “I”. Nobody can show us what “I” is. We can see what “I” has, we can see what “I” does. There is nothing otherwise about “I” that is perceptible to our physical senses.

The datum “what we relate to is not us” is demonstrable. No belief is required, in fact belief has no place in the process. If you use the datum you will transform your consciousness, even if you know it already. Especially if you know it already. Many already do know it, I think we all experience it in our lifetime but we have lacked the mechanism to reliably repeat the experience, or it requires contrived circumstances which in my view are more symbolic than productive, and so it tends to remain a random occurrence. As for whether or not people are willing to apply the datum to test the results, so far most people seem to be content to think about it rather than do it, flicking their Bic to my flashlight and when it does not light up they dismiss it. However I would love it if anyone can present a demonstration of whatever objections or additions they may for our edification. Here is as good a place as any to advise you that the wee flashlight does not have a switch. You cannot turn it on. It comes on by itself when you become consciously aware. What it shows you may be something awesome or may be plainly ordinary or may be horrific. We can turn it off if we must, we can create a dream world if we prefer, indeed which we may well prefer. I feel pretty safe in predicting that we will realize things we may wish were left unrealized. We may have to deal with matters we are unprepared to deal with. That is why they are not being dealt with now. Based on my view of current conditions and trends in our world I advocate that we better be dealing with them without further delay.

I ask for an alert participating attitude from anyone who tests the datum. Put skepticism aside. Testing will provide stuff to be skeptical about if there is any. To be skeptical from the get-go in an experiment is a bad skew so don't do that. Keep clean.

The datum is designed to produce a stillness of thought instantly with ensuing conscious awareness of what is. “I” does not exist to our physical senses. In my opinion this is a gateway into the territory of the Gods, the Gods being intangible also according to popular report. Certainly my own experiences reinforce this opinion. Moreover I find no need of reinforcement or revival of the datum, I find it to be evolving and self-renewing.

You, reader, can bring your thought mode to a stop. Do the experiment. Recognize that what you relate to is not you. This is a computer screen, or a piece of paper, these are words, conveying meaning. Not you. Bring anything or everything into your attention. Recognize that it is what you are relating to. It is not you. You are doing the relating. What you are relating to is something else. Try it out.

If my claims herein are verifiable as I say that they are, and that the result can lead to exploration of a universe little known to us in which the atheistic scientist accepts divine salvation and an evangelical fanatic realizes the authenticity of fossil evidence which leads them each to exponential expansion of what they already hold as truth, wouldn't that be something? But as I noted in the beginning of this, there are negative components to spirit that will only be amplified as we explore the intangible universe. What kind of demonic behaviors will we set loose by this? Just the same-old-same-old in more vivid actualization most likely - but not necessarily. We may choose differently. We are victims of them, we have been victimized by them for millennia, they are not going to go away so there seems to be no alternative but to get into it without delay and through our inquiry discover more about what it's all about.

When we have familiarized ourselves with the experience of becoming aware through recognizing that we are not whatever we are relating to in whatever conditions, time or place,

we will probably experience it more often because it is a totally cool thing. I predict that we will start to see things differently. Conscious recognition of what is. It is not what we think. It's a dark territory that is always there but not routinely accessible without a flashlight of some kind. Here is one. "What we relate to is not us." Use it. Instant results in any circumstances so far.

When I apply the datum it allows what I understand to be conscious awareness, in my familiarity it is as easy as breathing in and out. I have had fears that such a state of being might lead to a disconnect between the individual and life. Although this may appear as a valid suspicion, the reality is that whatever we relate to cannot be denied. We are relating to it, the fact of doing so acknowledges it, there can be no denial. It allows for stepping clear of the clamoring conflicts and insistent issues that assail and confront us constantly, but it does nothing to solve problems. It simply provides clarity. I perceive that clarity is a valuable commodity, never more so than in these complex times of ours. It is not for me to predict what anyone will encounter. Some go Wow! and everything changes as though from night to day. Others not so much. The experience is cumulative. It starts to leak into one's established mindset. I predict that its use will after a while have changed one's perceptions of things, of life, without intending to, it just happens as a consequence of experiencing conscious awareness.

Anthropology requires many tools, from hi-tech instruments to pick and shovel. Try the wee flashlight. My brief acquaintance with it has been surprising for me to say the least. For example I am enabled to observe that ideas generate out of something. You have no idea, suddenly you declare "I have an idea!" An idea is a thing, a thought, it is matter, it has polarity, it contains energy, measurable, detectable on a machine. It is not there. Suddenly it is there. I wonder at our capability to create a thing that heretofore did not exist. What if many minds together can organize energy into sufficient matter to supply our needs for this planet and beyond? Just one little interesting speculation among a few others. No one should suppose that I deplore thinking. Not me. I love it. Wait till you hear my suppositions on light speed. How likely is it that a dumb unlettered artist who showed no aptitude for scientific thought for 70 years would suddenly come up with speculation of that kind? It certainly surprises me. Could just be dementia of course.

We know little about the spirit realm, how it works, what makes it work, or how we work it. Whether spirit is infinite intangible or a psycho-trick our material brain plays on us does not matter at all. We behave as though it is Dark Territory. I say it can be explored and utilized to our benefit individually and collectively. It is likely that others in the world are doing likewise. When we encounter each other - now that will be interesting.

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