

# Returning to Reality

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**B**ecause of the divergent way that mental evolution has unfolded during the past five thousand years and more, most of the human race is out of touch with Reality, both experientially and cognitively. We can see this most clearly from the root of *real*, which is Latin *rēs* ‘matter, thing’.

But Reality, with a capital *R*, is neither matter nor a thing. Indeed, Reality does not have any form, even nonphysical. It is the Nondual, Formless Absolute, given many names over the years by those who are in touch with Reality, such as Sanskrit *Satchitananda* ‘Bliss of Absolute Truth and Consciousness’.

The most perilous consequence of being out of touch with Reality is that many live with a false sense of identity, which derives from Latin *idem* ‘same’. What is the same for all of us is Reality, not our unique bodies, minds, and souls, which are just waves and currents on and in the Ocean of Consciousness, having no independent existence, as individuals ‘undivided beings’, from Latin *dīvidere* ‘to separate into parts’.

This narrow, shallow sense of identity is the root cause of the nationalism, racism, and sexism we see in the world today, as religionists, whether they be theists or atheists, continue to fight their Holy wars, wars about the Whole, which is Reality. Existential fear is the greatest threat to our health and well-being as a species, perhaps even leading to the premature extinction of *Homo sapiens sapiens* ‘wise-wise human’.

The schism between humanity and Divinity—as our Immortal Ground of Being—goes back a long way, as we can see from the roots of these words. First *human* derives from Latin *humus* ‘ground, earth’, from the Proto-Indo-European (PIE) base *\*dhghem-* ‘earth’. This etymology shows that our forebears some 7,000 years ago conceived of humans as earthlings in contrast to the divine residents of the heavens. This spilt led to the invention of money, as an immortality symbol to assuage the widespread fear of death.

In turn, *Divine* derives from Latin *deus* ‘god’, from the PIE base *\*dyeu* ‘to shine’. *Divinity* is cognate with *July*, when the Sun is at its brightest in Europe, and *jovial* ‘cheerful, happy, friendly’, denoting the brilliant light that emanates from the Coherent Light of Consciousness, another metaphor for Reality, enabling us to view the Totality of Existence holographically with Self-reflective Intelligence.

It is thus no exaggeration to say that our species is living in darkness, at best semilight, suffering from schizophrenia, out of touch with Reality with split minds, *schizophrenia* deriving from Greek *skhizein* ‘to split’ and *phrēn* ‘mind’. Going further back *skhizein* derives from PIE base *\*skei-* ‘to cut, split’, also root of *science*, through Latin *scīre* meaning ‘to separate one thing from another, to discern, to know’. In contrast, art is a synthesizing activity, putting back together what science has divided, for *art* derives from Latin *ars* ‘skill, way, method’, from PIE base *\*ar-* ‘to fit together’, also root of *coordinate*, *reason*, *harmony*, and *order*. *Consciousness* is also cognate with *science* and *schizoid*, our fragmented, split minds being healed when we ‘know together’ as Gnostics, the prefix deriving from Latin *cum* ‘together with’.

However, it is not generally recognized that no one can return Home to Wholeness because nobody has ever left Home. For the most part, we are also suffering from delusion because of our fragmented minds, which have led to illusory religious and national demarcations and factions, academic specialization, and the division of labour in the workplace. Despite the holistic tendencies of evolution, few have yet learnt to intuitively sense all knowledge as a coherent whole, embracing inclusivity.

It is not surprising therefore that when Erich Fromm asked, “Are we sane?” and “Can a society be sick?” in *The Sane Society* in 1956, the answers were a resounding ‘NO’ and ‘YES’, respectively. Yet, there

is still a way of healing ourselves and hence our sick society, as Fromm showed in his greatest masterpiece *To Have or To Be?* in 1975, accepting everything, rejecting nothing in E. F. Schumacher's maxim.

Inspired by Meister Eckhart, the pre-eminent Christian mystic, and Shakyamuni Buddha's Four Noble Truths, Fromm wrote that by recognizing the symptoms and cause of our malaise we could find the cure and remedy. But we cannot complete this healing process in isolation. As Thich Nhat Hahn has said, "We are here to awaken from our illusion of separateness." Accordingly, he said in 1993 that the next Buddha—as Maitreya, the 'Loving one'—can only be a community or global sangha, not an individual. For Sanskrit *maitreya* means 'friendly, benevolent', from the same PIE base as *community*, from Latin *commūnis* 'shared, common, public', originally in sense 'sharing burdens', from *cum* 'together with' and *mūnus* 'office, duty; gift, present', from *mūnare* 'to give, present'.

Carl Gustav Jung, the founder of analytical psychology, called this healing, liberating process 'individuation', which sounds a little like psychosynthesis. However, Roberto Assagioli said that the purpose of personal psychosynthesis is to help practitioners become harmonious individuals, "well adjusted both within themselves and with the community to which they belong and in which they play a useful part". While the first part makes sense, the second does not. For as J. Krishnamurti once wisely said, "It is no measure of health to be well-adjusted to a profoundly sick society."

And he said in *Education and the Significance of Life*, we can only make much needed change within ourselves, and hence in society, through discontent, by not accepting the status quo. "Discontent is the means to freedom," enabling us "to create a new social order and enduring peace". Continuing, "It is the burning desire to inquire, and not the easy imitation of the multitude, that will bring about a new understanding of the ways of life." Similarly, Albert Einstein said, "It is in fact nothing short of a miracle that modern methods of instruction have not yet entirely strangled the holy curiosity of inquiry."

To stimulate 'this delicate little plant [curiosity]', I am in the process of setting up the Alliance for Mystical Pragmatics, with the motto 'Harmonizing evolutionary convergence', integrating the four global movements of Spiritual Renaissance, Scientific Revolution, Sharing Economy, and World Peace, guided by the Divine, Cosmic energies of Love, Consciousness, Intelligence, and Life, depicted here.

As the 28-page brochure for the Alliance from May 2016 indicates, one of its most important tasks is to develop a coherent glossary of terms suitable for the Age of Light, which we are transitioning towards. For Modern English, like other European languages, has evolved since the 1500s to represent a worldview that is far removed from Reality. So if we are to cocreate a healthy, sane society based on Wholeness and the Truth—on the seven pillars of wisdom, rather than unwisdom—we need to make some fundamental changes to the meanings of words, as they exist today. Studying the etymology of words helps greatly here, for the root of *etymology*, which David Bohm aptly called the 'archaeology of language', is the Greek *etumos* 'real, true'.

Knowing that Love is the Divine Essence that we all share as our True Nature, Authentic Self, and Genuine Identity, we still have a chance, albeit slight, of living in love, peace, and harmony for as long as there are humans dwelling on our beautiful planet Earth. This is nothing to be wary of, for the rewards of letting go of the past and the future are literally out of this world, giving our children and grandchildren the glorious opportunity to realize their fullest potential as human beings before our inevitable demise.

