

# COSMOHOLISM

## Can we be anything but Cosmic Beings?

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We live in a society where we look at everything as being outside us. But who are we and in which context are we???

Can we be other than part of all that we see; are we actually not just within it, together with everyone else and everything else that also is within it! What is our true relationship to all and everything we are a part of by living on Earth in the Cosmic Universe? Taking these reflections into sincere consideration in education, politics, enterprising and in day-to-day life... constantly... would most likely mould our lives as humanity very different than today's living. To the extent that these conscious reflections are not awake, we are sleeping. They have to awake if we want a conscious reflecting and creative humankind.

Humankind is we... human beings; souls, spirits or just Divinity incarnated in human bodies on Earth within the Cosmic Universe; Cosmic Beings! The potential is always there to expand ones consciousness, experiencing the "awe of life" and re-enchant the world!

### About me and this written composition

I was born 1946 in Sweden. At young age I made a commitment with The Divine to devote my life in the service of the change from a mundane oriented society to a mystical oriented society. Today I see myself as a Cosmic Being and hopefully an inspiration for a Cosmoholistic oriented Culture and "Existential Welfare".

This written composition, entitled "Can we be anything but Cosmic Beings", came out of practicing Quantum Chakra Meditation (see: [www.cosmoholism.com/meditation](http://www.cosmoholism.com/meditation)) and by the inspiration of being invited to contribute to the below described book: WORLD as SANCTUARY.

A short version of this essay (can be found at [www.cosmoholism.com/cosmic-philosophy](http://www.cosmoholism.com/cosmic-philosophy)) entitled: "Can we be anything but Cosmic Beings" was in 2010 honoured to contribute to Henryk Skolimowski's book: [WORLD as SANCTUARY The Cosmic Philosophy of Henryk Skolimowski](#) edited by David Skrbina and Juanita Skolimowski. The volume includes 21 original essays by Skolimowski's closest friends, colleagues, and admirers. They range from personal reflections and observations to specific ways in which Skolimowski's vision has affected personal lives. The book is an outstanding tribute to one of the few true visionaries of today's world. (To be found at [Amazon](#) and [www.ecophilosophy.org/pubs.html](http://www.ecophilosophy.org/pubs.html))

*Bi-Ma Andén*

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## **1. EARTH; life and fatality**

It was a Sunday afternoon. I was fourteen. I was running! Why? I had to get there fast! Where? To the hospital! Why? I wanted to talk to my father who had awakened after being in coma since the early morning. I arrived at the hospital. I ran through the corridor up to the door, opened... My uncle walked towards me, stopped me. I saw behind him my dear papa in the bed. Uncle said: "he went to sleep again... you can come back tomorrow"! Uncle drove me home. "Tomorrow"... early morning... the telephone rung... He had "died"; my dear papa... could it happen to me? It happened to me...

### **What is full acceptance of who I am and what it is to be incarnated in a human body?**

I can reflect upon the absolute fact that this body I am operating will go back into the Earth, as all bodies I see or do not see which are living on Earth; may it be other human beings or animals, trees, vegetation or insects, now living or ever lived. All have or had the destiny of going back into the Earth, and becoming fused with the soil that is a needed foundation for the existence of life on Earth!

How come that we do not take this fact into consideration in our every day life? How come that we avoid talking about "death" when we, all human beings who can think, reflect and talk, actually at any time we do not know, can just be the one whose body will "die" and go back and dissolve into the Earth? This will happen to the body I call me, you, close family member, friend... anyone old or young.... It is as if the fact that we all can "die" at any moment is something that should not be mentioned if it is not just to tell that somebody passed away or people "dying" in catastrophes.

In childhood when my grandparents passed away I just got the information, nothing more was said. I "understood" this was how it should be regarding "death". When my beloved father passed away it was such a significant change in my life. However, no one initiated a talk with me about it, not even at the funeral or after; no teachers in school, no relatives, not my mother and not even the local priest whom I met every week for several months as I was in a study group in the State Protestant Church to get my confirmation. One teacher in school even scolded me daily for a long time for not being attentive! My attention went naturally inwardly to work on the psychological inner process even though I tried to be outwardly attentive!

When my own daughter got cancer we came very close. She stayed with me in my one room apartment the last three and a half months of her life. She was 33 years old, the year was 2003. She wisely stated: "I stay here with you, not because you are my mother, but because I can go into and share my depths with you... I can though claim to stay because you are my mother."

The "mechanism" that makes a mother available awoke very strong in me, similar as when having a newborn baby. The communication inside myself said: To depart this life is the journey everyone meets alone, but to meet "death" while to the outmost possible not being alone is how it should be. I immediately decided to stay at my daughter's side and open myself to my outmost to what was happening.

She said that she did not fear "death". And she did not seem to. "It is worse for you who will be left behind", she said. She declared very clear how much meditation was needed to meet her

situation and that it helped her a lot to meditate together with me. Again wisely she also declared: "Only in the deepest union with God can the miracle of being healed happen, and in that same state I want to leave my body, if that is what I have to". She was as she herself expressed, just in the beginning of her adult life that she now seem to have to leave; three small children, husband, brothers and other family and friends, and a very creative career in the field of musicals...

Amongst all what she had to give up, she had to deal with the absolute worse that could happen to her; to abandon her three children. She had always been extremely concerned regarding children feeling neglected by parents. Many remember her coming at rescue when they as children suffered from parent's lacking attention or understanding.

During her last months in my home we had all the family members and many friends coming and comforting and supporting and praying and singing in the room, as much as she wanted. But in times when I found myself feeling very alone during her illness period and when she had passed away, I intuitively felt a connection with mothers around the world being in similar situations, even though I did not know them. Besides that I actually could feel comforted and an increasing empathy I also became much more aware of the heartbreaking unavoidable changes in peoples lives by the "death" of someone close, especially when occurring to those in young age.

During that time a acquaintance, who is a medical doctor and specialist in children's cancer, told me about his experiences of how much the children seem to be prepared and accepting to "die" and how they actually comfort their parents when they despair about losing their child.

My daughter shared with me everyday her thoughts, reflections and considerations regarding knowing that her life was to end, even though she was open to a possible miraculous healing.

She passed away very peacefully seated in her bed with opened eyes. Her youngest brother and I were sitting facing her. We both experienced as something did run upwards out of her body, where after the life in her body was gone. We were both amazed and surprised how we actually could "see" the energy that left.

The first night my two sons and my daughter's husband and myself were sleeping in the room together with my daughter's dead body. The whole next day the room was open for all family and friends to come and take farewell. The second whole night I was alone in the room with my daughter's dead body. Indeed a very soulful experience. After that the body was taken to a freeze room at a church complex. For some intuitive reason I claimed to sit at my daughter's dead body for some time almost every day during the ten days up to the funeral. The funeral undertaker supported and arranged taking out the coffin from the freeze room into a chapel; despite that it was a very strange behavior in the society (Sweden) I live in. Every such time was for me a deep meditation into the fact of having incarnated. The last of these days I suddenly in a flash completely sensed, as it was my own body that lied there, and suddenly as it was all human bodies. A feeling of beauty and love expanded my heart like an explosion of love, and I heard my voice saying loudly as it came from somewhere beyond; *"It is first when one is able to love death fully that one is able to love life fully"*.

When I think of my daughter I feel more gratefulness and love in my heart than sadness. She did not only offer me my first experience of giving birth, but also invited me to follow her life to the end as intimate as being pregnant. By her initiative we gave the time to talk about and clear all that we couldn't or didn't before, and to share the most vulnerable and fragile in life as human beings, "death". What a gift, in the middle of the worst situation in my personal life so far!

Why do grown up human beings of modern societies seem to fear "death" if "death" of bodies is absolute natural and unavoidable? Everything that is given nutrition from the Earth to live goes back to the Earth (death) to become fused and part of nutrition itself; a law of nature that cannot be circumvented!

*"To die is nothing but love in another form of the one that I am. If to die was bad life wouldn't be"*, is a quote from an Indian sage. To every day meditate on the fact that my body actually is a temporary living entity that will go back to Earth and fuse with the Earth in the same way as all the leaves in autumn, all beautiful flowers, my father, my daughter, my grandparents and my old relatives and other friends and people I have known, and that will happen to me and all now living family and friends as well as all beings on Earth, is a way to connect to the Cosmic rules that are fundamental for the Cosmic Creation to exist.

When in contact with the fact that my body by Cosmic Law will (soon?) go back into the Earth, instead of living as if the body will last forever and spend my time in vain or idleness, I get energy and inspiration from the depth of my inner being to involve in what really matters. I can actually feel in my body the connection or the fusion with Earth by visualizing my body sinking into the Earth. It gives me feelings of deep relax and as if a pleasurable energy is coming up from the Earth and flowing up along my spine up into my head and spreading in all directions out in my whole body and vitalizes my life energy. I could also describe it as a feeling of connection with truth... or light-energy... the real me. Maybe that is exactly what it is!

## **2.MANIFOLD INDIVIDUAL LIFE FORMS; male, female and offspring**

I was holding a miracle in my arms; a newborn baby girl. It was the first night of her life outside her mother's womb. She was my first grandchild. Her parents were sleeping; they had been awake the whole night before because of the delivery. We were at a modern hospital with a hospital hotel. The delivery had been without any complications; therefore the parents together with the baby girl could go directly to the hospital hotel where we all four were staying together the first night of her life. If the night went on without any complications they would go back home the next day. This took place in January 1996 in Sweden.

To have had the miraculous experience of a child being formed in the womb of my own body and coming out from my body and be a living individual being fed by my body and grow and move and create ... what a miracle! And to be able to understand that we all human beings had mothers bearing us in their wombs... what a miracle...

My own three miraculous experiences of deliveries happened also in the western modern country of Sweden, all three at one same hospital.

My first baby, born 1970, “had to” stay in a separate room for the babies, and she was taken to me every fourths hour during the days for feeding, but was taken care of by the hospital staff the rest of the time, including the whole nights. Even if the babies were crying they were not taken to their mothers. The babies “should be trained not to be fed outside every fourth hour!” If the mothers had too full breasts they had to use a machine to avoid mastitis! Today I hope every mother in modern countries handle this naturally by letting her baby suck!

We “had to” stay at the hospital for one week. I remember looking out the window dreaming of being at home and “be allowed” to fully take care of my baby girl. I was so adjusted to the system I was living in, so I fully accepted that this was how it should be, and so did the other mothers and of course fathers around me. At that time I had never heard of home delivery other than in “old days” and “how risky it was for both mother and child and how fortunate we were these modern days when deliveries happened in hospitals”. Now we were all taken care of by “experts”!

Those fathers who were present at the delivery, which “was allowed” these days, of course both saw and could touch their newborn baby just after the delivery. But then they had to wait for one week to pass by and only look at their baby through a window!

When I myself was born 1946 and a long time thereafter, the fathers were not even allowed to be present at the childbirth in hospitals.

In 1974 when my second child was born, I “was allowed” at the hospital to take him from the special baby room into me whenever I so wanted during the days, but not during nights, and we “were allowed” to go home after five days.

In 1982 when my third child was born he fortunately “had to” stay with me and fully be taken care of by me. The special room for the babies did not exist anymore. The father could come and meet his newborn child everyday, and so could as well brothers and sisters and others.

In 2007 my last-born grandchild was miraculously delivered at home with the father supporting and cutting the umbilical cord. There was a doula, a midwife and some other women also in the room, beautifully drumming and voicing during the contractions to help the delivering mother to relax. The mother knew from indigenous sources that when the woman’s body is in deep relaxation she does not need to bear down for the child to come out. The body contractions do the delivery work by itself without or with minimized pain. The same function as with breastfeeding; in deep relaxed state oxytocine is released, which loosen stress, which makes the female body function naturally and stay connected to the child! *Nature knows!!!*

All newborn bodies, be it humans or animals... how are they being taken care of in the very start of their lives and childhood? And how does this influence their further life? That animals take care is by nature arranged, as well as vegetation, sun and rain etc. without “needed involvement” by human beings (even if they do involve!). All nature that is happening without the involvement of human control seems to manage very natural!!! All knowledge seems to exist in animals and vegetation how to in the best way manage to reproduce and manifest a functioning society! Of course both animals and vegetation have “enemies” that kill and eat them, but normally they do

not kill their own species. And the births of their offsprings seem to happen vary naturally, without any “expert’s instructions”. How come the humans seem to not manage that natural?? Of course no one can deny that the human bodies are a little more complex. Our babies need the adults much longer and need more shelter to survive.

How is it to be a newborn human child in the modern society? And how it is to be born from a mother who might be either in deep pain or anaesthetized? Is there actually a deep separation being set there at the very beginning, a lost contact with the mother on many levels? Coming from the warms and from shared blood circulation and from the “Celestial Union” with the mother, to suddenly be separated on Earth and often with strangers (hospital personnel) around? How to relate? And if the mother is exhausted from the delivery... and suddenly with the child no longer in her womb... how can she be in the state familiar to the one just born?

There is fortunately an increasing understanding by many professionals in the western societies these days of the importance of the woman’s relaxation during delivery and after. More often also mothers chose the home delivery to get more relaxed and welcome the new child together with the father in an atmosphere of familiarity and often with a doula present and with the close family nearby. Will the whole life for a human being be influenced from this first moment of being a separate individual? The hormone oxytocine that is released when the woman is comfortable and relaxed has shown to be extremely important. It not only gives pleasure and loosens pain; it opens her body and makes her feel connected with her child. That’s why it is so important for the delivering mother to have the outmost support in relaxing during the contractions and in breastfeeding. *The Cosmic nature is supporting naturally if we can relax and tune into it!*

A Swedish professor in physiology, [Kerstin Ulnäs Moberg](#), has made research during thirty years about the neglected hormone oxytocine. She arranged together with an American college a symposium for researchers in Stockholm Sweden 1998 called [“Is there a neurobiology of love”](#). Many parts of this appreciated symposium were published in the Psychoneuroendocrinology journal. This symposium inspired a new interest in the research about oxytocine.

Kerstin Ulnäs Moberg published a book in Swedish last year (2009), [“Närhetens hormon”](#); “the hormone of intimacy”; about the role of the oxytocine in relationships. In English there is by her an earlier book (2003) [The Oxytocine Factor](#) ([PDF Download](#))

A senior medical doctor told me that when he was a young student of medicine they studied all inner organs but only mentioned or rather almost leaved out the brain because it was too complicated.

Today there is more and more research being done about how much our brains actually “live our lives” if we do not pay due attention. How much is the process within the brain with hormones and the whole central nervous system naturally influencing our day-to-day life. The brain seems to be a very important “cosmic tool”, to be familiar with in creating bonding, loving and peaceful relations amongst us humans as well as with other life forms and the Earth.

Why do so many humans involve their “sacred” bodies in circumstances where too much of hormones are being awakened that contribute to stressful bodies? Why is stress behavior more accepted in modern societies than the relaxing state where the connecting and caring hormone

of oxytocine is produced, which is the contrary to stress hormones? I heard recently of some new research regarding human creativity; the more relax the more genuine creativity. Are we living so far away from being friends with our bodies that we do not learn how they actually function, learn how to live with our bodies in deep reverence to the Holy Divine presence, that life by Cosmic nature and our incarnation has invited us to?

More and more couples turn to [Tantric Sex](#) courses to find a new approach in their intimacy. There are many modern tantric schools that hold one very basic common rule; relax. In relax, and by gentle voices, gentle eye contact and gentle soothing touches, oxytocine is naturally being released. But to really understand what it is about one has to find ancient genuine sources about [Tantra Kundalini](#).

Also [Imago couples therapy](#) (founded by Harville Hendrix and his partner Helen LaKelly Hunt) is more and more widespread. This therapy is aimed to assist in creating intimacy based on mutual attentive listening and caring. The main issue is to establish, re-establish or deepen the contact and bonding which create emotional intimacy. The “love and peace hormone” oxytocine naturally releases in human beings, as well as in animals, when there is attentive caring and friendliness. May this hormone, that today gets a lot of attention, support peace and love and caring of humanity and life on Earth...

Is there potentially inherent in humans the knowledge of how to function as a united humankind? *Are our fragmented minds and individual bodies in our ways?* Are our bodies so complex that we do not understand how to take care of and utilize them to the best for humanity as a whole and in cooperation with all life? *Are we ignoring something that potentially is available for us and which would change our life together on Earth tremendously???*

Isn't it incredible that a full-developed human body can occur in the womb of a female body? From a little seed from the male body that fertilizes an egg in the female body can there inside the female body be developed a full new human body. How miraculous that this is done almost with no effort or learning from the parts of the involved man and woman. It is more difficult to build a house!!! or even to bake bread or to read a book or to drive a car or to... you name it...

The intelligence in nature that makes happen to give birth to an enormous variation of creatures and vegetation and.... What a Wonder...! The body that is writing this is such a wonder. It was once just a potentiality of the man and the woman, referred to as my father and mother that made happen the body that is referred to as me. Incredible! And the bodies referred to as my mother and father were in the same way only potentialities until the bodies referred to as their fathers and mothers made it happen that the bodies referred to as my mother and father became the human beings on Earth that could make happen that the “woman I am” can walk and talk and... oh... wow... on the incredible planet Earth...

When I *deeply reflect* upon “my body”, how it functions, all its complexity and potential capacity, I feel almost overwhelmed. When I deeply contemplate the process from the moment of the conception of “my” body through its fulfillment to its birth I can get the touch of a feeling of having a newborn body. Maybe I do give it a kind of “fresh up” by this contemplation or meditation. At least I connect to the wonder of the body I call “me”, and all bodies around me. It



is a deep meditative contemplation about all bodies on planet Earth, including all animals and insects, and also all different trees, plants, flowers... Every such individual entity exists as much as "me"; from an entity of a grass straw to a big oak tree and from a tiny ant to a huge elephant; all these individual entities within all kind of races from the plant and animal and human kingdoms.

How incredible it is to have the potential of being consciously aware of that all these "individuals" are being created out of the same Cosmic Existence as the "me"... or my body. "Me" and all these individual entities are now living, or have been living or are about to be *living on Earth by the very same Cosmic Source*.

A conception happens by the male and female who beyond disagreement have *equal crucial roles in procreation*. Offspring of humans, animals and even vegetation have, out from a fertilized seed, a womb or womblike period where life develops until the "individual" entity can exist. No human "experts" were needed to make this happen! *It is all Cosmically natural!*

Without a woman though allowing the child to get fulfilled within her womb, there would be no child, no man and no women! Isn't it incredible that all human beings have had a mother's womb allowing their particular body to fulfill and be born as an individual? Like the earth being a Holy womb for fertilized seeds of vegetation to grow ready to come up in the air, the uterus of the female body is the Holy place for all humans and other mammals to grow ready to come out into the air... nature... society. But if the womb progress is being interrupted, the male part is not able to influence. His participation in creating an offspring ends after conception. But without his participation it wouldn't happen! What an amazing process! Arranged without any human expert's involvement!!! *What an amazing powerful Cosmic Urge!*

Not only does it happen to be a continuous flow of new bodies and different other creatures and entities of the animal kingdom and the plant life; countless of them exist simultaneously. *This myriad of individual created bodies and other entities exist out of the, for us human's unpredictable and uninfluenced, factual existence of Cosmos*. The ones called you and me are amongst all these! *What a Cosmic wonder!* Are we aware of this everyday; do we realize it so that we experience it within our conscious being? Can we as human beings comprehend *this definite and for us unchangeable fact* so that we experience all the other individuals and entities *as alive and as valuable* on Earth and in Cosmos as we are, and *do we see ourselves as alive and as valuable on Earth and in Cosmos as they all are, and as Earth itself and as the whole Cosmos?* "We" are by fact *Cosmos as much as anything else in Cosmos!*

The more I meditate on this hard-core fact the more I actually feel the existence of my body being as alive as all creatures and entities outside my own body. And the more I also feel an enormous connection to and reverence for the flow of diverse fertilizations, births and beauty of variations amongst which I as an individual exist. I can sense being miraculously unified with so many individuals just *out of the Cosmic Creation!*

It is a venture to relax into such a deep connection with my body, so that I intuitively and instinctively "sense" how it functions as an individual, amongst all other miraculously created individuals that cooperate miraculously for the best possible life... if not disturbed. To deeply reflect about all the mysterious knowledge in all different bodies and living entities, that miraculously do exactly what is needed to make life continue and continue and continue... gives me feelings of being sacred ... To meditate into the contact with the Cosmic Wisdom I am, by

being a human operating this miraculously created and born and grown up now senior female body, makes me very lively and very humble and very open to follow my by nature given intuition. By this I feel more and more naturally released from “imposed” unnatural concepts and more and more experience, “somewhere from within”, the life which I cannot find a better word to describe than *Cosmic Divine*. To live this life and “to be a human being and to be a woman” is a wonder and *to experience the Cosmic dance and beauty of female and male in nature is an absolute incredible Cosmic gift and Divine adventure...*

To reveal or discover the potential of human life and to devote myself to be it and to live it, and to inspire and assist others to be it and live it, is a gifted life. The more I from deep within discover the vast potentialities and diversities on Earth and in Cosmos, the more of me awakens into this innate Cosmic consciousness incarnated in and operating a human body ... *May we describe the indescribable as the Spirit aware of the Cosmic life while living an incarnated human life on Earth... may this be the mystery and adventure of human life? May this for the body mind and thought oriented “normal” life be the most developing, transcending and clandestine meaning of life?*

My friend the “cosmic philosopher” Henryk Skolimowski affirms that *“time is our friend”*. Will it appear that the potential state of Cosmic Consciousness emerges from within to the ones giving themselves the “time” to meditate, reflect and contemplate deeply enough? *May this be the New Age of Cosmic Awaken Human Life!*

### **The Mysterious “Opposite Sex”?**

Through history how much of literature and creative art does not deal with traumas of “opposite sex” relations and all kind of family and love relations, especially when including passionate intimacy. The split between men and women seems to be an endless story. All intimate relationships involving sexual intimacy are of course very vulnerable. But as there is the requirement of both a male and a female to make an infant, the infant and thus every human being is an effect of “opposite sexes” coming together, at least physically even if shortly. The sex drive and sexual desire within our bodies are by nature predetermined and create a lot of coming together but also very heart breaking “the opposite”... [The Oedipus complex](#) theory is one of many entrances into the enormous complexities of the “opposite sex” and intimacy out of our inherited sexual drive and attraction.

My first reflection: why do we use the word “opposite” regarding the female and male? Referring to definitions and etymology there is so much “against” involved in the word opposite<sup>1</sup>, that for me it is no wonder that there has developed such an enormous split between the genders. *Words carry energy!*

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<sup>1</sup> The most common definitions of the word “opposite” are; *one that is opposite or contrary to another; occupying an opposing and often antagonistic position*. “Opposite” comes from “oppose”; *to be in contention or conflict with; to act or be in opposition*. The word “oppose” derives from “pose”, *to place* and Latin “ob”, *against*. Thus basically the word “oppose” means; *“to place against or set against”* and “opposite” means; *“to be placed or set against”!* Fortunately there are also definitions of the word opposite as; *Being the other of a pair that are corresponding or complementary in position function, or nature*.

My next reflection: how is it that *the absolute equal needed male and female* are ever talked about as “opposite”? *Is there anything more complementary than just male and female? Why do we not always say the Complementary Sex?*

Within the human bodies given by Cosmic nature there is knowledge inherent of how both female and male bodies are structured in all implausible details, and even so that they jointly can make a new perfect body, female or male, out of their absolute *by Cosmic nature given complement*. To truly realize that within every creature and entity that can propagate there is an inborn amazing knowledge... so miraculously incredible that just the reflection about it would make one feel sacred and very humble and very reverential towards all other beings, the complementary males and females, as well as Planet Earth and Cosmos.

To really learn to know and experience our body is in itself a miraculous journey! When we are capable of living with our bodies integrated in the wider included life and consciously awakened about the fact that this very body I am operating now is temporary ... a temporary sacred abode... There might be a natural understanding of the cultures that always honored meditation. Trends as meditation and yoga are fast increasing movements in modern societies. There is obviously a longing for coming home to a lifestyle of feeling whole and included and belonging... *a holistic life...or a cosmoholistic life...*

### **3. THE COSMIC BODY**

The more I experience myself as a separate living individual *on equal terms* with all other living individuals or entities the more I feel connected to all around me, even though I do experience my individuality.

But... am I in truth separated? Am I not a part of an immense Cosmic Body? Is my body not just a kind of “cell” in this enormous Cosmic Body? Can there actually be any separation? Is it not just an experience out of my own illusion??? Can I ever separate my body from the rest of everything created on Earth, under the sun or within the universe??? Can it be so that I do meet a part of myself in *everyone* and everything else... without realizing it fully? Is this how it actually is for everyone even if not being aware of it??? No matter of position in life???

Is it not factually so that “my” dependence of the different parts within my own body has no less significance than the dependence of all “bodies” in life as a whole? Are “we” not by Cosmic Nature so interconnected that there is no real separation possible? How can I separate “myself” out of the Creation other than by *a thought that is creating its own life*? If I undo this thought and let it dissolve into the acceptance that my body is a natural inevitable part of Creation. I ask myself “did I really influence my body being created more than I influenced the whole Cosmic Creation being created”? My humble answer would be “no”! And are my thoughts not also as much part of the whole Cosmic Universe as my body? And do I really control what kind of thoughts appear? Do they not occur as a consequence of being alive...?

Acceptance... acceptance... acceptance... Yes, my body is a part of a whole! And any other living entity is of equal value as my own body... beyond judgments of being bad or good or whatever... they are *all* parts of the Creation --- the Cosmic Body --- wherein “my” individual body unambiguously exists...

If this is the truth, how come that I can have the experience of being separated from you? Is it because my eyes see your body outside my own... or because other bodies move in directions which I mostly cannot control, like I cannot control the full moon coming and going? *Or is it because I identify myself with the separated body that is referred to as me, instead of identifying myself with life operating a body that basically is an inevitable inseparable included part of The Cosmos?*

Can I ever be independent on anything in the Universe? Can the unit “I am” in this Cosmic Body by operating a human body, influence the whole out of how I as an individual react and act? Can I be as influencing and responsible for all life development or condition as anything or anyone else ever existed or existing? Am what “I” experience as “I”, by Cosmic law inevitably connected to the life operating as the whole Cosmic Creation? Am “I” inevitably incorporated in all that is and ever will be as much as my body inevitably is incorporated in Earth-life, and as such in the Universe? How can it be otherwise? When contemplating deeply on these enquiries it is as everything dissolves into energy of no separation, all that is relates to whatever there is. Can there be any judgments about anyone or anything that are not just thought units being interconnected in the whole ... no matter whoever thinks and whatever thoughts? Are we all interconnected and united in the Cosmic Body, but out of ignorance forsaking our Cosmic roles in life.

How would I talk to you or think of you or touch or treat you if I couldn't but experience the unavoidable Cosmic Union with you? How would I touch the Earth and treat the Earth if I couldn't but experience the unavoidable Cosmic Union with the Earth and all that is included in the life on Earth? How would I experience the sun and the stars if I couldn't but experience the unavoidable Cosmic Union with them, as if they were my body as much as the body I am operating? Is this a state of human consciousness that human birth is potentially meant to arrive at? Is true peace taking birth in such a state? What if all humans suddenly awoke in such a state of awareness? Why should we not?

Can “I” learn to know and deal with “my own body” in contact with all other bodies and entities in such a way so that this one “cell” in the whole creation that is my present lifetime, can be lived out from its full Cosmic potential and influence the whole Cosmic Celestial Body! Has my lifetime the potential of being a contribution to the full-awakened cosmic consciousness? My intuitive answer is YES! Such a potential wake-up gives no room for judging, but instead to my outmost be and live the change I want to see.

But how did this experience of separation that is so prominent in today's human societies actually happen? Is it all about how we relate and connect? Is it so simple? How much do we really know about that part of the whole Cosmic Body, which we address as our own physical body! To what an extent do we examine our bodily reactions and take them into consideration and reflection before we act? Are the hormones in our bodies running us or do we utilize them

for finding the best way of acting in life? How much do we know about our [endocrine system](#), our neurobiological or neurophysiologic system ([neuroscience](#)) and about our minds and psychological state? How much are we aware of our emotional system; how our emotions influence how we behave in our relationships and how we relate to all what is around us, or rather to all that we are in the midst of? Simultaneously as we act individually, *how much can we perceive our unity with all life of the Earth which we are dependent on, and how deep can we perceive the unified Cosmic Body in which we are holistically fused by the Cosmic synergy; a process existing in or produced beyond the intent of individual human beings. How to consciously deal with the roles we have within the Cosmic Universe?*

Could we so profoundly dive into the consciousness of being merged with the Cosmic Body, so that we can heal stressful emotional separating energy; arrive at a state of peaceful feelings of being alive included and completely equally meant to exist as anyone and anything else in the Cosmic Universe? How would such a state influence how I see or relate to other humans and the life I live here on Earth? Would I be able to see and even feel the sister or brother in the one I meet? Even in the one I cannot easily deal with or the one who sees or treats me as an enemy? Can deep contemplation or reflection take us humans from feelings of alienation to feelings of union with all that is. Will we then *deal with the Earth we are living on as if the Earth is our Celestial Mother and also our home that we love and care for?* Yes I do really believe so!

#### **4. LOVE**

Behind the Cosmic Universe there is of course a Cause. There are plenty of religious, philosophical and scientific human descriptions and doctrines and speculations of how, why and by whom or what this Creation we live in is happening. If we for a moment leave all these and pay attention at the Source of Creation, and see what a Piece of Art This Cause has caused!

Imagine yourself being an artist and you have just created the most incredible piece of art ever, even anywhere before. You are looking at it and you are “in awe” by the result. You have used your absolute outmost capacity to create it and it is a real “master masterpiece”! You are so happy and attracted to this masterpiece so that your heart completely burst into an immense love for the human potential, and for being alive as a human being, a feeling of love incommensurable with any love you have ever before felt. You are most likely eager to share this experience, and you will most likely feel an exciting intimacy with those who catch your point of view and share it!

Or envision looking at the stars in the nighttime and imagine yourself having created them!!! Or envision the most beautiful nature scenery you ever saw and imagine you being the creator of it!!! Wouldn't you want to share this experience with somebody else?

Imagine the LOVE for the potential of life that the Cause of the Cosmic Universe comprises and bestows! Whoever or whatever might be this Cause or Source; the LOVE must be total and boundless... beyond any description! LOVE for all the Creation... for every little tiny part of it...every detail... and thus also for the part of it I call “me” and what I call you, he, she, it, that,

they, those... Every ounce of the whole Cosmic Universe is the recipient subject for this immense LOVE... irrespective of being aware and experiencing or not. Like the rays of the sun that are of the same intensity no matter who is the recipient.

If I for a moment envision myself to be a direct recipient of the full intensity of this Cosmic LOVE! How would I feel? Is that exactly what we all are up to all the time, but generally not give the appropriate attention to be awakened to and able to experience? If I do experience it, wouldn't I want to share it with others and hopefully inspire them to awake and experience it too? Isn't this what happened with the disciples of Jesus? Is this what happened with many who had the experience of the Divine or Divine Love; to those called mystics in different cultures?

During my studies in Comparative religion I remember reading about a research about mystics. It was a study of people from different religious cultures having had an inner experience of being in oneness with the Divine that changed their lives; a so-called mystic experience. It was found out that the changes in their lives were very much the same independent of culture. They lost interest in private property; they engaged in some humanitarian exertion and they became more altruistic. They were uninterested in religious argumentations, fights and wars! They understood each other beyond their religious or cultural systems. But people with no such experiences could not really understand either of them!

There are innumerable "mystics" having had extraordinary experiences of being connected to or in oneness with Divinity or God or whatever name they give the source of "The Beyond". Just to mention some who have combined Western and Eastern mystical traditions: The Irish Jesuit William Johnston has been lecturing world wide on East-West mysticism. His book [Arise, My Love: Mysticism for a New Era](#) (2000), is a profound inspiring dialogue of mysticism from West and East. [Father Bede Griffith](#) (YouTube) who died in 1993 was an English Benedictine monk. He went to India in search of the other half of his soul; the intuitive, the imaginative, the feminine, and the mystical. He could combine being a catholic priest and an eastern sage who emanated unconditional love. The inspiring Eco-philosopher [Henryk Skolimowski](#) is a mystic who profoundly encompasses the Western and Eastern traditions and transcends all into what I would describe as Cosmic Mysticism. To me the vision of Cosmic Mysticism gives unlimited nurturing to the flame of love within my heart core; a flame of Celestial Love for all!

We can look into any culture, present as well as historical, and find male as well as female mystics, saints, shamans, teachers or inspirers of deep spirituality who radiate energy and love beyond the ordinary. They seem to have been touched by "Something" which makes them radiating this same "Something"! They attract others with a magnetic radiance. Could it be described, as they are being touched by the unlimited existential LOVE within the Cosmic Source and transformed into conscious givers or transmitters of the same? I chose to so believe! And as it is possible for some human beings to experience this kind of LOVE, I chose to believe that it is potentially possible for any human being. I would rather say that I "know" it is! But who am I to say this? Just a human being amongst those who have had some very intensive experiences of what I am writing about.

If there is Universal LOVE, Cosmic LOVE, Divine LOVE ... why would it be restricted to some and not be for everyone? By the very descriptions; Universal, Cosmic or Divine, it is obvious that this kind of LOVE is unlimited and unrestricted. Thus we are all LOVED by it and we are of course potential receivers and transmitters of this LOVE! Was this not what Buddha discovered under the tree that became Buddhism? Is this what I have been touched by at points in my life and want my fellow beings also to experience and to share if they already have. Many have written and do write about phenomena that are within this realm of LOVE. Many give and have given preaches, lectures, blessings, healing etc. out of some kind of connection with this LOVE. We might doubt that this kind of LOVE exists when looking around at the immense sufferings in the world or when in own suffering. But there is also a huge amount of evidences through history about this kind of LOVE!

The immense beauty of nature offers us human beings countless variations of indications that out of this magnanimous LOVE, we are in positions of being able to experience all this beauty. "Someone" wants to share it with us!!! I chose to believe that this very same "Someone" has in us humans imprinted a Cosmic seed of potentiality to experience, be and live this love and beauty. Like this "Someone" through nature shares with us, we can awaken to share this Cosmic LOVE with our home planet Earth and amongst ourselves as humanity! What would be more natural???

When I surrender my focus into that this Cosmic LOVE is showered on me from the very Source of Creation, I can feel it touching the heart core within me, and I sense a call from my depth: "Yes I will live life from this point of view! And from this core of my heart I cannot imagine anyone wanting anything less... Why should we?"

My elder Native American friend [Manitonguat \(Medicine Story\)](#) told that when he observed that humanity seemed to have gone dangerously astray he returned back to his ancestors to find out how to live. He then wrote the book "[Return to Creation](#)". I heard him say very relaxed and peacefully, with a voice like nothing could ever disturb: "We humans have forgotten our instructions... look at the moon, look at the stars... they are following their instructions... we have to find our instructions..." His words touched a core of surrendering in my heart. I fully agree that we have to find or rediscover our instructions as a humanity living on Planet Earth in the Cosmic Universe. We ought to discover *the Cosmic Love within our hearts and within the Creation that binds us all together...*

## 5. HUMAN CREATIVITY

What is it to be a human being that differs from being any other entity on planet Earth? We humans are not the only ones standing on two legs. We are not the only ones giving voice. But we are the only ones having to make our clothes. We are the only ones able to use our voices to formulate words and sentences and to do it in different languages and also to use our hand to write the words down... and we are uniquely able to use our hands also to make...!!!

Man The Crown of Creation? In Genesis in the Holy Bible it is written: [So God created man in his own image, in the image of God he created him; male and female he created them.](#) There is on Earth no comparable creature to the human being. No other on Earth living entity can utilize the resources from the Earth and CREATE the most astonishing things, as the humans can. Just reflecting a while around what human beings have created and are creating... everyday...

*I can surely see us humans as extended arms of the Creator since we can create new creations out of the already created! We can never pick an airplane or a computer from a tree! We have an outstanding potential capacity to create far beyond our natural biological reproduction drive. If I concentrate on human creativity only, and not the ethical circumstances, I cannot be but startlingly impressed how incredible innovative and creative the human creature is.*

Consider putting together everything created by human beings beyond creating offspring. Use your creative imagination to the outmost and give yourself a picture of as much as you can think of being created by humans! Just to mention some of it; buildings, furniture, household utensils, books, music, art, cities, elevators, shoes, cars, trains, newspapers, dances, cloths, medicine, computers, cameras, TVs, movies, lamps, machines, buttons, yoghurt, all kinds of tools, chocolate, ice-cream, bridges, cosmetics, electricity functions, ships, railways, toys, carpets, wallpaper, paintings, theatres, farming, jewelry, cooking, weapons and ammunition, nuclear power, surgery, psychology, research, gardening, poetry, massage, communication, quarrels, fighting, spectacles, skiing, knitting, space ships, sculptures, solving problems, creating problems, caressing, bicycles, loudspeakers, microphones, churches, temples, mosques, opera, watches, toothpaste, toilettes, restaurants, espresso coffee, paintings, mobiles, internet... an immeasurable manifold civilization..

We in the modern civilizations are all the time going around in the midst of by humans created manifestations. Is this not so incredible magnificent that we would be continuously in "awe"???

In the same way as we mostly in everyday life take the daylight and rain and trees and animals... and each other... for granted, we also mostly take the houses, cars, streets, cities, stores... for granted. With our full awareness we do not normally experience that we live within, alias are surrounded by, and are utilizing manifestations created by us humans ... Or ... are most of us actually consciously connected to this implausible, incredible, fantastic, unbelievable factuality... do we not just take it for granted? Or do we take it for granted because we have forgotten to see the wonder?

If we found a way to open ourselves to continuously consciously experience the wonder of all and everything created by the Creator directly, and everything created by us humans after that we ourselves are being created; would we then so clearly "see" all this wondrous creativity we are living within, that we like being hit by a lightning strike changed from "take for granted" into deep reverence? *Would such a reverence make us revere the Creation and all life and all humans...?*

*The full creative potential in humans is of course by actual fact the Creator's Creativity preordained in us humans, as we are part of Cosmic Creation! The human creative potential is so incredibly vast and unfortunately for some reason also very dangerous to humans themselves.*



How come human creativity is not a system with a blockage to destroy or hurt? Has the Creator made a mistake? Has the Creator forgotten an ethical compass? Probably not...

*Are we humans an aspect of the Creator incarnated to learn how to live in the Creation, learn how to live the same beauty as nature and sustain nature and all living in and of it? Is the creative potential we as humans are bestowed with nothing less than a potentiality of being able to imbibe all technical adventures possible and at the same time be and act in tune with all life?*

Never before in history as we know it, have we been able to be in such a contact with the whole world as we are today... or were we, but in other ways? What says that we as humans have not had the capacity to be connected to all??? If indigenous humans could cause the rain to start... if humans by prayers can heal sickness, if Jesus could...

Can we take in what civilization has done with us? Can we take in what civilization has done to people and places and nature? Can we forgive all what is done? Can we *ask the Creator "forgive us because we do not know what we are doing"...* and make a new start? Can we humans create a new civilization based on the *clarity* that we cannot be anything but part of the Creator and the Cosmic Creation? Are we born here to find that out and act accordingly? Can we do what we ought to do; *recreate* our civilizing and include all... *a Cosmic Conscious Creative Civilization on planet Earth...*

## **6. HUMAN INTELLIGENCE, VISION AND IMAGINATION**

Could Human Creative manifestations happen without Intelligence? My answer is no! There is without doubt a lot of thinking, testing, contemplating, visualizing, realizing, planning, and imagination etc. behind the manifestations created by humans! How come that the intelligence function is intelligent enough for creating artificial fertilizer but not to meet up the consequences intelligently, or intelligent enough for cutting trees in huge amounts, and use them very intelligently for buildings and making all kinds of paper and other processed things out of the wood, but at the same time not intelligent enough to deal intelligently with the consequences of overcutting?

It would seem natural to use our incredible creativity in such an intelligent way so that we could foresee the effects. Or at least so that we could "see" what effects of our creativity is supportive for life as a whole, and at the slightest diversion away from being supportive directly change and repair damage if caused. We humans have an outstanding potential capacity to create far beyond our natural biological reproduction drive. It is even so much a creative drive that it *can* contradict our survival! No matter how startlingly impressive human creativity is, without a continuous connection to an Ethical Source that we can see or imagine, we become disasters.

Our brain is a very complex and very intelligent system. Can it be other than a Divine Intelligence system? The brain is of enormous importance to our exclusive, vulnerable and complex human bodies; bodies that unmistakable are part of the full Cosmic Creation created by some Divine Intelligence. This Divine Intelligence or Cosmic Intelligence is uncompromisingly the Intelligence

of the whole Cosmic Universe. *Are we humans born within the realm of potential conscious connection with this Divine Intelligence?*

May it be so that what is called our “Third eye” or what is called intuition is a kind of link to this Divine Intelligence? This nonphysical, “third eye” or intuition are referred to more and more in the modern world, not the least within leadership training.

There are old cultures where the awareness of our “third eye” and intuition are fully natural! If we humans truly have a “third eye” and intuition that can make us “see” intuitively; “see” beyond brain, mind and thoughts into a deeper truth than our “normal” thoughts, reactions or emotions that make our bodies react or act, why should we not then in daily life use this “third eye” or intuition? If the human being really has the potential of being connected to the Divine Intelligence why is it then not given fundamental attention? If we humans because of ignorance are disconnected from our inner Ethical or Divine guiding, we will of course be lost... lost as a humanity...

*How many lessons during your years in school were about vision, intuition, imagination and creativity???* For us to be holistically conscious and able to create a holistic civilization, every potential faculty preordained and innate by birth should logically have appropriate attention during the time of upbringing and education.

No one can deny that there is a magical enchanting intelligence operating in humanity. There is intelligence, behind that we exist at all, how our bodies are constructed; intelligence beyond our brains and thinking! Do we belong to this intelligence? Are we not in fact woven into it by life itself? And if so, why shouldn't we use our time to the outmost to consciously connect to it and to our outmost act from it?

During a time of intensive philosophy studies, one late wintertime evening before going to sleep, I asked into the void... *“why do human beings actually have to suffer so much?”* I woke up during the night and heard a kind of “silent voice” from within saying: *“Look at the stars...”* I moved close to the window and looked up into a starry sky of the dark night. As the “star aficionado” I was (and still am) the beauty of the stars hit my heart and caused a “love explosion”. The “silent voice” very lovingly but very straight continued: *“ would you be willing to let all the stars extinguish... to end all human suffering...?”* The question hit me profoundly, it was as my heart screamed “oh no... no...!” The “silent voice” with the same loving vibration and straightness continued: *“ As long as Cosmic Universe exists there will be human suffering to the extent that human beings identify themselves with their bodies...”*

Intuition and Imagination might bring us humans beyond limitation and imitation... and by Creative Imagination we might bring ourselves out of our limiting minds into our Cosmic Conscious and Creative potentials...

Within the potentiality of being Intuitive and Creative together with the ability to Imagine, I might be able to create an image of myself as the Cosmic Being I am by living in Cosmos...? Can I through my Creative Imagination give birth to my own HEALING from being accustomed to a too limited view about human beings, and to act HEALINGLY...? Can we as humans use our Imagination to give ourselves such lives and influence wide ranging...?

Henryk Skolimowski is one of us humans who influences wide ranging! He has the courage to follow his intuition, imagination, divine intelligence and creativity. In papers prepared for the Symposium in India in March 2009 on THE NEW HORIZON OF SUSTAINABILITY, Dr. Vir Singh's essay is named Fertilizing the Universe, a theory emanating from what he calls "Skolimowskian Philosophy". "Henryk Skolimowski regards imagination as a spiritual force and superior expression of human intelligence", is a quotation from this inspiring essay, which begins: "Human mind has never been baffled from any thing as much as it has been from the Universe." And further he states: "It is not science and technology that has provided us the knowledge about our Cosmos. It is the inherent human quest to deeply understand the whole he/she is a part of. The deep quest is born out of imagination. [...] Imagination is a unique attribute of human life helping us being on the course of acquiring what appears to be impossible to acquire. [...] Imagination is a supreme power of creativity. [...] With the power of imagination we elevate ourselves to the highest plane of living – being an extraordinary being and being a part of the superb creativity of the Universe."

The time seems to have come where the words never said will be said! Words that emanate from the hearts of Cosmic oriented Earth habitants. Hearts that intuitively connect in the VISION: "to shed a significant light on the present world and what we can do and should do about it" as Henryk Skolimowski states in his invitation to the Kosmos Symposium 2010.

## **7. LIFE ENERGY**

We ought live in awe, and inspire to the outmost reverence for the life we are incarnated into. How come we do not see every star, every tiny snowflake, every living entity and every human fellow as the miracles that we are living and living within? How can we ever think of creating a sustainable society if not taking all life into consideration? Who are we, humanity; coming into this world and, getting this wondrous body for a lifetime... and inhabit Earth together with all the beauty and wonder...?

Can we imagine a vocation more eloquent, reverential and re-enchanting than connecting with another human being... totally addressing our Cosmic Life Energy within and between us... and co-create in revealing the Sanctuary in life that human hearts within all generations are consciously or unconsciously calling for... embracing all there is to embrace... humanity... the world... female... male... the Earth... Cosmos... Spirituality... The Divine...

The beloved friend of humanity Henryk Skolimowski states in his essay "Sustainability for the next 50 generation" (prepared for the symposium The new horizons of sustainability in India 2009): "Eco---philosophy starts with a new cosmological metaphor; THE WORLD IS A SANCTUARY (and not some kind of ghastly deterministic machine). From this premise, it immediately follows that we live in a sanctuary and each of us is a sanctuary. Therefore, we must treat all others and ourselves with REVERENCE. Reverence emerges as a new ethical imperative. From this it further follows that the RESPONSIBILITY for the sanctuary of the Earth, and for the sanctuaries whom human beings are, takes precedence over the responsibility to profit or industrial efficiency."

When I met Henryk Skolimowski the first time it was a coming home feeling. A philosopher that talked directly to my heart about all that was important for a true living human society. He addressed “the quest for a meaningful life” by his whole presence. He did not only encompass the core of our Western philosophical traditions, but also the core of the Eastern traditions and besides that even the core of ecology. Hearing him lecturing I got the impression that he radiated the spirit of Socrates and the spirit of Shiva and the spirit of the Earth and Cosmos; the spirit of a genuine holistic philosopher and a spiritual brother. *“Thanks God they exist, true philosophers that persist; Thanks god they are not in books only, but living and inspiring to make life holy”* (the first lines of a lyric titled “Skolimowski” I wrote in 1999)

We humans need such holistic friends and we need to be such holistic friends to become the Cosmic Humanity we all need! A Cosmic Humanity that can love the Earth and all life on Earth and care for all life on Earth and its ecological nature. From one perspective of being incarnated in human bodies the Earth is our Mother who cares for us with all that she offers us. From another perspective of being incarnated not only in human bodies but as well in the Cosmic Universe, the Earth is our Cosmic Child that we have to care for with all our compassion, love and responsibility. All human beings are part of the Earth, thus we cannot live authentic lives without being sincere Holists... or... Cosmoholists...

One night I had a dream of travelling with some astronauts to the Moon. From the Moon I looked out through the space at the Earth and was extremely moved; what a beautiful home! I unexpectedly realized that my body was out of the gravity of the Earth and became aware that if I passed away from my body now, it would not go back into the Earth where it was born, but into the Moon. Then I woke up! The dream could be true! Human beings can by human brilliant techniques travel out into the space, and stay or pass away outside the law of gravitation of the Earth! *Can we then be anything but Cosmic Beings?*

That life that takes form as me and leaves when my body ends breathing... That life that I am in eternity... I know I am That... as there is nothing but Life that takes all forms of life... There is no way out of life... If I do leave the Cosmic Creation, Who am I that leaves? If I exist in the Cosmic Creation, Who am I that exists? Is there any difference... is there any choice?

I am incarnated in a human body but also in a Cosmic Body... the Cosmic Universe... *We all are ... Cosmic Beings...*

*Planet Earth this Holy place  
a little spot in the Cosmic space  
When we transcend mind limits we will face  
our Cosmic role as Human race  
That's why we are born in this human form*

A strophe of a song composed 1990 by Bi-Ma Andén,  
out of inspiration from the Eco philosopher and mystic Henryk Skolimowski