

A SEEKER'S GUIDE TO

A LIFE WORTH LIVING

Jili Hamilton



Rising Higher

(The way to personal empowerment)

Sometimes we forget that we can achieve much more than we imagine. In fact I'll bet that very few people living today (and that probably applies to our ancestors as well) believe they have the power to do great things. But the exciting truth is that we can *all* do great things.

Not wanting to get into a complicated scientific explanation, the theory of quantum physics has been around for over a century since Max Planck, Albert Einstein, Niels Bohr and many other less well-known scientists showed us that everything is inter-related. This was a totally new concept for most people (it still is for some) and it led to the realisation that intangible things, such as our thoughts on, say, world events, affect everything that exists at a molecular level.

It goes further back than that

Well before this, the poet John Donne, who was born as long ago as 1572, wrote that "no man is an island entire of itself", which is exactly what the quantum physicists have now proved in a scientific rather than an intuitive way. How often do we think or say something, then stop and ask ourselves: "Where did that come from?"

We may laugh at the idea that there is a connection between us (good people that we are) with those who seek to gain an advantage by means that are far from ethical. Because we feel we can do nothing to change things we accept them and probably moan about them when talking to friends, but we don't feel able to take any concrete steps to change the situation just because we don't realise that we can.

Compounding the problem

If the theory of quantum physics is correct, then seeing the glass as half empty is contributing to the problem; the more we lament that the world is going in the wrong direction, that our politicians are unethical, the more we reinforce the idea that this is true. I'm no better than anyone else and have moments when despondency takes over and I join in with the naysayers. But when we understand that not only is everything we see and hear not a truth but simply a point of view, we realise that we're just making things worse. If we take the example of Mathieu Richard, the Dalai Lama's French translator, who was once voted the happiest person on earth, then we can see that rising above the doom and gloom is the path, yes, the *only* path to take us to a better place.

Only we can change things

This doesn't mean that we close our eyes and pretend that everything in the world is rosy: of course not. What it does mean is that if everything is connected then cruel and unethical behaviour reflects our own dark side. It is heady to imagine we can control others and that can be why, although some people enter public life with the laudable ambition of improving things, they may either succumb to the temptation to lord it over everyone or find another job.

If we look at our place in all this, we realise that by raising our thoughts, by trying to understand where someone else is coming from (I'm not going to suggest we have to love everyone), by reacting peacefully rather than aggressively, then we have taken our first steps in changing the energy of the whole planet.

Intuitively, we already know it

My uncle, who would not have been remotely interested in quantum physics, once told me that he felt the day he died the world would change. And although he would never have quoted Donne's poetry either, he was only reflecting the same idea that "any one death diminishes each of us because we are, every single one of us, involved in mankind". The disappearance of just one soul and the birth of just one new baby completely change the world dynamic.

This in itself must give us an inkling as to how powerful we really are when we get past the fluff, the distractions and set our minds, our thoughts to being the change we want to help create in the world, when we lift ourselves above the doom and gloom, when we rise higher.

What could be more empowering than that?

My book *A Seeker's Guide to a Life Worth Living*, which includes around 70 of my articles is available from www.amazon.com or www.amazon.co.uk in hard copy or in a Kindle version.