

I am a human being, so I have **vitality** – a zest for life. I said that **Spirit** is something moving in the space beneath my conscious awareness that has a significant effect on my life. I think of Spirituality as my recognition and appreciation of that mystery.

Spirit exists alongside my ego in my will to live, but it is also the opposite, because it is not self-generated – it is made available to me from somewhere else, as a consequence of my BELONGING. I feel ‘in good spirits’ when I’m working in my community, my ‘spirits lift’ when I walk in the bush, and I feel strengthened spiritually when I take the time to commune with something greater than myself. The language and attitudes that stem from a left-brain emphasis tend to be devitalising – life-diminishing – distancing me from the flow of life around me by narrowing my Attention.

My way of attending becomes broader when I attribute consciousness to the world around me. Recognising that all living beings have some kind of mind is called Panpsychism. I can’t imagine that the human experience of subjectivity is unique and not available to everything else. We are Interdependent – our **vitality** is generated by **inter-subjectivity**, as the more indigenous humans have taught us. Its currency is some kind of feelings, not thoughts or concepts. A wise friend (Eugene Stockton) calls them ‘awarings.’ They may not be like my feelings, nor can I make them explicit. I respect them, nevertheless, so I can experience my own feeling of Interdependence.

I imagine being a snake, living with the seasons, only able to move when it is warm because I am not warm-blooded; appreciating being able to hibernate and then to stir once again as the warmth returns. As a tree, I am a master of Relationality, kept busy in every moment with the vast connectedness my roots have in the soil and my leaves have in the air with millions of other living beings – this amount of **inter-subjective knowledge** is too large for me even to imagine. Scientific studies now give us many clues that this is happening. The renowned Biology Professor, Charles Birch, expressed a similar philosophy in his books, *On Purpose* (1990), *Feelings* (1995) and *Science and Soul* (2008).

I suggest that Intelligence is not the same as thinking – certainly not the same as clever thinking. But I’m not saying that it comes from just one hemisphere of our brain. It comes from the way we dispose our Attention. Spirituality is often regarded as **mystical** experience, which it certainly can be. But it is also the necessary **breadth** of mind that positions human beings appropriately within the interconnected web of life, where we have an important role to play – through the contribution of our BELONGING, not just our ‘fancy’ mind.

When we lose touch with the rhythms and flowing patterns of life, we regard the passage of time as merely a manageable commodity for our utilitarian purposes, rather than the Flow of a System far greater than us. This is an inversion of our Values – using our vitality and **Spirit** in the service of the lower Values, instead of the other way around.

Spirituality is often described as a ‘search for meaning.’ I suggest that we do not find it on our own, but only through interconnection and an **appreciation** of a larger **web of meaning** that we cannot make completely explicit, but we can respect. This does not entirely answer the question I posed – to what do I belong? But it suggests that an attitude of humble reverence will allow a higher force such as **Spirit** to guide our all-important Creative evolution that employs the full **breadth** of our wonderful mind.