

I am a human being, so I value my life, and believe it has certain Values incorporated in it. These exist, again, in terms of my relationship with the world in which I live. I couldn't appreciate them fully on my own, nor do I think they exist entirely out there somewhere. But I do believe that Value is a feature of my world as well as a creation of my mind.

Having said I Co-Create my life and world implies that what is out there and other than myself is a real and meaningful partner that 'speaks' to me and 'listens,' as I do to it. I know this isn't the mainstream world-view, but I am certainly not alone in sensing a purpose and meaning in the beautiful complexity of the natural world around me. To ignore this quality is to deny ourselves access to the special features of humanness I am writing about here.

My Values are parts of my experience that seem to me (and to others) to be the most worthwhile – they add to the worth of my existence, so I feel worthy. They contribute significantly to my Meaning, which as I've said, points towards our agreed Truth. An aspect of Value that is especially important to me as a human being is what I call 'Flow.'

Process Biology, that I mentioned earlier, can be summed up as *Everything Flows*, which is the title of a book (by multiple authors) you can download for free. Observing the Flow, not just the 'things,' is a crucial part of our Attention that I've said makes our lives what they are. Nowadays we have trouble sustaining attention because our everyday experience, especially online, has so many distractions that interrupt the Flow. Our attention is compromised, because without Flow the connectedness is not so easily appreciated. Think of your own experience of reading a good book right through, compared to scanning the news and other isolated fragments on web pages or Twitter.

The way things are connected is even more important than the things themselves. Too little right-brain attention makes it harder for us to appreciate this Relationality in the flowing patterns of our lives. My Values, like all my Co-Creations, are appreciated through **inter-subjectivity**. For people such as Australian Aboriginals and North American Natives, inter-subjectivity is a foundational Value. These people can be our examples.

Our Values correspond with the different levels of connectedness I've mentioned. At the first level they are Values of **utility** and pleasure. We must satisfy these to motivate and sustain our existence, but we also try to put them into the service of the level above – the natural life forces – the Values of **vitality** and Intelligence. We learn from our BELONGING to the natural world about the **human power** that comes from our Interdependence. Developing from that, for human beings, is the Value of a Spiritual connection – recognising something greater than ourselves.

In Western Philosophy, core Values were described as Beauty, Truth and Goodness. I have described Love as the core of our Relationality – the foundational Value, without which we could not even have lived for very long, nor can we reach our full potential.

I suggest that what we know in our mind as Beauty, Truth and Goodness is, essentially, what we Love. The great philosopher, poet and scientist, Goethe, wrote that 'one knows nothing save what one loves.' Maturana said that love legitimises the object of our attention. For the poet, John Keats, 'Beauty is Truth . . .' Our most Valued connectedness is a quality gifted to us that I call **Love** that we recognise best with the Intelligent **breadth** of our mind.