



The Interwoven Fabric of Life

by Barbara Ann Briggs

The universe we inhabit is a living breathing organism alive to the quality of our every feeling, thought, word and action. We are living in a dynamic, self-interacting field of energy which pulsates with infinite frequency responding to the minutest fluctuations in the field. These self-referral, self-interacting modes of vibration at the subtlest level of the universe create the multi-dimensional world of forms and phenomena we observe. Quantum Field Theory which developed in the early twentieth century described the material universe as vibrations of energy. Albert Einstein expressed this idea when he said, *"all mass is merely congealed energy"*. In modern quantum physics, the universe is understood as a dynamic, undivided web of interconnections which includes the observer. The classical, materialistic view of life in which reality was reduced to only what we can perceive with the five senses has become an outdated paradigm.

“Every aspect of life exerts an unseen influence on every other aspect.”

The most recent advance in Quantum Field Theory is an attempt to formulate an even deeper understanding of nature.

The latest theory to emerge is Superstring Theory.

According to theoretical physicist Brian Greene, Superstring Theory describes the underlying fabric of the universe *"as a richly intertwined multidimensional labyrinth within which the strings of the universe endlessly twist and vibrate, rhythmically beating out the laws of the cosmos."*

The over-arching idea in the most advanced understanding of physics is that the universe is a vast web of scintillating energy in which every fiber of life is deeply intertwined. At the deepest level of existence of all living beings, including minerals, plants and animals is one undivided wholeness, one underlying omnipresent field which is the substratum of life. This field interpenetrates all life, from the tiniest invisible particle to the ever-expanding galaxies light years away. This field may be called the Unified

Field of all the laws of nature.

The universe described by quantum field theory is composed of intricately interwoven layers of energy which interact and influence each other in innumerable ways. Every aspect of life exerts an unseen influence on every other aspect. From the faintest flutter of a butterfly's wings to the powerful roar of a Boeing 707 lifting off, a vibration is emitted which pulsates, creating ripples in the entire fabric of the universe. The universe is alive from its innermost core to its outermost fringes.

The cosmic web of life is constantly being influenced by the vibrations emitted by the living organisms inhabiting the earth. The influence of human beings has a more powerful effect than the vibrations of minerals, plants and animals because humans have a more developed state of consciousness.

Maharishi Mahesh Yogi explains this very clearly:

"Our every thought, word or action produces an influence in the atmosphere, and the quality of that influence depends on the quality of the vibrations emitted from us. Everything in the universe is constantly influencing every other thing. This shows how dependent and how powerful is the life of the individual. One may not be aware of the influence he produces in the surroundings, but the influence is produced nonetheless. A good, sweet loving expression to a child produces a loving and life-supporting influence in the whole of the cosmos. One harsh, cruel word to an individual in a quiet corner will produce that influence of harshness and cruelty throughout the creation."

The vibrations emitted by an individual's thoughts, words and actions spread, striking against everything in creation and affecting the whole cosmos. The effect will be either harmonious or discordant. Harmonious vibrations nourish life, and enhance evolutionary trends in society, and discordant, negative vibrations result in an increase in discord, chaos, strife, disease and suffering. The recent massive outbreak of fires in the United States could possibly be linked to the escalating social unrest in the nation.

Due to a one-sided focus on material gains and rapid technological developments, many have lost sight of their inherent interconnectedness with nature. Many people feel alienated from nature, segregated from the silent, inner core of their own being.

This fragmentation of life has led to environmental damage such as loss of biodiversity in agriculture, water pollution, air pollution, global warming, climate change, deforestation, and a host of other worldwide ecological disasters. Humanity has overlooked its responsibility for the present state of affairs in the world, forgetting its role as co-creator of the world we inhabit.

This idea has been beautifully expressed by a western visionary, an eminent physicist, and by two Eastern saints:

"The reason why the world lacks unity and lies broken and in heaps, is because man is disunited with himself." (RALPH WALDO EMERSON)

"Indeed, the attempt to live according to the notion that the fragments are really separate is, in essence, what has led to the growing series of extremely urgent crises that is confronting us today." (DAVID BOHM)

"It is man who, through his thoughts and actions, creates turmoil and disintegration in the natural, harmonious unity of the world." (MATA AMRITANANDAMAYI)

"Calamities, crises and catastrophes in a community or country are caused by the increase of negative forces resulting from the increase of evil deeds of the majority of their people. A high degree of concentration of negative forces, without positive forces to balance them, ends in suffering and destruction of life." (MAHARISHI MAHESH YOGI)

The world is as we are. The build-up of stress in the collective consciousness of the nation has caused the eruptions of environmental disasters. Nature reacts to and reflects the mental, emotional expressions of stress in society. We have created the present condition of the world, and are laying the foundation of the future by the quality of vibrations emitted by our thoughts, feelings, words and actions. We each share in the creation of the world we inhabit, a world which is an interdependent web of life where the vibratory mode of every strand influences the fabric as a whole.

If we desire to create a more peaceful, integrated world, we must find ways to create peace within ourselves. Be it through meditation, communion with nature, energy medicine, Tai Chi, or even artistic creations, we must find ways to re-connect with our innermost being, the source of harmony deep within. Naturally, any practice which enables us to contact the most fundamental, unified level of nature will be more powerful and produce deeper transformations. The deeper quieter levels of the mind contain more power, more energy and more orderliness. When during meditation, the mind contacts the deeper, more silent levels of thought within oneself, long distances cease to be a barrier, and the influence of coherence spreads more rapidly. By enlivening the most unified level of the mind, one can spread vibrations of harmony and peace into the whole universe. This is the value of large groups practicing meditation together. A very far-reaching influence of peace can silently be transmitted into the environment. The aim

“
The
vibrations
emitted
by an
individual's
thoughts,
words and
actions
spread,
striking
against
everything
in
creation
and
affecting
the whole
cosmos.”



of meditation is to enable one to become more aligned to the unified field of natural law so that one doesn't violate the laws of nature and thereby create the ground for suffering.

"Each individual has to transform his mind so that it only picks up and transmits right thoughts and engages naturally in only right speech and action."
(MAHARISHI MAHESH YOGI)

Spreading an influence of love, peace and happiness through our thoughts, words and actions is of utmost importance, now more than ever, in order to offset the vibrations of fear, doubt and dismay prevalent in the collective consciousness of the world due to the Covid-19 virus. Vibrations of love elevate and energize the collective consciousness and happiness strengthens the immune system. The joy felt by an individual enlivens vibrations of joy in the cosmic web of life as a whole.

A peaceful world is composed of peaceful individuals in the same way that a green forest is composed of green trees. The evolution of the entire cosmos is connected to the evolution of the individuals. World peace can only be realized when the minds of a certain percentage, a critical mass, of the population gain a permanent state of inner peace and harmony. The Dalai Lama expressed this idea when he said:

"World peace begins with inner peace. Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

Everyone is faced with adverse situations and circumstances at some time in their life. But it is our response or reaction to the circumstances which either elevate or degrade our lives. Two people may be born in the same situation; one

will reach great heights of success while the other may not be able to progress at all. This is due to the difference in their response to the same situation.

All ills and suffering in life are a result of weakness, the inability to release stress. When one faces rejection or disappointment, if one holds on to it, it becomes lodged in the body as muscular tension and if it isn't released, it depletes the body's energy field and alters the chemistry. Illness manifests in the energy field first before it becomes visible in the physical body.

Violence, cruelty and injustice cannot be overcome by more violence. Darkness cannot be removed by more darkness. The only solution is to bring in the light. Only a new seed will yield a new crop. The need of today is for more light, more love, more compassion to heal the wounds in the cosmic psyche.

Martin Luther King expressed this idea beautifully when he said:

"Man must evolve for all human conflict, a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love."

The need of today is to re-awaken in the collective consciousness of the world, the memory of the unified wholeness of life. When we are re-awakened to the memory of *who we really are*, then global unity will become a living reality. At its deepest level, all life is ONE undivided wholeness. This recollection will lead to a more harmonious and integrated world family where togetherness prevails, and unity in the midst of diversity is a permanent feature of life on earth.

In the words of Mahatma Gandhi:
"Our ability to reach unity in diversity will be the beauty and the test of our civilization." 



MEET THE AUTHOR

BARBARA ANN BRIGGS is a poet, a freelance journalist, a certified teacher of Transcendental Meditation and the author of two books. She is a citizen of the universe who has travelled widely, written more than two hundred poems and had numerous articles published in New Age journals. Her book, *The Contribution of Maharishi's Vedic Science to Complete Fulfilment in Life* is available from maharishi.co.uk. The aim of the book is to make very abstract concepts easily accessible to everyone. In *Pilgrimage on the Path of Love*, her novel of visionary fiction, we enter the interior world of a woman on the spiritual path whose life is dedicated to the attainment of enlightenment. The book is of global significance because it makes one aware of the inter-relatedness of all sentient beings. Barbara's new podcast is available at: essenceoflife.buzzsprout.com

On the web

barbaraannbriggs.com