

Beyond War Study Guide

Readings and Preparation

for

Session 5

War is obsolete

**We all live on one planet
We are one**

The means are
the ends in the making

We all live on one planet

We are one

one

- being a single unit
- entire being
- a unified entity formed by multiple components
- the first principle of all things

Part of the Whole

A human being is part of the whole, called by us the universe. A part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures.

Albert Einstein

Beyond Borders

When you go around the Earth in an hour and a half, you begin to recognize that your identity is with that whole thing. And that makes a change.

You look down there and you can't imagine how many borders and boundaries you cross, again and again and again, and you don't even see them. There you are—hundreds of people in the Middle East killing each other over some imaginary line you're not even aware of, that you can't see. And from where you see it, the thing is a whole, and it's so beautiful. You wish you could take one in each hand, one from each side in the various conflicts, and say, "Look. Look at it from this perspective. Look at that. What's important?"

And a little while later on, your friend, again one of those same neighbors, the person next to you, goes out to the moon. And now he looks back and he sees the Earth not as something big, where he can see the beautiful details, but now he sees the Earth as a small thing out there. And the contrast between that bright blue and white Christmas tree ornament and the black sky, that infinite universe, really comes through, and the size of it, the significance of it. It is so small and so fragile and such a precious little spot in that universe that you can block it out with your thumb, and you realize that on that small spot, that little blue and white thing, is everything that means anything to you—all of history and music and poetry and art and death and birth and love, tears, joy, games, all of it on that little spot out there that you can cover with your thumb. And you realize from that perspective that you've changed, that there's something new there, that the relationship is no longer what it was.

Russell Schweikert, Astronaut

Reading List for Session 5

Essential Reading

Essay: A New Mode of Thinking

Focus Questions and Activities

The Fundamental Unity

Survival and Change

The Golden Rule

We Are One

Truth

Expanding Identification

The Foundational Ideas of Beyond War

The Personal Implications based on the Foundational Ideas

Optional Reading

A Sense of Wonder

A New Mode of Thinking

Everything has changed, save our modes of thinking, and we thus drift toward unparalleled catastrophe. Albert Einstein 1946

A mode is a method of measurement. A mode of thinking measures the broadness and the inclusiveness of our thinking. Our mode of thinking includes our values, attitudes, motivation, and it determines our behavior. Our mode of thinking forms our identity.

The knowledge that war is obsolete and that we are one is the foundation of the new mode of thinking. Our mode of thinking is what we identify with. It determines our values, our attitudes, our motivation, and our actions.

Until recently, we had not experienced the earth as one integrated system. We had limited experience of other peoples and other cultures. Therefore, our primary loyalty has been limited to our family, tribe, race, religion, ideology, or nation. Our identification has been restricted, and we have often seen those beyond that identification as enemies.

In the nuclear age this limited identification threatens all of humanity. We can no longer be preoccupied with enemies. We can no longer see ourselves as separate. Modern transportation, communication systems, and the discoveries of science have increased tremendously our direct and indirect experience of the world. We now see that all of life is interdependent, that we share a common destiny, that our individual well-being depends on the well-being of the whole system. We must now identify with all humanity, all life, the whole earth. This expanded identification is the new mode of thinking.

It may be that we will never eliminate conflict between individuals or between nations. There will always be different perspectives, different ideas and different approaches to problems. However, an overriding identification with the whole earth will enable us to resolve conflicts by discovering solutions that benefit all. Diversity will no longer be a cause of war. When we change our mode of thinking, diverse points of view will become a source of creative solutions.

The human species has repeatedly demonstrated the ability to change its mode of thinking. As we have matured and acquired new knowledge, we have expanded our identification beyond the tribe, the clan and the city-state. As we began to expand our identification beyond race, we abolished the institution of slavery. Now, by expanding our identification to the whole earth and humanity, we will build a world beyond war.

“The age of nations has passed. The task before us, if we would not perish, is to shake off our ancient prejudices, and to build the earth.” Pierre Teilhard de Chardin 1936

Focus Questions Related to the Readings for Session 5

1. What was your earliest realization that “we all live on one planet” and “we are one”?
2. What is your experience when you contemplate the “Identification” pages?
3. How could the Personal Implications be valuable in your life?
4. Do you experience the Personal Implications as having wholeness? Why or why not?

Activities Related to the Readings for Session 5

1. As you read the newspaper or listen to the radio/watch television news, notice when you detect “we all live on one planet” thinking and, in contrast, when you detect “us and them” thinking. Make notes about what you notice so you can share them.
2. As you observe your own thinking, notice when you detect “we all live on one planet” thinking and, in contrast, when you detect “us and them” thinking. Make notes about what you notice about your own thinking so you can share them.

The Fundamental Unity

It is even possible that recognition of our environmental interdependence can do more than save us, negatively, from the final folly of war.

It could, positively, give us that sense of community, of belonging and living together without which no human society can be built up, survive and prosper.

Our links of blood and history, our sense of shared culture and achievement, our traditions, our faiths, are all precious and enrich the world with the variety of scale and function required for every vital ecosystem. But we have lacked a wider rationale of unity. Our prophets have sought it. Our poets have dreamed of it.

But it is only in our own day that astronomers, physicists, geologists, chemists, biologists, anthropologists, ethnologists, and archaeologists have all combined in a single witness of advanced science to tell us that, in every alphabet of our being, we do indeed belong to a single system, powered by a single energy, manifesting a fundamental unity under all its variations, depending for its survival on the balance and health of the total system.

If this vision of unity—which is not a vision only but a hard and inescapable scientific fact—can become part of the common insight of all the inhabitants of the planet Earth, then we may find that, beyond all our inevitable pluralisms, we can achieve just enough unity of purpose to build a human world.

Barbara Ward and René Dubos

SURVIVAL AND CHANGE

We live in an age rich in information. Yet we lack the understanding required for survival. It is not more facts that we need, but rather the wisdom to make sense out of the information already available. To understand our current crisis more clearly, it helps to step back and gain the largest possible perspective. To gain that perspective, we look back to the beginning of life. As we do that, we discern several fundamental principles that have governed survival and change from the beginning.

Some four-billion years ago life emerged from the primordial mist that enveloped the earth. Literally the descendants of star dust, these primitive life forms grew in complexity and diversity. They spread over the seas, the land and the air. And, all the while, three principles of survival and change were silently at work.

First, survival is the goal of all life. Everything that lives wants to survive — the blade of grass pushing defiantly through the pavement, the tree growing out of the granite cliff. From the single-celled amoeba to the trillion-celled human, from the sponge to the elephant, all life is driven to survive.

Second, the future belongs to those with a fitness for change. Those species which can respond to changes in the environment survive. Those which cannot change do not survive. And, third, it is the environment that dictates the nature of the change required.

The dinosaur exemplifies these last two principles. Dinosaurs ruled the earth for millions of years as the largest, most powerful species. But when the environment changed in some way, as yet not fully understood, the dinosaurs died out. At the same time, other species with the ability to change survived. No species, however successful in the past, is guaranteed a permanent place in the hierarchy of life. Survival must be continually earned by an ability to adapt to changes in the environment.

Some one hundred thousand years ago, *homo sapiens*, literally "man the wise," appeared and the principles of survival and change moved into the mental dimension. For the first time, living organisms were no longer restricted to an endless cycle of instinctual, preprogrammed responses to their environment. It was the beginning of consciousness. We could think. We could wonder. We could ponder new possibilities. Human survival no longer depended solely on genetic evolution — we could evolve new ideas instead. Those humans able to adapt their thinking to new environments were more fit and survived.

And survive we did. Our numbers grew and primitive societies evolved. Driven by our will to survive, we sought a means of defense against marauding enemies. Weapons and armies were developed. War became intrinsic to human culture and began an evolution of its own: the club, the spear, the bow and arrow, the crossbow, the gun, the cannon, the machine gun, the aerial bomb. We developed more and more destructive weapons in the hope that each new advantage would make us invulnerable. But with the development of atomic weapons, everything has

changed. All humans, no matter who they are or where they live, are now totally vulnerable. The survival of our entire species is threatened.

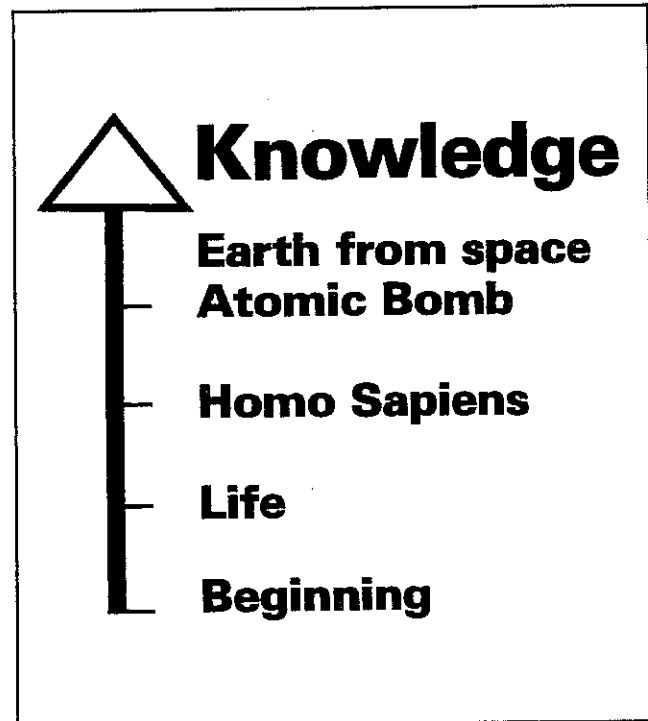


Figure 1: The TIME LINE provides knowledge by giving the largest possible perspective on our current situation. We are still subject to the three principles of survival and change which have governed life from the beginning:

1. Survival is the goal of all life.
2. The future belongs to those with a fitness for change.
3. The environment determines the nature of the change required.

To survive, we must come to understand the change demanded by our nuclear environment.

The three principles of survival apply to us, just as they have to all life before us. We are not exempt. Our environment dictates the change we must make to survive. We can no longer think that war leads to survival. We must realize that war leads to extinction. We must end all war.

We can only end war when we change our view of the earth and see it as it really is. We live on one planet with one life-support system. We all breathe the same air, drink the same water. We are part of one human family. The view of Earth from space, first seen in 1969, is a powerful symbol of this unity. It allows us to better understand ourselves, our relationship to one another, and our relationship to the whole. It gives us the knowledge required for our continued survival.

If we are really convinced of our peril, we will succeed in perceiving and making the change dictated by our new environment. Then we will not only survive, but flourish in a way that humankind has dreamed of for thousands of years. We will flourish or die depending on our courage, our strength and our wisdom in dealing with this self-inflicted threat to life.

The Golden Rule

As the human soul has journeyed along a path charted by many of the great faiths, the same essential truth has been expressed in different words.



Buddhism

Hurt not others in ways that you yourself would find hurtful.



Hinduism

Do naught unto others what would cause you pain if done to you.



Judaism

What is hateful to you, do not to your fellow man.



Christianity

All things whatsoever ye would that men should do to you, do so even unto them.



Islam

No one of you is a believer until he desires for his brother that which he desires for himself.



Sikhism

I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all.



Taoism

Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss.

WE ARE ONE

The view of Earth from space has made a profound imprint on the human psyche. It symbolizes the new knowledge, the change in thinking dictated by our environment if we are to survive: WE ARE ONE. It is a symbol of hope, of possibility, of unity.

When we step back, we can see our planet as it really is: shining, fragile, and beautiful; one whole, interdependent globe, with one life support system. There is not one life support system over the United States and another over the Soviet Union; our life support systems are one and the same.

As early as 1948, the noted English astronomer Sir Fred Hoyle predicted that "Once a photograph of the earth, taken from space is available ... an idea as powerful as any in history will let loose." Twenty years later, Hoyle's prophecy was realized as men looked back and saw the earth, our home, from the new perspective of space:

"When you go around it in an hour and a half, you begin to recognize that your identity is with that whole thing. And that makes a change."

"You look down there, and you can't imagine how many borders and boundaries you cross, again and again and again, and you don't even see them. There you are — hundreds of people killing each other over some imaginary line that you're not even aware of, that you can't see. From where you see it, the thing is a whole, and it's so beautiful. You wish you could take one person in each hand and say, 'Look at it from this perspective. What's important?'"

"You realize that on that small spot, that little blue and white thing, is everything that means anything to you. All of history and music and poetry and art and birth and love; tears, joy, games. All of it on that little spot out there that you can cover with your thumb."

Russell Schweickart
Apollo IX Astronaut

The view of our earth from space has given us new meaning of "one." We live on one planet and the survival of all humanity, all life, is totally interdependent. Our future requires a new mode of thinking based upon this reality.

THE UNITY PRINCIPLE

New discoveries in the sciences validate the knowledge that we are one, that everything is interrelated in one unified system. Nothing is isolated. "No man is an island." This unity principle is manifested in every aspect of our existence.

Physics

In modern physics, matter is not seen as autonomous particles acting and reacting against one another. Rather, matter exists as a network of relationships, more like a wave than a particle. All matter in the universe is connected like a circle of fine thread. If any part moves, it sends a wave all around the cir-

cle, back even to the part that started the movement. In this image, the actor is also acted upon, and things are so interconnected that any observation affects the nature of whatever is being observed!

Lift your little finger and the stars move — ever so slightly, but they move. When the stars move, you are affected — ever so slightly, but you are affected. The same law of gravity that governs planetary motions and the formation of galaxies is present down to the subatomic level. The unity principle is present in its very name, the law of *universal* gravitation.

From the viewpoint of modern physics, everything is inextricably related to everything else. Similarly, no one and no nation can exist in isolation. The concept of an individual or a nation acting separately is an illusion. As in physics, the actor is always acted upon: we are part of one unified whole.

Ecology

Ecology has given us an understanding of the unity and interconnectedness of all life. The ecosphere surrounds the earth like the skin on an apple. This thin layer of cloud and wind, stream and sea, soil and stone, is home to every form of life and binds them together in inextricable union.

It is one life support system. If we disrupt the ecosphere in one place, it creates unpredictable and usually undesirable effects in another. On the island of North Borneo, prior to 1955, malaria infected 90% of the people. A pesticide similar to DDT was sprayed to kill the malaria-carrying mosquitoes. It eliminated the mosquitoes and, in an unforeseen side effect, also killed the flies that infested the houses. At first this was welcomed as an extra benefit. But then lizards began to die from eating pesticide-laden flies. Next, cats died from eating the lizards. With the cats gone, a large rat population emerged from the jungle, teeming with typhus-carrying fleas, and overran the village.

While this situation was resolved without an epidemic of typhus, the lesson is universal. Life on earth is like one gigantic organism, with the various species and organisms constituting the various organs and cells. Life is one totally interconnected whole. If, in our attempts to solve a problem, we neglect that unity principle, we create a new and often more serious problem.

Ecology also teaches us another lesson about the unity principle. The ecosystem derives strength from its diversity, the many different species and the differing genetic makeup of individual organisms within a species. When such a diverse system is faced with environmental stress, it has more ways to respond and adapt to the change, increasing the chance of survival.

Conversely, minimal diversity leads to instability and death. Monoculture crops are genetically identical, selected and bred for high yield. Because the crop has no genetic diversity, it is extremely vulnerable to pests, diseases, and climatic changes. In the Irish potato famine of 1845 to 1850, one million people died when potato blight devastated the one-crop system. Similar-

ly, in 1970 a corn blight destroyed one-fifth of the United States' corn crop.

The advantages of diversity in our ecosystem are obvious. Diversity permits the flexibility and responsiveness to change required for survival. We must come to see that the same principle applies to the social dimension as well. Diversity of culture is currently viewed as threatening and divisive when, in fact, it is essential. By combining our diverse viewpoints we can obtain a more accurate picture of the reality we face. Only then will we find creative solutions to our problems.

We are all part of one ecosphere facing the ultimate threat to our common survival. Let us welcome our diversity and focus that enormous wealth of collective creativity on solutions to ensure that common survival.

Biology

Biology has revealed that "survival of the fittest" has new meaning. No longer is the evolution of life seen solely as a bloody battle between competing species where the fit are the biggest, strongest, and most aggressive species. Rather, the most fit are now seen as those which contribute to the well-being of the whole system.

As evidence, the most widespread form of life on earth is clawless, with no bark and no bite — the green plant. Through photosynthesis, green plants fuel the whole system of life. That is useful! It is so useful that there have to be more green plants than all other life forms combined; otherwise the system would run out of oxygen and energy. In the intricate web of life, contributions to the whole are rewarded quietly but inevitably. We humans would be wise to consider the implications of this principle for our continued survival.

"Up to now we might be counted among the brilliant successes, but flashy and perhaps unstable. We should go warily into the future, looking for ways to be more useful, listening more carefully for the signals, watching our step, and having an eye out for partners."

Lewis Thomas, 1980.

Chancellor, Sloan-Kettering Cancer Institute

Psychology

Psychology supports the unity principle by enabling us to better understand the projection of our "shadow side" upon an enemy. We now know that it

is natural for humans, beginning in childhood, to claim positive qualities such as kindness, honesty, and loyalty for ourselves and those like us; but to deny in ourselves and project onto "outsiders" negative qualities such as treachery, cruelty and hostility.

Carl G. Jung states the problem and its solution very clearly in *Man and His Symbols* (Doubleday, New York, 1964, p. 85):

"We should give a great deal of consideration to what we are doing, for mankind is now threatened by self-created and deadly dangers that are growing beyond our control. Our world is, so to speak, dissociated like a neurotic, with the Iron Curtain marking the symbolic line of division. Western man, becoming aware of the aggressive will to power of the East, sees himself forced to take extraordinary measures of defense, at the same time as he prides himself on his virtue and good intentions."

"What he fails to see is that it is his own vices, which he has covered up by good international manners, that are thrown back in his face by the communist world, shamelessly and methodically. What the West has tolerated, but secretly and with a slight sense of shame (the diplomatic lie, systematic deception, veiled threats), comes back into the open and in full measure from the East and ties us up in neurotic knots. It is the face of his own evil shadow that grins at Western man from the other side of the Iron Curtain. ..."

"But all attempts [to resolve the problem by moral and mental means] have proved singularly ineffective, and will do so as long as we try to convince ourselves and the world that it is only they (i.e., our opponents) who are wrong. It would be much more to the point for us to make a serious attempt to recognize our own shadow and its nefarious doings. If we could, ... we should be immune to any moral and mental infection and insinuation."

Our inability to accept our own negative qualities, our "shadow," causes us to hate others in whom we see them, almost as if doing so then allows us to deny them in ourselves. When done unconsciously this projection leads to separation and war. But, when brought to consciousness, it allows us to see our unity — that it is a part of ourselves that we mistakenly hate in others.

TRUTH

Truth is difficult for the human mind to grasp — so much so that Socrates concluded that the wisest of men are those who know how little they know. In our search for the truth, we must proceed humbly, ever aware of the past falsehoods we mistook for truths — the flat Earth, the geocentric universe, the inevitability of human slavery, the impossibility of friendship with “Red China.”

Numerous falsehoods still masquerade as truths — our minds filter all incoming information to conform to our internal images of ourselves and the world. This filtering preserves our internal frame of reference, but hinders our quest for the truth.

To survive today, we must seek the truth. We must open our minds to new possibilities. We must learn from our past mistakes and make new discoveries. We must come to value differences of opinion as helping us to better understand a universe that is beyond the comprehension of any one mind.

In our old mode of thinking, we are like the three blind men trying to discover the true nature of an elephant. One, feeling the leg, asserts that the elephant is like a tree. The second, feeling the tusk, argues that the first man is wrong — the elephant is like a rock. And the last, feeling the tail, asserts that both of the others are wrong — the elephant is like a snake.

None of the blind men can see the whole picture, the truth, until he adopts a new mode of thinking. If he drops his narrow frame of reference and gives credence to what the others have experienced, he comes closer to understanding the true nature of the elephant. If we drop our narrow frame of reference and give credence to what others have experienced, we come closer to understanding the true nature of our world.

What we identify with determines how we will behave and what choices we will make in any given situation.

Expanding Identification

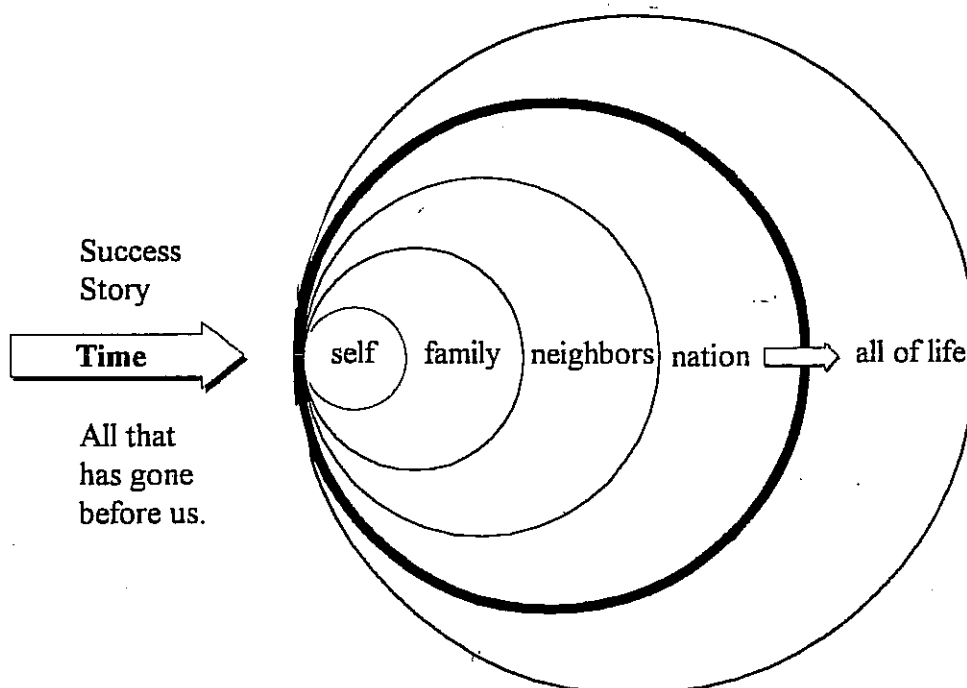
When we are born our world is very small.

What we identify with begins at a personal level. We identify with our own physical body, property and ideas. We may be hurt when they are criticized, and react strongly to defend them.

We also identify on a collective level. Identification with our family, clan, and race are extensions of identifying with our body. The city, state, and nation become extensions of our property. A person's philosophy, religion, and ideology are extensions of one's ideas.


This natural process of expanding identification cannot stop there. If our sphere of identification is limited, then anything outside is a potential enemy. When the enemy is perceived as too threatening, we may justify killing. Wars result from identification that is too limited, confined to the collective and individual level.

Our survival depends on expanding our identification to include the largest frame of reference, the whole of humankind, even our "enemies." Realizing that we are neighbors forever with a shared, yet diverse, humanity, we can begin building our common future.



EXPANDING IDENTIFICATION

Our mode of thinking is determined by what we IDENTIFY with.



WHOLE	HUMANITY	EARTH	TRUTH
COLLECTIVE	RACE FAMILY CLAN	NATION STATE CITY	IDEOLOGY PHILOSOPHY RELIGION
PERSONAL	BODY	PROPERTY	IDEAS

The Foundational Ideas of Beyond War that
are the basis of a

“new mode of thinking.”

War is Obsolete

**We All Live on One Planet
We are One**

**The Means are the Ends in
the Making**

These Personal Implications are the individual's response to the Foundational Ideas of Beyond War:

- I will resolve conflict. I will not use violence.
- I will not preoccupy myself with an enemy. I will maintain an attitude of goodwill.
- I will take initiative and respond to conflict within these Foundational Ideas and Personal Implications even when others are confused or lost in their fight or flight reflexes.
- I will work together with others to build a world beyond war.

OPTIONAL READING

FOR

SESSION 5

A Sense of Wonder

In the photographs of the earth from space the planet looks like a little thing that I might hold in the hollow of my hand. I can imagine it would feel warm to the touch, vibrant and sensitive. Born of stardust, this handful of matter has evolved throughout the eons of geologic time. Like a butterfly taking shape within its chrysalis, the parts have rearranged themselves, taking on new forms. Diversity has increased, and simplicity has given way to elaborately integrated complexity. Beneath the mobile membrane of cloud and air are a storehouse of splendors and a wealth of delicate detail. There are rainbows caught in waterfalls, and frost flowers etched on windowpanes, and drops of dew scattered like jewels on meadow grass, and honeycreepers singing in the jacaranda tree.

Time flows on... the planet continues to spin on its path through the unknown reaches of space. We cannot guess its destination or its destiny. This beautiful blue bubble of matter holds many wonders still unrealized and a mysterious future waiting to unfold.

Louise B. Young