

## Wake up. Explore the visible worlds.

Week 10

On the eighth day of Creation humans started to explore the physical, visible geographical world. The Universal principles of Spirit (inspiration) first, Mind follows and Body belongs, started to awaken in individuals.



The unveiling of the clouds of ignorance was at first through sea voyaging. An Egyptian vase painting pictures the oldest known ship, 6000–5000BC. A story about Greek heroes, the Argonauts c.1300BC says:

*“They came to the open sea, the Black sea. No Greek had crossed it. They trembled. It stretched out before them as far as the eye could see.”*

Though fearful of the unknown, people kept exploring the world.

According to some tribal narratives, c.950AD, **Kupe** was the first Polynesian to discover the islands of Aotearoa-New Zealand, where I live.

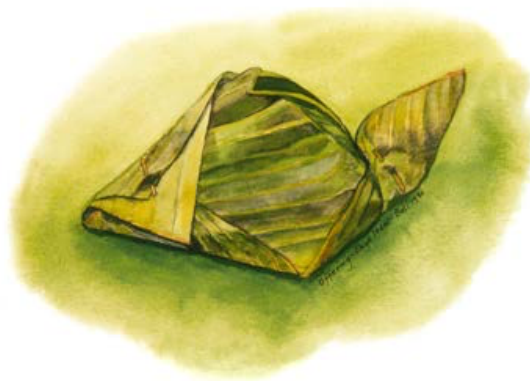
A world map of the sixth century shows a flat world surrounded by the ocean with the four winds and four sacred rivers running out of the terrestrial Paradise. Ptolemy and the Romans knew North Africa, Europe and much of Asia, India and Burma through courageous sea voyages. At the end of the 13th Century Indonesia, and more of Scandinavia, Russia and China were known .

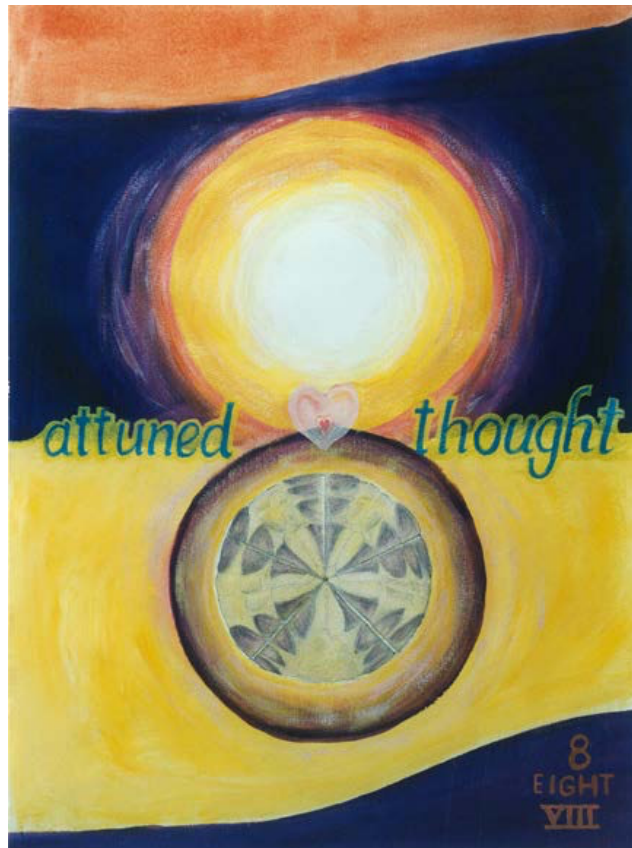
The possibility of unveiling the clouds of ignorance is a bright lure. The wonder of it and of those men who ventured to the edge of the world and did not fall off, but left tracks and small notes on a foldable, paper globe of Planet earth.

On the eighth day of creation, pseudo truths end. I wonder if you could understand in the depths of your heart how extremely unlikely is your birth. Do you know that it took a physics-defying design for Planet Earth to be able to support the evolution of conscious life? Of yourself?

I invite you to pause, close your eyes, breathe, feel into your body all of the previous life forms and at least one hundred generations of the joys and struggles of our ancestors. All this supports your breath of life in this moment.

On the eighth day of creation in my life I slowed down. My blind rush at life abated. My hyper-vigilance calmed. My eyes of perception saw anew. A GIFT.





## **Exploration of the physical, visible body.**

Every indigenous and ancient culture has healed the sick and wounded with herbs and plant medicines as well as practising many other aspects of Holistic Health. The Ayurvedic practice of maintaining well being arose in India about 5,000 years ago. It is a simple, common sense wisdom structured in consciousness.

Consciousness is a field of intelligence that is the most basic element in life. Our body, our behaviour and our environment are all expressions of consciousness. A person's perception, their state of consciousness creates health or dis ease. With the Industrial Revolution's shift to left brain scientific thought, plant medicines and holistic wisdom were replaced with synthetic, human manufactured drugs, multinational industries and the disastrous diminishment of soil, agriculture, nutrient-rich food and vitality. Today the allopathic approach to dis-ease, distress or mental illness is fragmented and unhealthy.