

TWEETS TO YOU



A Small Owl (larger in reality...)

Marcus Robbins

Available from Lulu.com

Introduction

One day, I can't remember when or why, something made me realise that reality lies in relationships. So I wrote a short piece explaining that idea, followed by a longer series of tweets. This book reproduces them both.

I had fun doing this. The idea was appealing, and I decided to challenge myself by developing it over a series of 140 tweets, each one of exactly the maximum of 140 characters allowed.

Giving myself this limitation helped me to be creative in my use of English. At first it was difficult, but as time went on, I became attuned to seeing in bite-sized pieces the phrases and paragraphs that were exactly the length required.

I reached my target of 140 tweets, but having got into the swing of things, carried on, only tweeting when I felt especially moved. My induction to tweeting had started in November 2011, but the idea for my challenge came in Easter 2013, and carried on to Pentecost of that year.

So as not to overburden my "followers" such as they were, I set out to tweet just once a day, occasionally with two, so that all could be explained in a period of about 100 days – which would cover the 40 days of Lent, and 50 until Pentecost.

I also decided to allow myself the luxury of drawing explanatory graphics, always keeping to the 140 characters, which then had to include the link address of each graphic.

Here is what resulted – my explanation of how reality lies in relationships – among other topics. If you were a “follower” – perhaps this will help recap my ideas. If you are a newcomer (maybe one of those for whom following tweets was an anathema), I hope you get the idea and enjoy it!

Marcus Robbins
Oxford, September 2016

Further introduction

Well, I couldn't stop tweeting since I started this book – and so I have also included some 70 or more tweets, also 140 characters long, on the subject of the things that we need as result our relationships.

I started these at the beginning of 2017, and finished at Pentecost of that year. They begin on page 100.

Marcus
Oxford, June 2018

Note: for those readers that don't know Twitter or Facebook, the words prefaced with # enable the user to find other mentions of the subject, and those starting with @ send a message to another user. They are not hyperlinked. If you want to follow an underlined hyperlinks, simply click on them in the PDF. If you have a printed version, copy the address into your browser.

Reality in relationship

*This piece explains the idea,
and is followed by the tweets.*

Some scientists suggest that the real world lies in what we detect with our senses and can verify by experiment. There is nothing more to life. But others think differently, and I want to suggest that reality really exists in relationships. It is not in the material world of atoms, molecules, organisms, planets or galaxies. These are just expressions of various forms of relationships. And ultimate reality is the relationship of divine love, in other words, God - if we accept the biblical statement that God is Love.

Right from the beginning, creation can be thought of as a story of relationships. God made the world to have a relationship with us. In such a narrative, the big bang is an inevitable opening chapter. Without this there would have been no differentiation into the parts through which relationships could be expressed. And it is a story in which there is paradox under many guises.

One example of paradox is that, for any relationship to exist there must be freedom to be limited. For stars to form a galaxy, they must be free to move about each other. In a way we can say that the earth and the sun are in a loving relationship. Everything is in love with everything else. All reality is a choreographed and intimate dance of freely chosen predefined steps.

As the physical universe cooled, relationships have become more complex, or more warm and refined, if you like. Elements become compounds become organisms. Evolution of life can be seen as an inevitable part of this divine process of expressing and developing relationships into a higher and deeper order.

This brings us to another paradox of reality which comes into play as life develops. To gain life, life must be sacrificed. This is made quite obvious in the food chain where animals eat plants and predator eats prey. None of us would be here were it not for that principle. It is an expression of Darwin's idea of survival of the fittest, or sacrifice of the weakest.

Although an animal eating another animal may seem cruel (from our anthropomorphic way of looking at the world), it can also be seen as a latent form of the unconditional love that underlies existence. One life is given up so that another can prosper. But this of course is not a sacrifice of the willing - here it is just the weakest in the natural struggle of life.

But when human beings come along, things change as we become both self-aware and selfish. This seems to be where the Genesis story and the idea of the fall really start. Relationships become yet more complicated and deeper as humans also become aware of God, but at the same time unwilling to acknowledge him.

Killing goes from being necessary to being nasty as our selfishness takes hold. The weak can have a way to conquer the strong. Natural sacrifices become

part of our evolving human culture. They are an expression of the reality of a twisted loving relationship which says "if we do this, then you will (or will not) do that".

The whole of human history seems to be a tale of sacrifices, both voluntary and involuntary, as we try to work out our relationships one with another, and become what we like to think of as civilized people. In amongst tales of horror, carnage and war, some examples of true divine love do show through (more than some would like to give us credit for).

Sex is a casualty in all this. It goes from being an instinctive, amoral animal drive to diversify relationships, to one which complicates other expressions of love as relationships become more diverse. And here is another paradox. Such love can become divisive and express disgust, fear, anger and cruelty in its worst forms as we allow our self-awareness to be ruled by our selfishness.

In the cosmic narrative of relationships, this is where Christ comes in. He reminds us that in the beginning God is love (the Trinity is an integral relationship), and also reminds us of the paradox of freedom and constraint. We are commanded to love God, and our neighbour as much as we love ourselves. Only in this way can he save us from ourselves. Love and obedience go hand-in-hand. "If you love me, you will obey my commandments"

Christ does not just tell us about the reality of relationships, but he also demonstrates it in an ultimate form. In the same way that creation and evolution inherently involve sacrifice, he

demonstrates the perfect sacrifice of love by freely giving up his life to give life to others - even those who don't even want to have any relationship with him.

From then on until the present day, humans have been arguing about what Christ's message on relationships really means. Alas, things become even more complex and less like what God intended them to be – witness our churches. Instead of allowing our differences to develop closer, more loving relationships, we allow them to drive us further apart, forming us and them - “otherisation” as it has been termed.

So what is happening now? In reality, relationships are now at their most complex, not only between individuals, but also between couples, families, groups, cultures, nations and religions. It becomes more and more difficult to get back to the reality of love, and to understand why we are here in the first place.

I think that it is all exemplified by the current battle between religion and science. In his television series, "Sex, Death, and the Meaning of Life", Richard Dawkins stated that more and more of us realise there is no God. He restates the view that the material world of atoms, genes and organisms is all there is to reality. Relationships are reduced to mathematical formulae or neurological fizz.

The good news according to Dawkins is that we are hardwired to be empathetic - that is what science tells us. Goodness is natural to us and kindness is in our physiology. Evolution is in fact making us more empathetic. It is religion and belief in God that gets

in the way and leads to all the breakdowns in relationships we see around us.

There is a lot of truth and optimism in this view of reality - but it only sees half of it. Some would argue (as do Jonathan Sacks and Iain McGilchrist) that it is a left-brained understanding of the world, which differentiates and looks for function. What has been forgotten is the right-brained integrated way of understanding life that provides meaning. Instead of seeing relationships as the prime mover, it sees just the things moved - albeit acknowledging them as wonderful, as Dawkins certainly does.

But if we want to get back to the real wonder of reality where love reigns, we must recognise - as many great minds have argued - that the spiritual and material go hand in hand. From a Christian perspective, God (an everlasting relationship of love), incarnate in the form of Christ, shows us what our ultimate goal through creation and evolution should be - a timeless loving relationship with God and his creatures. Even if some Christians and their worldviews don't demonstrate what this should be like, Christ still can.

Now for the tweets...

THE TWEETS

All 140 characters in length
(including the spaces)

If there is odd punctuation (ie no full stop),
it's deliberate, so as to fit everything in!

**The relationship tweets start in
February 2013**

**The #Weneed tweets start in
January 2017**

Nov 2011

Just finished Jonathan Sack's book The Great Partnership: God, Science and the search for meaning. The best I've read on the topic!

Trying to reduce my personal library - an upsetting business as books seem to become an extension of one's personality. Better to borrow?

Just been made heir to an inflatable sailing boat... so the MilkFloat is moving out to a lady who wants to promote Amnesty with it.

Dec 2011

Abuela-granny at 93 has set herself a goal to read the whole Bible. I suggested she read the 100 Minute Bible first. She likes it very much!

Jan 2012

Excellent interview. I look forward to reading Sheldrake's new book: The Science Delusion. Belief: Rupert Sheldrake.

Well, I've read The Science Delusion! I completely agree with Sheldrake's plea to free up the spirit of scientific enquiry. Excellent book

Listened again to Holst's The Planets visualisation DVD. Fabulous. Thanks A&D! Nick to note - Holst is British composer of Swedish descent.

Feb 2012

Nice lesson, not putting water in the breadmaker.
Without God's Spirit, we're but dust and can't rise -
Jesus said, "I'm the bread of life".

May 2012

Just been rubber necking newer buildings in
London. It's not a Gherkin, it's a Spruce Cone,
please, and it's great. And the Shard is amazing.

A thought to ponder, written by my grandfather
John Bryant, in his bible: "We know God not by our
discoveries, but by His disclosures".

Gilli and I spent Friday in Chelsea immersed in
flowers, gardens and sun. What wonderful ways
nature regenerates herself and so inspires us!

Jun 2012

What a great reading by the PM at the Jubilee
service. Something in it for all of us to take to heart.
Romans 12, 1-18 if you didn't hear it

Aug 2012

Going for gold. Drop the 'ell and you're going for
God. Here is my tribute and reflections on Team
GB. Well done all! <http://t.co/JRrKOrLG>

Sept 2012

Spent Saturday at the Paralympic stadium. Whiteman won gold; Omar Hassan won hearts; the guided blind won my respect. Inspirational indeed!!

Listened to Dawkins on The Life Scientific, and then Granny reading the Weekday Missal (1 Cor. 2: 10-16). A perfect response - had to laugh!

'lympic legacy? If we all use our faculties to the best of our ability, what more could we ask? To see what I mean, go <http://t.co/tautMvMr>

Just watched Rosh Hashanah: Science v Religion (BBC1). Rabbi Sacks' conversation with Prof. Dawkins was encouraging, lots of common ground!

Oct 2012

What is reality? J.Westerhof's short introduction (OUP) is good, but my father-in-law David Goyder's is still the best! <http://t.co/bNn7folO>

It seems like I helped set a new record on YouTube while watching Baumgartener breaking his. What an amazing jump. I was riveted to my seat!

Nov 2012

If there is no God (as Dawkins says), then there wouldn't be any atheists, as there wouldn't be any God for them not to believe in. Discuss!

Jan 2013

A “grook” of Piet Hein: “The road to wisdom? Well, it's plain and simple to express. Err and err and err again, but less and less and less”.

Just watched the movie Tree of Life (Malick) - about how nature, nurture and grace affect our relationships. Excellent! Read the plot first.

Tut tut - dropping aitches in north Oxford is not 'ealthy and won't do. I'm glad to relate that they've been replaced



Nigel Warburton's "A Little History of Philosophy" is indeed, as a reviewer states: "A delight. For the young of all ages" A very easy read.

Bread is a great allegory of how life ought to be - different ingredients (yeast, flour, sugar, salt, oil, water) making a harmonious whole.

Feb 2013

Relations made are never undone.
A song once sung always goes on.
Harmony changes, for better, for worse
– life's like the scan of my verse.

Angels are by definition God's messengers – human or spiritual. We each have a guardian one. Listen again to Songs of Praise, and be amazed!

Here's the clip about an accident that impressed us: @BBCOne Songs of Praise, I Believe in Angels, I Believe In Angels <http://t.co/ZpqddeoG>

The Pope has written an article on social networking that is very supportive - well worth reading: <http://t.co/lxokNWs5>
He tweets @Pontifex

Marriage or not, loving same-sex relationships need a supportive pastoral theology.
See: <http://t.co/EXtoNlpi>

(SHELDRAKE) Good science, like good religion, is a journey of discovery, a quest. Read more in this article and explore this... <http://t.co/0o2jeAKm>

GET REAL! Follow me Ash Wednesday (before Valentines) as I explore reality in relationships. I'm a share-with, not show-off, thank you Beeb!

Lent is a good time for us to examine our relationships. Are we not doing what we should be doing – are we doing what we shouldn't be doing?

IN THE BEGINNING... Today I start posting my suite of tweets about life's reality, and for the next two weeks I'll be introducing my thoughts.

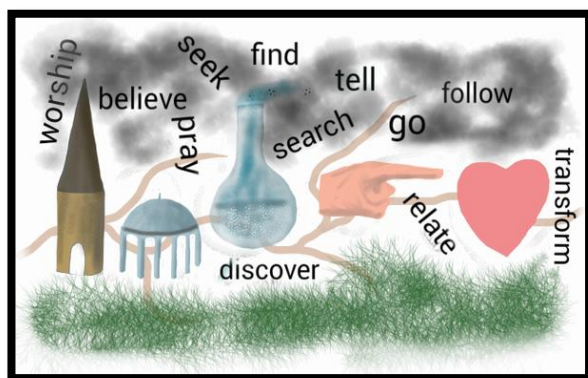
In the following 140, daily tweets, with 140 characters each one, I shall explore the idea that the real world really lies in relationships.

What is reality? It can be defined as the real state of things as they actually exist, as opposed to an idealistic or notional idea of them.

What is a relationship? It can be defined as the way in which two or more people, or things are connected – or the state of being connected.

My philosophical approach to relationships accepts as true that: God is Love; Jesus is the Way; religions and science can reveal this truth.

IN OTHER VERBS: Follow the trail; follow my leader (this link as with future ones, illustrates my previous tweet).



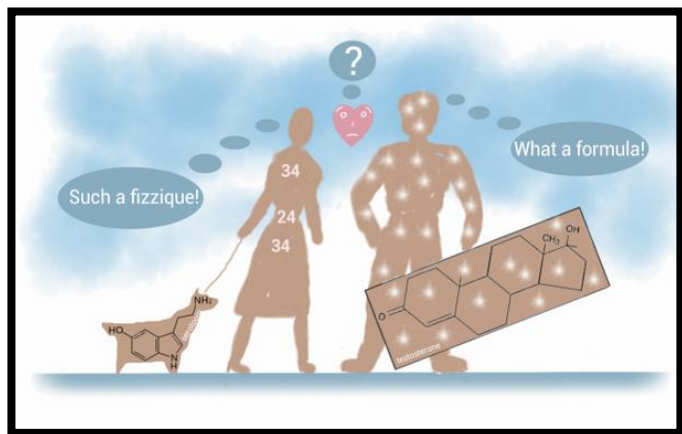
I am not proposing a sort of theory of spiritual relativity or relativism. Rather, it is relationships that make the universe and life real.

Why am I posting these tweets? It's to provide you with a useful means of understanding & building better relationships - so keep following!

Even before our conception, to birth, death and beyond, we are in relationships with ourselves, our mother, others, the whole world and God.

Some scientists suggest that the real world only lies in what we detect with our senses and verify by experiments. Is there no more to life?

A LIGHTER SIDE to my previous tweet.



I suggest that reality lies not in the material world of atoms, organisms, planets or galaxies, but in the relationships found between them.

Is the material world of atoms, genes and organisms all there is to reality? Are our

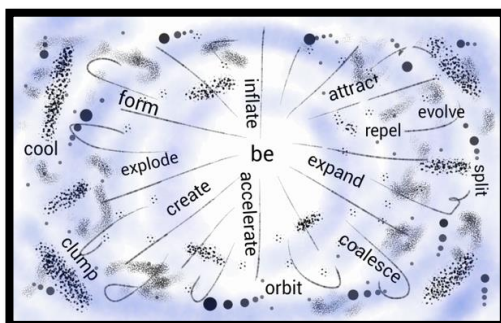
relationships reduced to formulae or neurological fizz?

WATCH OUT: As done yesterday, I may post two tweets a day, if they relate together closely, so wise up...



The big bang was inevitable, for without it there would be no differentiation into the parts through which relationships could be expressed.

IN OTHER VERBS: It's the Beeg Beng! (this link illustrates my previous tweet).



@FrMartinFlatman A radiant mind? One that explodes with God's love and throws light on all around?

So, material things from particles to cosmos are just expressions of relationships. The ultimate relationship is divine love: “God is love”.

The biblical statement that “God is love” is supported by the Christian doctrine that God is a Trinity of “persons”: a relationship of love.

EVOLVING RELATIONS... In the next two weeks this twittersong will look at aspects of how creation, evolution and our relationships are linked.

Atomic, cosmic or human relationships are easy to experience but not to define. It seems that there is always an element of mystery in them.

If you think reality as Trinitarian love is weird, so is reality as wormholes, antimatter, dark energy, entangled quarks, and bubbly branes!

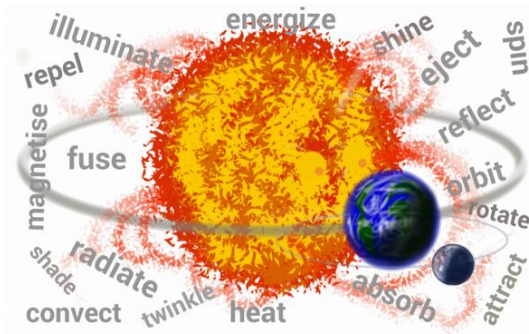
Perhaps there is a universal principle at work in relationships, as applies to quantum mechanics. The mere fact of observation changes them.

Relationships in life are always changing, but within limits. Reality is a choreographed, intimate dance of freely chosen, predefined steps.

Mar 2013

For stars to form a galaxy they must be free to move about each other. We could say that the earth and the sun are in a loving relationship!

IN OTHER VERBS: Soul-ar system...

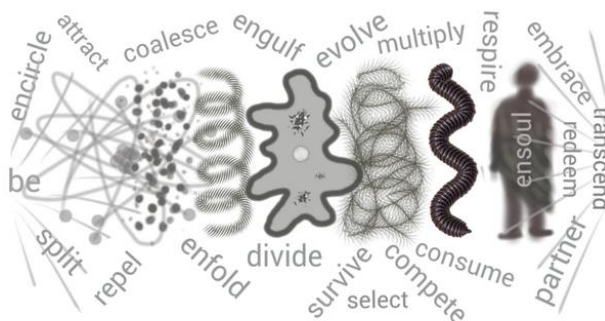


Saint Francis of Assisi, in his song “Canticle of the Sun”, eulogises about “brother sun” and “sister moon” : <http://t.co/6tXkMcJH68>

As the universe has cooled, its relationships have become more complex, closer and more refined. Elements become compounds become organisms.

Relationships evolved via particles, hydrogen atoms, helium, carbon, organic molecules, self-reproducing ones, cells, multiple-cells, to us!

IN OTHER VERBS: Be-volution...



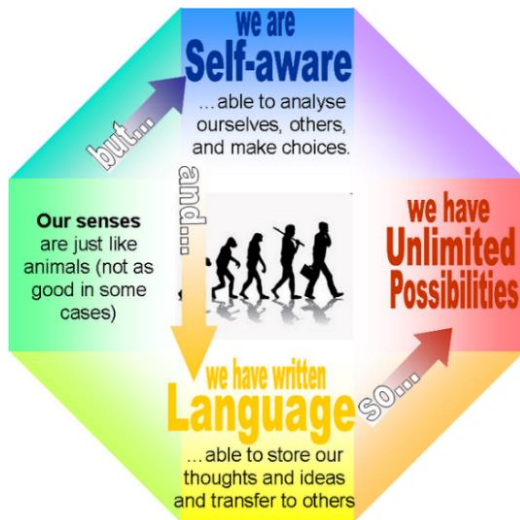
Is life as simple as ABC?
A mystery, yes, but there's a solution.
"I Am" says "Be!" and Creation we see,
stuff Develops, then our Evolution.

New Scientist proclaims: We've run out of explanations for the Universe: it asks.. Is maths the root of reality? Try the cube root of love!

The evolution of life is an inevitable part of the divine process of expressing and developing relationships into a higher and deeper order.

In the Genesis story, the idea of our "fall" seems to start after our ancestors became "inspired" humans, able to be self-aware and selfish.

To be conscious is to think. To be self-aware is to realize that you think, and can think about your thoughts and relationships with others.



SOMETHINK... to ponder on and illustrate my last tweet. All will be revealed about the coloured diagram after Easter.

From Adam and Eve on, relationships have become more deep and complicated, as humans become aware of God, but choose not to acknowledge Him.

In the cosmic narrative of relationships, Christ reminds us all that in the beginning God is love (the Trinity is an integral relationship).

Started reading Blue Sky God by @DonMacGregor2 Great! Looks like he is covering all the ideas that started me doing this series of tweets.

DYING TO RELATE...In the next twenty tweets on reality in relationships, until Easter, I look at the mystery of lives being born out of death.

A fact of life is that we all die. But what dies? And what does dying mean? What is resurrected? Maybe it is our relationships that live on?

The story of relationships is full of paradox. Freedom to be limited; dying to be alive; loving to hate; sacrificing all to gain everything.

A paradox of reality is that to gain life, it must be sacrificed, as seen in the food chain where animals eat plants and predator eats prey.

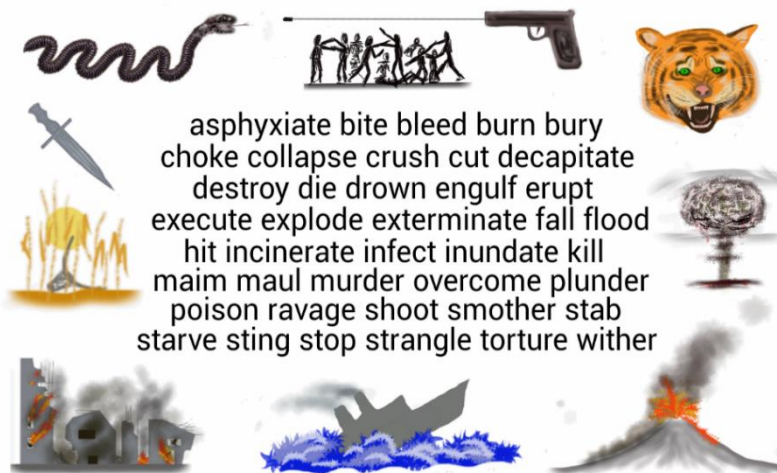
None of us would be here but for sacrifice. It's the flip side of Darwin's "survival of the fittest"; that is, the sacrifice of the weakest.

The whole of human history is a tale of sacrifice, both voluntary and involuntary, as we try to work out our relationships one with another.

Natural sacrifices became a part of evolving human culture. Killing went from being necessary to being nasty - as our selfishness took over.

What about accidents and illnesses that kill and debilitate us before old age? How does a reality of love work here? - it's a difficult one!

IN OTHER VERBS: In a world made of compassion, why does this happen?



Would we have avoided early death/debilitation caused by evolution/accident/illness, if we had all retained our perfect divine relationship?

Amongst the tales of terror, disaster and war, examples of true divine love show through, much more than some of us want to give credit for.

When we make a “sacrifice” to restore relationships, isn’t it so often selfish? ie. “If I do this, then he/she will or won’t do that to me”.

Offences committed in relationships need to be admitted and forgiven as soon as possible – resentment and revenge can break relations apart.

The aim of making religious sacrifices was to restore relationships with the divine, so that actual or perceived offences could be forgiven.

In the same way that creation and evolution involve sacrifice, Christ makes the perfect sacrifice by freely giving up his life for everyone.

Christ’s death is a one-time sacrifice in which all humanity’s offences against God are forgiven. Accepting this restores our relationships.

Poet William Blake observed that Jesus taught all the ancients’ ideas of morals, but added a vital one about relationships: WE must forgive.

C. S. Lewis said “Everyone says forgiveness is a lovely idea until they have something to forgive” [e.g. irritation, unfairness, infidelity].

IN OTHER VERBS: Palm Sunday is today: how green are our relationships?



Christ shows us what our ultimate goal through creation and evolution should be – a timeless loving relationship with God and his creatures.

Why “Maundy” Thursday? At the last supper, Jesus “mandated” his disciples to love one another like he had done. Feet washing was an example.

Why “Good” Friday? Not clear but probably refers to the infinite good to come. Imagine how the media would cover a public crucifixion today!

Summing up the ten commandments, Jesus said that we must love God as much as possible, and we must love others as much as we love ourselves.

"When we ask how good a man is, we do not ask what he does, nor even what he believes, but what he loves." Augustine

Christ's sacrifice saves us, but it has to be accepted. Love and obedience go hand-in-hand. "If you love me, you will obey my commandments".

The ten commandments are about key relationships with God, people and things. If we break them, then our relationships will also break down.

Christ does not just tell us about the reality of relationships but he also demonstrates it perfectly by forgiving all those who killed him.

IN OTHER VERBS: ... something to ponder on, relating to our trans-itory lives. HAPPY EASTER!



Apr 2013

FINDING OUR FACULTIES... In the next fortnight of tweets, I introduce a way of understanding how we form relationships with people around us.

One way of explaining how we relate to what is within and outside of us is by means of ten faculties that we have all inherited and utilize.

A faculty can be defined as an inherent mental or physical power, or an aptitude/talent for creating relationships with a thing or a person.

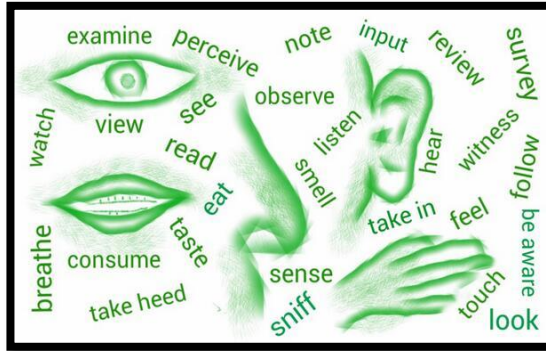
Four of the faculties we possess are identified in many existing theories about our personalities & four come from ideas about team working.

Two of our faculties are directly concerned with making relationships with our inner being, and our outer environments of people and things.

So, our 10 faculties, summarised, are:
OBSERVING-monitoring-INTERPRETING-
judging-reflecting-EXPRESSING-creating-
directing-APPLYING-relating.

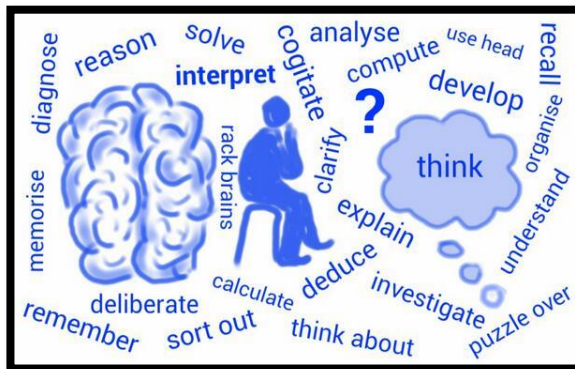
Our first main faculty is concerned with how we sense or observe the variety of stuff around us, using sight, sound, touch, taste and smell.

IN OTHER VERBS... the ways in which we use our “observing” faculty to form relationships.



Our second main faculty is concerned with how we interpret the data that we sense using our ability to think, reason logically, and analyse.

IN OTHER VERBS... the ways in which we use our “interpreting” faculty to form relationships.



Our third main faculty is concerned with expressing our thoughts and ideas to ourselves or others through writing, speaking, or other means.

IN OTHER VERBS... the ways in which we use our “expressing” faculty to form relationships.



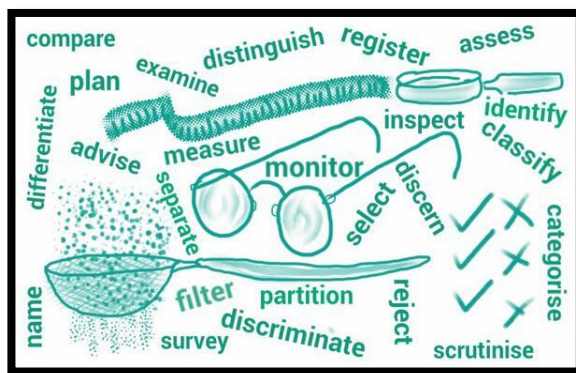
Our fourth main faculty is concerned with applying our thoughts and expressions by putting them into practical action using all of our body.

IN OTHER VERBS... the ways in which we use our “applying” faculty to form relationships.



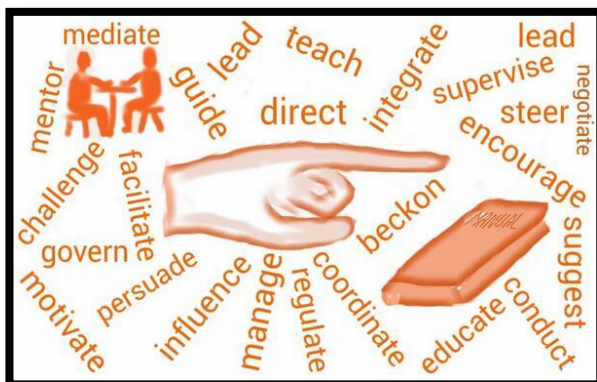
A fifth “link” faculty is concerned with monitoring the data we take in by distinguishing / classifying / differentiating the various parts.

IN OTHER VERBS... the ways in which we use our “monitoring” faculty to form relationships.



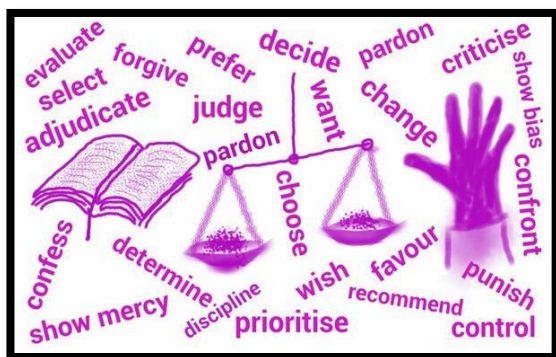
A sixth “link” faculty is concerned with directing or guiding ourselves and others by integrating the stuff we know or express into a whole.

IN OTHER VERBS... the ways in which we use our “directing” faculty to form relationships.



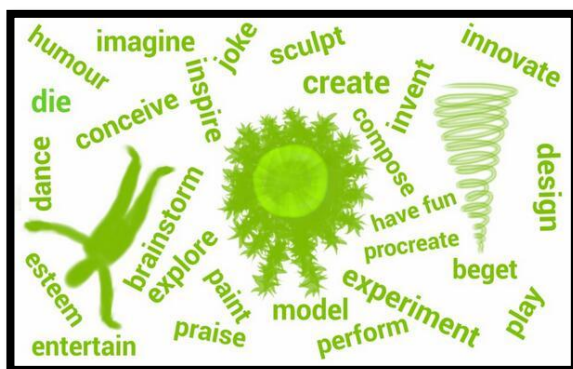
A seventh “link” faculty is concerned with setting limits, making judgements, obeying laws, and generally deciding what we can or cannot do.

IN OTHER VERBS... the ways in which we use our “judging” faculty to form relationships.



An eighth “link” faculty is concerned with being creative, artistic, humorous, pushing boundaries, exercising freedom - or just having fun.

IN OTHER VERBS... the ways in which we use our “creating” faculty to form relationships.



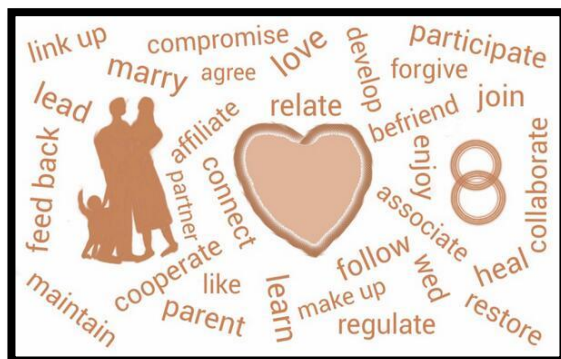
A ninth “link” faculty is concerned with turning inwards, withdrawing from the world, reflecting, meditating, praying, being quiet or still.

IN OTHER VERBS... the ways in which we use our “reflecting” faculty to form relationships.



A tenth “link” faculty is concerned with reaching outwards to others, obtaining feedback, making changes, and developing more relationships.

IN OTHER VERBS... the ways in which we use our “relating” faculty (the last one!) to complete relationships.



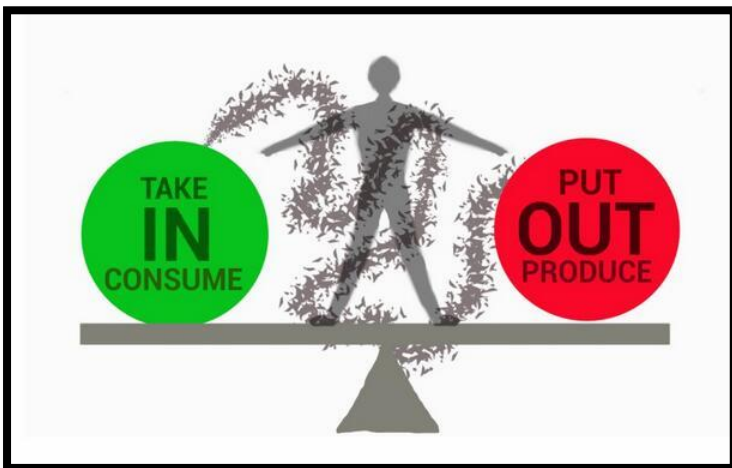
How do our 10 faculties relate? Simple! They can be summarised as an “OCTAIKON”. All is revealed here: <http://t.co/21DjSNY8ZJ> (view as HD)

When any person polarises viewpoints, surely it means that none of us really understands that person and what they stand for, nor ourselves?

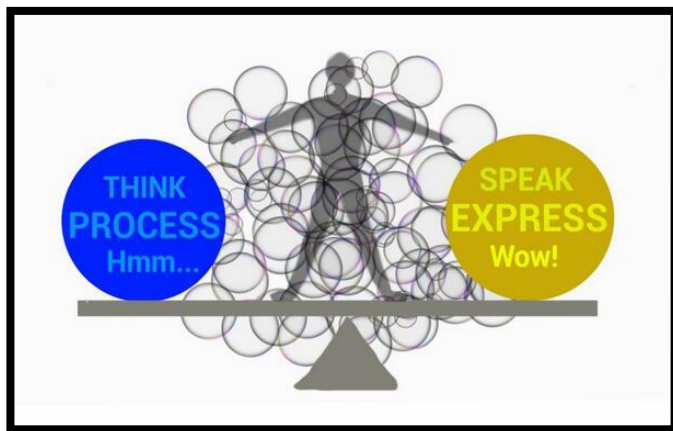
A MATTER OF BALANCE... In the next week and a half of daily tweets, I'll emphasize how we need to keep balance when forming our relationships.

Creating, developing and maintaining relationships is like riding a bike. You need balance. Hold too tight, or let go entirely, you'll fall.

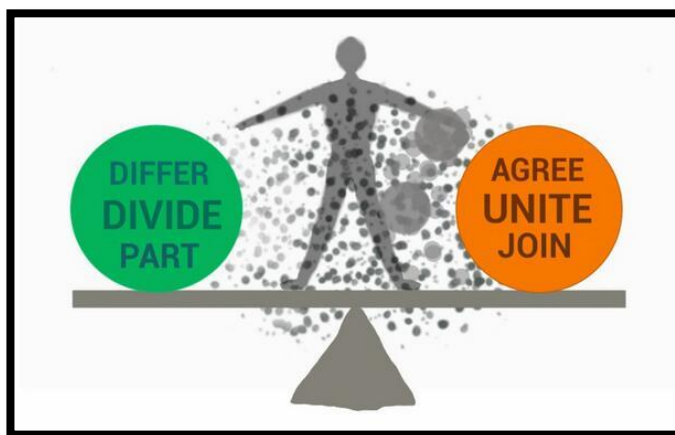
We need to balance our faculty for sensing and taking in data, with that for practically doing or acting out things.



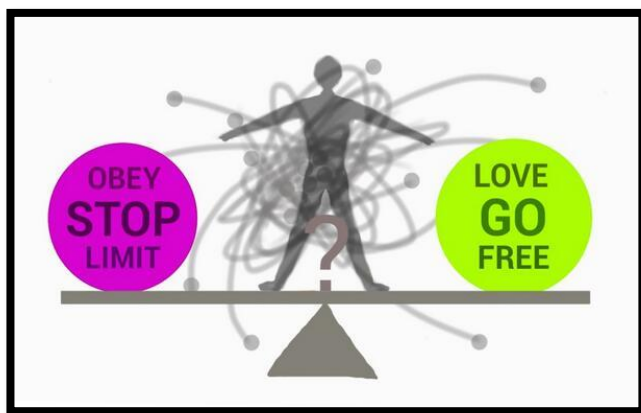
We need to balance our faculty for reasoning or problem solving with that for expressing thoughts written or spoken.



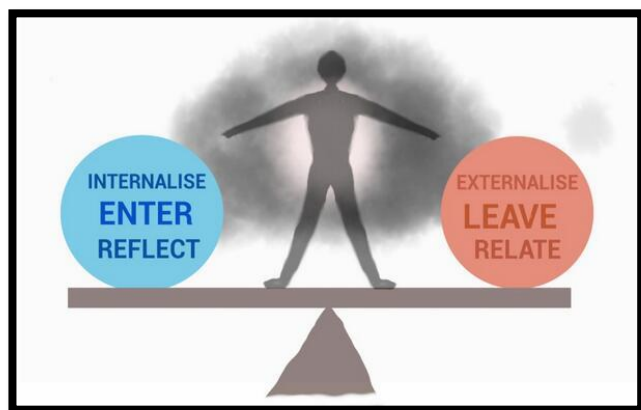
We need to balance our faculty for noting differences, with that for directing and integrating stuff into one whole.



We need to balance our faculty for being creative/free/unlimited, with that for obeying laws/controlling/deciding.



We need to balance our faculty for looking inwards/meditating with that for reaching outwards & relating to others.



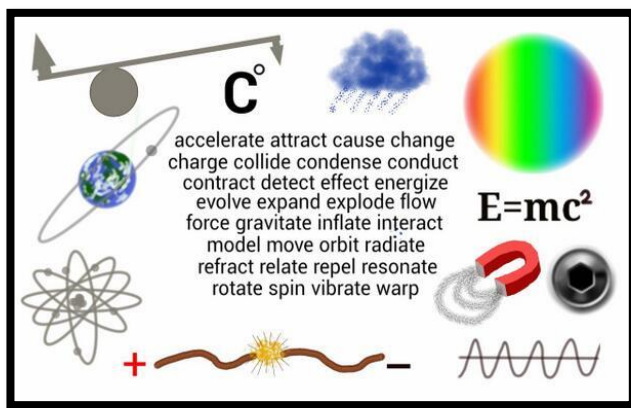
I think our ten faculties relate to images of the cosmos, helping to confirm the need for balance. Do you agree? See: <http://t.co/QITtsMlS1E>

First: sons, daughters, brothers, sisters. Then: husbands, wives, in-laws. Later: grandson, aunts, uncles. Today: granddaughter and COUSINS!

ARTS AND SCIENCES... In the next fortnight of tweets I'll suggest how our creativity and studies help us understand and expand relationships.

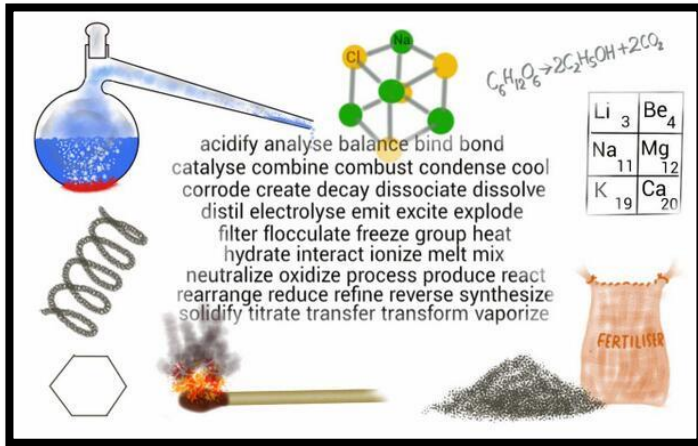
In the sciences we create knowledge about relationships that exist in the material world and use that knowledge to create new relationships.

Prosit, physicists! You create knowledge about matter and relationships with motion in space, time, energy & force.

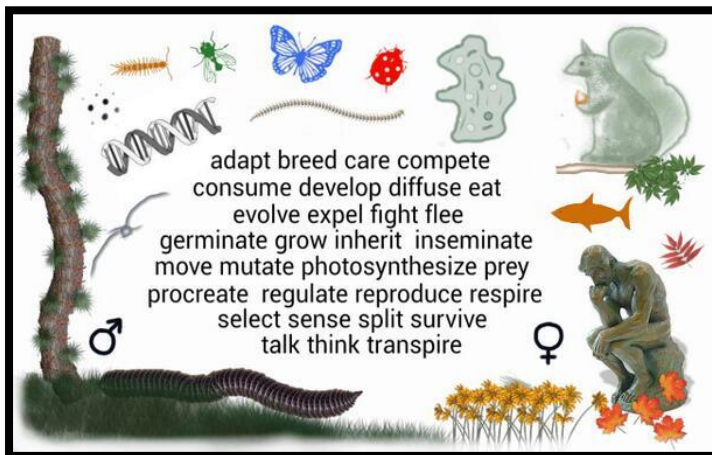


Fake bomb detectors: it's amazing how gullible we can be when it comes to understanding science and human behaviour. A lesson for educators?

Cheers, chemists! You create knowledge about relationships within atoms, elements, molecules, compounds & reactions.

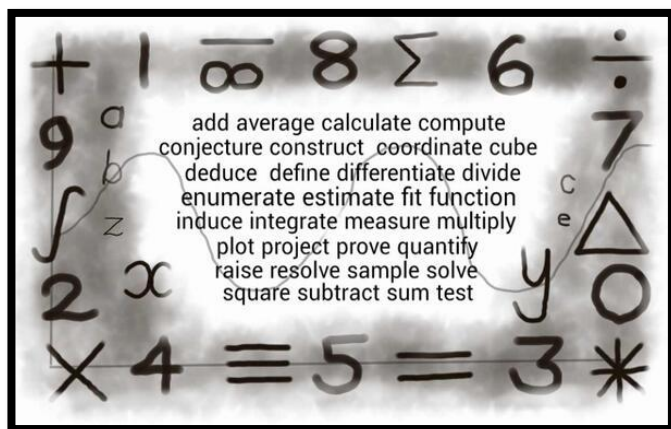


Bravo, biologists! You create knowledge about life, and how it relates to structure, function, growth & development.

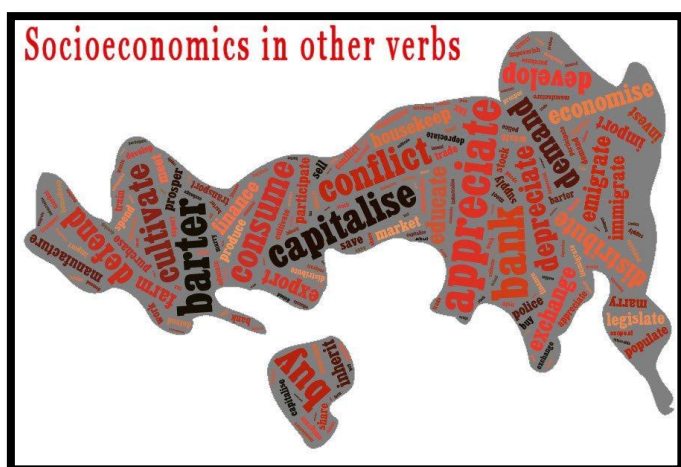


#dhaka We all have a sense of what's fair, but it fades as relationships become distant. Such is the case of people with whom we trade goods

Magnifique, mathematicians! You create knowledge about relationships between number, quantity, space, change & time.



Salud, socioeconomists! you create knowledge about relationships within and between people, & how we influence them.

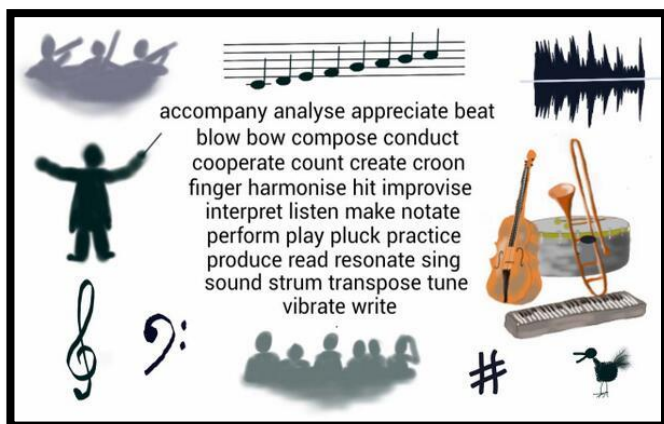


CIAO, CHEFS! You create relationships of taste, texture & aroma that help us develop relationships with one another!



IN THE ARTS, we directly create new and unique relationships, exercising the image of God within us, and hopefully faithfully reflecting it.

Magnifico, musicians! You create relationships between sounds in time, so as to form melodies, harmonies, & rhythms.

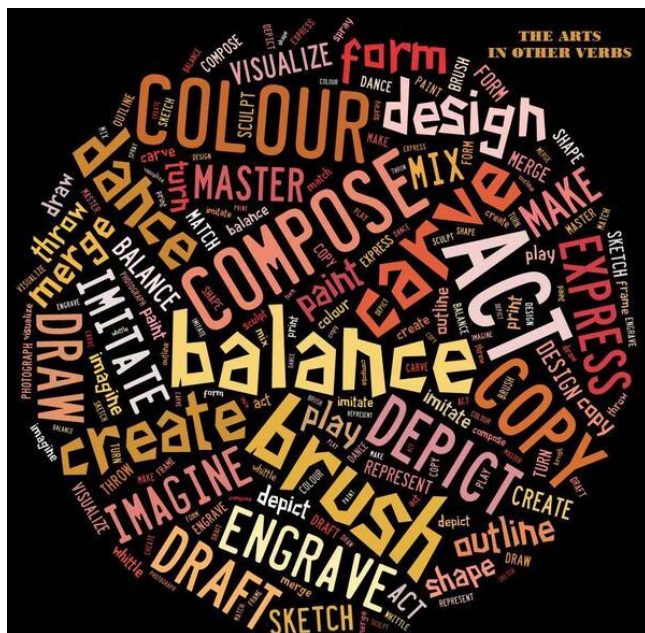


A la votre, artists! You create relationships between colour, texture, shape, position, taking inspiration from your inner and outer worlds.

Wonderful talks by @DonMacGregor2 author of #blueskygod. If you think Christ is irrelevant in today's scientific world, then read this book!

May 2013

Skål, sculptors! You create relationships between different material textures, and the juxtaposition of 3D surfaces.



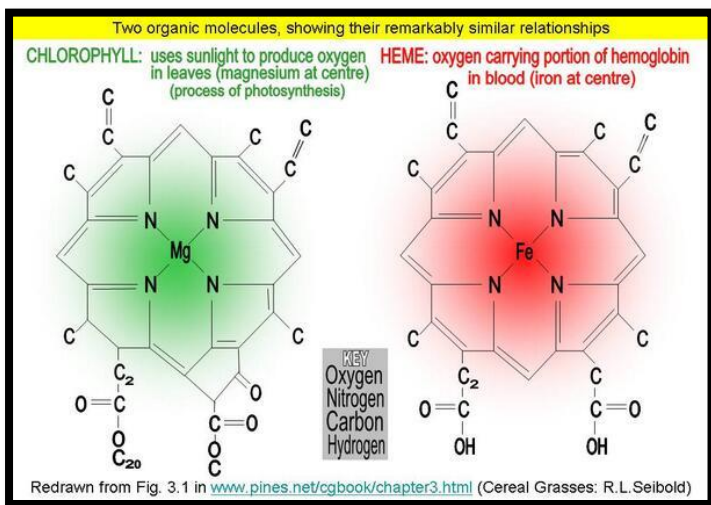
In Creative Transformation, John David Garcia writes that “The most creative thing we can do is to help maximize the creativity of another”.

John David Garcia again: “Love is the highest form of creativity. It is the creation of creativity”. Read Garcia at: <http://t.co/wwDLR6oDbc>

So, what’s the point of creating knowledge through science, if it doesn’t lead to more loving relationships within us and with other people?

What we discover about material relationship from the arts and sciences should improve our spiritual relationships – if not, it’s valueless!

Plant chlorophyll creates oxygen. Blood hemoglobin delivers it. Biomolecules are very similar. What a relationship!



In the applied sciences (eg. medicine, agriculture, engineering) we apply our knowledge of relationships to create new useful relationships.

When we “love” products (food, cars, art), is it just the sensory relationships they bring which we love, or is there more to loving things?

BREAKING DOWN... In the next dozen tweets I'll consider some of the ways in which our relationships can turn sour, losing that loving feeling!

Relationships since the big bang are good, insofar as God created them. But once his creation became self-aware and selfish, we went astray.

Every Christian is a missionary to the extent that he or she bears witness to God's love. Be missionaries of God's tenderness!

Here is a paradox. We are attracted to opposites, but when people don't think, behave, or believe like we do, we are often repelled by them.

Instead of allowing our differences to develop closer, more loving, relationships, we allow them to drive us apart, forming “us” and “them”.

What is the opposite of love? Is it hate? We talk of a love-hate relationship. Perhaps we hate things which are different from what we want.

If everything in the cosmos is different, and created out of love, then it follows that the opposite of love is an attitude of indifference.

Relationships between people which are those of indifference are often reduced to flight or fight when their differences become threatening.

Relationships go wrong when we put ourselves first and become egocentric and selfish. That leads to either fear of others, or anger at them.

Some people believe it's religion & belief in God that has been a major cause of breakdowns in relationships we see around us. If true, how?

Why are some of the worst relationships a result of religious differences? Is it because we honour not God, but a god made in our own image?

When people commit atrocities in the name of religion, is it God or their type of religion that they are defending? Does God need defending?

KAREN ARMSTRONG's Charter of Compassion principle: "Any interpretation of scripture that breeds violence, hatred or disdain is illegitimate"

SISTER WENDY: "If your idea of God is cruel, punitive, etc. you are obliged by all rules of commonsense and morality to become an atheist".

There are two misunderstood ways of relating to God. "Fear" of God means to be in awe. "Obedience" to God really means to "listen intently".

Our religions are mankind's attempt to form a relationship with God. Revelation is God's way of taking the initiative and revealing himself.

Even if some theists and their beliefs and behaviour can't demonstrate what true and loving relationships should be like, Christ always can.

Christian denominations arise from different interpretations of the Bible in our search for truth. Maybe they are all part of a wider truth?

Relationships within Christian churches need healing. We should welcome our differences, but keep working for unity. <http://t.co/sBTQLb85c2>

HAPPY BIRTHDAY CHURCH! Today is Pentecost Sunday when Christ's Spirit formed an inseparable relationship with his first followers ...and us!

Our different tongues are relationships of sounds, symbols and words, with which we create & develop relationships. <http://t.co/ohCPEb8iVY>

WHAT OTHERS SAY... In the next month of tweets, I'll let others speak about relationships & how they make life real. This idea is nothing new!

GANDHI said "Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul".

This one is a quote from GAUTAMA BUDDHA. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship".

MUHAMMAD on relations:... “what is better than...charity? It is keeping peace and good relations, as quarrels and bad feelings destroy mankind”.

SRI CHINMOY, humanitarian and promoter of peace: “If you can create harmony in your own life, this harmony will enter into the vast world”.

JOHN MACMURRAY - a philosopher: “All meaningful knowledge is for the sake of action, and all meaningful action for the sake of friendship”.

SISTER WENDY – “horrors of racism...intolerance, all stem from pride, an over-valuation of what we are, & a contempt for the different one”.

SOLOMON: “Pride goes..before a fall” (Prov.16:18)
Was pride “THE Fall”? Is “good” pride valuing something for what it’s really worth to God?

ST. PAUL, on love in relationships: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud.” (1 Corinth.13: 4)

GEORGE VALLIANT, American psychiatrist, studying aging: “The only thing that really matters in life are your relationships to other people”.

IAIN MCGILCHRIST, author of The Master and his Emissary, writes “Certainly I believe reality lies in relationship, at every level of being”.

FR. ADRIAN B.SMITH in his book ”The God Shift”, states that “All relationships are exchanges of energy: love is the highest form of energy”.

MATT TWEED: “Maybe life is part of a greater series of interconnections, perhaps itself subtly guided by an underlying & psychic awareness”.

ADRIAN SMITH: “Quantum fields are reality, not matter. Particles of matter are no more than momentary manifestations of interacting fields”.

Jun 2013

HENRY STAPP physicist: “An elementary particle is not an independent..entity. It is, in essence, a set of relationships that reach outward”.

ST. PAUL, on loving relationships: People are not rude & never seek their own advantage, & they do not take offence, or store up grievances.

RICHARD FEYNMAN – Nobel physicist (& atheist) “....stop trying to fill your head with science – for to fill your heart with love is enough.”

Just discovered Hart's Atheist Delusions. A brilliant demolition of modern atheism and its ignorance of what Christianity is.

ST. AUGUSTINE opined that “Miracles are not contrary to nature, but only to what we know about nature.” Surely that will always be the case?

CONRAD SPENCE, 2000 (Anishinaabe American Indian) “Another thing elders tell us: in order to love somebody, you have to love yourself first”

MARTIN LUTHER: “There is no more lovely, friendly & charming relationship, communion or company than a good marriage”. Let’s toast to that!

Something for spouses to ponder upon. How well do we share these tasks? Can we do better? How did our parents do it?



ST. PAUL, on love: “Even if I have all sorts of powers & abilities and give all my money to the poor, but I do not have love, I am nothing”.

HILDEGARDE OF BINGEN: “Everything that is in the heavens... earth... under the earth is penetrated with connectedness,... with relatedness”.

DIARMUID O'MURCHU, about creation: "We know instinctively and intuitively that all is one, that relationship defines the very core of life".

DAVID GOYDER says that we relate to reality through 3 channels: senses, instinct & intuition. We must exercise them all to know what's real.

There is more to the world than meets our five senses. Things that don't make sense are just that. Maybe with intuition or instinct they do?

SISTER WENDY BECKETT on prayer says: "No one is fully human who has not some sort of relationship with God, even an anonymous relationship."

SISTER WENDY: Happiness is not a feeling..... Any relationship, whether with God or man, that has only feeling to support it is in trouble.

LUTHER VANDROSS: "What the world needs now, is love, sweet love. It's the only thing that there's just too little of".....Remember the song?

ST. PAUL, on loving relationships: Although all talents and knowledge will be done away with, our faculty to love will never come to an end.

TEILHARD DE CHARDIN Philosopher, Jesuit & palaeontologist: "Love is a sacred reserve of energy; it is like the blood of spiritual evolution."

Do we enjoy watching balls being bat, bounced or booted - because our being depends on quantum balls of quirky quarks playing the life game?

KEN WILBER US integral philosopher, states that love is the driving evolutionary force, bringing everything into more complex relationships.

I observe that in this age of increasing connectivity more and more of us are literally left to our own devices! Is this good for relations?

Are relationships now at their most diverse, not only between individuals, but also between families, groups, cultures, nations & religions?

What are we? Just body? Or body & soul? Or body, soul, spirit, mind....? Do we form relationships that are nondual, dual, or perhaps trial?

Maybe all relationships are three-way - a “trialism” of body, soul & spirit: me – myself – God or: me – other – God, a bit like the Trinity?

“I am the Way and the Truth and the Life. No one comes to the Father except through me”, said JESUS: Our destination is a relation with God.

THE TRUTH WILL SET YOU THREE – some threesomes to ponder. It seems that life goes in threes & is really trinitarian.

(see next page for illustration)



A trinitarian world!



Age: young middle old **Alternatives:** either both or **Atoms:** protons neutrons electrons
Averages: mean mode median **Buddhism:** Buddha Dharma Sangha **Christmas:** Three wise men
Cycle: birth life death **Dimensions:** height width depth **Ears:** Three semicircular canals
Family: father mother child **Freud:** ego id superego **Geometry:** the smallest polygon
God as Trinity: Father Son Holy Spirit **Government:** executive legislature judiciary
Government: of the people, by the people, for the people **Groups:** three's the smallest
Hegel: thesis antithesis synthesis **Hinduism:** Brahma Shiva Vishnu
Hinduism: creation maintenance destruction **Holy cities:** Jerusalem Mecca Medina
Insects: head thorax abdomen **Knowledge:** instinct intuition senses
Law: judge plaintiff defendant **Lepton:** electron muon tau **Luck:** three digit number
Luck: three times lucky **Medals:** gold silver bronze **Morals:** see no evil, hear no evil, speak no evil
Music: rhythm harmony melody **Neutrino:** electron muon tau
Painting: one colour, mixture, another colour **Passion:** love indifference hate
Person: body soul spirit **Phases:** solid liquid gas **Porridge:** too hot, too cold, just right
Possibilities: yes maybe no **Primary pigments:** blue yellow red
Primary lights: cyan magenta yellow **Quark:** down strange bottom **Quark:** up top charm
Races: ready steady go **Range:** minimum average maximum **Realms:** heaven earth man
Relationships: self other God **Revolution:** liberty fraternity equality
Rocks: igneous metamorphic sedimentary **Science:** action reaction result
Sequence: beginning middle end **Stability:** three legged stool **Story:** Three blind mice
Story: Three men in a boat **Strength:** cord of three strands **Terrain:** above surface below
Time: past present future **Triad, triality, trio, trial, tribunal**
Triangles: quadrilateral isosceles scalene **Tribes:** chief shaman member
Trivium: rhetoric grammar logic **Values:** truth beauty goodness **Virtues:** faith hope love
Which: this that the other

Jul 2013

LENNOX paraphrased, debating Dawkins “My relationship with God is the very thing that stops me worrying and enables me to live a full life”.

ST. PAUL, on living in a relationship with Christ: “It is no longer I who live, but Christ who lives in me” (letter to the Galatians, 2:20).

JD GARCIA “Love is the desire to increase & the act of increasing the creativity of another unconditionally, without selfish considerations”

The New Dictionary of Theology explaining Grace: “God’s relations with us are loving, generous, free and totally unexpected and undeserved.”

BISHOP OF LONDON, in address at Mrs.T's funeral: "Everything which has turned to love in our lives will be stored up in the memory of God."

Quote from site: relationshipquote.net "True relationship is when you can tell each other anything and everything. No secrets and no lies".

ST. PAUL, on loving relationships: People don't rejoice in wrongdoing, but find joy in truth. They make allowances, trust, hope, and endure.

GROWING RELATIONS... In this next lot of tweets, I'll suggest ways in which our relationships can be better understood, and helped to grow up.

Our purpose in life is to create relationships of love that allow others to create their own relationships of love with others and with God.

If it's our relations that create reality, and a perfect relationship is divine love, then all we do in life should aim for that perfection.

How to make good relationships? There's a well-known rule – love God with all your faculties, and love others as much as you love yourself.

A happy relationship is one in which there is a state of well-being – characterized by emotions which range from contentment to intense joy.

Alas, relationships with ourselves, others, God, or life in general are not always so happy. But "godliness with contentment is great gain".

LAURENCE FREEMAN @The_Tablet : In “the mystery of love.. at work.. while suspicion may make us feel safer, trust makes us feel much better”.

REALLY? If we think we know the answers to life, let’s remember that: “...knowledge puffs up while love builds up” (Paul messaging Corinth).

“Those who think they know something do not yet know as they ought to know. But whoever loves God is known by God” (Paul again: 1 Cor. 8:2).

The good news according to science is that we are hardwired to be empathetic - goodness is natural to us, and kindness is in our physiology.

IS IT TRUE that the more empathetic we become, the better we relate to people? Is it possible to enjoy empathising with others’ misfortunes?

EMPATHY is the power of understanding and imaginatively entering into another person's feelings – from Greek, *empathia*, meaning affection.

If we empathise with another person’s anger or hate and begin to share their feelings, is this a way to destroy and NOT build relationships?

COMPASSION is a feeling of distress and pity for the suffering or misfortune of another, often including the desire to alleviate it, ie TLC.

BBC4 Privacy prog makes me think... How do we censor undetectable surveillance sensors? Are we creating an unholy relationship? You–them–me?

The more we know about a person, the more we can have a relationship of love with them. But that doesn't mean we LIKE everything about them!

CS LEWIS talks of relationships of “need” love between: friends (philia); family (storge); & lovers (eros). A fourth is “gift” love (agape).

Oh dear! As we get older and older, it's more & more difficult to learn and remember that we will soon unlearn and forget. Such a conundrum!

Ah! 'tis a wondrous thing, the blissful ignorance of youth and of the young. That once all we were babes, and babes once more we may become.

@TonyRobbins (no relation) defines 4 loves, a bit like: I GET, so I love you; I love, so YOU love; IF you love so, I'll love; I SO love you!

PAIN is nature telling us our relationships have gone wrong (within or without). It's so sad when a whisper will do, she still has to shout.

SEX evolves from an instinctive animal drive that diversifies relationships, to one that adds to, but complicates other expressions of love.

Sex as “love” is a funny paradox, as it can be divisive and causes disgust, fear, anger and cruelty when our self-awareness becomes selfish.

“Making love” & “God is love” are ideas of relationships that can be difficult to reconcile. Here's my oc-take on it: <http://t.co/JTnRiOQN4A>

Daniel o' Leary @The_Tablet on Les Miserables, asks: "'To love another person is to see the face of God" - a mini-credo of Christian faith?'

We are not alone. There's lots of evidence for spiritual beings with whom we can relate, most good, some bad. Welcome angels, resist demons!

If angels and demons are spirits, why are they oft-embodied? Is it that we aren't spiritual enough to be aware of them? But horns and wings?

Just imagine what we could discover about reality if we, scientists, and theologians were open-minded enough to cooperate and not pre-judge!

Aug 2013

Want to open your mind? Then listen to Rupert Sheldrake on "Science set free".

Part 1: <http://t.co/OHKaGuRcGU>

Part 2: <http://t.co/MvfhEDEsXI>

Sheldrake's reality check is open to ideas viz. organising cosmos; continuous creation; changing laws; conscious matter; purposeful nature.

Sheldrake's reality check (continued): immaterial inheritance; collective memories; extended minds; psychic phenomena; alternative medicine.

Thanks, SW, for this interesting link: "10 things you might not know about love - micro-moments of shared positivity" <http://t.co/7g56XSGufQ>

BBC News - Selfish traits not favoured by evolution, study shows <http://t.co/fKFiPzjkqc> But remember that we can cooperate to do bad things!

If we use our left brain and forget to use our right, instead of seeing relationships as the prime mover, we will just see the things moved.

Thanks, friends/followers, for reading my tweets. Hope you found something useful. Having a break from twittering, so I don't become a twit!

(LAST TWEET until Sept) So, how do we START relationships? Here's my analysis using the Octaikon. <http://t.co/D5CiQfx5IE> Does it make sense?

Sep 2013

Happy September! And a quote for the day: "Ubi amor, ibi fides" (where there is love, there is faith). All theology in a nutshell, possibly?

A quote seen at a trade exhibit today "Everyone wants happiness, no-one wants pain - but you can't have a rainbow, if you haven't had rain".

Yesterday, a new network of relationships for sharing love was created: a tiny boy, great/grand/son, brother, nephew, cousin. Welcome Rafe!

As the days close in, may I recommend some autumnal reading? My unique paperback awaits your critical appraisal... <http://t.co/2Pqiu5CKhS>

For any relationship to work, you have to pull together as a team. Otherwise, like unequal oxen, you'll go round in circles and get nowhere.

Two ways to tune into life: DAB, digital, in bits, hi-fi, you get it or you don't: FM, analogue, in waves, fuzzy - but still understandable.

Each of us is a community of 100 trillion digital cells forming 1 analogue organism. 1 in 10 cells is human - 9 are bacteria, viruses, etc.!

We humans are designed for growth. So it's a pain when we have to un-think bad things, un-love after breakups, or un-learn as we grow older.

My wife just ordered Karl Jenkins' Benedictus & gave me a link to a beautiful Hubble image animation inspired by it: <https://t.co/Jipw2MJAiS>

Like reality, a violinist creates music in two ways.
Digital: she stops strings on a fingerboard.
Analogue: she draws her bow across them.

Here's an amazing fact, if it's really correct: There are as many atoms in a typical human cell as there are cells in a human body (10^{14}).

And God said, "Let there be light". And scientists said, "Light is a wave-particle duality". So I say, "Reality is both analogue & digital".

All around us, things come in twos - complements opposites, alternatives, sequences, etc. How do these twos relate?

Religions have holy TEXTS (scriptures) e.g. Vedas, Torah, Bible, Quran. Each one is a result of divine inspiration and/or human perspiration!

Oct 2013

All religions have places to meet for worship: temples, synagogues, mosques, churches, homes. But the most important place is in our hearts.

Show me a beautiful, air-conditioning, solar-powered, renewable factory for 100% recyclable multipurpose products, and I'll show you a LEAF.

MUSIC sounds in all religions - chants, songs, hymns - sung, danced, played on drums, flutes, organs etc. There's also the sound of silence!

All religions have extremists - those who think they are never wrong & who hate wrongdoers as much as they hate their perceived wrongdoings.

Religions emphasise different aspects of "love": obedience, faithfulness, compassion, forgiveness, tolerance, mercy, justness. What's yours?

Why does economic development depend on productive cooperation and also creative yet wasteful competition? Is creativity inherently selfish?

Next time you have a bath or shower, ponder this simple equation of life: LOVE = FAITH + WORKS. Do some calculations. Is the answer correct?

We all PRAY, even if unwittingly. However we believe prayer works, how sad if our pleas for help, thanks, or well-wishing went out unheeded.

IMAGINE the different ways in which God could work through our relationships, answering all our prayers and still respecting universal laws.

If MIRACLES do not go against nature, only what we know about nature, then there is a lot about quantum physics that we still have to learn.

If everything is fundamentally the same (quantum level) and an expression of divine love, then can we say that miracles happen all the time?

My TWEETS are usually the maximum of 140 characters. Why? Because this rule frees me to be creative and think about what I write. A paradox?

HEAVENLY DAD Respect 2U! Lead us@all times. May we walk the talk. Pls give us our needs. Forgive as we forgive. Don't test but protect. TNX!

@FionaJeanR Surely I never read the Sunday papers in the choir gallery! Or was that you? But all our singing was subconscious praying, yes?

Downton's Carson: "The business of life is the acquisition of memories". If so, may the giving & receiving of love be what we most remember.

(GUMBEL) 5 frogs are sitting on a log. 4 decide to jump off. How many are left? Answer: 5. Why? Because deciding and doing are not the same thing.

(FLATMAN) Jesus said "Be on your guard against greed of any kind, for life is not made secure by what one owns." It is hard to really live this!

What's the root cause of all our troubles? Genesis suggests seeds of doubt, deceit, temptation yielding pride, jealousy, anarchy. Do we sow?

I've had two "Happy Reformation" greetings on Facebook today! May we all continually reform ourselves, whatever our Christian denominations.

What'll you do today? Take apart or build up Look in or reach out Set limits or find freedom Think or speak out Observe or practically act?

God is nonsense. False God is not science. True God is nothing. False God is no thing. True God is nowhere. False God is now here. True Yes?

(FLATMAN) True freedom cannot mean doing anything, or my freedom would mean the diminishing of someone's else's freedom. Freedom is a tricky road!

(GUMBEL) L isten attentively O verlook offences V alue one another E xpress your love.

Nov 2013

"For you love all things that are and loathe nothing that you have made; for what you hated, you would not have fashioned." Book of Wisdom.

You shall love your neighbour as yourself. Love does no evil to the neighbour; hence, love is the fulfillment of the Law. Romans 13, 9e -10.

(POPE) The Year of Faith is about to end. Lord, in this graced moment, help us to take the Gospel seriously.

In the divine economy of love, what will make a better world? Many people - who love God a little or: Less people - who love God a lot. Why?

Which epitaph? Helped create a better world - bye. Helped myself to be better, back again maybe? Helping still, in a better place - see you!

"When this life is thru, I'll still be loving you. I pray that God will let my love live on, when the counting's done". Charlie Landsborough

Forest Whitaker ended his speech at the 50th Anniversary of the March on Washington: "May we remain connected in love. We are one" @guardian

Thank you C. S. Lewis for your book on the four "loves". I've never read a more logical or complete explanation of what "love" really means.

@nickswarb How interesting! It was well into the 80s or thereabouts that I got around to reading his books - it not come that easily to me!

@philosophybites @DavidEdmonds100 I thought the Drs. Who's solution to the fat man problem was interesting. Glad that Gallifrey was spared!

Aren't we all a bit like the Tardis, much bigger on the inside than out, living in our own worlds? So nice when we can open up to each other

@FrChrisJamison Thanks for your message on Chris Evans. I was actually stirring lettuce soup on Sunday & I shall bestir myself to do better.

BBC Animal Odd Couples was heartwarming. Interesting to ponder how much of C.S.Lewis' need and gift loves were shown.

<http://t.co/qFCImP8Vx7>

Wealth and banking...in the end, what matters is how much earthly love we store up in heavenly vaults, innit? Hope I'm not too much in debt!

Dec 2013

We've come a long way from tablets of stone - I'm having William TTS speech synthesiser read Pope Francis' mega Apostolic Exhortation to me!

If we lie in the arms of someone who loves, no words or thoughts are needed & we are renewed. Isn't that contemplation, lying in God's arms?

Pope Francis says the aim of globalisation is not to make uniform spheres, but multi-faceted polyhedra. True. My glass one creates rainbows!

Just now, I am thinking that the best of technical innovating is the triumph of analogue gesture writing over digital finger tapping typing.

If you didn't understand my penultimate tweet, here's my multi-faceted glass polyhedron creating a rainbow (edited!).



Pope Francis' letter of encouragement "The Joy of the Gospel" has got me tweeting to an imaginary atheist friend about common ideas of love.

Are you an "ATHEIST" & don't believe in "god"? Well, I'm A THEIST, & in these next tweets, I'd like to explore a way to reconcile our ideas.

I think we are all "AMORISTS", or people who "believe in love". But, like the word "god", we must agree on what we mean by this word "love".

See if you agree with the next tweets: that there are **THREE TYPES OF LOVE** each expressed by the degrees to which we **WANT, NEED** or **GIVE** them.

The most basic love is about satisfying our **PHYSICAL SENSES**: our need to see, hear, smell, taste, touch or feel things that are good for us.

@Christianitymag 1 John 4:8 NIV Whoever does not love does not know God, because God is love.

Another love concerns our mind, and is about having good THOUGHTS towards, and a true understanding of, others, ourselves and all the world.

Then comes love through communication and word: our need to share good thoughts of common interest with each other using our many LANGUAGES.

These loves can be described as sensory/sensual love, familial love and friendship love, or in Greek they are called EROS, STORGE, & PHILIA.

HAPPY CHRISTMAS! There are things about Xmas that we love, and some that we don't. Let's take time to think about the reason for the season.

Would you agree that most people might say that we are at our HAPPIEST, when all our needs are met, AND we can help others meet their needs?

I think the extent to which we express the three loves (senses, family, friends) depends on how much we really WANT, NEED, GET or GIVE them.

Yes? However, some would argue that we are only truly happy when we are prepared to meet the needs of others, IRRESPECTIVE of our own needs.

If we were happy to provide for the needs of others without thought for our needs, then we would show the perfect form of love called AGAPE.

To be loving is to be: patient, kind, truthful, temperate, gentle, & NOT jealous, boastful, conceited, rude, deceitful, or vengeful. Agreed?

I also think you'd agree that all our social, economic, technological, legal and environmental activities should help meet our needs FAIRLY.

Jan 2014

HAPPY NEW YEAR! Since I'm tweeting about love, this is a good time to make a few New Year resolutions to improve all the ways we show love.

By FAIR I mean things we do, think or say while meeting our needs that will not "UNLOVE" others, and hinder them in meeting all their needs.

Good episode today of Melvyn Bragg's "In Our Time" on Plato's Symposium and the meaning of love. Worth listening again. Mainly about "Eros"

You'll agree that because of our human nature, we are never fair to each other & so we need organisations & regulations to limit & guide us?

Now here's a conundrum. We all want to be free but because we all tend to "unlove" others, we must obey rules that limit our freedom. Right?

So to LOVE & OBEY go hand in hand, & with obedience comes the need to ensure that surveillance, enforcement, judgement & penalties are fair.

But fairness is not just enough. Only mercy & forgiveness can really bring true peace, since all of us "unlove" in one way or another. True?

Would you agree that the golden rule “Treat others as you would like others to treat yourself” will work only if we love ourselves properly?

How do we love ourselves properly? Don’t we need to know what we need and receive it? But it seems we want to have what we want and take it!

Life after death: As an atheist, you probably don’t believe that! But isn’t it true that a life of love, dedicated to others, is remembered?

@Atheist_DH You're right! Probably more, for those affected. But remembered in the sense that we want to forget, and not do the same things?

@Atheist_DH I see what you mean. I think it depends on who is doing the remembering. More thoughts tomorrow. Thanks for yours, Dragonheart!

Which good people can we recall? How were they good? King Wenceslas? Mother Teresa? Florence Nightingale? Albert Schweitzer? Nelson Mandela?

Mandela: Love comes more naturally to the... heart than its opposite... Man's goodness is a flame that can be hidden but never extinguished.

What about Jesus? You’d agree, no doubt, that he was a real person who stands out as teaching and practising a life of love and forgiveness?

But what about all the other ideas that are based on Jesus teaching? That he was God, God is Love, & God is “one-in-three persons who love”?

If you read the “Good News” in the Bible, you have to ask yourself the question: was Jesus a lunatic, liar or Love - mad, bad or God? Which?

OK, you say, and what about the killing, abuse, hypocrisy, lies, and other unlovable things many religious people do? Is that “God is Love”?

No it isn't love. Remember that all types of love can turn into hate or indifference when we misunderstand what love really is. That's life!

What about evolution, you say? Sacrifice of the weakest is not love. Or is it? There are examples of “love” in nature. Is love evolving too?

What's the best place to grow all forms of love: falling, making, creating or nurturing love? Surely, as a loving couple & family, isn't it?

Having talked of love, you'd agree that much of what we read, hear, or see is “Bad Olds” & little “Good News”? Btw, “Good” comes from “God”.

I'll stop, dear atheist. In this season of goodwill, let's see how far we can keep agreeing on what makes the world go round: Love &/or God.

When left to my own devices, & the thought to tweet entices, my life's no more mine, I waste all my time, so I stop before there's a crisis.

Feb 2014

Balanced & constructive discussion about secular & religious confession on Andrew Marr's Start the Week @BBCRadio4. John Cornwell very good.

Fascinating BBC2 Horizon program on placebos. Makes you realize what a loving relationship can do for your health!

Poor Granny Abuela, wanting to go "home" to loved ones long gone. I assure her that all who love will meet again one day. All who love, OK?

Divine economics: fairness = give equal shares; justice = give what's due; love = give and don't count the cost. Inspired by Fr. Bob Ombres.

Biblical reverse 1 John 4:8: Whoever does not love does not know God, because God is love = Whoever loves, knows God, because love is God.

Mar 2014

Adrian B. Smith: "Remember that doctrines & beliefs are not ends in themselves but means to an end...to enable us to be more loving people".

Bede Griffiths: "the Church is to be judged, not by the forms of its doctrine or ritual, but by the reality of the love which it manifests."

(POPE) How to live a good marriage? United to the Lord, who always renews our love and strengthens it to overcome every difficulty.

Good read: Adrian B. Smith: Tomorrow's Faith - a new framework for Christian belief. 27 short studies comparing old and new interpretations.

Albert Einstein: "Religion without science is blind. Science without religion is lame". Science explains working, religion explains meaning.

If God said AHA! and we were created, is that why we laugh with the new, unexpected & matters of love? How sad when we use laughter to hurt.

If God, as love, is the prime mover of all that exists, can we say that human e-motions are reflections/imperfections of that divine motion?

Creative theology: We're created in God's image out of love, therefore we love to create, and we love others by maximising their creativity.

(LENNOX) Is the idea of God dead in academic philosophy? @VinceRVitale <http://t.co/YSguPvz3GM>

Let's not denigrate the Malaysian #bomoh. He's probably much better in touch with his intuition than we are in the west. No shame on shaman.

We've 3 ways of knowing: Instinkt is written in our genes and habits. Insense enters our nose, eyes, etc.. Intuition is a tutorial with God.

Einstein: the intuitive mind is a sacred gift & the rational mind is a faithful servant. We honour the servant, and have forgotten the gift.

If we seek truth through our senses & reason, we'll always have different viewpoints and interpretations. But what if we used our intuition?

THEODICY: is the attempt to explain why God allows bad things to happen. A difficult question. Many theories. What's yours? Think carefully!

Next tweets express the "Golden Rule" in different religions, from Blue Sky God, by Don MacGregor, on evolution of science and Christianity.

BAHA'I: Lay not on any soul a load that you'd not wish... laid upon you, and desire not for anyone the things you'd not desire for yourself.

BUDDHISM: Treat not others in ways that you..would find hurtful. A state that's not pleasing to me, how could I inflict that upon another?

CONFUCIANISM: One word which sums up the basis of all good conduct, loving-kindness. Don't do to others what you don't want done to yourself

@rzmcanada We find happiness in loving one another. But to love someone you, have to risk losing them. We all lose our loved ones someday.

Apr 2014

HINDUISM: This is the sum of duty: don't do to others what'd cause pain if done to you. SHINTO: Hurt not others with that which pains you.

ISLAM: Not one of you truly believes until you wish for others what you wish for yourself. SUFISM: Consider the hearts & feelings of others.

JAINISM: One should treat all creatures in the world as one would like to be treated.
[Always]..regard all creatures as we regard ourselves.

TAOISM: Regard your neighbour's gain or loss as your own gain or loss. UNITARIANISM: We're all part of the interdependent web of existence.

SIKHISM: I'm stranger to no one & no one's a stranger to me. I'm friend to all.

ZOROASTRIANISM: Don't do to others what's injurious to you.

CHRISTIANITY: In everything, do to others as you'd have them do to you..this is the law..

JUDAISM: Thou shalt love thy neighbour as thyself.

That's my last tweet paraphrasing the Golden Rule in MacGregor's "Blue Sky God". It's the compassionate core common to all spiritual paths.

(GUMBEL) 'Ppl were created to be loved. Things were created to be used. The world is in chaos because things are being loved and ppl are being used.'

Why do we believe urban myths & conspiracies, but not 1000's of consistent testimonies of miracles/angels/near-death-experiences?

Can we liken religions & denominations to cuisine?
All provide spiritual nourishment, but some can
give us indigestion and may contain nuts.

Glad Påsk! Sretan Uskrs! Frohe Ostern! Vrolijk
Pasen! Joyeuse Pâques! ¡Felices Pascuas! Pasg
Hapus! Sásta na Cásca! Happy Easter!

Beware of the myth that all myths are untrue. In
theology a myth can be a story which expresses
symbolically a truth about ultimate reality.

Enthusiasm comes from the Greek (en-theos)
meaning "the God within". That should describe
our beliefs. But not fanaticism (uncritical zeal)!

For the tree of true love to bear fruit, it must grow
in a soil of our neighbours' needs, both formed from
the Ground of All Being. Paradox?

May 2014

Cotteslowe park Sensory smörgåsbord Musty
hawthorne Buffeting breeze Sentinel oaks Rustling
leaves Squidgy mud Food for soul Time for tea

New Scientist on God: "Most of the unaffiliated
neither accept nor reject religion: they simply don't
care about it". They are "apatheists".

NS again: 4 kinds of "atheists" Mind-blind: can't
comprehend Apathetic: not bothered
InCREDulous: not convinced Analytic: explicitly
reject

As well as the article World without God, the New Scientist had a fascinating one on cosmic symmetry. Can the spiritual world show symmetry?

CICERO "Gratitude is not only the greatest of virtues, but the parent of all others". If that's so, then love must be the greatest of gifts?

An attitude of gratitude irrespective of latitude, longitude and altitude, gives a plenitude of beatitude to the magnitude of the multitude.

Thanks to Dr Reza Shah-Kazemi for eliciting my last tweet, & to Blackfriars + Jubilee Centre for Character & Virtues for v. inspiring talks!

Words derived from the Latin "Gratia" relate to:
Freedom Benefit Beauty Thanks Honour Gift
Favour Goodwill Elegance Mercy & my niece Grace!

Frozen foliar fountains Formed from eroded mountains
There's something to please, In all forms of trees,
So many, I just cannot count them.

I spy a man In the garden below Obese & sweaty a neighbour?
No! But when we meet he smiles & says hello
Then he's a man A neighbour to know

A challenge 2 U who twitter
Let's C if you do any better.
Write a poem in rhyme,
That scans all the time
With hundred & forty character!

I look at birds and think
They fly around so quick.
If they could ponder us

We're hippopotamus!
They're fast & fleet
As we slowly tweet.

Jun 2014

If you think you've found THE answer to something, it is probably not, and only part of the answer. Life is rarely either/or, but both/and.

@Goodman_Anna Thank you daughter! Good question. Here's another pondering. Answers made up of words depend on what you mean by those words.

@godparticleplay Thanks for a great night out. All things that keep my brain happy - comedy, science, religion, love & keeping an open mind!

In the Spirit of Pentecost and healthy relationships, methinks there are four Acts we must remember - to Ask, Thank, Apologise, and Forgive.

(POPE) I ask all people of good will to join us today in praying for peace in the Middle East. #weprayforpeace

Only a forester could write something like this.
Duncan Macqueen's paper links forestry,
development and love.
Great! <http://t.co/hUGjysutmU>

Why are there so many bigots who behave like perfect idiots? They seem so sincere But distrust and fear About things they don't knowalots

@llansor I'm the poet and you didn't know it?
Sometimes, the only way For me to have my say Is
to compose a rhyme provided I have the time.

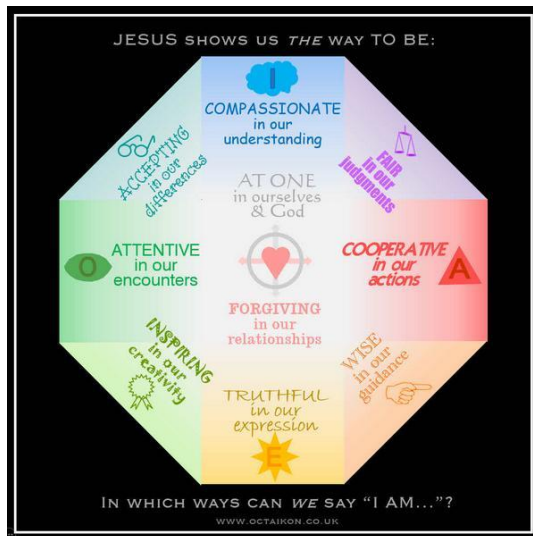
ALEXANDER POPE: An Essay on Criticism "Good
nature and good sense must ever join; To err is
human; to forgive, divine." So true for today!

Apologies for messages about fat! I was hacked! I
forgive them.....

Jul 2014

Melvyn Bragg makes me ponder I wouldn't exist
materially if it were not for the Sun I wouldn't exist
spiritually if it were not for the Son

Just returned from a trip to Yorkshire with Gilli,
during which I had another "Okki-moment"
summarised in this map.



To mend something broken, check pieces, see how they fit, apply glue, hold together until bonded. Bit like relationships, innit? Glue = love

If we see in black and white where color should be, we get arguments, belligerence, violence, then terrorism. How do we see rainbows again?

Aug 2014

Just listened to Richard Dawkins answering questions in Blackwells. It just emphasised how futile is the argument over science and religion.

TEILHARD de CHARDIN: "The universe as we know it is a joint product of the observer & the observed." If so, shouldn't we observe the rules?

@nickswarb Good question! Another: If we think we know what the rules are, can we change them? Like the universe, aren't all rules evolving?

@nickswarb Maybe. I'll have to think about that. I'm still trying to understand how and to what extent evolution can be "purposive" or not!

@nickswarb Not verbose at all... I think the two words are almost the same & for the purposes of our discussion they are interchangeable! ☺

It's OK to be sceptical, cynical or critical provided we work hard to find the truth & build others up. If not, we suffer verbal flatulence!

Judging from history & news, it seems to me that our most fundamental flaw is to make God in our own image, instead of allowing the reverse.

How to live life: BE... sensitive & active; cognitive & expressive; definitive & purposive; restrictive & creative; reflective & attractive.

Sep 2014

We've ten powers to evolve the world and one power to divinise it all. My website has evolved - may you be divinised. Octaikon.co.uk

@nickswarb I'm sure you're right. We've seen many, too, on the way to Norfolk, and thought the same thing.

Just read for second time Brian Swimme's "The Universe is a Green Dragon - a cosmic creation story. Good read indeed! <http://t.co/Wlkf8dBHpF>

10 Scientific Ideas That Scientists Wish You Would Stop Misusing io9.com/10-scientific-.... Anyone know of a similar list of theological ideas?

To my friends living across the border. The world needs to see us United and Great. Union enables us to be truly ourselves. Please don't go!

Having holidayed 10yrs on the Isle of Shuna, worked 3m on the Isle of Mull, & studied 3yrs at Aberdeen, I feel Scottish. Well done Scotland!

Excellent autobiographical acceptance speech by Dr. Rupert Sheldrake of Doshi Bridgebuider Award. <http://t.co/24rmbBc3k4> via @YouTube

Oct 2014

Brian Cox, talking about his Human Universe, quotes CARL SAGAN: "For small creatures such as we the vastness is bearable only through love".

Be a Yeti... Disciplined yet spontaneous,
Discriminating yet inclusive, Active yet watchful,
Rational yet emotive, Outgoing yet reflective.

So Higgs Boson property lies half way between that predicted by theories of supersymmetry and multiverses. Proves God has a sense of humour?

It seems that we humans are in the middle of the scale: 10^{+26} m: edge of the universe. 10^{-26} m: quarks and smaller. <http://t.co/FzoVhoqc22>

CHARDIN: "There is neither spirit nor matter in the world; the stuff of the universe is spirit-matter". If so, we need scientific mystics.

@Notts_Skeptics Since we came from the big bang via stars and planets, I think they do affect us in many ways, but not as we might imagine.

What can I say? Forests instantly grow up to protect mankind from solar flares, then disappear leaving only scary memories. Only in Dr. Who!

Nov 2014

ST.BASIL THE GREAT. "Through the Spirit, in every gesture of true love we acquire likeness to God; indeed..... we become God". Keep loving!

KAREN ARMSTRONG'S new book on religion and violence seems a good read. This article gives a flavour of her arguments. <http://t.co/njW8RKrOIS>

If our thoughts affect the world, resonating creatively with others when positive, destructively when negative, then: What we think matters!

TEILHARD: "The most telling & profound way of describing the evolution of the universe would undoubtedly be to trace the evolution of love."

TIMOTHY SPALL (Mr. Turner) in RT, about the way his wife helped him through illness: "I do believe in the power of love". A good film, too!

JD GARCIA: "A bureaucracy is an organization with a built-in mechanism for destroying negative feedback." Ouch! An element of truth in that?

(SHELDRAKE) Home - Campaign for Open Science <http://t.co/Prguv7rvoJ>

ST. AUGUSTINE: "...it is a disgraceful & dangerous thing ... to hear a Christian [expounding] Holy Scripture, talking nonsense on [science]".

C. HOWSE (in The Tablet) re my last tweet: there is a "danger of those unfamiliar with Christian teaching talking nonsense about that too".

Dr. Who made me somewhat vexed Just where is he going to next? And as for mortality His version of reality Left me confused & v. perplexed.

THE DOCTOR: "Love is not an emotion - love is a promise", after realizing that de-emotioned Danny will not harm Clara. Hey, that's profound!

THE DOCTOR: "Never trust a hug - just a way to hide your face" (on why he doesn't like hugging).
OK, Doctor, we also close our eyes to kiss!

PIERRE TEILHARD DE CHARDIN: "Driven by the forces of love, the fragments of the world seek each other so that the world may come to being".

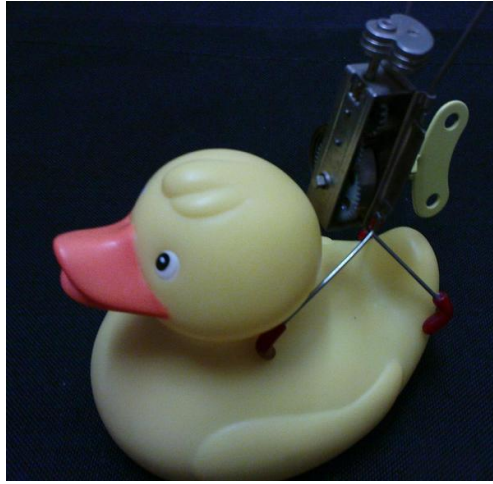
JD GARCIA: Love is the desire to increase & the act of increasing the creativity of another unconditionally, without selfish considerations.

Just watched #INTERSTELLAR - an engrossing but exhausting epic. Good to know: "Love is the one thing that transcends time and space" (BRAND)

JD GARCIA: "Fear is the belief that we cannot create... All fear is an illusion... The only antidote to fear is love." (heard that before?)

The lander rose at a perfect time, and the duck is feeling good. Bravo, ESA!!!

@ ESA_Rosetta @Philae2014 #CometLanding



JOHN D. GARCIA: "If we cannot love our enemies and thereby help them overcome their fear and be creative, we cannot ourselves become moral."

Congratulations to Guy Consolmagno on his Carl Sagan prize. Nice to see religion and science recognizing each other! <http://t.co/gvJOH6DDHV>

K.ARMSTRONG: Like science and technology, mythology is not about opting out of this world, but enabling us to live more intensely within it.

Interesting critique of SCIENTISM emphasizing need for science and religion. One answers HOW? the other answers WHY? <http://t.co/QPXjZ2FmGG>

Why take VOWels? Scientist concludes: without the SUN, we'll run out of power. Christian concludes: without the SON, we'll run out of power.

MAHATMA GANDHI: "The day the power of love overrules the love of power, the world will know peace" (and we don't force our love on others).

Ten weird and wonderful ways in which the religious find out spiritually why the world exists and what's our purpose.

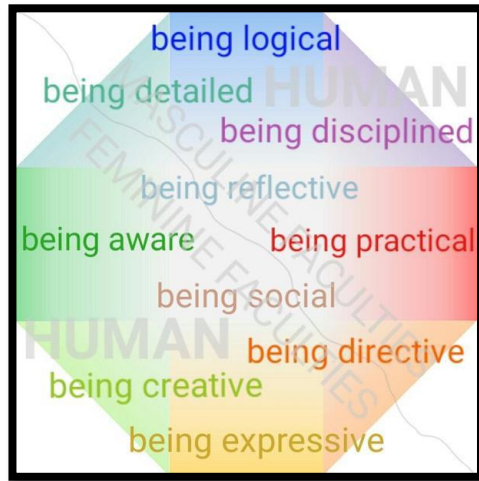


Ten rational and logical ways in which scientists find out physically how the world works, and how to make it better.



(FLATMAN) Music especially the music we make as we sing or even hum a tune, brings us closer to our spiritual side, and thus closer to God & heaven.

As a human, being balanced in our feminine & masculine faculties is key to #complementarity as singles/couples/teams.



It seems to me that the universe is permeated with an invisible "fabric" of love.... it takes our existence to make it "materially" visible.

SAMUEL BECKETT: "If you do not love me, I shall not be loved. If I do not love you, I shall not love"... in #MyOldLady - quite a good movie.

Dec 2014

Just read Ed Husain's "The Islamist: why I joined radical Islam in Britain, what I saw inside & why I left." His enlightening quotes follow.

THE PROPHET MOHAMMED (570-632) "Beware of extremism in religion; for it was extremism in religion that destroyed those who went before you".

JALAL AL-DIN RUMI (Sufi mystic/poet): " The religion of Love transcends all other religions: for lovers, the only religion & belief is God".

IBN ARABI, 13th Cent. Muslim theologian: "My religion is love's religion: where'er turn her camels, that religion my religion is, my faith".

(GUMBEL) F orgive you. R espect you. I nspire you.
E ncourage you. N ourish you. D efend you. S
upport you.

1/5 RUDYARD KIPLING Much I owe to the Lands
that grew More to the Lives that fed But most to
Allah Who gave me two Separate sides to my head

2 KIPLING Much I reflect on the Good and the True
In the Faiths beneath the sun, But most to Allah
Who gave me two Sides to my head, not one

3 RUDYARD KIPLING cont. Wesley's following,
Calvin's flock, White or yellow or bronze, Shaman,
Ju-ju or Angekok, Minister, Mukamuk, Bonze.

4 KIPLING Here is a health, my brothers, to you
However your prayers are said, And praised be
Allah Who gave me 2 Separate sides to my head!

5 KIPLING I would go without shirt or shoe Friend,
tobacco or bread, Sooner than lose for a minute the
two Separate sides of my head! (End!)

MEISTER ECKART (c.1260-1328). "What good is it that Christ was born 2,000 years ago if he is not born now in your heart?" Ahead of his time!

(GUMBEL) Christmas present suggestions:- To your enemy, forgiveness. To children, a good example. To yourself, respect. To everyone, love.

The geometry of life has the following relationship:
The circle of WISDOM equals the triangle of KNOWLEDGE multiplied by the square of LOVE.

KEITH WARD: "...there is more to reality than collections of physical particles accidentally arranged in complicated patterns". Yes indeed!

Two ways to understand the world: 1. pull it apart to see what moves, then work out how 2. let it create emotions in you, then work out why.

Jan 2015

Newords for nondual thinking: Rightleft
Waviparticle Femascunine Creatillogical
Analodigital Metapholiteral Religioscientific
Spiritimatter.

Just "listened again" to In Our Time and Melvyn Bragg leading a discussion on SIMONE WEIL.
What a fascinating person! <http://t.co/1Oql72qK5I>

PHISYCHICS: Law of motion: To every action, there is an equal and opposite reaction
Law of emotion: If you goad a bull, expect to be gored.

#TheoryofEverything embraced everything - science and religion, faith, hope, and love. Brilliant acting, galactic rating. Not to be missed!!

#TheEichmannShow #BBC2 Hurwitz & Fruchtman reminded us of the importance of asking "Why?" as well as "How?" & "What?" re today's atrocities.

If you have to lay down the law in life, always return to your heart to make sure it doesn't harden. Pray as you go - <http://t.co/FThsNydSo5>

(FR.RICHARD) Burning Incense Is Psychoactive: New Class Of Antidepressants Might Be Right Under Our Noses <http://t.co/mQtVBD7TSA>

#climatechange Metabolism of human-dominated planet graphically explained in 60w lightbulbs by @ymalhi #OxfordMartin
<http://t.co/RlybWpQfKo>

We've just binge-watched #Broadchurch 1. Emotionally exhausted! Indeed, a broad church of relationships and issues and lessons to be learnt!

(GUMBEL) Don't confuse having less with being less, having more with being more. Who you are is far more important than what you have or what you do.

The finest WORKS OF ART are all around us. For variety, expression, inspiration, interest, humour, drama, narrative, just look at our FACES!

Feb 2015

WRITING TWEETS of exactly 140 characters (as I always do) exemplifies a profound principle: Setting rules sets you free 2 b #creative Innit?

LESSON learnt in childhood still applicable today: If you pull things apart to find out how they work, learn how to put them together again!

T. MERTON: "...let those we love be perfectly themselves, & [don't] twist them to fit our own image. Otherwise we love only... ourselves..."

H. LEE: "You never really understand a person until you consider things from his point of view Until you climb inside of his skin"

Why do we try to OWN our religions fighting over them like toys - "Mine's better than yours!" instead of SHARING truths? How can we grow up?

Religions don't cause wars. It's people that play at religion and play on religious ignorance for their own personal gain that cause them.

Like the roots that support a tree being radical and fundamental is not a bad thing. It's the soil we grow in that matters. Rubbish poisons.

So, how do we clean up the soil in which our ideas play & grow? We start by learning how we poison it with our own games of garbage, surely?

Perhaps extremism is like rocks in the soil of our life. If our roots embrace them, we become starved and unbalanced. <http://t.co/LA8wow105a>

@FrMartinFlatman Very nice, too. The science of building in the support of building religion? Happy house warming!

Unconditional agape Love can be expressed in four ways LookLove ThoughtLove WordLove DeedLove
For a materialist how do the first two "work"?

"LookLove": The ability to look on the world, using all the senses, and acknowledge the good in it, wherever it may be, without reservation.

"ThoughtLove": The ability to think creative and positive thoughts about persons or situations.
Divine directed: PRAYER. If not: GOOD VIBES!

How do "LookLove" & "ThoughtLove" work from a scientific viewpoint? One answer could be through @RupertSheldrake ideas of the extended mind.

How sad if the objects of our loving unseen gazes, thoughts, prayers & good vibes are not affected by them. What hope of changing the world?

(GUMBEL) St. Valentine was beaten, stoned, beheaded and buried on 14 Feb 269 AD for helping persecuted Christians and marrying Christian couples!

SANDBERG: Sacred Mystery won't vanish because you know all its parts... the transcendent emerges - "True knowledge leads to love" (SHELLEY).

ARISTOTLE: "All friendly feelings for others are an extension of a man's feelings for himself." If so, lots of people don't like themselves!

LOTS OF LOVE Eros, Philia, Storge, Ludus, Agape, Pragma, Philautia explained in this interesting piece. Worth a read. <http://t.co/Ymw7I7ok2E>

MARCUS AURELIUS: When you arise in the morning, think what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.

Mar 2015

THE SOIL: "Celebrate humanity, and when you love, love unconditionally. Better world begins with a smile; go out there and give it a try".

JOHN MAIN "Just as the roots of trees hold firm in the soil, so it is the roots of love that hold fast the ground of our being." ROOTS RULE!

If Christians are followers of Christ guided by the Bible, we must download the updates & use an antivirus checker. We mustn't get outdated!

A RIDDLE: What should reign over us at all times, should we never rein in, and is allowed to rain on all of us, good or bad? Clue: 1 Cor. 13

@andygbannister Jesus was celibate.. if we all followed the true teachings of our religious leaders, then our world would be a better place.

D.O'LEARY: Evolution is the human river of divine creation; it is God's vulnerable body entrusted to our care, God's love made visible.

D.O'LEARY(Tablet): We study the stars and sense a cosmic love-affair. Human consciousness is inexorably evolving in this mystical direction.

DAVID SUCHET: "now that we live in a multi-faith society, I think it's every Christian's duty to read [all] the Old Testament & the Koran."

If anyone doubts the depths of our self-centeredness, just browse the horrible comments some of us post online to big ourselves up. Nasty!!!

If we believe in the efficacy of good vibes/well wishes/blessings, then the opposite must be real & we need to guard against malign forces!?

What's more important? Doing the wrong thing for the right reasons or the right thing for the wrong reasons? Orthodoxy or orthopraxis? Love?

End of the world, doom & gloom messages are a turn-off, but this one ends in the right way. We can make a difference! <http://t.co/CfTVNo2Qo5>

Definitely learnt from the computer today. We need to periodically switch off and reboot, if we are to reconnect with the broadband of life!

(FT) We'll be spreading some NicaNectar #honey on our hot cross buns this Friday! #fairtrade #nicaragua

(see next page for illustration)



Apr 2015

I'm learning from my quadcopter. Keep aware of what's happening, make small timely corrections, & don't overreact. As in flying, so in life.

PALLAB GHOSH: dark matter can be thought of as a cosmic tree from which our galaxies grew like blossoms. Nice imagery <http://t.co/8da63bZYsF>

@nickswarb YGGDRASIL - fascinating! Must have been a Norse researcher's image. Or else we intuitively know cosmic truths, hence our "myths"?

Just read this hanging on a door in our son's flat. I said I liked it, and he said "Take it!". Such a lovely gesture!

THE PARADOX OF OUR AGE

We have bigger houses but smaller families;

more conveniences, but less time;

We have more degrees, but less sense;

more knowledge, but less judgement;

more experts, but more problems;

more medicines, but less healthiness;

We've been all the way to the moon and back,

but have trouble crossing the street to meet
the new neighbour.

We built more computers to hold more
information to produce more copies than ever.

but have less communication;

We have become long on quantity,

but short on quality.

These are times of fast foods

but slow digestion;

Tall man but short character;

Steep profits but shallow relationships.

It's a time when there is much in the window,

but nothing in the room.

...His Holiness the 14th Dalai Lama

@andygannister Surely, there's only one God (transcendent & immanent), but many interpretations? (The OT view was very different to the NT)

Seed to nourish
Water to react
Sugar to feed
Yeast to grow
Salt to flavour
Oil to mellow
Kneader to blend
Heat to create
Bread to give life!

We sense elementary particles,
air/waterborne molecules,
electromagnetic/sound waves,
gravity & physical movement.
What about the spiritual?

Just caught up with 1/3 of Prof. Dairmaid
MacCulloch's "Sex and the Church". Seems we've
got our knickers in a twist! Last part Friday BBC2.

Interesting article comparing the evolution of IS
and the IRA bbc.co.uk/news/uk-northe... Watch
Peter Taylor's program on IS tonight on
BBC2@9.00

FR.HERBERT McCABE: "The root of all sin is fear,
a fear which is a disbelief in yourself, the fear that
really in yourself you don't matter"

A good example of drones being used for good.
Many agencies in Nepal are using them to assess
damage and plan relief. <http://t.co/lersWBpXPA>

Once upon a time, nothing blew into pieces.
Now we have nice things like carrots & peas.
But also nasty and people to keep the peaces.

May 2015

God created heaps of particles which all attracted into physicals forming heaps of wondrous chemicals that evolved into us biologicals OK?

A.EINSTEIN: The intuitive mind is a sacred gift, the rational mind is a faithful servant. Society honours the servant, but forgets the gift.

If mind makes matter, then what we have in mind matters. Good thoughts will create and bad thoughts will destroy. A sobering thought indeed!

Is true love when we sacrifice something that we want, to meet the needs of someone else, no matter whom, and without thought for ourselves?

I wish it wasn't necessary but I think Facebook should have a dislike button. There are times when an argued response is just too wearisome!

WILLIAM B IRVINE'S book "AHA!" is excellent - on the moments of insight in religion, morality, science, maths and arts that shape our world.

These dialogues are very interesting and challenging. If you like Sheldrake's ideas, as I do, I recommend following. <https://t.co/WoQuRXzysA>

HENRI NOUWEN: The pain that comes from deep love makes your love ever more fruitful. It is like a plough.. that allow(s) the seed.. to grow.

J.W.JONES: "To reduce ... violence in the world, we must reduce ... humiliation & desecration in our cultural & religious systems". I agree!

(SHELDRAKE) A short film has just gone online exposing the skeptic Richard Wiseman's highly misleading attempts to "debunk"...

<http://t.co/HenoU74tuQ>

Jul 2015

(E. PETERSEN) How can I lead people into the quiet place beside the still waters if I am in perpetual motion?

J.MAIN/M.RIZZA: The meaning of life is the mystery of Love; just as tree roots hold soil firm, so "Love" roots hold the ground of our being.

POPE FRANCIS: "And if any of you can't pray, with all respect I ask you to think well of me and to send me good vibes". ¿Open-minded? ¡Defo!

No matter what our differences in Ability Age Belief
Culture Ethnicity Health Looks Politics Sexuality
Wealth We can & should love 1 another

This week's set of podcasts on A History of Ideas is on **#love** and its different forms. Definitely worth listening to! <http://t.co/poRHSeRPha>

Aug 2015

What gives us motivation/purpose/fulfilment in life? Isn't it when we use ALL our faculties FULLY, with the AIM of creating a BETTER world?

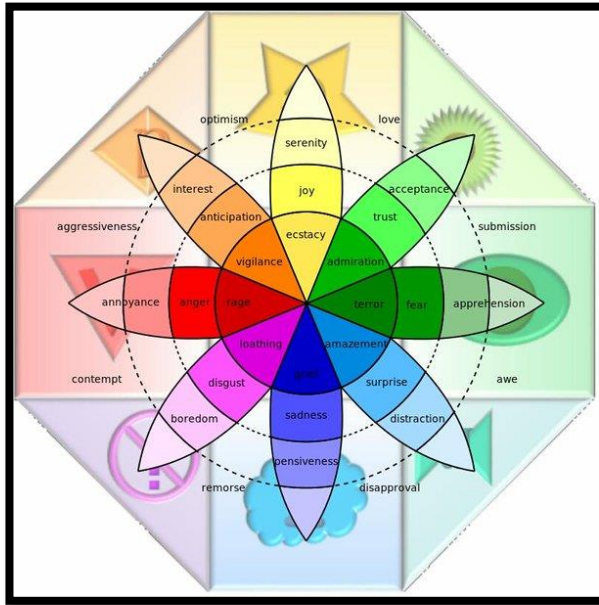
BERNARD LYNCH suggests that many problems found in society are a result of 'oppression and repression of human sexual fulfilment'. So true!

THE POPE: "valuing one's...femininity or masculinity is necessary...to recognize [one]self...in someone who is different". AND not OR, init?

With so many unhappy events unfolding around us, we need to have an answer to WWJD? Here's my take on that question: <https://t.co/6zLXKT5dsT>

Sept. 2015 until Sept 2016

Must see the film "Inside out"! Here's how Plutchik's emotions may be associated with the Octaikon faculties. Oh joy!



McALEESE: the Church needs to move from the "ideal to the real" releasing "the greatest source of renewable energy in the world: God's love"

A Psalm of David: "The heavens declare the glory of God; the skies proclaim the work of his hands."
(Psalm 19.1 NIV) <http://t.co/Est6agbnpi>

The religious problems we face are when we make God in our OWN image, and then fight for what WE have created. GOD does not need defending!!

Introducing AL, my pen-friend. Together, we'd like to take you on a light-hearted look at ReALity. Watch this space!

My pen-friend AL is named after me (Alan) and all words with AL in them, like ALuminium, formALdehyde or dislexicAL.

I'm impulsively following this solo flight again. Worth visiting the website with excellent details of the journey. <https://t.co/wAGJviMRot>

Is this life's purpose writ small? "To help each other find our way back home." If we were born out of love, it is to love we should return.

It's been suggested that we need to upgrade our EOS (Egoic Operating System) to an OS based on the heart. AL agrees.

We can denounce what we think are wrong actions, but don't vilify or vituperate the people who do them. There but for the grace of God go I!

Why's rain forecast tomorrow only when the Queen's Street party takes place? Have our prayers for "Long may she reign" been mis-understood!?

Why should we love our "enemies"? If they are those whom we perceive as not loving us and we hate them, then that creates a vicious circle.

Talk of the devil and demons, and I'll talk of minds that are selfish, proud, greedy and fearful, valuing only their way of life & thinking.

Excellent editorial in the Tablet: Britain needs the EU and the EU needs Britain. First para reflects my sentiments. <https://t.co/JyP8awhSQi>

PRIDE/PROUD - like other words of attitude, can be put to good or bad purposes. Good, if outgoing and unitive; bad, if selfish and divisive.

The Commonwealth has roots in the British Empire; the EU, in the Roman. Both want to replace conflict & subjection with peace & cooperation.

My unpartisan exhortation to play our part in the EU referendum. All that REMAINS is to LEAVE it to you to get OUT and vote IN the booths...

MY CITIZENSHIP in order: Citizen of God Citizen of Earth Citizen of Europe Citizen of United(?) Kingdom Citizen of England Citizen of Oxford

Last night, I dreamt a philosophy of life: Wherever you are, be the best in whatever you do, and love like Jesus did, whatever your beliefs.

#weneed

The following tweets started in January 2017, and continued throughout Lent to Easter and beyond to Pentecost.

They are on the subject of what we need in life, as a result of all the relationships we form.

A NEED TO TWEET

Today is Epiphany, and our 40th wedding anniversary. And I've had an Epiphany. It's true: All #weneed is love! I'll explain in a tweet-fest.

It seems to me that as we learn what #weneed to live a full life, and help others to meet those needs, we'll be better able to meet our own.

My twitterthon will look at over 70 needs, hopefully explaining why #weneed them! But first I need to give context in the next dozen tweets.

As usual, all my tweets will be exactly 140 characters including #Weneed. This discipline helps me meet my need for creative use of English!

My motivation to write at least 70 #weneed tweets of exactly 2 x 70 characters stems from the fact that I'll be 70 soon, and need a challenge!

We watched #Silence this afternoon. Raises many theological, pastoral and evangelical questions #weneed to try & find answers to. Not easy!!

I think that the reality we live in has ten aspects found at all levels. These give rise to ten human faculties and the many things #weneed.

Each aspect of reality I like to call a FracALity, because they give rise to the faculties #weneed and are fractal, repeating at all scales.

I think that the reality we live in has ten aspects found at all levels. These give rise to ten human faculties and the many things #weneed.

Each aspect of reality I like to call a FracALity, because they give rise to the faculties #weneed and are fractal, repeating at all scales.

Our faculties engender many requirements of body, mind and spirit, which #weneed to fulfill, if we are to lead a full life, and help others.

The things #weneed proliferate and change as we grow up, humanity evolves and societies develop. Wants can become real needs and vice versa.

What #weneed ranges from stuff essential for personal survival, to behaviors, ethics or virtues that oil the wheels of a successful society.

Some of the things #weneed can be met by ourselves alone, but many can only be met in cooperation with someone else, or when in a community.

The things #weneed can be fulfilled actively by ourselves, or passively when someone else recognises our need, and fulfils it by gifting it.

The things #weneed can often be wishes, but turn into wants, demands, or addictions and confused with stuff we don't need and is bad for us.

For every need, there is a complementary one that makes sure that it doesn't turn into a want, demand or an addiction. Eg. Freedom vs rules.

Love can embrace many forms of satisfying the things #weneed. True love is when others give you what you really need without any conditions.

The golden rule implies that we should love others as we love ourselves, therefore the active and passive forms of what #weneed go together.

OK - I'll now tweet the 70+ needs I've thought of, in groups, preceded by a description of the "fracALity" most associated with that group.

As you read about stuff #weneed, ask: Why is it important? How does it link with others? What happens if not met? How can I meet it better?

ORIGINALITY

#Weneed **OriginALity**. Everything in the cosmos has a beginning, a time when it was new. We ourselves need to create, initiate, and innovate.

FREEDOM: #Weneed to be free to meet our other physical, mental, and spiritual needs. But our freedom must not stop others exercising theirs.

RIGHTS: #Weneed to be allowed to meet our basic needs, since many are moral entitlements, provided that we don't stop others meeting theirs.

CREATIVITY: #Weneed to be creative and innovate in one way or another - invent, compose, knit, whittle, whistle, drum, hum, or just doodle.

MUSIC: #Weneed to hear and make music somehow. It seems to be a basic human need - because the universe sings to "the music of the spheres"?

BEAUTY: #Weneed to be exposed to things that we feel are beautiful. Beauty varies and depends on culture but we'll know it when experienced.

HUMOUR: #Weneed fun, laughter, jokes and surprises in life, and not take ourselves or life too seriously. It helps us be less self-centered.

SEX: #Weneed that funny business to keep procreating humankind! It also meets sensory & relational needs, tho' some of us choose to abstain.

BIRTH: #Weneed to be conceived for us to have needs - then we need to be born. If we didn't exist, neither would our needs. We create needs!

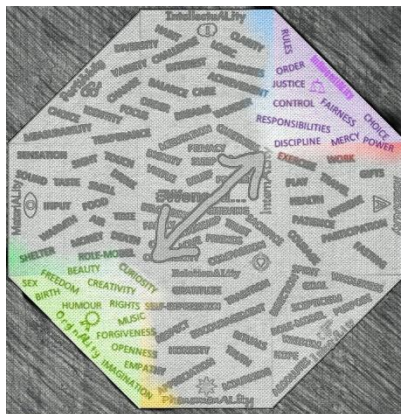
IMAGINATION: #Weneed to imagine ideas, situations or things not present to our senses, even if crazy. It all helps our minds to be creative.

EMPATHY: #Weneed to be able, as far as possible, to imagine what a person is feeling when their needs aren't being met, so that we can help.

OPENNESS: #Weneed to be open to new ways of doing things, ideas, theories and beliefs that are different to our own even if they seem wrong.

CURIOSITY: #Weneed to take things or ideas apart to find out how they're put together, how they work & why. It's the motivation for science.

#Weneed to balance our needs for freedom, creativity, or fun with serious needs like laws and controls, as shown here and tweeted following.



INFLUENTIALTY

#Weneed **InfluentiALity**. It's the way the universe is subject to laws which give it order and form. We likewise create rules, codes & ethics.

RULES: #Weneed to have rules and regulations so that we know what are the accepted limits to our behaviour, even if they are a pain to keep!

MORALITY: #Weneed an accepted ethical code of conduct which defines what we perceive as right or wrong. This will vary according to culture.

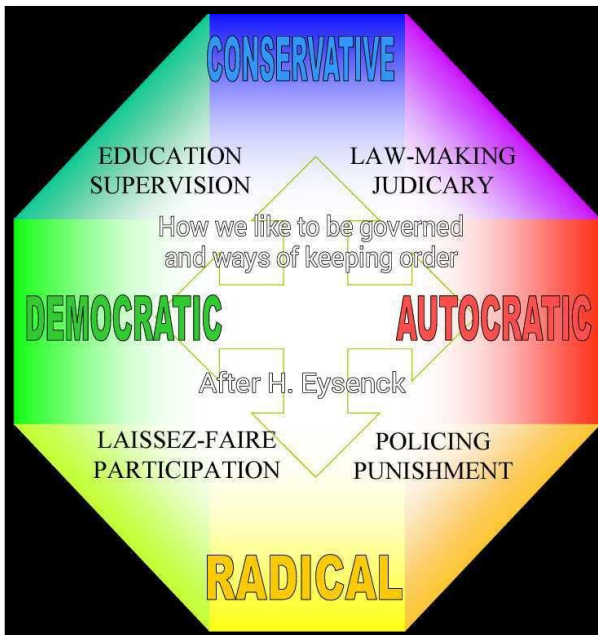
JUDGEMENT: #Weneed to make judgements about good and bad, but remembering not to be hypocritical. When we point a finger, 3 point backwards!

My #weneed tweets will form an OctaikonAL
Interactive Needs-based Self-improvement
Knowledge portal, Oi-Nebasi Knopo or Oi-NK!
Keep rooting.

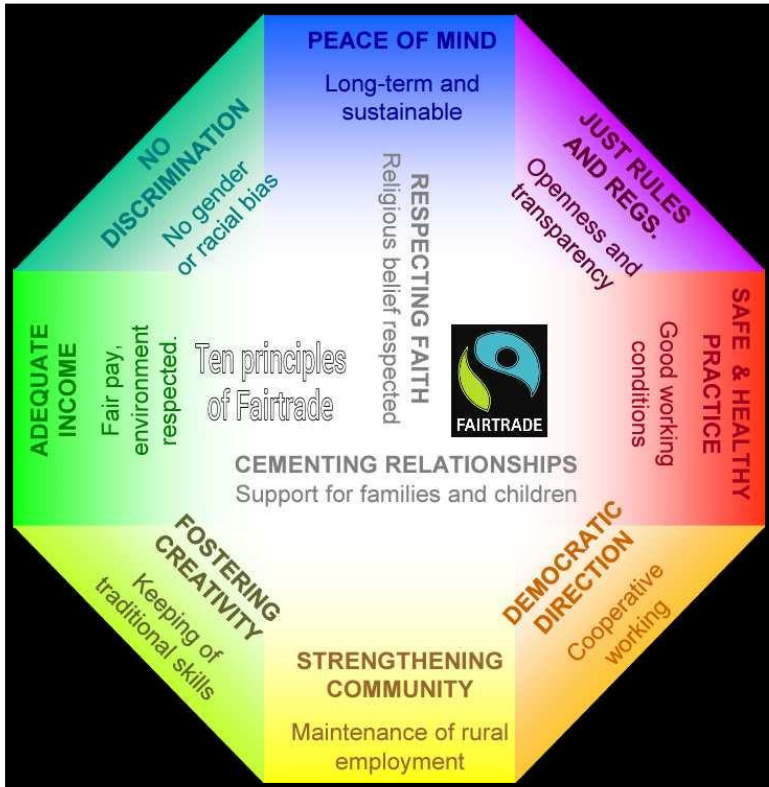


JUSTICE: #Weneed justice to be exercised. When we break the law, appropriate punishments should be applied. If not, society becomes anarchy!

GOVERNANCE: #Weneed to have some form of governance in social groups, otherwise there will be no leadership, application of rules and order.

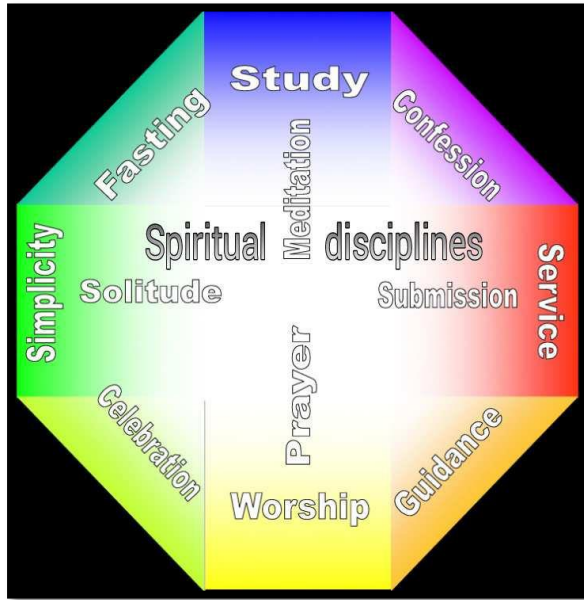


FAIRNESS: #Weneed to treat others equitably, giving them the same oppor-tunity to meet their own needs via education, environment, trade etc.



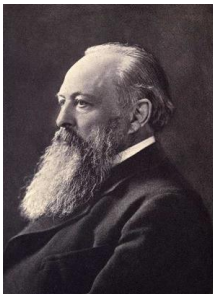
RESPONSIBILITIES: #Weneed to fulfill our duties to deal with something or have control over someone, to be accountable & to take any blame!

CONTROL: #Weneed to be in control of many situations, e.g. driving a car or managing work, but not a control freak. We delegate when needed.



DISCIPLINE: #Weneed to regulate our physical, mental and spiritual needs, otherwise they can easily control us and become under-appreciated.

POWER: #Weneed to have power to make things happen, when appropriate. But, "power tends to corrupt, and absolute power corrupts absolutely"!



Quote from John Emerich Edward Dalberg-Acton, 1st Baron Acton, KCVO DL —known as Sir John Dalberg-Acton, 8th Baronet, from 1837 to 1869 and usually referred to simply as Lord Acton—was an English Catholic historian, politician, and writer. (from Wikipedia)

MERCY: #Weneed to be prepared to forego punishments we impose and show clemency,

acknowledging the fact that we all break rules regret it.

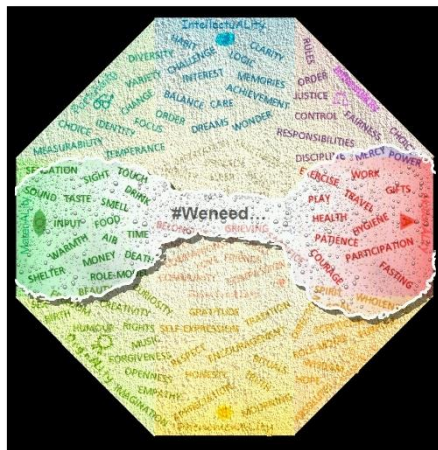
FORGIVENESS: #Weneed to forgive and to be forgiven for all the inevitable wrongs we do to each other, as it frees us from negative emotions.



MATERIALITY

#Weneed MateriALity. It's about the physical stuff made up of many elements. We now have the abilities to observe, consume and possess them.

My last tweets have shown how #weneed creative freedom to be balanced by limiting laws. Now I'll look at material input vs. motional output.



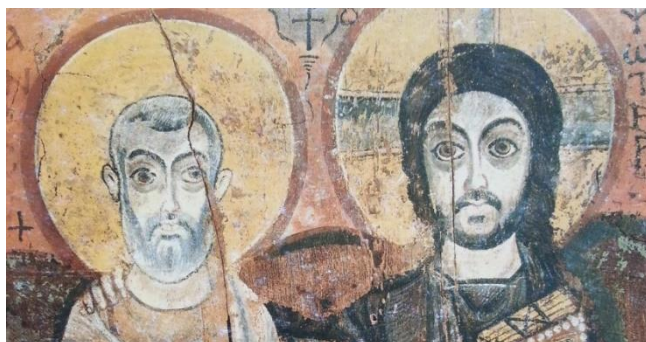
SENSATIONS. #Weneed to be surrounded by sensations, otherwise our senses will be unable to develop, will quickly atrophy and become useless.

SIGHTS: #Weneed to use our eyes as fully as possible, observing the whole range of colours,



contrast, shade, shape and form available to us.

TOUCH: #Weneed to fully employ our senses of pain, pressure or feeling, and understand their benefit on our health & relationships eg. hugs!



SOUNDS: #Weneed to use our ears fully to hear and listen to all the sounds around us, understanding the meaning and messages they may carry.



TASTE: #Weneed to use our sense of taste fully, eat slowly, savour the flavour, appreciating all the different ones that we can distinguish.



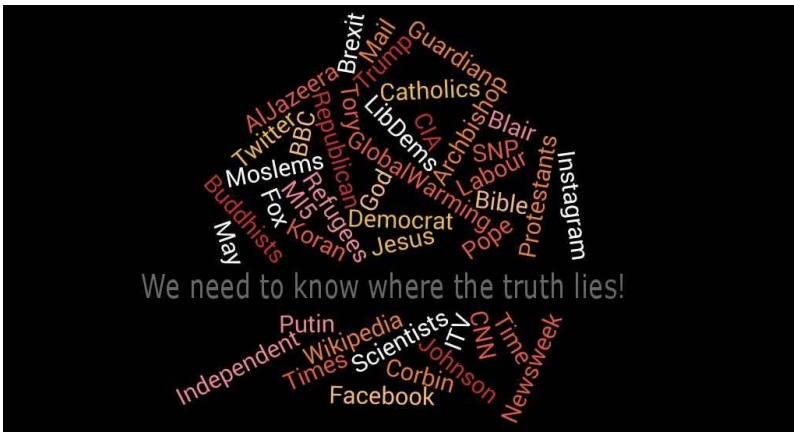
SMELLS: #Weneed to use our ability to distinguish different odours and aromas fully. Smell can be very evocative, and early signs of danger.



INPUT: #Weneed physical inputs from our environment to be able to live. These must be of the appropriate type, amount and at the right time.



GOODNEWS: #Weneed to hear news. We prefer it encouraging and not fake - it's true! If bad, sad. But then maybe we can do something about it?



INFORMATION: #Weneed it to act upon - so it has to be factual, unbiased, critical, current, respectful, not speculative and understandable.

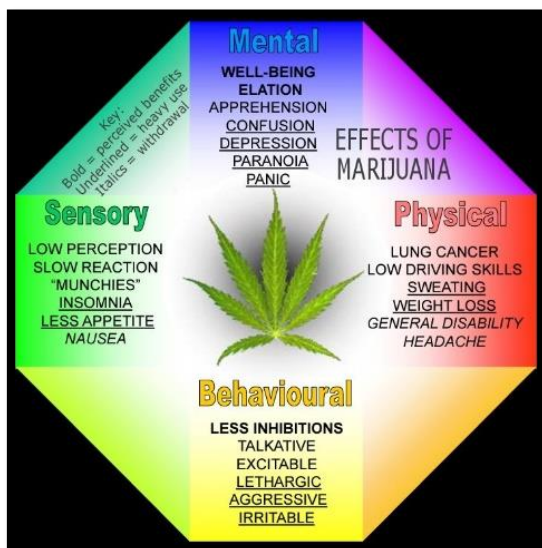
DRINK: #Weneed water. Our bodies are a third of it - #weneed to replace what we lose. So drink enough. But, if you get drunk, then YOU lose!



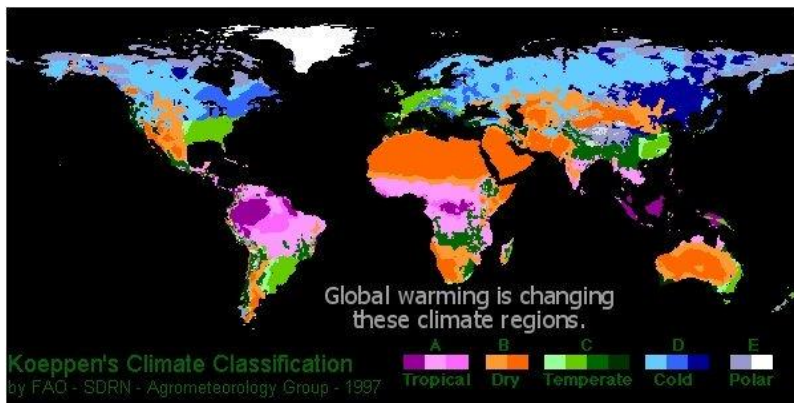
FOOD: #Weneed to eat to live and have the right food to keep healthy. Don't get fed up about your weight. Plenty of good diets wait for you!



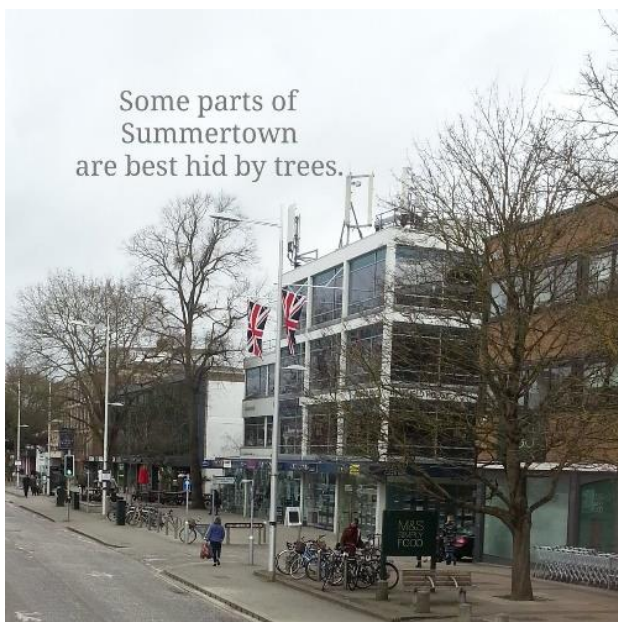
AIR: #Weneed to breathe oxygen. It is a key input. Without it we'll die in a matter of minutes. And #weneed air that is free from pollution.



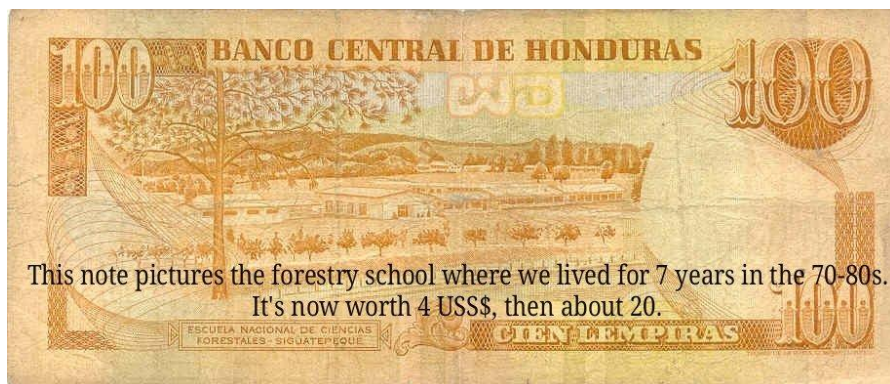
WARMTH: #Weneed to keep warm/cool. In some climates this is not a problem. But in very cold or very hot places this becomes a critical need.



TREES: #Weneed trees for their health cures, especially their analog emollience on the digital urban scars that cover the face of the earth!



MONEY: #Weneed money, or its equivalent, to be able to purchase, barter for, or exchange the things we need. But how much do we really need?



LIGHT: #Weneed physical, mental and spiritual light to understand the world. "Let there be light!" - without it the universe wouldn't exist.

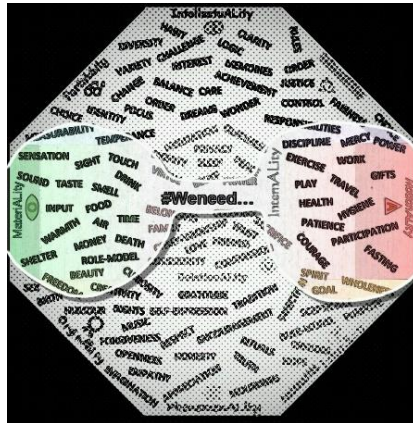


ROLE-MODEL: #Weneed to have examples of how to live a good life, since one way that we quickly learn is by copying other people's behaviour.



FASTING: #Weneed to have control of our needs and not let them control us. Periodically limiting or abstaining from them can be good for us.

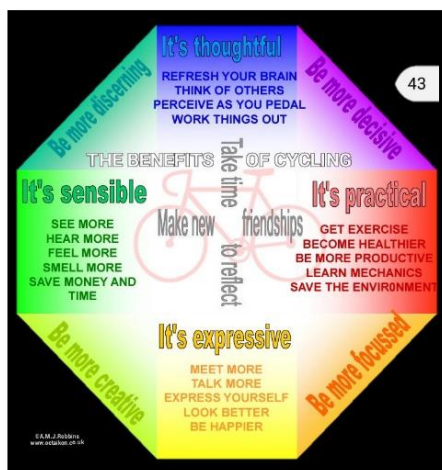




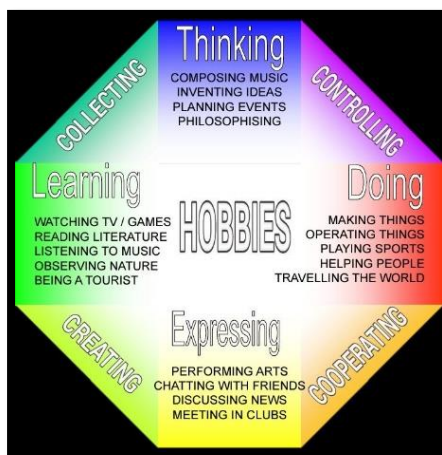
#Weneed **MotionALity**. It is concerned with the way everything in the universe has to be moving to exist. We humans also have to move to live.

119

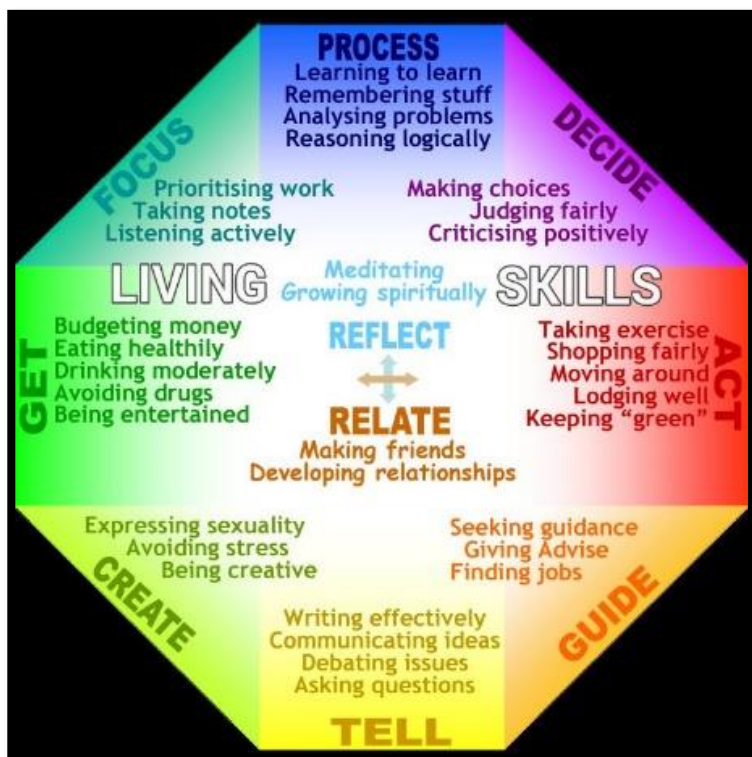
EXERCISE: #Weneed to keep our bodies moving to keep healthy. If play or work don't help do this, try #NordicWalking or cycling @cycloxford



PLAY: #Weneed to play - it's a natural part of learning and growing up. Hobbies and recreation later on in life also meet our needs to play.

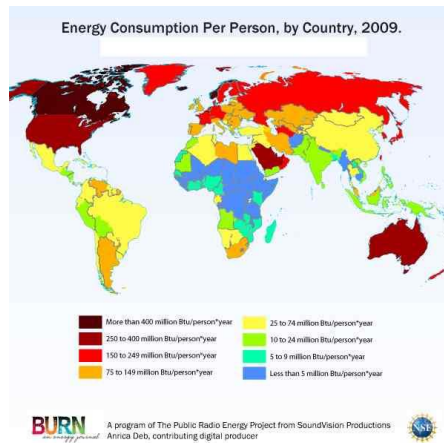


WORK: #Weneed to work so as to earn a living, and feel we are playing a role in society. Job seeking can be a difficult & moving experience!



HELEN MIRREN @ 70 "I'm very grateful to have witnessed the world without [information] technology and then to have seen it arrive." I agree!

ENERGY: #Weneed energy to keep living & doing things. That applies to matters of body, mind and spirit, thus energy is needed in many forms.



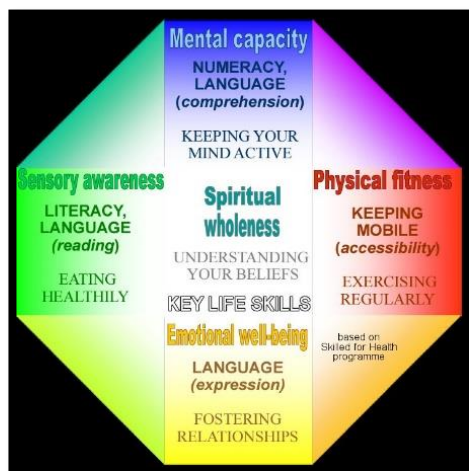
SUBSIDIARITY: #Weneed to assign jobs to greater and higher associations (e.g. govt.) ONLY what lesser & subordinate organisations cannot do.



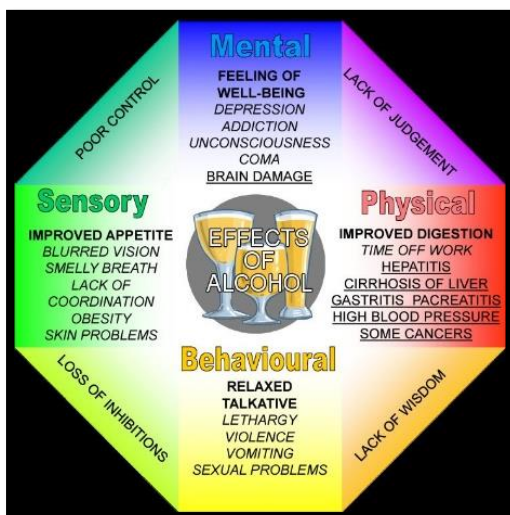
SOLIDARITY: #Weneed to support other people when we have unities of interests, objectives, standards and sympathies, PROVIDED they are good!

PARTICIPATION: #Weneed to collaborate or cooperate in activities so that we have a chance to influence them, for our own good and of others.

HEALTH: #Weneed to be healthy to get and give the most out of life, so we must care for ourselves, and also be cared for when we become ill.



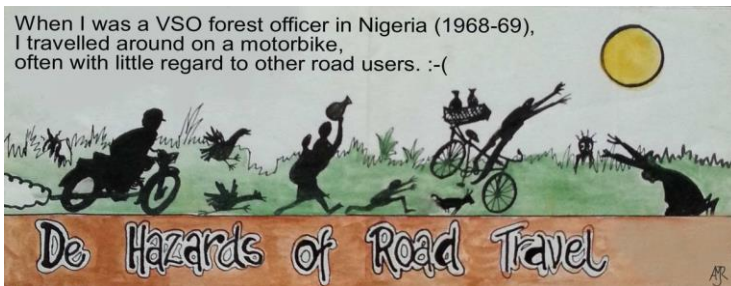
#NHS To deserve it #weneed to eat healthily, drink responsibly, exercise properly, drive carefully, play sensibly, work calmly, care freely.



HYGIENE: #Weneed to be able to keep ourselves clean and go to the loo, as and when needed. This requires all sorts of movements and motions!



TRAVEL: #Weneed to travel - even if it's only to visit the shops! "Travelling is the best education" - so, the more we travel, the better!

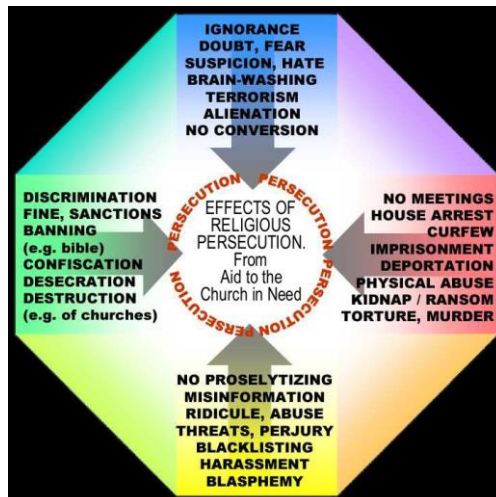


STABILITY: #Weneed a certain amount of routine and predictability in our lives, otherwise life will become unsettling, stressful and tiring.



RITUAL: #Weneed events, ceremonies or rites that mark important events in our lives, like reaching adulthood, graduation, marriage or death.

COURAGE: #Weneed to face up to the times when the needs of others or ourselves are not met or taken away, and we may need to fight for them.



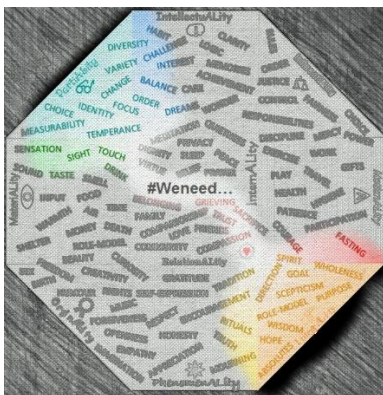
COMPASSION: #Weneed to suffer with AND help other people when they're having hard times meeting their own needs. Compassion= action+empathy.

CARE

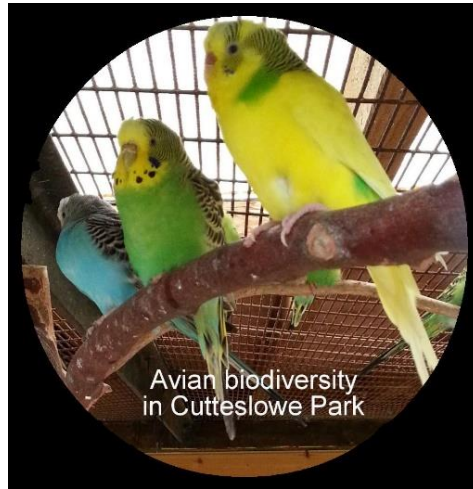
My last tweets were about ways our "material" world "moves". Now I'll look at how everything #weneed is made from "parts" that form "wholes"

DIFFERENTIALITY

#Weneed **DifferentiALity**: it's the way everything is composed of a myriad of parts that as humans we can identify and classify at all scales.



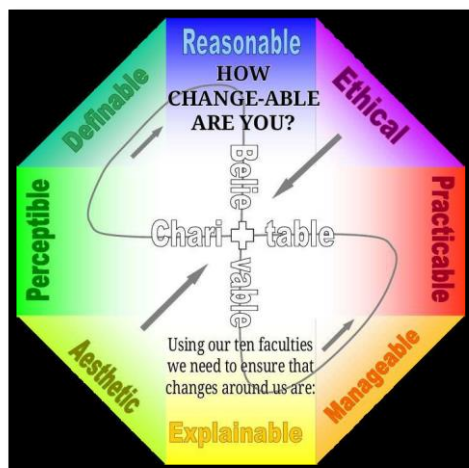
DIVERSITY: #Weneed diversity in the world around us, so that we've options that we won't have without it. Biodiversity is key for existence.



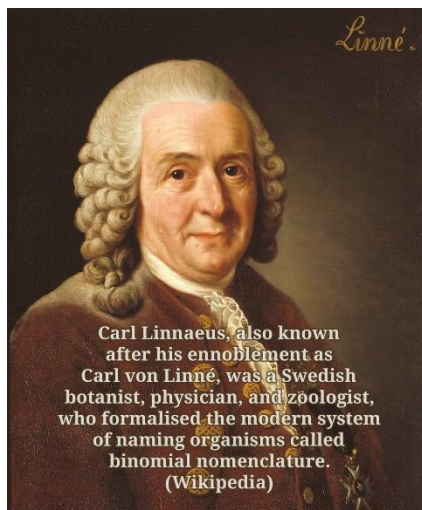
VARIETY: #Weneed variety in our lives. It is said that "variety is the spice of life". Without it, life is boring, and we lack stimulation.



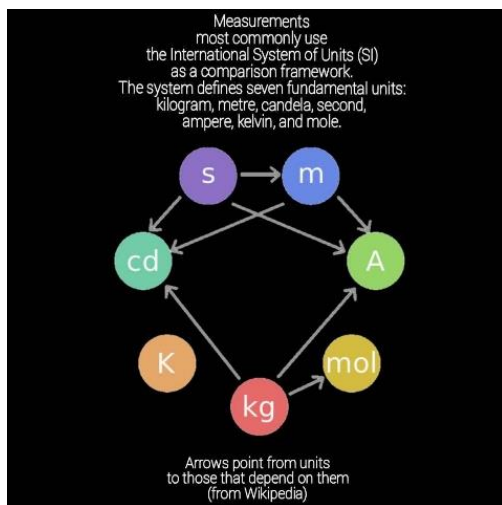
CHANGE: #Weneed to have change. We say that "a change is as good as a rest" and we like to monitor how things change, by how much, and why.



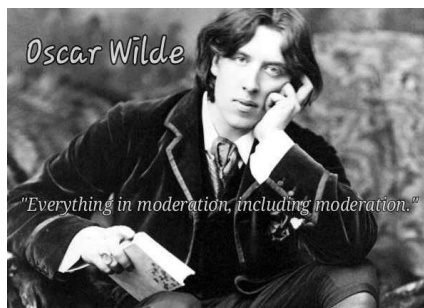
IDENTITY: #Weneed to classify and identify things. It is how we begin to understand them. In Genesis, Adam's first task was to name animals!



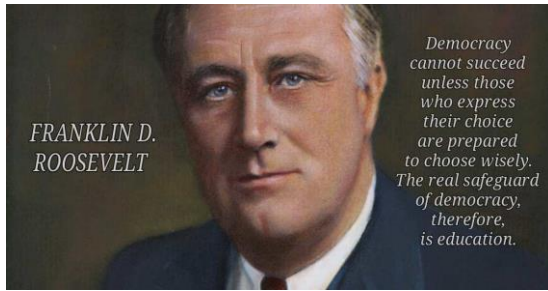
MEASURABILITY: #Weneed to measure up things in terms of size, time, weight, etc. Quantifying stuff is another part of the scientific method.



TEMPERANCE: #Weneed to moderate our needs so as to make sure that once satisfied, they don't turn into selfish wants, demands or addictions.



CHOICE: #Weneed to have choices available, so that we can exercise discernment, know how to make good decisions and learn from our mistakes!



FRANKLIN D.
ROOSEVELT

*Democracy
cannot succeed
unless those
who express
their choice
are prepared
to choose wisely.
The real safeguard
of democracy,
therefore,
is education.*

FOCUS: #Weneed to concentrate on the matter in hand and and not be distracted by such things as our many media devices vieing for attention.



MOTHERS: #Weneed them to nurture us into life, and some form of mothering throughout childhood and beyond. We need to experience femininity!

DECLUTTERING: #Weneed to keep a check on things we accumulate, and get rid of stuff we don't need. We need help to do this - it is not easy!

INTEGRALITY



#Weneed **IntegrALity**. It's the way things come together at every level, to form wholes greater than the sum of their parts, having a purpose.

WHOLENESS: #Weneed to feel complete or whole - a person who is more than body, mind and soul. We achieve this while meeting our other needs.



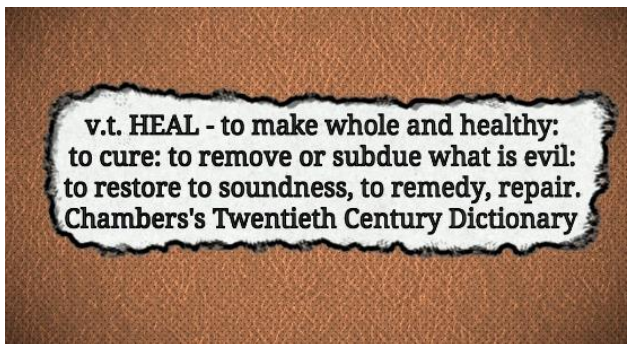
INTEGRATION: #Weneed to become part of the communities we live in, and feel that we belong and are accepted. It's a key need for immigrants.



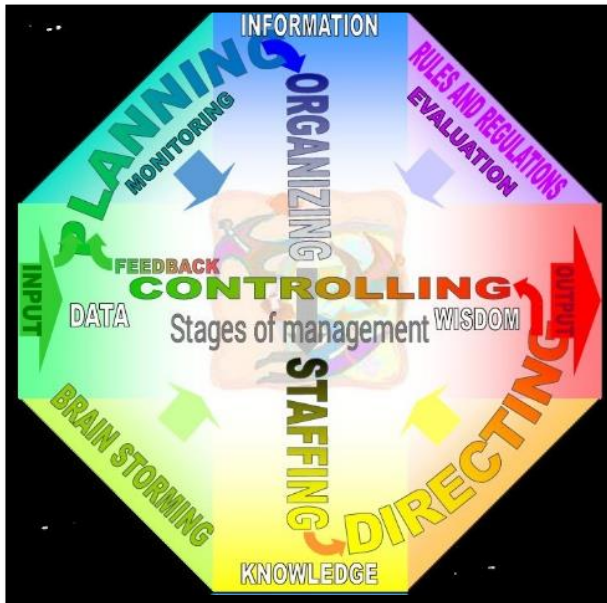
CARE: #Weneed to know somebody cares about us, even if we don't need caring for. So we need to tell people we care as well as being a carer.



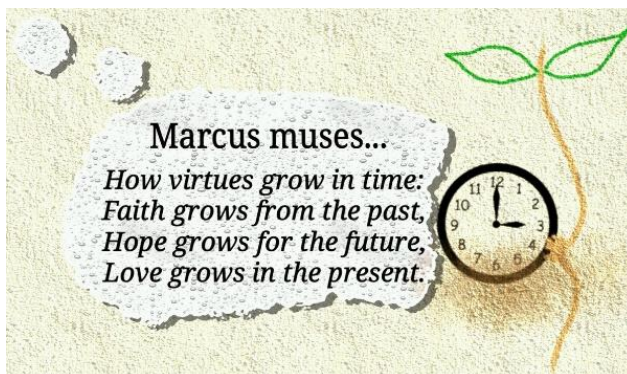
HEALING: #Weneed constantly to be healed of physical, mental & spiritual scars we get through life. Nobody is immune, but all can help



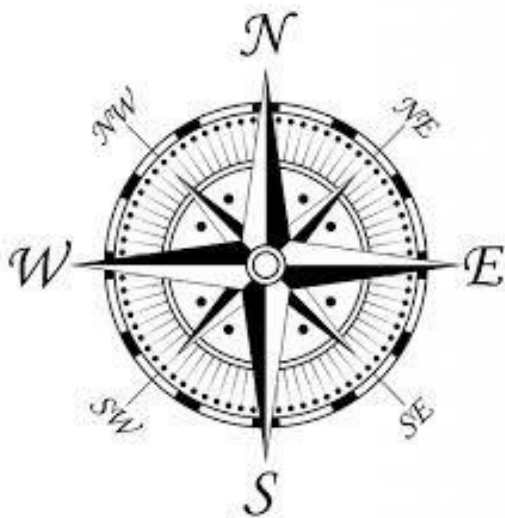
MANAGEMENT: #Weneed to manage and to be managed - to plan, organise, staff, direct, and control our projects. If we can't, we must delegate!



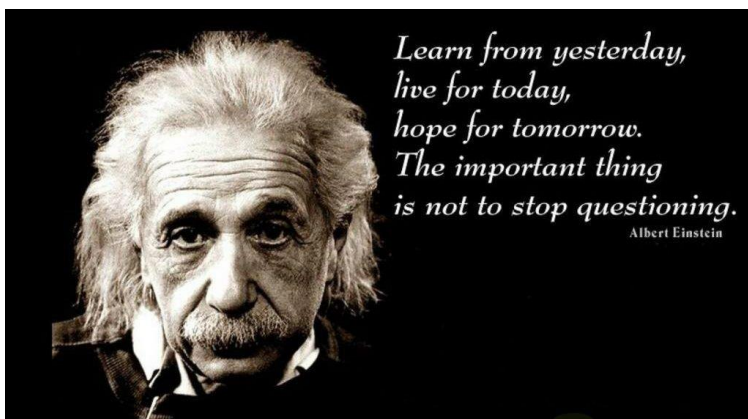
HOPE: #Weneed to have hope in the future - to live in expectation and anticipation of something better - even though it may not be realised.



DIRECTION: #Weneed to have guidance, of one form or another, throughout life - "No man is an island, entire of itself". We need wise advice.



WISDOM: #Weneed to have access to wise advice, based on practical experience. These are the stages: data - information - knowledge - wisdom.



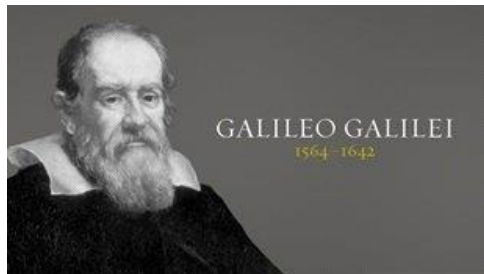
CHALLENGES: #Weneed questions to answer, problems to fix and sudokus to solve. If our mind doesn't have them, it will go searching for them.



INTELLECTUALITY

#Weneed **IntellectuALity**. It's the way the world appears to have been thought out with preexisting patterns and ideas, and also how we think.

HERETICS: #Weneed people who challenge conventional wisdom and come up with ideas that make us question whether we really understand things.



CLARITY: #Weneed things to be clear. Confusion is not something we enjoy, and we'll always be seeking to clarify things if it doesn't exist.

LOGIC: #Weneed things to be logical and rational, so that there is predictability in the world around us. Without it, we'll become confused.

SCEPTICISM: #Weneed to show a healthy scepticism and willingness to doubt when faced with things that cannot be proven and may be deceptive.

My next five daily tweets are about things #weneed related to the Easter story, such as belief, grief, sacrifice & our search for absolutes.

BELIEF: #Weneed to have something to believe in that is considered absolute and true. For many people that will form part of their religion.

ABSOLUTES: #Weneed to search for absolutes and perfection (where all needs are met, and nothing more is needed) even if we cannot find such.

SACRIFICE: #Weneed to be prepared to forego things we want, so as to allow others to meet their needs. That is something parents understand.

DEATH: #Weneed to die physically (not spiritually!), because we lose our faculties, we must evolve and our earth can't meet unlimited wants.

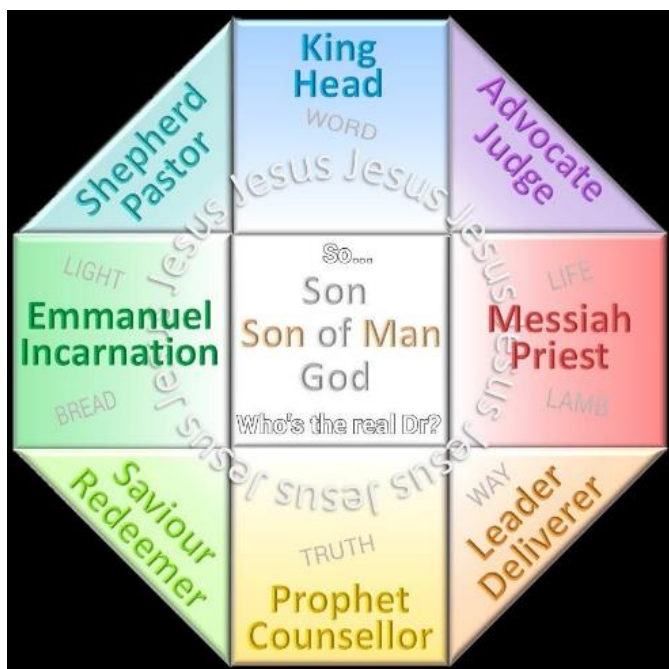
GRIEVING: #Weneed to grieve. All relationships of love eventually come to a physical end, and we must acknowledge the sadness and the grief.

MOURNING: #Weneed to be able to grieve when we lose something we need, especially parents, spouse, companions - anything or person we love.

SILENCE: #Weneed some things to be silent, so we can hear others. Absence of noise helps us listen to the "still small voice" of the Spirit.

HAPPY EASTER all! Sretan Uskrs! Glad pÃŸsk!
Feliz pascua! Joyeuses PÃŸques! Paste Fericit!
Frohe Ostern!

JESUS! #Weneed him! He's the embodiment of the source of all our needs in absolute form. We all seem to swear by him, in one way or another!



A painting of a man with glasses drinking from a can of Ubuntu Cola. He is also holding a bottle of Flor de Caña rum. The can has a Fairtrade logo and the text 'UBUNTU Cola'. The rum bottle has a label that says 'Flor de Caña', 'AÑEJO CLÁSICO', and 'IMPORTED RUM'.

No. 145. NOVELLO'S OCTAVO ANTHEMS. *Peter Shaw Ltd.*

REJOICE IN THE LORD ALWAYS 51

ANTHEM FOR THREE SOLO VOICES AND CHORUS
CHORUS SINGING "THE GREAT ANTHEM"

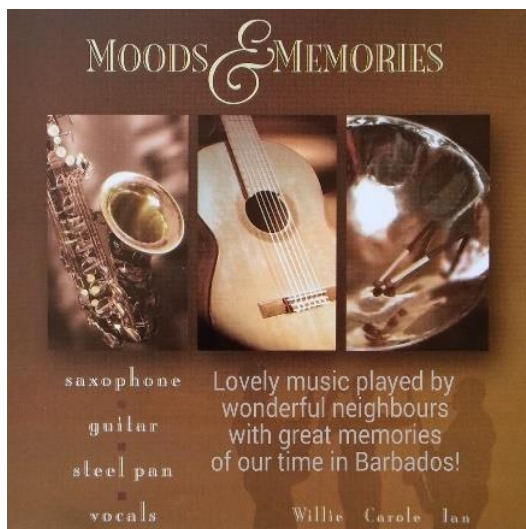
COMPOSED BY
HENRY PURCELL.

Lyrics: NOVELLO AND COMPANY, London; New York: THE B. W. GAY CO., New America and the U.S.A.

Organ

* The intermediate Symphonies, which are almost entirely omitted in performance, are not included in this edition.

MEMORIES: #Weneed to remember things, as this is how we learn from our experiences, what we are taught, and all the other ways we get input.

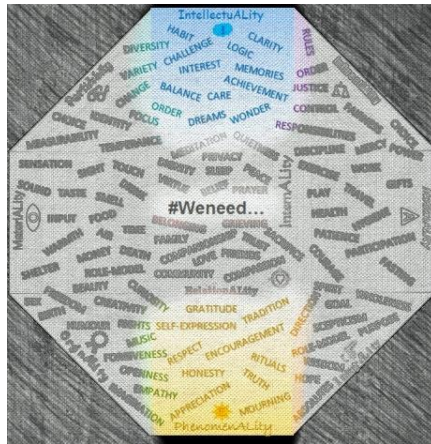


WONDER: #Weneed times when we're full of amazement, admiration, and curiosity. We like things that make us burst out "Isn't that wonderful?"

DOUBT: #Weneed to avoid being over-certain about matters of body, mind or spirit. Even scientists can not be 100% certain a theory is right.

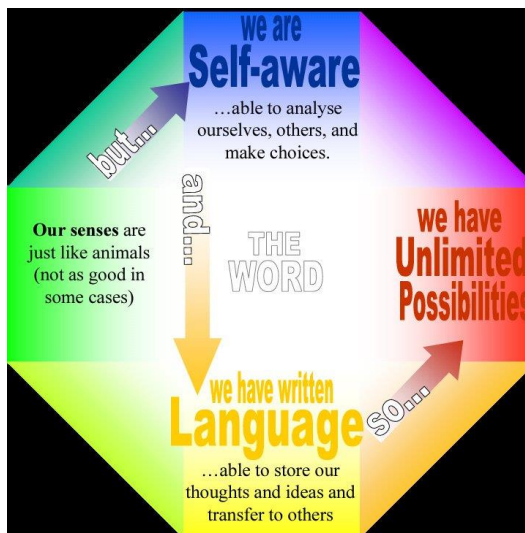
PHENOMENALITY

#Weneed **PhenomenALity**. It's the way things express themselves in the universe so that they are appreciated and understood, as we need to be.

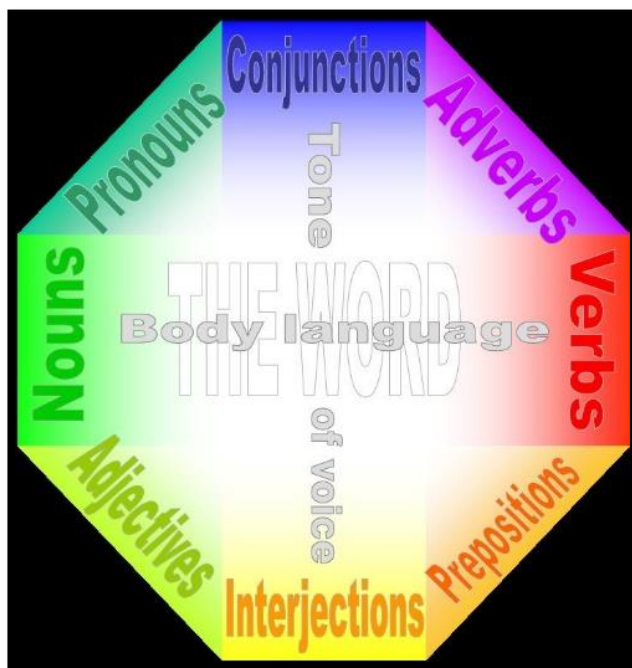


SELF-EXPRESSION: #Weneed to communicate our ideas, thoughts and feelings to other people, so that they can be understood, helping them & us.

LANGUAGE: #Weneed to communicate our knowledge and ideas, even the most esoteric, and so we need to develop, learn & use adequate languages.



WORDS: #Weneed different types of words ("parts of speech") to communicate. There are eight of them, each supporting one particular faculty.



NOUNS: #Weneed parts of speech that are words for people, places or things in the world around us, so that they can be identified and named.

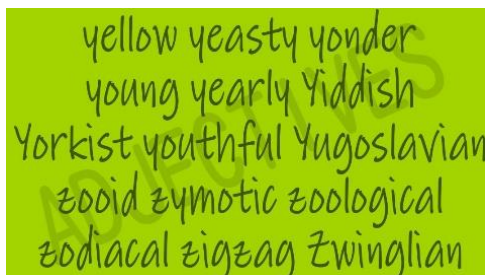
quadrangle quality qualm
 quagga quarrel quartet
 question quebracho quiddity
 queen quince quintessence
 quirk quotient quail

VERBS: #Weneed parts of speech that describe actions, motions, state, or occurrence of things in the world, so we can tell what's happening.



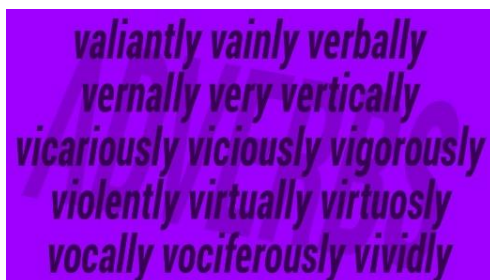
*jab jabber jack
jangle jeer jest
jilt jitter jog
join judge juggle
jump justify juxtapose*

ADJECTIVES: #Weneed parts of speech that help describe the attributes or qualities of people, places and things that we identify with nouns.



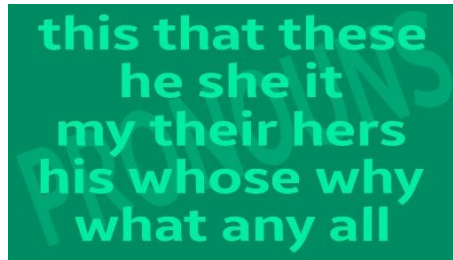
*yellow yeasty yonder
young yearly Yiddish
Yorkist youthful Yugoslavian
zoid zymotic zoological
zodiacal zigzag Zwinglian*

ADVERBS: #Weneed parts of speech that enable us to qualify the manner, place, times, or degree that things are happening, when we use verbs.



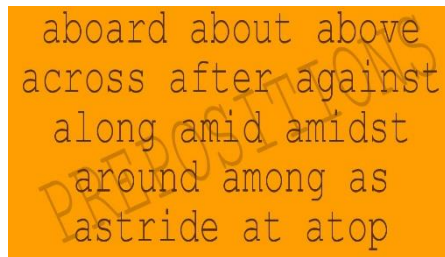
*valiantly vainly verbally
vernally very vertically
vicariously viciously vigorously
violently virtually virtuosly
vocally vociferously vividly*

PRONOUNS: #Weneed parts of speech that enable us to distinguish or determine which one, or how many of people or things we are referring to.



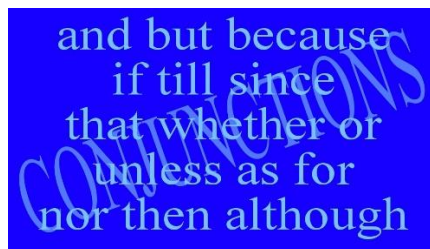
this that these
he she it
my their hers
his whose why
what any all

PREPOSITION: #Weneed parts of speech that enable us to describe something in relation to something else such as direction, position or time.



aboard about above
across after against
along amid amidst
around among as
astride at atop

CONJUNCTIONS: #Weneed parts of speech that enable us to connect phrases, and make logical and understandable statements, arguments or ideas.



and but because
if till since
that whether or
unless as for
nor then although

gosh! wow! phew!
ah! ****! oh!
oops! hey! ****!
hello! cheers! ugh!
****! yes! thanks!

Shift

Shake

Stupor

Spit

Suck

Smile

Stare

Scowl

Shiver

Gesture

Signal

Shrug

Sneer

Sigh

Stare

Scream

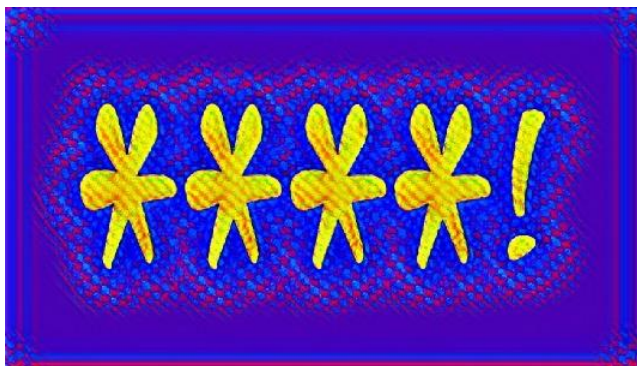
Sniff

Smirk

Slammer



EXPLETIVES: #Weneed to really swear sometimes!
It releases tension and frustration. But not
gratuitous effing and blinding - that's boring!!

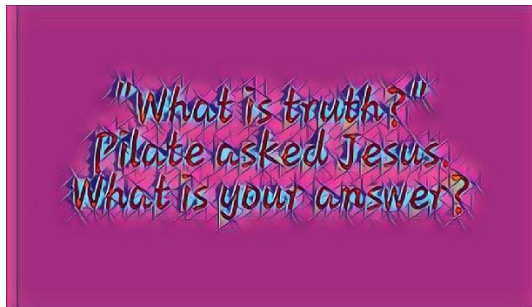


ENCOURAGEMENT: #Weneed to be told that we are achieving or progressing in life, however little that may be, otherwise we become discouraged.



RELIGION: #Weneed a system of communal beliefs, if we claim to be spiritual. That is our religion. But to be true, it must be based on love.

TRUTH: #Weneed to communicate ourselves truthfully in word, tone of voice and body language. But we need to keep in mind the time and place.



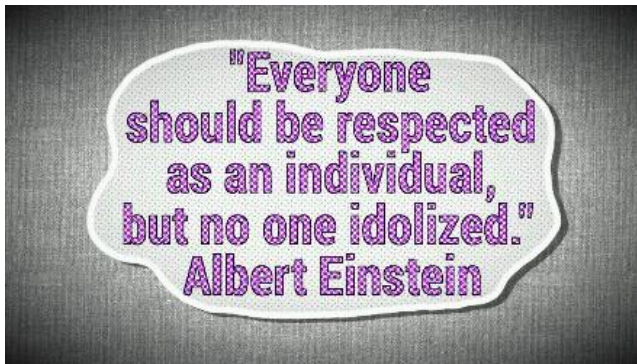
C.G.JUNG: "I shall not commit that fashionable stupidity of regarding everything I cannot explain as a fraud" - (in Targ's book about #ESP).

RESPECT: #Weneed to feel respected for who we are. Disrespect diminishes our self-worth and can lead to increased antagonism and resentment.

HONESTY: #Weneed to be fully honest in our dealings with other people. A sustainable, ethical, productive society and economy depends on it.



RESPECT: #Weneed to feel respected for who we are. Disrespect diminishes our self-worth and can lead to increased antagonism and resentment.



APPRECIATION: #Weneed to feel that our efforts in life are appreciated. If we perceive that we are taken for granted, we'll lack motivation.



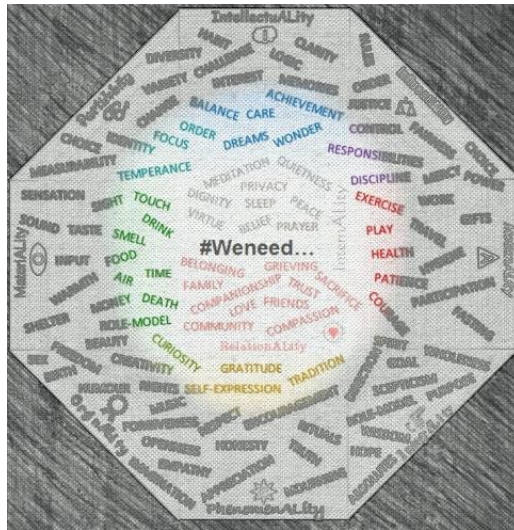
GOSSIP: #Weneed it! Not hearsay and harmful to others, but the good sort of "Did you know....? " news that's truthful and builds others up.



OK, so I'm onto the last pair of my fracALities, and the things #weneed. I'll finish at Pentecost. I hope it is giving you food for thought.

INTERNALITY

#Weneed **InternALity**. This is the way the inner parts of everything relate to each other. In our case, it is our own selves, soul, or spirit.

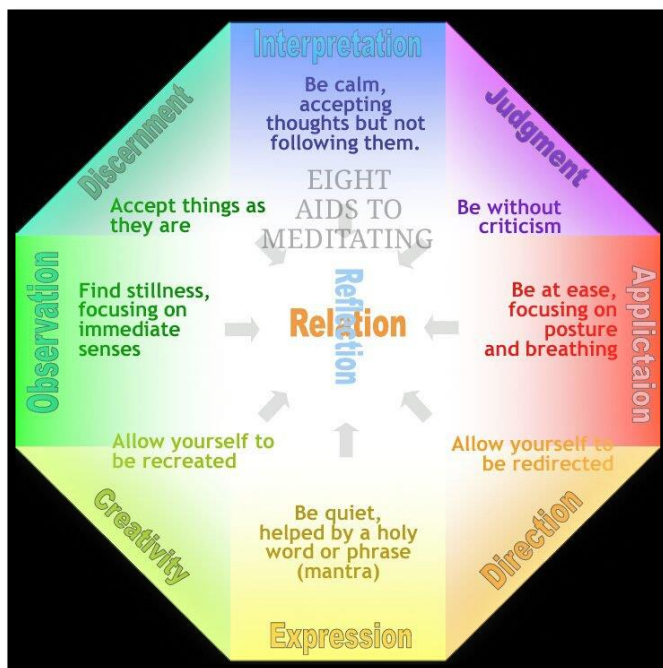


PRIVACY: #Weneed to be able to have some form of privacy or confidentiality when meeting or exercising some of our other needs e.g. the loo!

QUIETNESS: #Weneed times when we can be free of noise and distractions, so that we can concentrate on what we want to see, think, say or do.

#PRAYER #Weneed to converse with a higher being, however perceived, and talk about life's needs. Even atheists unwittingly connect via #ESP!

#MEDITATION #Weneed times when we can relax our body, switch off our mind, and allow the spiritual dimensions of our life to engage with us.

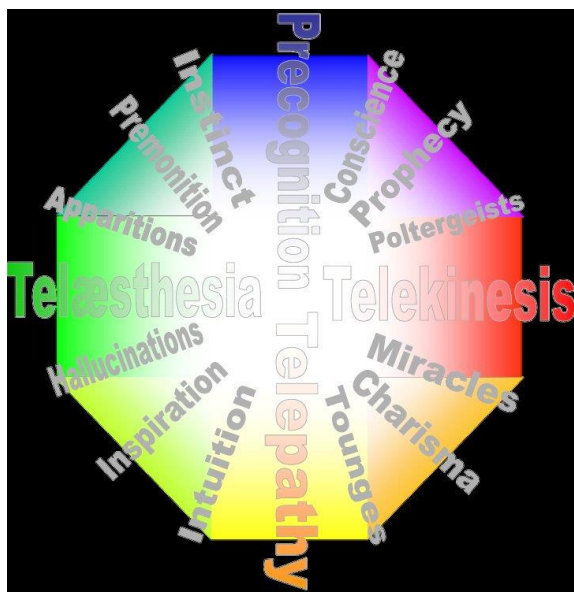


#SLEEP #Weneed to have adequate and regular sleep as it allows our body to recuperate from the effort of meeting our other needs when awake.

PEACE: #Weneed to have times free from: war, conflict, unrest, oppression, tension, etc. otherwise we or others cannot meet our other needs.

SELF-LOVE: #Weneed to appreciate and accept ourselves as we are before trying to be better persons. Only then can we do the same for others.

SEN-PSI-BILITY: #Weneed to be "sen-psi-ble", accepting #Psi/#ESP as mysterious facts of life, and integrate our sensory & psychic faculties.



MOTHERS: #Weneed them to nurture us into life, and some form of mothering throughout childhood and beyond. We need to experience femininity!

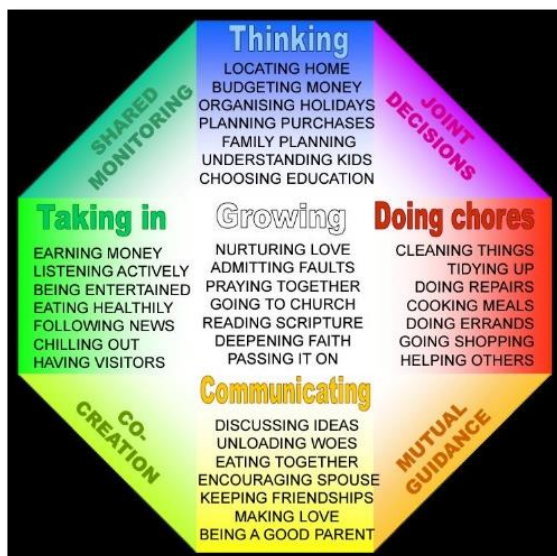
RELATIONALITY

#Weneed RelationALity. It's the aspect of reality to do with the way things are related to each other. Our relationships are very important.

FATHERS: #Weneed them to start life and help us understand good & true masculinity. Alas, they may be uninvited, unknown, absent or abusive.

BELONGING: #Weneed to feel as though we belong to something or somebody. It's a natural aspect of life and forming supportive relationships.

FAMILY: #Weneed to be part of a family (which take many forms), as this is the natural way we develop, and have many of our other needs met.



#FRIENDS #Weneed to have some form of friendship - sibling, companion or spouse - with whom to share ideas, do things, confide or show love.

I wish #Trump would STOP using the word #loser. In sport, it's OK to lose, provided you do your best. Let's not debase English even further!

COMMUNITY: #Weneed to be part of a group of people with similar culture or beliefs or neighbourhood with whom we can share things in common.

HUMANITY: #Weneed to feel & be part of all humanity, with every race, nation, culture, belief, society of value and dependent on each other.

POLITICS: #Weneed a variety of political parties, with alternative policies for meeting our needs, and then fair ways of choosing who leads.

RT @Pontifex: I encourage everyone to engage in constructive forms of communication that reject prejudice towards others and foster hope.

TRADITION: #Weneed to have customs, stories, beliefs or behaviours that are passed down to us and provide us with links to past generations.

TRUST: #Weneed to be able to trust in things and people, and to know that they'll be predictable and behave in certain ways, hopefully good!

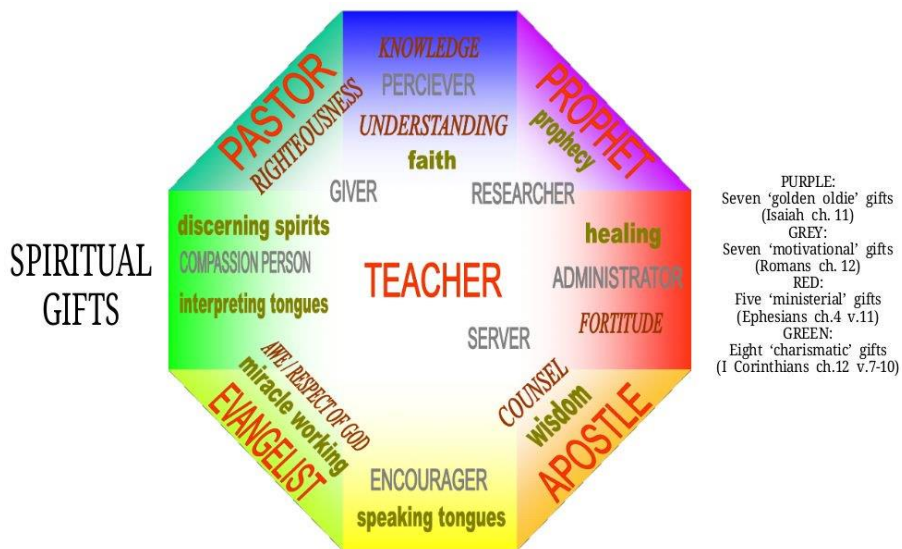


A #covfefe mug.

GRATITUDE: #Weneed always to be thankful for the good things we have (and maybe the bad as well). It is said that thanking is thinking well.

PATIENCE: #Weneed to be patient with ourselves and with others. If we act impatiently, it shows how egocentric we are. That's my experience!

GIFTS: #Weneed to be given and give presents as, hopefully, they demonstrate the love of the giver even if they're not what's really needed!

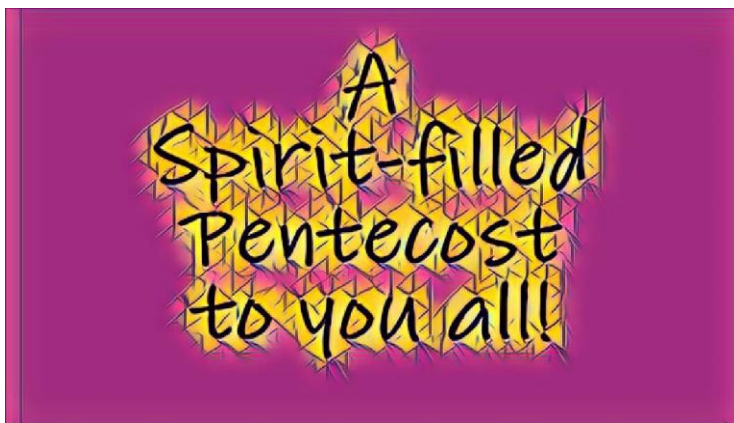


GOD: #Weneed God in one form or another. If we don't believe in the one in whom "we live and move and have our being", we'll invent our own.

LOVE: #Weneed to try giving others whatever they need, no reward expected. If we all did that, then it'd be true that "All we need is love"!



SPIRIT: #Weneed spirit - we are in part spirit, we need to be spirited, and to have the Spirit, whom Christians believe empowers us to love.



Dear friends/followers, I've just completed my twitterthon on things #weneed. Hope I gave you some food for thought. Now, I'm taking a rest!