

Why We Yearn to Live on Pandora, and Why We Can

Long, long ago in a commonwealth far, far away, I taught junior high and high school students and loved it—especially the working with the students part. When I met them during their really-confusing-because-everything's-changing years—mostly between ages eleven and fifteen—I was always moved by their committed search for the truth and their willingness to do whatever it took to find it. I still sense that same honest and urgent pursuit in the young people I talk to today.

I know that many in this age group have seen the movie, Avatar, two, three, or even five times, and when I ask them why, the answers usually fall into two categories. Either the movie awakened them to their deep connection to Earth, or they go back to re-experience Pandora, a world, they say, where they would rather live and be Na'vi instead of Earth human. The beauty. The colors. The tribal oneness with everything and everyone. The personal relationship with Pandora's sacred mother, Eywa, and feeling her through the Tree of Souls. The balance of power between Eytukan, the Omaticaya's clan leader, and Mo'at, their spiritual leader.

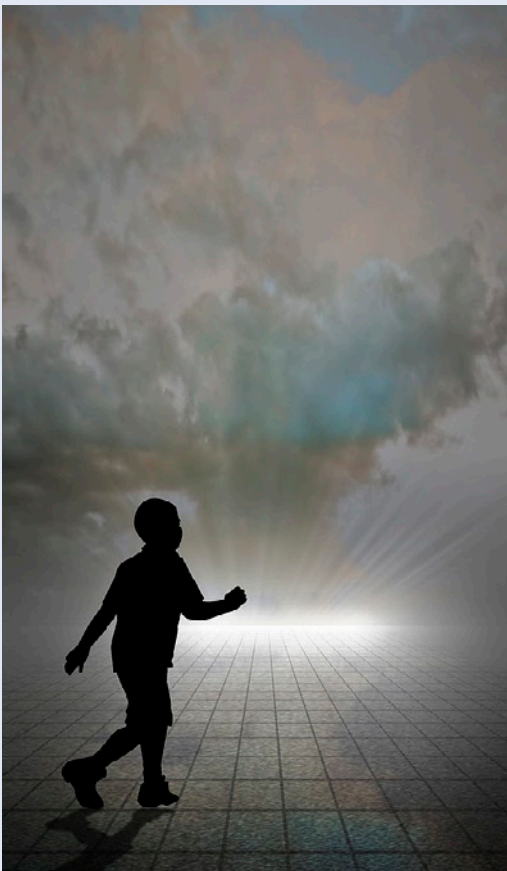


I understand this. I can relate to the hunger for something better and truer and finer. These yearnings are common to us all.

It is so easy to look at day-to-day life on Earth and freak. Everywhere you turn, things seem to be in shambles. Greed. Deception. War. Pain. Hardship. Betrayal. Isolation. Anger. Fear. If you are not disturbed and recoil when you see horrible things happening, then something important and fundamental might be broken inside you. Your very humanity could be severely damaged. However, if you look at the craziness of the world and whole-heartedly wish for things to change, then you are alive and well. But what will you do about all of this? Yes, what will you do?

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First of all, it is crucial that you understand that the balance of life is maintained because everything is set up in pairs of opposites. Right/wrong. Black/White. Man/Woman. Quiet/Noisy—and on and on. Therefore, when really bad things are happening, that means there must be really good things happening as well, so notice



them. It is not all bad. Generosity. Kindness. Compassion. Joy. Beauty. Love. Enthusiasm. Curiosity. Fun. Wonder. All of these are waiting for you if you take the time to find them. Opposites. They are simply the way everything on Earth has been set up.

Did you know that it usually takes two hundred years for new ideas and discoveries to become commonplace and generate a similar understanding of the world and how it functions? Think of the shifts required in people's thinking when explorers discovered that the world was actually not flat like they had been told; when astronomers announced that the earth revolved



around the sun, not the other way around; and,

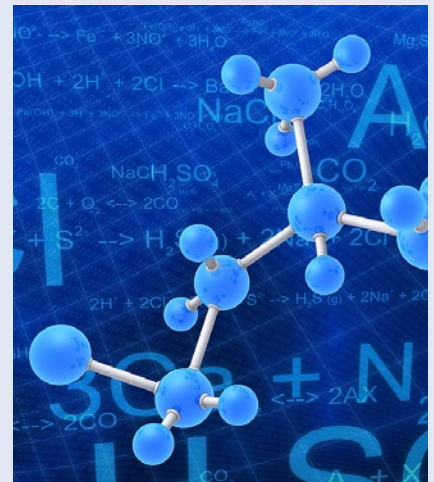
more recently, when scientists discovered that everything around us that we call real is directly influenced by our thoughts, feelings, beliefs, and expectations. What? You did not know that? Maybe because it is not yet being taught in schools. But physicists have demonstrated again and again that the reality you observe and give attention to, and what you expect to happen changes as a result of your interactions with it—as a result of you.

Though quantum physics as a science had roots in the late 1800's, it did not come into its own until physicists like Max Planck and Albert Einstein began work that would eventually change the face of science. Unfortunately, how

this work has redefined everyday life is not yet generally understood. The schools have another ninety years before they catch up and begin teaching what a number of people have learned for themselves. That does not mean that you need to wait that long before changing your own world.

What I love about Avatar is that it shows us what is possible here on our own planet, Earth. When you felt such a strong desire to live the way the Na'vi live on Pandora, what you were feeling was actually triggered by a human memory buried deep inside of you of how life on Earth could be. Stay with me. Let me offer you a few ideas about what I am talking about.

You are a special generation who has been born at a time when everything is changing. For new, more humane systems to be established that benefit everyone, the old, outmoded, and sometimes harmful systems must first come down, and that is just what is happening. Because the media like to focus on sensational stories that grab attention, then usually only the disturbances in the world are talked about. What is covered less frequently are the thousands of groups that are working to ensure that as many people as possible—especially children—are able to live



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without poverty, illness, or the constant fear of being killed. Did you notice all the aid workers who were devoting their time to Haiti even before the earthquake hit? People are putting their talents to use all over the world in order to make a difference.

There are global efforts to bring food, water, and clothing to those who need them; to offer educational opportunities to those currently without them so that they can one day help their own people; and to bring about social justice so that every person in every nation can live peacefully with the human dignity that is theirs by right. Millions of people understand that we are all brothers and sisters on this planet and live their lives reflecting this knowing. Go find them. They are all around you. Are you one of them?

You are a special generation who is here for the rebuilding process—to ensure that the new structures and systems that are put into place reflect the best that we as humans have to offer. You do not need to know what the structures and systems will look like yet. None of us really do. However, if you accept the fact that everything around you responds to your conscious thoughts, feelings, and intentions, how can you use this innate power to make the world better?

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Imagine the difference that you and a few friends can bring about if you meet once a week for just twenty minutes to “future dream” the planet. All you need to do is envision a world at peace with its major problems solved: Earth’s natural resources used wisely in a clean and sustainable fashion for everyone; people living and working together in balance to the benefit of all; those in government, business,

and religion using their authority to foster harmony and compassion; and children growing up with laughter, hope, and the safety that true belonging brings.

That is quite a dream, and it is possible to make that dream come true if everyone begins to put their focus not on what they see going on right now, but on what is truly possible. Remember—you do not need to know all the details. You must just put your attention on what you want to happen and feel in your body how you will feel living in that changed world. If you can envision truly and feel strongly, then everything will eventually align around your dreams.



That is simply the way it all works, and it has even been scientifically proven.

Okay. So, do you think that this sounds too good to be true? If you think that the world I have just described is out of reach, let me tell you about a particular experiment that might change your mind. Gregg Braden, a New York Times bestselling author, wrote about the results of a study called The International Peace Project in the Middle East that were published in The Journal of Conflict Resolution in 1988, over twenty years ago. Here is what happened.

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peace is. Based on that, during the Israeli-Lebanese war of the early 1980s, these researchers trained a small group of people to envision peace and feel it in their bodies. Rather than just thinking about peace in their minds or praying for peace, these people felt peace. Stop and really let that in. It is an important difference. Feeling with the heart what the mind envisions is far more powerful than just thinking about it.

On specific days of the month and at particular times each day, the people trained to envision and feel peace went into different war-torn parts of the Middle East.

Linking themselves to each other through their intention to offer peace, they then felt peace together at those precise times. What happened was amazing.

When they were feeling peace together, terrorist activity stopped, the incidents of crimes directed against people fell, visits to emergency rooms went down, and the number of traffic accidents decreased. Then when the peace group returned to their regular



activities, all these numbers went back to normal. This study confirmed what other researchers had already discovered: when people felt peace in themselves, peace was reflected in the world around them. Said in another way, the focused feelings of this group actually changed the reality of the world they lived in!

The numbers from these experiments were so consistent that scientists were then able to develop a formula for how many people it would take to reflect change in the world. The numbers are actually quite small and represent the square root of 1% of the population. This means that in a city of one million, the number of people needed to make focused change is only about 100! On a planet of almost 7 billion people, the number is about 8,400! Think about it. If only 8,400 people around the world wanted to bring about positive change, they could get together and begin to make it happen. Of course, the 8,400 represents the minimum number to get the ball rolling. The more people dreaming at the same time, the faster the effect is created. The greater the effect, the better the opportunity that it will be sustained to create a far different world.

What we believe makes a difference. What we focus on can change the world. The more people who focus on what is possible and good for us all, the faster that change will come. This is what just one person can do—what you can do to change everything. If you desire

to live a connected life like the Omaticaya's, you can have it. Instead of being part of the Omaticaya tribe, however, you will live with your human tribe, and instead of traveling to Pandora, you will enjoy your life here on Earth. Let me tell you about one more thing.

I talked about the power of emotions and the way to feel dreams into reality. Did you know that since 2001, there have been a growing number of studies that suggest that the very magnetic field of the earth plays a huge part in connecting



us to each other and to Earth? Scientists began to note this Earth-human connection on September 11, 2001 when satellites measuring Earth's magnetic field recorded a surge in the strength of the field. This spike was significantly higher than usual and occurred 15 minutes after the first plane struck New York's World Trade Center. This was the first evidence that human emotion can greatly influence Earth's magnetic field—the very field that connects us all! Subsequent studies by Princeton University proved that this correlation was more than coincidence.

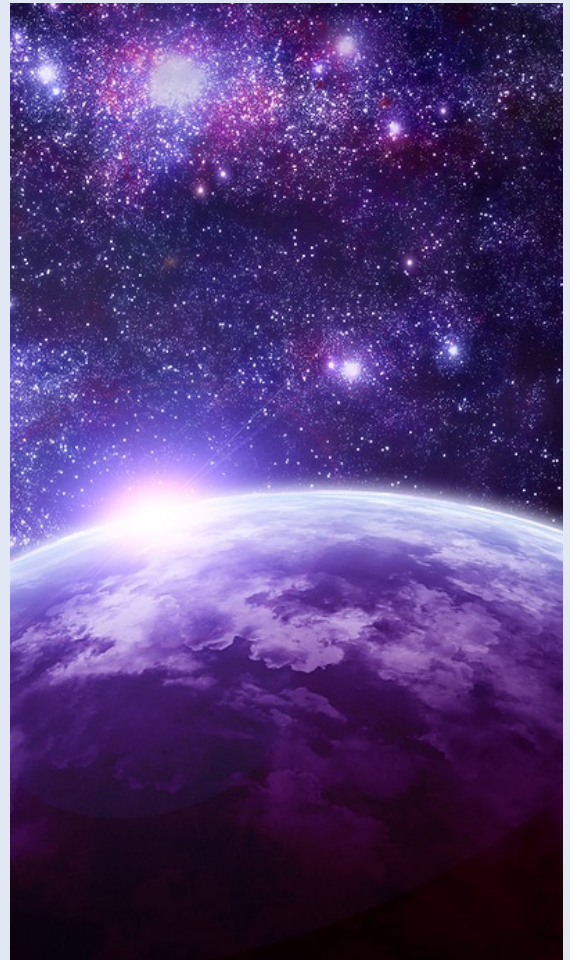
Did you know that the HeartMath Institute, a non-profit organization formed to research the power

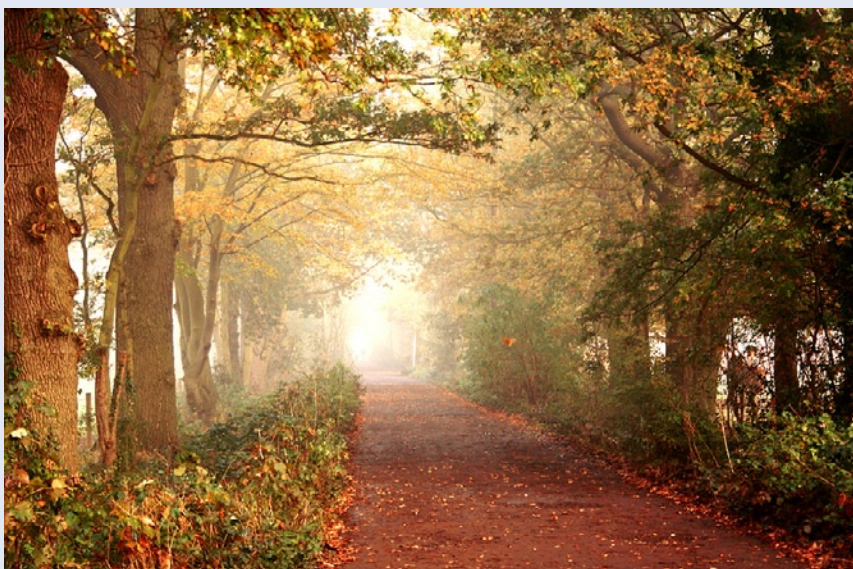
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of human emotions, has conducted well-documented studies about how the heart really functions? Their studies demonstrate that the heart's magnetic field is 5,000 times stronger than the brain's, and it extends five to eight feet beyond the heart itself. (Data suggests

that when they can more precisely measure the heart's magnetic field, it might actually be measured in miles!) Really let this in. We are all connected through the earth's magnetic field. We can access anyone on the planet through our heart's magnetic connection. Imagine the implications of these two facts. You can be connected to anyone in the world simply by accessing your heart's magnetic field. Talk about dreaming big!

Now, stop and think about this. You can create the world you want to live in when you grow up. You are not at the mercy of what you observe around you. You do not have to suffer with the mistakes grown-ups might be making now. The positive feelings you have about your future world can absolutely become realized. The form might turn out differently, but the reality you live and how you feel about it then will be the life you dream about now. That is simply the





way it works.

You can have everything here on Earth that you ached for so strongly when you saw the movie, *Avatar*. The beauty. The colors. The tribal oneness with everything and everyone. Having a deep connection with the planet's sacred mother. Enjoying the balance that comes with power equally vested in the political and the spiritual. But how can you have all of this?

Take time to really get to know Earth. Access her through nature, and fully pay attention to what is happening all around you. Take time to learn about,

appreciate, and be grateful for what you see and experience. Pretend that you are a visitor from another planet and look at everything with new eyes, as if for the first time. What you see might surprise you. All of creation is incredibly complex and astounding if you take the time to look beneath the surface of things and listen with your heart.

If you were a child born into the Omaticaya tribe, you would not automatically feel connected to everything. You would need to be shown what was important, and how things worked would need to be explained to you. Over time, you would grow into your connection. As an Earth child, however, you may need to teach this connection to yourself because so many humans have forgotten their underlying relationship to Earth and to each other. It is up to you to remember for yourself. Hundreds of avenues are available to help you to do just that.

There are many people who have awakened to this greater truth and are living their Earth connection. Find them. Maybe participate in an on-line problem-solving game that unites you with people globally. Talk about your interests on Facebook or MySpace, and learn who else mirrors them. Do an on-line search for groups in your area that share your viewpoint.

Join with friends for future dreams sessions. Then link your group with similar groups around the world, and explore the dreams of others. Allow their dreams to trigger bigger and more honest dreams for yourself, for those you love, for others, and for Earth

There is so much—there are so many—just waiting to help you find a grander appreciation for the planet you live on. But the trick is not to simply absorb this information with your head. To really



awaken your love of Earth, you must learn to feel her with your heart. The native peoples of many nations still know how to do this. So do the scientists. So do the mystics. So do the musicians, and artists, and poets, and dancers. When you see people expressing the joy and beauty of life in any form—people who are really alive and happy to be on Earth—find out what they have already figured out.

Did you know that every major change in fields like medicine, education, science, and government did not come from those in charge, but from ordinary people who needed and demanded change? The histories of many countries speak of grassroots efforts that changed entire nations. Therefore, do not wait for someone to give you permission to do good things in the world. The fact that you are alive and are an important member of the human tribe gives you all the permission you need.



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Project a strong intention that all humans will know themselves as one people again and live in peace. Like those on Pandora, humans are already linked through a bio-botanical neural network. Since we do not have ponytails with external nerve endings to link directly, we just need to remember what talents and skills we do have that can allow us to access this miraculous network.

Whenever possible, travel and see the extraordinary miracles that this planet holds. If you cannot travel physically, then travel virtually. Close your eyes. Reach out with your heart. Connect to the magnetic field of the planet, and go traveling. It may take time, but with practice, you will get there, and the experience will be awesome. Remember that your brain does not distinguish between what is happening inside of you or outside “in the real world.” So, you can live on Pandora. You will just come to know it as Earth.

This is an incredible time for the “geeks and freaks”, for those who feel “weird and alien,” for those who are willing to look at things differently and find their own truth. If you are one of these, you are fortunate, because you have not become folded and molded by a crowd who makes you look, think, and act exactly like them to fit in.

This is a time for adventure and exploration. This is the time that you were born for. In your mind, climb onto the back of a Pegasus—onto a flying horse from Earth’s mythological age—and let yourself soar over the planet and into your dreams. Earth is counting on you.