

Study Guide

for



These questions are designed to help you explore the themes in *No One in I Land*, and they can either be used as a guide for a group discussion or as a resource for your own personal use. If you are using this guide on your own, I suggest you put your reflections in writing.

1) *No One in I Land* talks about the nature of reality as that of a unified whole (The Realm) which expresses itself in myriad forms. Has there ever been a moment in your life when--if even for an instant--you perceived that all things are aspects of a unified Life Force? If so, what was that moment like? What seemed to precipitate it? How would you describe The Realm based on your own experience?

2) *No One in I Land*, like many spiritual traditions of the East, talks about the world we live in being a sort of illusion or dream. What indications do you see that this is so, that we are playing out a story that arises from an unconscious state?

3) The Greek word for I is *ego*--and ego-consciousness is the perception of oneself as an entity separate from everyone and everything else. At this point in our evolution this state of consciousness is normative in humans. In this moment, how are you experiencing yourself as an I, separate from all else?

4) Forests of aspen trees grow from a single root system that can encompass many acres. This means our perception that these forests consist of many separate trees is an illusion. In fact, what we are seeing is one organism expressing itself with many trunks. Like the aspen, the manifested world is a vast expression of a unified reality. How do you suppose you would experience life if you were continually aware of your underlying union with all things?

5) The Emperor in *No One in I Land* never feels he is enough, and he is driven by the need to stand out and be special. What are some of the messages we receive that tell us we are never enough? How does this "never-enoughness" affect your own quality of life? How does it shape our society? How does it impact the planet?

6) In *I Land* people are plagued by fear, above all the fear of death. How do you see this fear playing out in personal lives? In our political arena? How would the world be different if everyone knew that, just as energy which cannot be destroyed, the essence of what we are cannot die? How would your own life be different?

7) Because it cannot comprehend the oneness of all things, the ego creates systems of exploitation, such as those which have given rise to many of the global crises we now face. If, as Einstein said, no problem can be solved with the same consciousness that created it, what does this suggest about Earth's future? What does it suggest about your own role as a dream changer?

8) One of the hallmarks of the I is judgment, blame, and the creation of enemies. In what ways do you see blame, judgment, and enemy-making playing out in the world? In yourself? If, just like the characters in a nighttime dream, the people around you are reflecting aspects of yourself, how does this change your orientation toward them?

9) In the story, *I Landers* believe they were created by an I-in-the-Sky who is separate from them and far far away. This sense of being separate from the creative force of the Universe is an attribute of ego-consciousness. How would your self-understanding change if you knew yourself as an expression of Ultimate Reality?

10) When a caterpillar undergoes its metamorphosis, its body completely dissolves before the new structure can begin to take shape. But as the new organs are beginning to form, the lingering traces of the caterpillar's old immune system attacks them, perceiving the new organs to be an alien threat. In a similar fashion, in *No One in I Land* the Emperor attacks No One even though No One is an expression of the Emperor's true nature which he is unable to recognize. If ego-consciousness is a normal stage in our evolution and, like the caterpillar, we are encoded to become a new type of being, where do you think humankind is in our process of metamorphosis?

11) Because they are still viewing things through the lens of ego-consciousness, the people of I Land misunderstand the message No One was trying to share with them that they were all equally The Life. Instead, by putting No One on a sacred pedestal and seeing him as intrinsically different from themselves, they distance themselves even more from his message. What are some examples of the ways we project holiness onto others? What do you think are the implications of doing this? How would your own self-understanding change if you knew that in your essence you are as much an expression of The Life as those we deem to be spiritually superior?

12) In *No One in I Land*, the People have an innate ability to commune with the natural world, and yet this ability goes dormant because of their dream. If renewing this ability is part of the awakening process, how would you like to nurture it in your own life? What changes would be beneficial for us as a society in this regard? What role has the natural world played, if any, in your own spiritual life?

13) In *No One in I Land*, imagination, playfulness and beauty are qualities the No Ones draw on to help change the dream, and yet these qualities are often seen as frivolous in our culture. How do you think the world would be different if we understood these qualities to be essential in creating our future? How would your own life change if you valued and nurtured these qualities in yourself and others?

14) In the story, the people of I Land gradually begin to awaken to their true nature as No One. While spiritual awakening is not something that we can achieve through the force of our will, we can cultivate a readiness in ourselves for it to happen, and all spiritual traditions offer teachings and practices to help us move beyond our ego captivity. Are there any such teachings or practices you have found to be especially helpful? What has been your experience of them?



If there are additional resources you would find helpful in your integration of the teachings of *No One in I Land*, I would love to hear from you. Please contact me at www.patriciapearce.com

Yours in the Dream,
~Patricia Pearce