

WeAwakening Podcast

Episode 17: Relationship—The Essence of Existence

Hello, beautiful souls, and welcome to this week's podcast episode. I'd like to speak with you today about relationship as the essence of existence. And I wanted to speak to this topic in the aftermath of a little brief email exchange I had with someone who had watched the interview that Jon Mundy did of me, and in that interview, I made a comment that the fundamental nature of reality is relationship. And she had just asked that I elaborate on that.

So what I mean when I say the fundamental nature of reality is relationship is that nothing exists unto itself, that everything exists as interbeingness or as I sometimes say, inter-existence. Interbeing was a term Thich Nhat Hanh frequently used.

If we look at a blade of grass as an example of this, we can see that while we may perceive a blade of grass as something separate and unto itself, in fact, it is expressing a relationship. The blade of grass is expressing a unique relationship of sun, and soil, and water, and genetic structure. So the blade of grass is actually an expression of relationship, and it doesn't exist as a solitary thing unto itself.

And all things are expressing relationship. You are expressing this web of relationship that is the essence of reality. If you look at your own body—now we can we can look at the body, we can perceive the body as evidence or proof of separateness. And oftentimes the mind uses the body in this way, looking at the body as evidence of our separateness. I'm here in this body, and you're there in that body, and doesn't that show that we are separate beings?

But when we look more deeply into what the body is, we come to see that the body is an expression of relationship, that the body—the material that that comprises the body—is an expression of the entire cosmos. That the carbon that exists as your body— for this time that you are a temporal manifested being on this planet—the carbon in your body originated in the stars, stars that went supernova and flung carbon out into the universe. That is the carbon that comprises your body. So when we say that we are made of stardust, that is not a metaphor. The body is comprised of stardust that originated in the vastness of the universe.

The water that flows through the body has been flowing across this planet for eons, and so it is the rivers, it is the clouds, it is the glaciers, and some theorize that the water that exists on

planet Earth arrived on this planet from comets, from the tails of comets that left water on this planet in their wake. So, the body itself is an expression of the relationship of the entire cosmos.

And that is a representation of our non material existence, that is an expression of, if you want to use traditional language of God. That the being that you are, the being that I am, is an expression of the relationship of All That Is, which is often termed God.

So this recognition of the inter-existence and the interbeingness of all things, this is the we awakening. This is what I mean when I use this term we awakening It's awakening to the we-ness that is the essence of reality. That nothing exists as a solitary thing. That everything exists in this web of relationship, this web of we.

And this web of we, this vast web of relationships, expresses itself in unique ways. So it is expressing itself in a unique way as you. It is expressing itself in a unique way as me. It is expressing itself in a unique way as an oak tree, or a dandelion, or a cougar. All of these are simply unique expressions of the oneness that is, of this infinite web of relationships that is reality.

Now, as a little bit of an aside here, I want to just mention that I believe that one of the reasons that there is so much tumult right now in the United States, is that this is a culture that is founded upon—it has at its core the mythology of the autonomous self. The mythology of the autonomous self is fundamental to the culture of the United States. And as this this idea of the autonomous self is seen more and more to be an illusion, I believe that that is sending shockwaves at a very deep level through this culture. And I believe that many of the divisions that we are witnessing, these extreme divisions, are the expression of this desire to maintain this illusion of separateness, maintain this egoic idea of enemies and others, which is part of this whole illusion of the separate self. I think understanding that helps us contextualize the tumult that this culture is undergoing, the society is undergoing, because our core mythos is crumbling.

So to move more deeply into this recognition of relationship as the essence of existence, you can do a practice of, in this moment actually you might want to do this, just look at your hand. Just take a moment and look at your hand, and let yourself be aware that what you see before you as your hand is the elements that originated in the stars, in the farthest reaches of the universe. That the water that flows through your veins and that animates your cells has flowed across this planet for eons. It has existed as glaciers, it has fallen as rain in the rain forests, it has flowed through rivers and lakes. That your hand that you see before you is an expression of a relationship, of the vast and infinite relationship of being.

And if you want to take it a step further, you can begin to express gratitude for all that has conspired, for everything that has converged to create this hand that you see before you. To express gratitude for the stars that created this carbon in your body, to express gratitude for the water that has flowed across this planet for eons.

And as you do this, as you express this gratitude and allow yourself to enter into that state of awareness of your inter-existence with all that is, you come more fully into the realization that love is everything.

Because when we talk about relationship as the essence of existence, really what we're saying is, love is what is real. Love is this vast, limitless, eternal web of relationships from which nothing is exiled, from which nothing can ever be excluded. That love is relationship. Relationship is the truth of who we are.

So I leave that with you this week to contemplate and until next week, I bid you peace.