

So, I have been thinking about some fundamental questions lately. Things that are all around me; but I do not think about often. For example - What is space? Space is everywhere – both inside and outside. Space is both a physical thing and a mental thing – metaphysical. So, I do have a vision of what “is” outer space and/or inner space? I envision/perceive outer space as black and void – empty. Outer space is a vacuum and contains nothing. Ok, so I ask myself what is the point or purpose of nothing? Nothing, to me, is something. Nothing is a container. It contains nothing. Nothing is a starting point, the holder, for everything. The last sentence is a strange idea, in a way. How can nothing hold everything? It is because nothing is a reflection of what it is not ↔ everything. Both nothing and everything illuminate each other. This is a powerful idea; I would call it a fact.

Ask yourself, is this a fact to you? Well, physical space we can see and measure and it seems to go on forever. We can also see voids in space. And we can measure both with various types of rulers. One type of ruler is a laser beam of light. Light can be used to measure distance very accurately. Light frequency can also be used to measure types of matter. How do we know the accuracy of these measurements? They are accurate because the measurements repeat. Repeatability is the foundation of all science observation. A repeat observation of a phenomenon supports a hypothesis. A hypothesis or theory becomes a fact when it is absolutely consistent. A consistent result establishes a standard; a standard is a type of ruler.

If we take one ruler, a yard stick - what is it really? It is a measurement of linear space; 36 inches long. A yard stick measures in 2 dimensions from A to B. The distance is a physical space, but it is also a space we hold in our mind. Everyone understands what a yard stick means. We can all envision a yard stick as a mental object in space. You can ask anyone to show you how long a yard is, and they will stretch their hand about 3 feet apart. So, there is a relationship between physical and mental space. We can see and know 36 inches in our mind; we have a picture of this ruler.

Ok, big deal, what does that tell us? It tells us that physical reality only has meaning and value in our mental space. Mental space gives substance to physical space we think about. The operative word here is think. Not the other way around. This is an extremely important point. The physical world exists; however, we only see it in consciousness. We see the physical world in our mind's eye – not the other way around. The physical world does not see our mind. We know the yard stick, a standard, in our mind's eye. We feel the physical world; but ask yourself a question – what is feeling? Feeling of any type is a mental perception. Any sensation is known and experienced in our psyche. This very idea is expressed, now, on paper before you; but it is created and exists really only in consciousness. Ideas, feelings, sensations, emotions, experiences are different states of awareness. Our states of awareness do blend and mix together. And much of our awareness is associated with the physical world. However, our awareness is not physical – it is metaphysical. Consciousness

exists beyond physics – it holds all the physical universe and mental universe in its awareness.

A funny thing about life is that we are constantly telling ourselves stories. We are all story tellers. We tell other people stories, but mostly we talk to ourselves internally in a never ending dialog. We are all chatter boxes. From the moment we wake up and all through the day and sleeping night we talk with ourselves. You may view John or Mary as a quiet person; but in reality they are talking constantly. You just can't hear them. We can't always hear the stories we tell ourselves either. Some of our stories are so quiet and subtle they fade into the background noise of our minds. And, we can have multiple stories being told simultaneously in our minds. Things can get jumbled up and they frequently do. Our story is/are the substance of our lives.

There is one story and/or experience we all have since the day we were born to the day that we die. We are not always aware of it happening, but it never leaves us. It is breathing. Breathing tells a story to us of what we are doing in the present moment. If we are breathing hard, we can be exercising or scared of something or building something. When our breath is shallow we are usually relaxed or sleeping or meditating. Meditating is one of the few times we become aware of our breathing. Most of the time, we do not pay attention to our breathing. If we do pay attention to our breathing, it can tell us a lot about ourselves and the physical world. Observing ourselves breathing lays a bridge between our mental space and the physical world – our bodies. This bridge or

connection is very powerful. Breath awareness joins the physical and the metaphysical universes.

Breathing tells us many different stories. One story is about eating, because oxygen is our prime food to sustain life. Breathing is also connected to our emotional stories and feelings. We literally breathe life into our perceptions and ideas. Breathing gives us energy; it is a power source for both physical and mental reality. The breath of life is a vehicle we travel on, and, in the process it reveals our individual story to us. Oxygen is the fuel the breath of life uses to produce energy. Energy is a curious thing. Energy is both physical and metaphysical. Energy is everywhere and it propels our story ever onward.

So, a good question to ask ourselves is why do we tell stories? I think stories are maps. Our stories guide our behavior. We tell stories to define the space around us and also within us. Life is not certain. Insecurity plagues us, all the time. Stories give us structure and guidance. My woodworking is a type of story. Woodworking/building defines physical space. I use woodwork to influence the outer world and also to guide my inner world. This is my latest piece of WoodArt:





I have the wonderful blessing of experiencing the development of another being – my grandson – Rohan. He is a magic man. I love every moment I have with him. I made this table for him and I hope he uses it to explore his universe. A table tells a story and/or allows a story to unfold. My wishes for Rohan are never ending. I would give him anything I have. However, I have to be careful because “things” can be burdens rather than blessings. I pray I chose wisely the things I give him. I think the story about the old Cherokee talking to his grandson is a good thing to give him. The old man tells his grandson about two wolves:

“I have a fight going on in me,” the old man said. “It’s taking place between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.”

The grandfather looked at the grandson and went on. “The other embodies positive emotions. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. Both wolves are fighting to the death. The same fight is going on inside you and every other person, too.”

The grandson took a moment to reflect on this. At last, he looked up at his grandfather and asked, “Which wolf will win?”

The old Cherokee gave a simple reply. "The one you feed."

I think this story is a great gift to Rohan and to all of us. I hope you feel the same. Feeding the right wolf is an ongoing process for all of us. It never ends. The Holy Spirit is in all space. It is our job to reveal it to ourselves as best we can. Merry Christmas 2022
- Love.