

The Ripple Effect

By Humanity Healing

"Become loving. When you are in the embrace, become the embrace. Become the kiss. Forget yourself so totally that you can say, "I am no more. Only love exists." Then the heart is not beating, but love is beating. Then the blood is not circulating, but love is circulating. Then eyes are not seeing, love is seeing. Then hands are not moving to touch, love is moving to touch. Become love and enter everlasting life. Love suddenly changes your dimension. You are thrown out of time and you are facing eternity. Love can become a deep meditation, the deepest possible." – Osho

'The Ripple Effect' is Humanity Healing's most important visual statement so far in it's call for all to engage with the principles of Spiritual Activism in tackling the root causes of suffering and distress in the world.

Drop a pebble in a still pond and watch the ripple travel out in an ever-expanding ring.

The Ripple Effect is based on the understanding that we are all connected. These connections stretch like an incredibly interwoven and complicated tapestry. Each of us exists within this tapestry. Thoughts and actions are like stones dropped in a pond and they create ripples that travel outward.

Everything we do and think affects the people in our lives and their reactions in turn affect others. The choices you make have far-reaching consequences. Each of us carries within us the capacity to change the world in small ways for better or worse. We can use the Principles of the Ripple Effect to magnify our actions and their effects.

The video of 'The Ripple Effect' is very much a visual centrepiece statement of that which motivates and guides Humanity Healing. It is a statement of the philosophic Mission to which Humanity Healing subscribes and sees itself empowering others to fulfil. Within every single one of us lays the seed from which profound changes in the world can begin to germinate, grow and eventually blossom. Whether these changes empower humankind and thus lead to a better world for all or whether they dis-empower and become destructive in the world is for each one of us to choose. It is the goal of Humanity Healing to ensure that as many people as possible are empowered to make positive choices and thus positive changes in the world and where possible to bring those people together. Positive effects; positive ripples.

Only in this way can the world become more than the sum of its parts.

Only in this way can we all begin to live in peace and harmony.

The goal of the Humanity Healing Foundation is to search out viable and sustainable solutions to some of the challenges facing Humanity and to resolve these through the application of Spiritual Activism.

Humanity Healing is not just about spreading the message of love and hope through pretty ethereal words. Whilst these have their place and are wonderful expressions of a heartfelt yearning for more beauty, more compassion, more justice and more love in the world, there is also a desperate need for action. Words and images are the clay of ideas but ideas are of no use unless

they lead to action. Humanity Healing and its many members are committed to not only finding solutions to some of the world's problems but also to taking action to implement them.

Spiritual Activism on the basis of The Ripple Effect is fundamentally what Humanity Healing is about and we invite ALL of you to join us in this mission and the fulfilment of this goal. Make positive choices for yourself and others and then take action. Do something. Be the change. Be the pebble that sends out ripples of empowerment.

*We are connected.
The Pond is the World,
Your Heart is the Pebble,
Drop a pebble in a still pond and watch the ripple travel out in an ever-expanding ring
with every Heartbeat.*

We must all strive to live that which Osho has so eloquently stated above. As the heart is the pebble, let that pebble be love and as we throw it into the world, we can create ripples of love that will create more ripples of love and so on and so on. When we combine our efforts the ripples become huge waves that wash over the face of humanity, cleansing and renewing. Let the world be full of ripples of love. Love in action. Be the change. Be the Ripple. Be Love and in this way we *can* make a difference. Let your ripples of individual commitment and action combine with those of others to produce a wave.

We are all connected. When you go to the grocery store you buy food grown by other people. When you sit on a chair you sit on something designed and created by other people. When you go to work, you travel in a car built by other people along roads laid by others and arrive at a place built by others. There is no aspect of our lives that is not impacted by other people. Just as we have no choice but to be influenced by the world around us, we also have no choice but to influence the world around us. We can make that influence whatever we want it to be.

We must make the choice that it will be beneficial to as many as possible, imbued with love. *"The heart is not beating, only love is beating"*. This is the pebble that we wish to throw into the world. However small the pebble, the ripples will go for ever outward nonetheless.

The Ripple Effect is based fundamentally on metaphysical notions of the impact that one person's thoughts and actions can have on the world about them. However, there is a great deal of solid science behind this concept. Let me hand you over to Chris for a deeper exploration of the scientific basis of The Ripple Effect:

The Science behind the Ripple Effect

In a nutshell, physics is the study of matter, energy, and the interaction between them. The core theories of physics are classical (or Newtonian) mechanics, electromagnetism, optics, thermodynamics, quantum mechanics and relativity. Within each of these branches, science has developed theories that have been validated through mathematics and experimentation: for instance, Isaac Newton's famous Three Laws of Motion.

These theories have proven to be accurate models of nature within their respected domains. What has puzzled science is that these theories tend to be inaccurate outside of their respected domains. For instance, classical mechanics correctly describes the motion of objects in everyday experience, but it breaks down at the atomic scale, where it is superseded by quantum mechanics, and at speeds approaching the speed of light, where relativistic effects become important. Since Albert

Einstein first proposed an underlying set of rules in which each branch of physics would be an integrated subset, the Unified Field Theory has become the Holy Grail of science.

Some of the most exciting work has been in the field of Quantum Physics. Researchers have long understood that the basic building block of matter, the atom, could be broken down into its basic components: protons, neutrons and electrons. We have come to understand that these components are not absolute, but can be broken down into even smaller particles, called leptons and quarks, which in turn can be broken down even farther. The theory is that when you go down far enough, there is no finite bit of matter, there is only energy. This has been popularized by two recent movies: What the Bleep Do We Know and The Secret. The concept espoused in these movies is that since everything is energy, our thoughts can be used to interact with that energy to effect changes in our environment.

The Ripple Effect is based on the belief that the energy of our intentions, through both thought and action, does ripple out through time and space to effect our environment. To this, we add two accepted theories of physics: entrainment and wave characteristics. Entrainment is the process by which two vibrating or oscillating systems which would have different periods when operating independently, will lock into phase and operate in synchronicity when they interact with each other. You can demonstrate this yourself by setting two pendulum clocks on a wall together. No matter what the initial timing is, they will eventually swing together. Wave theory teaches us that, unless acted upon by an external effect, a wave will continue to travel out without a change in its initial amplitude or wavelength. In addition, when two waves intersect each other, the height of the effect is the sum of the heights of the two individual waves.

This means that if we can synchronize our intentions and actions towards a common goal, our independent waves will continue to add to each other as they travel out through the energetic field and the result will be much greater than we can manifest independently.

Our Pebble in the Pond

If you distilled all the writings, all the videos, all the plans of Humanity Healing down to a single concept, it is this:

to gather as many hearts as possible, be they individuals or organizations, to help them to beat in synchronicity and together send our actions and intentions out through the connection of our shared humanity to make this world a better place

The Humanity Healing Foundation and Network is our pebble in the pond.

<http://humanity-healing.blogspot.com>