

# All We Do Makes A Difference

by Rosemary Wilkie

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We are living and trying to manage our personal lives in a maelstrom of international and national events – political, environmental and economic.

Things happen. According to our personal situation we tend to take sides, argue and criticise. This lack of goodwill and cooperation blocks creativity and veils the way forward to a fairer world. It paralyses our thinking and paves the way to social unrest, environmental disasters and economic instability.

Incompatibility between old accepted ways and the new demanding to be heard creates tension, which we find uncomfortable. But it is from this point of tension that new solutions can emerge (as we have seen in politics recently). A crisis is an opportunity to let go of outgrown social conditioning, to grow in understanding and evolve new ways to live together harmoniously.

The human race is facing huge challenges to ensure the survival of all living species, including our own, and a lot of serious thinking is needed, yet trivial thoughts dominate our lives: I shouldn't have said that... Did I lock the door? Does he love me? Can I afford it? Will they or won't they? Should I take an umbrella? That inner voice goes on and on interminably, until most of us believe that voice is us. It is not, and to free ourselves from its domination we must become conscious that it is not.

As Henry Thomas Hamblin said, *'The object of our meditation is to get behind, or above, all conflict, to the calm stillness of the inner Life of the Spirit.'* From there we can see that our differences are not fundamental – they are coloured by our background and level of evolution.

## A Meditation for Centering Ourselves

It is not always easy to relax and meditate or pray with so much going on around us. Many readers will already know a psychosynthesis exercise that I have always found effective for centering myself.

Please relax as much as you can, and breathe slowly and deeply.

☉ First pay attention to your body, and what sensations it has. You can change how it feels by moving, but your 'I' does not change.

So say to yourself, ***'I have a body but I am not my body.'***

☉ Now pay attention to your feelings and notice how you can change them by recalling happier or sadder memories. Your 'I' does not change.

***'I have emotions, but I am not my emotions.'***

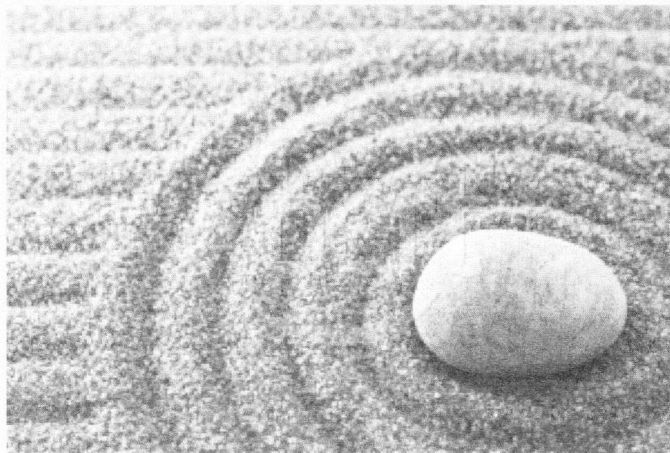
☉ Your thoughts next. Notice them come and go. See how you can change them by deciding to think of something different. Your 'I' is observing your thoughts and does not change.

***'I have thoughts, but I am not my thoughts.'***

☉ Now that you have dis-identified from your body, feelings and mind, what is left? Your true 'I'. The eternal part that observes everything.

***'I am a centre of pure consciousness.'***

From this sanctuary of peace, silence and joy, we can understand better what is going on in our own lives and out in the world. We realise how futile it is to criticise and disparage others, who are probably doing their best within their own limits of understanding. Years ago I argued fiercely when told that everyone is doing the best they can, all the time, but eventually came to see



*We are all part of the one great Life manifesting through all forms.*

that this is true. Acting in ways that seem perverse to us may be the only way that a person can cope in a particular situation.

For billions of our fellow humans, starving because the rains failed, labouring for a pittance that barely feeds them, or made homeless by war and marooned in a refugee camp, survival is the only thing that matters. Programmes like Channel 4 Unreported World reveal the callous exploitation and dreadful conditions that countless people live with.

We know this cannot be right, but too often we think, 'What can I do?' or 'Nothing I can do will make a difference.' But if all of us did the little we can do, it would make a huge difference. We are one human race,

and we cannot fulfil our joint potential until those in despair are provided with enough security so that they can begin to grow emotionally, mentally and spiritually, into whatever is the appropriate next stage for them.

So let us still that annoying personality voice in our meditations, remember that we are all part of the one great Life manifesting through all forms, and do what we can. ☐