



Skyline, Spring - 2018

skyline
EARTHLINES

By Diane Pendola

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The Power of our Seeing

In physics there is a phenomenon called the “observer effect.” The theory is that simply observing a situation influences it. This leads me to think about the qualities with which I observe my world and my relationships. When I observe with judgment, disdain or even hatred I brush the other with the color of my consciousness. Therefore, if I want more kindness and compassion in my world, it is important to strive to see with eyes of kindness and compassion.



Love is creative and creates in its own image. I want to live in that exploding center where freedom lies, and where I can choose the way I see, knowing how I see changes what is seen. But how to shift my consciousness from my narrow and habitual band of attention to a more expansive field? This Rumi poem gives a hint.

*Out beyond ideas of wrongdoing and right doing,
There is a field. I'll meet you there.*

*When the soul lies down in that grass,
The world is too full to talk about.
Ideas, language, even the phrase each other
Doesn't make any sense.*



I suspect that the enlightened consciousness to which I aspire rests in this field. I sense it means relaxing into the entire meadow rather than clinging to my identity as one poppy among many. Or, to switch metaphors, if I have built my house with only one window looking over the meadow, go out of the house! There is more than one view. There is a spacious 360 degrees of sensory richness and sentient intelligence beyond the walls that separate.

Already our thoughts leave the house regularly. Our consciousness circles the planet, sits at a bedside, visits a prison cell, lightens a dark room, opens the curtains, flies up like a dove from the heart or like a song from the throat, peers like a hawk from the third eye. From the crown, consciousness lifts branches like a great Fir tree, laddering herself to the sky through the sheer power of her earth holding roots and thick trunk, until the feathery highest most limbs release needles of light into invisible breath.



The power of human consciousness circumambulates the world. Where do we land? And with what purpose? What intention? How do we release this magic into the air we exhale? As love? Do we know we are creating the world with our minds? Are we thinking, imagining, exhaling the world we want? Or are we inhaling, thinking and imagining the world at its worst?

Consciousness is a power, a power of the universe. Let's not squander it on cynicism and mean-spiritedness. Let's not be lazy in the face of our not-so-smart phones and media. Focus with the beam of a laser on the light we want to dawn for all we love. This is our power and our dignity. This is our liberation.

*Rumi, *Open Secret*, p 8

**Consciousness effects matter: <https://www.youtube.com/watch?v=nRSBaq3vAeY>

*** Photos by diane

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