

"A human being is part of a whole, called by us the 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest--a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty." A. Einstein

Our Western vision ensures that we are only concerned with the material. That means that we only pay attention to the things that take place in the tangible part of our existence, in what we know as Here and Now. Every transcendental influence seems to be unnecessary and absurd. Science plays an important role in the creation of this primarily Western vision. Being scientifically sound means accepting that only the measurable determines everything. We all, with a few exceptions, believe this story intensely. Worse is that, making exception for a variety of religions, we see no alternative for a transcendental reintegration.

Only few realize that the Science of the measurable, of that what we call reality, covers only a small area of the real reality. Science merely describes the behavior of what can be observed, the unanimated surface of things. Maybe that's why Science is unable to explain the Origin, not of the Universe, not the building blocks of the Universe, dimensions, Energy, Matter, Science fails remarkably when it comes to providing explanations for the cohesion of Matter. This lack in our understanding makes that any scientific explanation is missing for the Origin of Life, the driving force behind it and that what makes it so special. That is why Science knows nothing about the Origin of the impressive capabilities of Consciousness, something very important that is present in every living creature. Impressive because that Consciousness has abilities that go far beyond the **analytical** scientific thinking. The mind is capable to show transcendental **holistic** characteristics, it can create an unexpected general images.

So far Science has managed to conveniently hide its obvious impotence. Any transcendental effect on the tangible is attributed to probabilities or Coincidence. This way the scientific method subtle and carefully avoids that what steers the behavior in the tangible Here and Now. Without realizing the value of the existence of an animated interior, scientists can judge very destructive on those who feel related to this issue. For the scientific view it are all so called 'things that cannot be proven'. It is very important to realize that the analytic nature of our scientific thinking makes it impossible to get an indispensable global view. We aren't aware of the dangers of sound but isolated scientific ideas. Due to its blindness towards an inside, Science neglects vital issues. This could have disastrous consequences for our actions in daily life. The re-integration of the capabilities of holistic consciousness must be carried out urgently. The integration of both mental spaces allow to create a balanced lifestyle, it is the rediscovery of the **A&H-awareness**. We need to rethink everything, and especially never forget to question ourselves.

Recently a Model has been developed that changes this situation. It improves the foundations of our thinking in a significant way. The Model does not meet the standards of blind modern Science. The blindness of these standards ensure that no interior can be seen. That Model shows that there is an inner side which drives Matter and which enables it to do what it does. That Model says that there exists more than the tangible Here and Now. It assumes that everything is created from a **Potency** with very special features: Simultaneity and Non-locality.

Simultaneity means that outside Now a guiding influence exists.

Non-locality means that not everything is tied to a fixed location, to a Here.

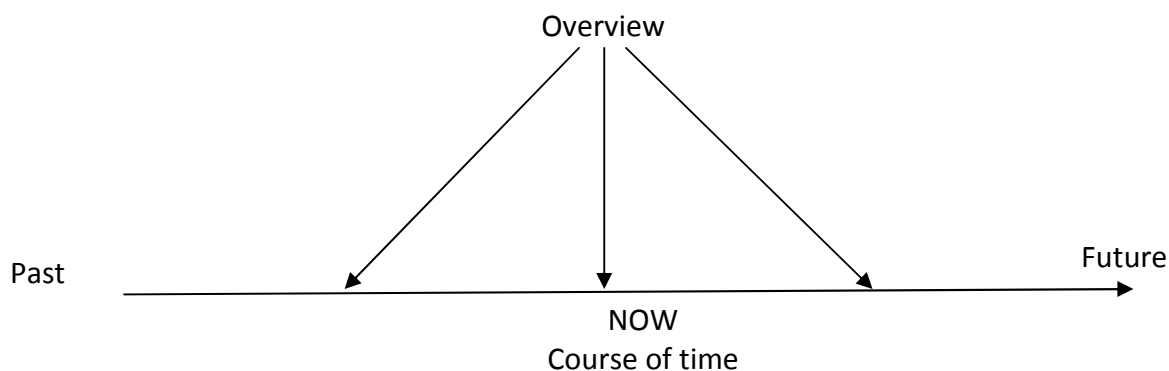
We call the part of reality that is beyond the Here and Now **the transcendent**. The Model can explain much more than modern science. It also predicts many other properties of Matter than those who the scientists think to find. It explains why biological processes proceed with an efficiency that can

not be imitated artificially: for example in photosynthesis, 100% of incident light is converted into chemical bonds.

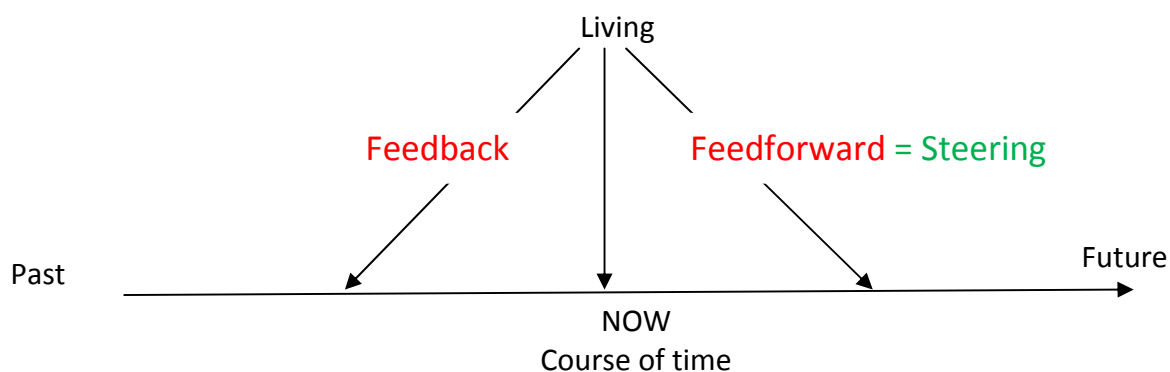
It is important that we recognize that our worldview should not be limited by the current borders of the analytical mind. That is the purpose of the merging of the A&H-‘ways of being’. We can re-launch ourselves to see the transcendent, feel it and listen to it. In the transcendent is situated that what made everything and what steers everything. The transcendent includes the neglected holistic essence of our Consciousness. With this approach we want to wake up transcendental properties so that our lives will get a meaning again: we will **grow in a transcendental way**. We are re-living rather than continue dying.

The properties Simultaneity and Non-locality are in a greater or lesser degree present in every form of Matter. These properties are enhanced in any composite form of Matter and therefore are strongly present in every form of life. In fact, they form the cornerstone for any kind of Coherence and Awareness. We will call the transcendent qualities of Simultaneity and Non-locality **the Soul**. Because current Science can not measure these properties, they don’t know them and they will translate them into Coincidence and describe their laws with the aid of probabilities. Science deals only with lifeless Matter, A&H-awareness focuses on the rediscovery of the Soul in everything and everyone.

Generate Simultaneity means that it is possible to exit Now through the Potency of that Soul. The availability in our Consciousness of that Potency gives us the opportunity to get an overview on time:



This capability allows not only the prospect of understanding our Origin (we call that Feedback), it also allows them to optimize our Future (this is called Feedforward). Feedforward means getting in touch with the transcendent control that is present in every living creature.



When we look at reality with Feedback we can reconstruct the Past using the tracks we find in the Present. We can reconstruct the trajectory and with that insight we can improve our way of life.

When we look at reality with Feedforward then we can project the desired Future in that reality. We mix the Future with the Present so that the pathway to that Future is already forming transcendently. If the vision is realistic, there will be **an alignment between Present and Future**. Subsequently from within ourselves and from the environment we will and receive signals to show us the trajectory we should follow. Suppose you are chronically ill. You imagine in a realistic way what it means to be healthy again. You pull that image towards yourself and your body will naturally feel the way it has to follow. All your senses will pick up **the Corrective Signals**. These Signals tell what you must do to become healthy again.

Show **Non-locality** means that it is possible to step outside Here with the use of our consciousness. That's what we do with our senses such as seeing. When we look at someone then we touch him/her too.

The presence of Simultaneity and Non-locality in our consciousness means that these properties rearrange the experiences we gained with our Consciousness. Very often we call these indefinite changes of our knowledge or our awareness **Intuition**. The rearrangement of our knowledge or our awareness is a regulation that allows us to efficiently navigate through life.

Simultaneity and Non-locality also make it possible to discern and meet your own essential purpose. In fact we have these properties in common with others and with any form of organized Matter. This means that the development of our feeling for Simultaneity and Non-locality will allow us to see and feel the possibilities of the world. We don't need to plow the field of all Matter to reach our goal: by our intuition we learn to know our own goal and in a very direct way we get in contact with it.

So you notice that the narrowing vision of the analytic mind has closed many doors. To this we are going to change something. A&H-awareness is a concept that stimulates transcendent growth. Why do we no longer grow on our own? You can compare a stagnant attitude towards life as the act of convulsively stand on one tile. We then attach to a fixed position in the Here and Now. Then there is only one correctness/truth because it means security. This security allows us to be able to master the changing emotions. This security however prevents us to discover new things and be/become happy. Because we are not familiar with the properties of the Simultaneity and Non-locality, we are afraid to leave our regular tile. We think to get off our balance and that will mean that we will automatically fall. When due to circumstances you are getting enough out of balance you move your feet and then you discover that there is, by standing with one foot on another tile, a new balance that develops automatically. When you are with your two feet on the next tile, you notice that your insights have grown. You have put a major step towards the Holistic Awareness. You come to realize that growing holistic understanding is more important than the accumulation of analytical knowledge on one and the same tile.

A&H-understanding changes your attitude towards the tangible Here and Now. This understanding allows you to pick up **corrective signals** and to move on farther. This reassures us so that we find more easily a next tile. Therefore you will eventually start to realize that you by yourself can take steps. Stepping means that you become dynamically rather than statically. Being dynamic means that you can start navigating, that you are able to determine your own life. Being dynamic means entering the world of Simultaneity and Non-locality.

Remain on that one private tile, means that you can not let go. You let your Past put a mortgage on your Future. Your ailments become chronic diseases (and you remain dying). You then always need the help of others. Letting go or releasing is facilitated by relativistic attitudes such as humor (frequent and spontaneous laughter) or by getting insights using metaphors or by questioning things

that you adopted as "secure" (and at one point questioning everything!). Leaving a tile means rediscovering the self-organizing capabilities in yourself (live again). It gives you the power of the resurrection:

INSIDE YOU THERE IS A TREASURY WITH ALL YOU EVER NEED.
(Hui-Hai)

Life is moving and moving is creating. Moving people are exciting/innovative people. Those who dare to move and therefore also go out of balance always experience a new environment. We need to move from balance to imbalance to go back to equilibrium, this is A&H-life. We must be prepared to allow that motion in everything in our life: in our thinking, our perceptions, our listening, our philosophy, our We then go from a mechanical being towards an open being, and so to a creative being. An open and creative being is usually a happier person, unless he stays too long out of balance. The open person is willing to reconsider everything and thus himself. This person will not be a burden to others, he is not dysbiotic. This person will be less aggressive and add value to the others, he is symbiotic. You then can help yourself and the others are no longer guides but allies in the exciting adventure of life.

Therefore the dualism between the Analytic (A = ordering details) and the Holistic (H = big picture) should be lifted:

$$\text{A\&H} = \text{H\&A} = \text{General overview \& order Details} \\ = \text{Good}$$

We are doing well when we interconnect both Mental Spaces. We are cancelling the dualism completely when order thus passes into insight:

$$\text{Good} \Rightarrow \text{G}\infty\text{D}$$

The lemniscate stands for the entanglement of both extremes but it also stand for entering the infinite. When the dualism has disappeared completely:

$$\text{G}\infty\text{D} = \text{GoD}$$

Becoming immaterial is only complete when the o changes into a sizeless point:

$$\text{GoD} = \text{G.D} = \text{D.G} = \text{Divine Geometry}$$

We will now apply the Inside and Outside Story to a number of things in our daily lives. First on the scientific vision and then on many other disciplines, including medicine.