

EnviroCare Message Stick

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Spiritual Wing

"Life is the best Teacher, Nature is the best Preacher" -Baba



"DEVELOPING ENVIRONMENTAL EMPATHY".

The Encarta Dictionary English (UK) defines 'empathy' as follows:
Empathy - 1. understanding of another's feelings: the ability to identify with and understand somebody else's feelings or difficulties
2. attribution of feelings to an object: the transfer of somebody's own feelings and emotions to an object such as a painting.

Perhaps a clue to developing empathy for the environment – and for becoming aware of the potential impact we, as individuals, might have in relation to the environment, lies in our realising that we human beings are "One" with all Creation and, as such, we are part of, interrelated and interconnected with all manifest forms in Nature. Sai Baba teaches our inherent relationship with the environment in which we live when He says:

"Supreme Consciousness is the ocean, Nature is just a

wave of that vast ageless and boundless ocean – and the individualised soul is just a drop of that wave...('Teachings of Sri Sathya Sai Baba' p 94)



If Supreme Consciousness inheres all Creation, and we are also Supreme Consciousness embodied in human form, it seems reasonable to suggest that human beings might be unconsciously interacting with other manifest forms all the time. It might also be possible to interact more consciously with these forms. If Nature is 'a wave' of the ocean of Supreme Consciousness, then Consciousness must be present in all organic (e.g. plant and animal) and inorganic forms manifest in the natural environment. Groundbreaking research

in 1901, by Professor Sri Jagadish Chandra Bose (30 November 1858 – 23 November 1937), which was later followed in 1948, by Dr. Gustav Theodor Fechner, offered strong evidence of sentience in plants, animals and even in inorganic forms such as metals!

"[J.C. Bose](#) was the first physicist who began an examination of inorganic matter (metals and certain rocks) in the same way as a biologist examines a muscle or a nerve. He subjected metals to various kinds of stimulus—mechanical, thermal, chemical, and electrical. He found that all sorts of stimulus produce an excitatory change in them. And this excitation sometimes expresses itself in a visible change of form and sometimes not; but the disturbance produced by the stimulus always exhibits itself in an electric response. He next subjected plants and animal tissues to various kinds of stimulus and also found that they also give an electric response. Finding that a universal

reaction brought together metals, plants and animals under a common law, he next proceeded to a study of modifications in response, which occur under various conditions. He found that they are all (metals and living tissues) benumbed by cold, intoxicated by alcohol, wearied by excessive work, stupefied by anaesthetics, excited by electric currents, stung by physical blows and killed by poison—they all exhibit essentially the same phenomena of fatigue and depression, together with possibilities of recovery and of exaltation, yet also that of permanent irresponsiveness which is associated with death—they all are responsive or irresponsive under the same conditions and in the same manner.” (Ref.: Wikipedia 21/10/00).



“The notion that plants are capable of feeling emotions was first recorded in 1848, when Dr. [Gustav Theodor Fechner](#), a German professor, suggested that plants are capable of emotions and that one could promote healthy growth with talk,

attention, and affection. One of the first to research the concept was the [Indian](#) scientist Sir [Jagadish Chandra Bose](#), who began to conduct experiments on plants in the year 1900. He found that every plant and every part of a plant appeared to have a sensitive [nervous system](#) and responded to shock by a spasm just as an animal muscle does. In addition Bose found that plants grew more quickly amidst pleasant music and more slowly amidst loud noise or harsh sounds. He also claimed that plants can "feel pain, understand affection etc.," from the analysis of the nature of variation of the [cell membrane](#) potential of plants under different circumstances. According to him, a plant treated with care and affection gives out a different vibration compared to a plant subjected to torture.

One visitor to his laboratory, the [vegetarian](#) playwright [George Bernard Shaw](#), was intensely disturbed upon witnessing a demonstration in which a [cabbage](#) had "convulsions" as it boiled to death.^[1] Bose found that the effect of manures, drugs, and poisons could be determined within minutes, providing plant control with a new precision. He



repeated his tests on metals, administering [poisons](#) to [tin](#), [zinc](#), and [platinum](#), and obtained astonishing responses which, when plotted on a graph, appeared precisely like those of poisoned animals. In conclusion he said: "Do not these records tell us of some property of matter common and persistent? That there is no abrupt break, but a uniform and continuous march of law?" (Wikipedia 21st October 2011)

In June 1999, Dr. Masaro Emoto published a collection of photographs in a book called '[Hidden Messages of Water](#)'. The photographs were of ice crystals. Dr. Emoto was able to demonstrate how water responds to various inputs; this was evidenced by changes which took place in the ice crystal formations of water molecules following those inputs. For example, "Water exposed to the words 'Thank you' (written on paper and wrapped around the bottle of water) formed beautiful geometric crystals, no matter what the language. But water exposed to 'You fool' and other degrading words resulted in obviously

broken and deformed crystals.’ (p 45)



Dr. Emoto’s research revealed that water quality was also reflected in the crystal formation. Not a single crystal was formed using chlorinated tap water from Tokyo, whereas “...within natural water, no matter where it came from – natural springs, underground rivers, glaciers, and the upper of rivers - complete crystals formed.” (p xxiii) Further, vibrations of music had an effect on distilled water. “The results astounded us. Beethoven’s Pastoral Symphony, with its bright and clear tones, resulted in beautiful and well formed crystals. Mozart’s 40th Symphony, a graceful prayer to beauty, created crystals that were delicate and elegant...All the classical music that we exposed the water to resulted in well-formed crystals with distinct characteristics. In contrast, the water exposed to violent heavy-metal music resulted in fragmented and malformed crystals at best.” (p xxiv)

Dr. Emoto was particularly moved by one photograph: “It was the most beautiful and delicate crystal...formed by being exposed to the words ‘love and gratitude’. It was as if the water had

rejoiced and celebrated by creating a flower in bloom.’ He proceeded to state *“Words are an expression of the soul. And the condition of our soul is likely to have an enormous impact on the water that composes as much as 70 percent of our body...”* (p xxvi) Dr. Emoto later surmised that water all over the world might be affected by our loving intent.

Dr. Emoto’s research extended to the crystalline formations of lake water. “A priest repeated a healing prayer facing the lake. The first crystal before the prayer looks like a distorted face, but the crystal formed after the prayer looks like a light shining from the galaxy.” (p32)

Sai Baba once related how real tears were shed by saris which were not chosen by Him to be given to the poor. This is a wonderful example of the Consciousness inherent in even those objects which we would not normally consider to be sentient.

There is also a story about group of laboratory rabbits

which were inexplicably resistant to cancer inducing experiments. It was found that the laboratory attendant who cared for those particular rabbits would talk to them and stroke them when he was feeding them and cleaning out their cages. The rabbits which developed cancers had not received the same treatment. The incident demonstrated the power of loving thought and loving kindness.



The simple realisation that all Creation is sourced from and interconnected with Supreme Consciousness, and that all Creation is sentient, can lead to awareness of interrelatedness and interconnectedness within the whole of Creation, and to the flowering of empathy for other manifest forms of Creation, particularly with those in our natural environment. Indigenous cultures worldwide continue to remember the essential interconnectedness of all Creation and to preserve reverence for the inherent sacredness of Nature. “From the beginning of

Creation, we were placed here...we are this holy land..." (from a Navajo prayer). Many spiritual traditions acknowledge and revere the Divine as Creator "Where were you when I laid the foundations of the earth?...Doth the hawk fly by thy wisdom, and stretch her wings toward the south?" (Book of Job, 38:4; 39:26)



There is evidence of a gradual merging of thought between spirituality and science, in relation to the origins of the Universe. Modern day scientists are gradually acknowledging the potential existence of one 'Grand Force' and/or a unified field of consciousness interpenetrating all that is manifest. *"The day is not far off when scientists working in different fields varying from particle physics to cosmology would find a way to unify all the forces of Nature into one Grand Force which is responsible for all that we see and feel including ourselves."* (Dr. S. Venkatavaradan: 'The Universal Force' Free Press Journal, 22/2/1983) Albert Einstein himself remarked: *"I want to know how God created this world. I am not*

interested in this or that phenomenon. I want to know His thoughts, the rest are details." ("Spirituality and Science", Revised Second Edition 1995, Sathya Sai Publications of New Zealand)

Charles Darwin reportedly admitted: *"The extreme difficulty, or rather impossibility, of conceiving this unique and wonderful Universe, including man with his capacity of looking far forwards and far into futurity, as the result of blind chance or necessity. When thus reflecting, I feel impelled to look to a First Cause having an intelligent mind, in some degree analogous to that of man."* (Quoted by Rev. F.A. Houck: *Our Palace Wonderful or Man's Place in Visible Creation, Frederick Pulset Co. Inc. N. Y. 1922, pp22-23*)

Sri Sathya Sai Baba has said: *"Spirituality is meant to give an experience of Truth that the Great One Power has become all – from the micron to the macron, from the 'live' to the 'inert'. Only when the direct realisation that the same life permeates all, can pure love towards all begin to dawn. When all attain this love, then the entire world will become a home of bliss. My mission consists in imparting the knowledge to all of the Primal Power that shines through all the apparent diversity."* (Sathya Sai Baba) The Very Reverend James Parks Morton relates his

own awakening in this regard:



"I heard for the first time the news that if religion truly means 'religare', a binding together, an inclusion of everybody and everything, then religion must be an ancient synonym for ecology, the study of connections within all life systems, and the acknowledgment that not one iota of creation can ever be left out. When every atom of the universe affects the whole configuration, then faith is meaningless without ecology at its foundation. And yet, on reflection I realised the message has always been there, in every religion, in the writings of some of the greatest minds and voices of theology, ethics, and poetry. In the Old Testament, when God spoke to Job from the whirlwind, it was not the accomplishments of man He extolled, but rather the universe, the stars, earth, and all the creatures therein with which He challenged his petitioner. Bernard of Clairvaux, twelfth century Christian builder and visionary, found heaven "in the book of nature". Saints Francis of Assisi, Hildegard of Bingen and Julian of Norwich found the most profound expressions of God in every living creature, in the



grandeur of the lily and in the humble hazelnut. In Islam, Sufi master Rumi knew no separation of Allah from the star sapphire or the far constellations. And in the teachings of the Tao, of Confucius, Buddhism, and Shinto, the holiness of the natural forces of creation is central. Springs, storms, stones, trees, caves and mountains are everywhere the expression of the convergent spirit of the holy.” (‘Sacred Lands of Indian America’ – Little, Charles E. Pub. Harry N. Abrams, N.Y. pp124-125)

The realisation that all Creation is interconnected and also sentient can be profound. Feelings of awe, the upwelling of spontaneous love for Creation and Creator, and tenderness for all life can be experienced. We can find we begin to live with more ‘awareness’ and with more empathy. We might become more observant of the often unspoken language of other manifest forms and more conscious of our own thoughts and behaviour. We naturally move towards the practice of non-violence. We notice that we seem to waste less, to conserve resources such as energy, materials, food and water

and to live with loving kindness. We realise the value of harmony, peace, love and silence, and feel deep gratitude for life and the miracle of Creation. We can find we are walking more gently and lovingly with our companions on our Mother Earth.

“One who does not hurt anybody and has feelings of love and compassion to fellow beings is the greatest of men...” (Sathya Sai Baba).

(Article by Sandy Sangarappilla, Canberra)

Kids Corner



When you close your eyes and listen to the sound of **“Aum”** within, feel gratitude.

When you feel the cool breeze on your skin, say “Thank you”.

When you are aware of the Sun’s radiant life-giving light, say “Thank You”.

When you are cold and you see the flickering flame and feel the fire’s warmth, say “Thank You”.

When the sweet taste of water refreshes and revitalises you, say “Thank You”.

When you are nourished, sheltered and sustained by Mother Earth and you smell the sweet fragrance of flowers, say “Thank You”.

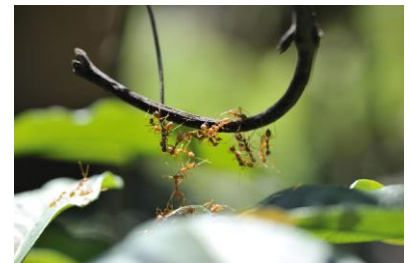
Move gently through space, even the closing of the eyelids causes sound.....

WATCH – watch your thoughts, words and actions, character and heart.

“For all the confusion and conflict prevailing in the world today, it is the feelings and thoughts of people that are responsible.” (SS Dec 1994 p312)

Thoughts, words and actions are vibrations which go out into the atmosphere. Positive vibrations bring harmony, negative vibrations cause disharmony in Nature as well as man.

Use water, food, materials and energy wisely. Don’t waste. Share with Love. Serve with Love. Live in Love.



“The five elements – ether, air, fire, water and earth are the vesture of God, as well as of man. Use them moderately and with wisdom, fear and humility.” (SSS Vol VI Ch 27 p135)



EVERY PART OF THE EARTH IS SACRED

“You, whose Day it is, Make it Beautiful. Get out your Rainbow Colours,

So it will be Beautiful.” (Song to Bring Fair Weather/Noutka)

*“Holy Mother Earth, The Trees and All Nature Are Witnesses of your Thoughts and Deeds.” (Meditation/Winnebago)
“Hills are Always More Beautiful*

Than Stone Buildings...When People Live Far From The Scenes of the Great Spirit’s Making,

*It’s Easy For Them to Forget His Laws.” (Walking Buffalo/Stoney)
“The Great Spirit, in placing Men on Earth, Desired Them to take Good Care of the Ground And to do each other no Harm.”*

*(Young Chief of the Cayuse)
“As My eyes look over the Prairie, I feel the Summer in the Spring.” (Spring Song/Chippewa)*

“Remember, Remember The Sacredness of Thing. Running Streams and Dwellings The Young Within the Nest A Hearth for Sacred Fire The Holy Flame of Fire (Song/Pawnee –Osaga-Omaha)

“Teach us Love, Compassion and Honour That we may Heal the Earth And Heal Each Other” (Prayer/Ojibwa)

EVERY PART OF THIS EARTH IS SACRED

From ‘Every Part of This Earth is Sacred: Native American Voices in Praise of Nature, Edited by Jana Stone (Pub. Portal Publications Ltd. Corte Madera, California)



Message Stick.

Articles may need to be edited and might not be published immediately. Articles will be filed for possible use in future editions of Message Stick.