

The Friendly Universe

“The most important decision we make is whether we believe we live in a friendly or hostile universe.”

- Albert Einstein

Albert Einstein, when asked what was the most significant question facing humanity, replied, “The most important decision we make is whether we believe we live in a friendly or hostile universe.” Pathways, dedicated to offering a vitalistic message and contributing to the movement of humanity on its journey of conscious awakening, agrees. Our perception of whether we live in either a friendly universe or a hostile one forms the basis and direction for all of our decisions. When considered alongside his discoveries in quantum physics, the choice in Einstein’s statement may very well affect the ease with which we travel this journey.

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LETTER FROM THE EDITOR



"The most important decision we make

After Einstein, when asked what was the most significant question facing humanity, replied, "The most important decision we make is whether we believe we live in a friendly or hostile universe."

In *PATHWAYS*, dedicated to offering a vitalistic message and contributing to the movement of humanity on its journey of conscious awakening, again. Our perception of whether we live in either a friendly universe or a hostile one forms the basis and direction for all of our decisions. When considered alongside his theories in quantum physics, the choice in Einstein's statement may very well affect the course with which we travel this journey.

In this issue, our feature article explores the real life and values of Jamie Grumet, the attachment parenting (AP) mother featured in a *Time* magazine cover story that led, with intent, to polarized and sensationalized media headlines. In addition to portraying the photo that could have been on the cover of *Time* magazine, this issue of *PATHWAYS* gives Jamie a chance to express her balanced message of respect and hope for a much-needed understanding of AP in our society. This issue also has articles on the history of AP and an anthropological perspective on why humans should bond with their toddlers now. Yes, *PATHWAYS* offers coverage based on science, personal experience and history—a truly evidence-based approach for parents to make informed, conscious decisions.

What occurred in response to *Time*'s cover was indicative of people's perspectives as we actively shift from the mechanistic/reductionistic paradigm to the vitalistic paradigm. Some people responded from a base place of fear, guilt, animosity and resistance...in other words, a state of polarized protection and its resultant reactivity. Others responded with receptivity, hope and encouragement that conscious parenting, as also in how *Time* has come, was now reaching the masses. From this latter perspective—a perspective shared by Einstein—growth, expansion and awareness evolved as many parents were awakened to another level of conscious choice, one which surely challenges the dying status quo.

The apparent polarizing effects instigated by *Time*'s portrayal is an applicable lesson for us all as we move further into humanity's global shift of conscious awareness and more truthful maintenance models. As our good friend and colleague, Bruce Lighter, describes, healthy living exists in a balanced state of growth and protection. Our nature is to be in a state of growth, but we have a protective mode to help us out of threatening moments. He says that love is the state of being that fosters growth, and the protective mode is activated by fear. And today, he says, there is so much fear that many of us reside in a perpetual state of protection—a state in which our growth is being thwarted. This analogy gives great insight into why *Time*'s covered to such detriment. As a society embedded in this polarized protective mode, the fight/light reactions were activated on all sides.

Many truths will likely be presented in a controversial way, intended to trigger society's own conscious, protective mode of fear and threat. It is the nature of the news media to stir controversy, perpetuate a polarized protective mode, and thereby limit growth and maintain the status quo.

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— ALBERT EINSTEIN

It is important to recognize the tone in which a message is delivered: whether it's fear and threat, or love and trust. But more important is to realize we have a choice in our response. We can react from a fear-based, protective place or we can respond from an open, receptive and loving one. In other words, a knee-jerk, judgemental reaction to an intended invitation is our own fear-based and destructive choice. Pressing for a moment, looking past the instigated hype and searching for a balanced, fair and insightful response is our loving, constructive and informed choice.

This latter approach is easier when we tap into the vitalistic perspective...respect and trust that there is inherent, intelligent organization within and behind everything. Furthermore, our trust in this truth and our choice to respond with certainty that "all is well" actually strengthens the collective momentum of the shift!

I am consoled by the words of German philosopher Arthur Schopenhauer: "All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

Yes, first, the stakeholders of the dying paradigm will use ridicule and sensationalism to thwart the evolution of humanity. Second, we are frequently violent opposition from proponents of the status quo in reactions to vitalistic health and parenting choices—things like informed choice for vaccination, equal option for holistic care, attachment parenting, and child-centered education, to name a few. Yet finally, the truth will reach the inevitable stage of being "self-evident"—and in the process, our natural, loving state of growth, supported by our vitalistic principles of trust and respect, will expand and evolve humanity's global shift of conscious awareness.

As always, for the raising of the consciousness,

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