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OUR IDENTITY CRISIS AND A SOLUTION:THE ONE MIND

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Larry Dossey, MD

The notion of a separate organism is clearly an abstraction, as is also its boundary. Underlying all this is unbroken wholeness even though our civilization has developed in such a way as to strongly emphasize the separation into parts.¹

~ David Bohm and Basil J. Hiley, physicists

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When we view ourselves in space and time, our consciousnesses are obviously the separate individuals of a particle-picture, but when we pass beyond space and time, they may perhaps form ingredients of a single continuous stream of life. As it is with light and electricity, so it may be with life; the phenomena may be individuals carrying on separate existences in space and time, while in the deeper reality beyond space and time we may be all members of one body.²

~ Sir James Jeans, astrophysicist

There are no passengers on Spaceship Earth. We are all crew.³

~ Marshall McLuhan, futurist

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The most urgent issue we humans face is how we conceive ourselves — whether as individual, isolated, complex lumps of matter guided by the so-called blind, meaningless laws of nature, or as unified, interconnected creatures who, although physical, are also imbued with something more: consciousness, mind, will, choice, purpose, direction, meaning and spirituality, that difficult-to-define quality that says we are connected with something that transcends our individual self and ego. Every decision we make is influenced by how we answer this great question: Who are we?⁴

The following discussion explores this important question. It is a composite of questions from scores of interviews — internet, radio, television — that followed the recent publication of my book *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*.⁵ All these questions have been asked repeatedly by interviewers or call-in listeners. I have expanded many of my responses for reasons of clarity, but I've tried to keep the tone conversational. I have included only a few references to the scientific literature to keep distractions to a minimum. Hundreds of citations substantiating my views can be found in the book itself.

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