

STEP 2

The 8 Revolution: Changing the story of who we are



A STEP-BY-STEP GUIDE

Changing our human story

Our current scientific story is more than 300 years old, largely based on the discoveries of Isaac Newton, who described a universe in which all matter was separate and operated according to fixed laws in time and space.

The Newtonian vision described a reliable place inhabited by well-behaved and self-contained things.



The worldview arising from these discoveries was bolstered by the philosophical implications of Charles Darwin's theory of evolution, with its suggestion that survival is available only to the robustly individual.

These, in essence, are stories that idealize a competitive type of separateness. From the moment we are born, we are told that for every winner there must be a loser. From that constricted vision we have fashioned our world.

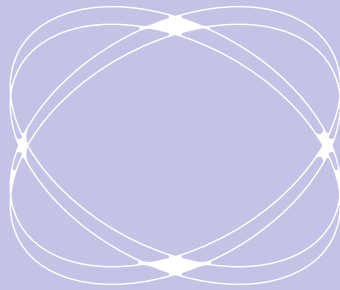
The scientific discoveries that I have highlighted in my latest four books — *The Field*, *The Intention Experiment*, *The Bond* and *The Power of Eight*—make it clear that the story we've been told is about to be replaced by a drastically revised version.



A new understanding is emerging from the laboratories of the most cutting-edge physicists, biologists, and psychologists that challenges the very way we conceive of ourselves.

Frontier biologists, psychologists, and sociologists have all found evidence that individuals are far less individual than we thought they were.

Between the smallest particles of our being, between our body and our environment, between ourselves and all of the people with whom we are in contact, between every member of every societal cluster, there is a Bond—a connection so integral and profound that there is no longer a clear demarcation between the end of one thing and the beginning of another.



These new discoveries in physics and biology demonstrate that all living things succeed and prosper only when they see themselves as part of a greater whole.

Rather than a will to compete and dominate, the essential impulse of all of life is a will to connect.

Nature has not only designed us as a vast interconnected superorganism but also *hardwired us to share, care and be fair.*



This changes everything.

These discoveries hold not only vast implications about how we choose to define ourselves, but also vast implications about how we ought to live our lives. All of our societal creations, invested as they are in competition and individuality, run counter to our most fundamental being.

A drive for *cooperation* and *partnership*, not dominance, is central to us and all other living things.

In fact, the crises we face today have occurred precisely because most of us in the developed world are not living in harmony with our true nature.

The implications of this new story on our understanding of life and the design of our society are extraordinary. They require that we rethink our definitions of ourselves and what exactly it is to be human. If nature has designed us for wholeness, we can no longer think in terms of “winning” and “losing.”

We need to redefine what we designate as “me” and “not-me.” We have to reconsider how we interact with other human beings, choose and carry out our work, structure our communities and bring up our children.

We have to imagine another way to live, an entirely new way to “be.”

Activities with your Power of Eight[®] group

Aside from intending for things, your group can learn to be activists together.

Like the French salons of the 18th century, think of your Power of Eight[®] groups as gatherings of like-minded people who looked to the salon to educate and transform them. Gertrude Stein and Sylvia Beach were just two of the many women in 20th-century Paris whose salons were famous for encouraging art and the exchange of ideas.

As part of **The 8 Revolution**, modern-day Power of Eight[®] groups can be focused on examining how to live in a state of unity. The new science is discovering a new paradigm based on a unified underlying field and elevating the power of human consciousness.

Consequently, through small actions, all of us can help to create practices and social structures that mirror that sense of unity, based on a greater understanding of the extraordinary power of consciousness to create its world.

You may wish to lay down some simple start-up guidelines to govern your group's operation so that you can all look forward to the same agenda.

But first, arrange to have your group itself discuss (and also discuss with other groups via **The 8 Revolution** Community pages) some of the implications of the new science on our human story and how we ought to live our lives.



GROUP DISCUSSIONS AND CHALLENGES

Here are a few ideas to set off your discussions. If you want more background in the science of cooperation and unity, have a look at my book *The Bond*, where I explored all the science showing that we were never meant to be competitive individualists, but were hardwired to share, care and be fair.

- **Discuss** the implications of new discoveries in physics showing that there is no such thing as an individual, but only relationships.
- **Challenge:** Discuss how it would change your view of the world to think of everything in the world as one interconnected whole.
- **Discuss:** How have ideas about individualism and competition in nature affected our societal structures? How have Darwinian theories permeated our everyday lives? In what areas of your life do you feel competition most acutely?
- **Challenge:** How would you change societal structures to be more cooperative?
- **Discuss** radical ways to restructure your community. How can your businesses be restructured so that they are more holistic? What should be encouraged in your schooling?
- **Challenge:** What areas in your community currently built on rivalry and competition can be redesigned to run with a spirit of sharing and cooperation?

©2023 Lynne McTaggart



