

# Special Report

## How to Have a New View on Life and End Longing, Loss and Limitation Forever



Brenda Sanders, Author of *Split Wide Open: A Scientist Awakens To A New View on Life*

Congratulations for downloading this report. I know you are probably saying to yourself "How to Have a New View on Life and End Longing, Loss and Limitation Forever. That just sounds like a dream come true. What is this new view on life?"

## **A New View on Life**

We are all taking part in this incredible biological phenomenon that's happening right now. We're living in a time of significant upleveling of human development and it's happening at the level of our consciousness. We are becoming much more aware of things in our reality and world that are much bigger than ourselves. We're becoming aware of the interconnectedness between us.

This process is actually a natural part of our evolution. This is how consciousness has evolved over thousands and thousands of years. Most people who aren't biologists tend to think that evolution happens at a steady, gradual pace. In reality, that's not true. There is a term that biologists use, "punctuated equilibrium." In essence what that means is evolution happens in fits and starts. There are times when it's hardly changing at all, and then there are times when it's almost as if somebody has their foot on the gas pedal and incredible changes are happening. We are at this latter point right now. Scientist thought humans had risen above the pressures of evolution but very recently studies had shown that this is not true and that our rate of evolution has increased four fold in the last thousand years or so. It's also happening relative to shifts in our own consciousness making this is a very special time. The implications are incredibly staggering, especially

relative to what it's going to mean to us. It changes how we will live our lives and interact with each other and our planet.

## **Evolution of Consciousness**

The most important thing to realize is that this is happening on an individual level. "One mind at a time" is what I like to say. For example, it will result in dramatic changes in our culture as it too evolves, but the actual process of evolution of consciousness is happening individual by individual. As more of us "wake up" or become more conscious we are shifting the choices we make. Previously we may have made decisions from a self-centered, "What's in it for me?" type of perspective. Now we're looking at the bigger picture.

- What's really best for all of life?
- What's best for the planet and our environment?

As individuals begin to make choices coming from this broader, bigger picture perspective, it will radically change our culture. We'll move away from a lot of the destructive behavior we've seen in the last decade and into more healing and regenerative choices. There is a reason that each of us is here. We have a special part to play in that change, even if we don't know it. We all have a very important role.

If we ask, "What does it look like?"

We see **individual change** which leads to change in the **interaction with others** which results in how we all **interact with the world**.

What we're actually seeing are more and more everyday people like you and me, "waking up." We've become much more aware of this bigger picture.

This shift in consciousness seems to be happening in two ways. For some people, it's happening in their lifetime. It could be anything from small steps in becoming more aware of what's best for the whole, to profound spiritual awakenings that are happening to everyday people. This shift is also happening on a generational level. If you look at the information scientists are bringing to light relative to the long-term evolution of consciousness, we see that generation by generation, there has tended to be a pulling up to the next level. That's become even more dramatic in the last 50 years, to the point that some people call it "cultural creative." Cultural creative is a term that was coined a few years back. At that time it was estimated as many as 30 million Americans fit into that category. It's really important to look at this bigger picture. If we understand that, then we also understand that before the culture can change to a new form, there will be quite a bit of chaos created. Things have to fall apart before the new resurrects itself. I believe that we're seeing some of that happening now as well.

## **Consciousness Epidemic**

It's so important to see this chaos as an indicator of the bigger picture of what's really happening. If you think about that, more people are "waking up", and that definitely will create turbulence in the status quo. It will continue to happen until we reach a tipping point in the population. We are very close to this tipping point. Every single individual right now matters and will have a profound influence on this tipping point. As that happens, we literally are pulling the rest of the population up by their bootstraps. There is an almost contagious nature relative to this type of understanding and caring about each other in the bigger parts of our lives.

## **Awakening**

Why should you listen to me? Because it happened to me more than 10 years ago. In 1997, I was an academic scientist and atheist. I lived completely in a materialistic world. I really didn't believe there was anything beyond the physical. One day, in a very abrupt way, I was shifted. My entire consciousness and body erupted in a way that brought me to what a lot of people refer to as unity consciousness. It was such a shock. It was 180 degrees from all of my personal beliefs about who I am and what reality is. It's taken me 12 years to come to terms and get a grip on what happened to me, and to understand it on both a personal and a scientific level. This understanding is a big part of my awakening and I began to realign my life. I began living in a way that was authentic to what I truly believed. It was much more than an integrative experience. It had to do with what I do relative to my career as a scientist and how I live.

## **How is this shift in consciousness expressed?**

My personal experience was like an earthquake in my body. It started with a deep, roaring sound, almost like thunder reverberating in the base of my spine. In my mind's eye, I instantly saw a hot, white light shoot up my spine with incredible force. It was so much that as it moved into my head and continued out, my head shot back and my hands and arms flew up into the sky with my palms up. I was like that for about six minutes. It was not something that was subtle. It had my complete attention and that of the others that were around me. It's very difficult to express about what happened during that time because this type of experience happens in the part of the brain that's pre-lingual. There's a reason that mystics and poets communicate these kinds of things with poetry and images. That's how we experience them. Words really aren't part of the experience. What I can tell you is that the process itself is transformative. I know this is going to sound incredible but several close friends and my husband, who is near and dear to me, will vouch for me on this. I instantly became a different person. That different person is very much a part of this new view that I came to integrate and understand about how I was to live my own life.

## **Oneness**

I think it's most accurate to say it's not that I changed, but that the experience literally changed me. I felt some type of a cleansing feeling as the light was going through my body. It's amazing. I still go back to that point and find it very profound. What happened in terms of the before-and-after Brenda is I just instantly looked at everything around me. I was seeing with different eyes. I was hearing with different ears. My heart was wide open.

It all stems from experiencing what I like to call the Oneness. Some people call it unity consciousness. There are many different terms, but this is a very simple term that relays the message. It is an intimate awareness of being part of this amazing, perfectly designed whole. All I could really relate to was the interconnectedness between myself, what I have to call an incredible being, spirit or energy, and everything else in the universe.

If you think about that and take it literally, I stopped believing that I'm separate, different and apart from everybody else and that life is all about me making my way in the world, working hard and doing whatever I have to do so that good things come to me. That is basically the way I used to live and what I really believed. Now I knew that everything was absolutely interconnected, and that each of us is a facet of this perfect whole, this Oneness. That is completely the opposite of anything I believed before. From that perspective, everything about me, my relationship to myself, how I relate to other people and how I relate to my environment changed in order to live the life that I believe to be true.

## **Facets of that Perfect World**

There's always that dynamic tension between knowing and having a very acute awareness of this Oneness on one hand, and on the other hand, feeling that physical separation that we all live with on the other. In that, of course, comes a practice. Very much a part of that practice for me has been to think my way through all of the implications. If I think about myself and my relationship with myself, for example, I am much more self-aware, accepting of myself and

loving. Of course, I would be. I am just a facet of the whole. I am perfect, not because of anything that I've done but simply because of who I am.

Think about how often our own doubts about ourselves and issues of self-worth end up getting in the way of our relationships with ourselves and other people. The practice is to consistently remain aware of that, even though it's a very difficult thing to do. We can take it to the next step and talk about relationships with others. Again, there is instant change because of this awakening I became more altruistic. I am much more inclusive, and much more forgiving and understanding of other people. If I am just a facet of the whole and so is everyone else, we're completely interconnected. I see myself as well everyone else as this perfection or spirit, in everyone and everything that I encounter. I changed instantly in many ways, but over the years I have also learned that it's a practice to remain aware and be present in that awareness moment by moment.

As an environmental scientist, I've always cared about the environment, but I cared about it in a very intellectual, scientific way. The difference now is there's a reverence, much closer to the way many indigenous people care about their environment and the planet. I see it and feel it as sacred. It's an extension of me, and just another facet of this Oneness. I make choices about how I interact with my environment and what I take from it, to the point of my own diet. I grow my own food. It's grown biodynamically, which is a way that recognizes, encourages and attracts this type of energy in everything that we grow. I cook it simply and I eat it mindfully. If people had this

kind of awareness in the process of eating and nourishing their bodies, that one shift could change someone's life.

Our nervous systems never evolved to handle the isolation and alien types of interactions that we have created in our cities and other man built environments. It has pulled us completely apart from nature. Many children don't even know where their food comes from. They think it comes from the supermarket. Growing your food, picking it, cleaning it, cooking it and eating is healing. It's the simplest of things that we can do that will most change us and our world. You could live in Manhattan and do that by growing things on a windowsill. You would absolutely begin to feel the difference in your life.

There is a pattern at every level, whether we're talking about the individual, the relationship of the individual to others, or the relationship of the individual to the natural world. The pattern is increased connection.

## **Reality**

Our brain does an incredible job of convincing us that it is showing us what is indeed real. In terms of the shift for me, I went from an absolute belief in the materialistic world where reality functions, as scientists say, mechanistically. What we mean by that is that it functions like a clock or a machine. It's like a big clock winding its way down through time. It appears to be about cause-and-effect relationships: My environment and what's happening out there in the world is doing things to me, and in a very objective way. Most people believe that and live their lives that way.

However, everything in the universe, both physical and nonphysical, is made up of consciousness. Matter is consciousness itself that has taken a denser and denser form. We are not separate, we are never alone. We are all completely interconnected.

Nothing is happening to just one person. There is a relationship with everything else that's happening within an experience. We are co-creating through our own thoughts, and that is being fueled through emotions. That's a very different way of looking at how reality works.

## **Consider the Possibilities**

### **Individually**

For me, there was the initial profound awakening, but many times since then in my own meditations, I can get closer and closer to it. We all can. I've found that each time we touch this Oneness, it literally changes us. It's the evolutionary shift in our consciousness taking place over and over again as we approach that Divine Oneness. It might be looking at a beautiful sunset, holding and loving our child, or anything we do that can give us that incredible feeling of love, beauty and awe. Those amazing emotions pull us like a magnet, closer and closer to the Oneness. Every time that happens, our consciousness shifts a little bit more and a little bit more. It becomes much more natural for us to remember our interconnectedness and to know that we're all one. That's the natural order of things. Over time, we will reach that tipping point. Each of us, in what we do and our purpose in

our lives, change and shift in a way that affects the cultural shift that we are all part of. It truly is a healing for each individual.

## **Relationship with Others**

We need to remember to be gentle with ourselves and also in our interactions with other people. Isn't this really the significance of the golden rule? It's to treat others the way we wish to be treated, not because we want to be nice and get brownie points with God, which is what a lot of people think. We do it because at the very deepest level, we honor our wholeness. Our behavior affects others in a way that directly affects us. We are completely interconnected. It's time to change our thinking from "What's in it for me?" to "What's in it for WE?" That says everything in a simple sentence in terms of the choices we make once we really understand.

## **Environmentally**

Treating our planet and the natural world as sacred, becoming very aware and respectful, and seeing it as a direct extension of ourselves. If we did nothing more than that, imagine the different environmental decisions we would make as a country and as a world.

## **Globally**

Imagine what the business world would be like and the decisions that would be made if all of our leaders in business were approaching it from this perspective. Imagine how we would treat our environment if we were an energy company. If our politicians were conscious, what decisions would we make in

terms of dealing with other countries? What kinds of choices would we make? Wars would become less likely, and at some point they would no longer exist. We'd recognize that we're just harming ourselves. It's about coming from an awareness in the present of our oneness that allows us to make choices that are best for the whole. It's not because we want to be Goody Two-Shoes, but because we know that we're all in this together. Literally, we all are facets of this incredible perfection. Focus not on the things that are falling apart, but on that perfection and knowing that we can see spirit and God in every person and every situation that we encounter, every moment. That will have global ramifications. Imagine going from competition to cooperation.

## **Taking Action - Begin Your New View on Life**

**1** • **Remember the bigger picture** and put that into perspective.

We are living in a very unusual, special time in which we are taking a giant leap in consciousness. It's a leap that allows us to understand that we are intimately connected with everything else. Underlying all of this is a profound perfection of love and energy. We've got to remember that bigger picture.

**2** • **This evolutionary shift is going to be happening person by person.** Each of us can play a really important role.

As we tend to ourselves, we become happier. We're never alone. The whole idea of being alone, and even the fear of death, will go away. So many people are afraid of death. They think they will just disappear and no longer exist. No. Everything continues forever. Those fears go away. This new view is connecting us with the spirit in ourselves, each other and the natural world.

### **3** • **We each have a unique purpose.** We have a reason to

be here. Our job right now is to find out what it is and to live it. If we don't, we've failed ourselves. We've also not played our individual role in this evolutionary change. Once we start to live our purpose, we become part of that shift in consciousness. We're a really important part. This is the time when we really want to think and choose how we're going to behave and how we're going to treat one another moment by moment. We want to let this bigger view guide us in this direction so that we can live it and be part of the change.

Perhaps the most beautiful part of this is that when we are living our purpose, we know it.

That's what passion is.

That's what joy is.

#### **About Brenda Sanders**

Brenda Sanders, PhD is an award winning researcher, retired professor of biology and environmental consultant. She has authored over one hundred articles, chapters, patents, and presentations in environmental biology. Now a spiritual teacher, leadership coach and

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writer she lives on a seven acre biodynamic garden in northern California that grounds her spirit and nourishes her soul. Her book, 'Split Wide Open: A Scientist Awakens to A New View on Life,' will be published this year.