

Investigating the Evolution of Group Intelligence

The following exercise was derived by trial and error, with the help of thousands of people, over a period of thirty years. By becoming practiced at sharing consciousness, ever more consciously together, we will co-evolve and cultivate a 'common sense' that grants us access to our combined intelligence, significantly enhancing what we are each capable of achieving.

In this first exercise, we begin with each of us taking a turn, speaking slowly in a tone of voice that is easily heard by everyone in the group, describing what we seem to be sensing and feeling together, without referring to the past, or future, or our selves, eliminating all "I" statements. Whenever it is our turn to speak, we do our best to describe what it is that we are noticing with others, as it is happening, as we are speaking. As equal co-facilitator's, we each focus the group's awareness on the quality and presence of what we are conscious of as a group. I might say: **"There is a feeling of sharing a commonly-sensed presence."**

As each of us speaks, we momentarily make eye contact with each and every person, as they make eye contact with us. We'll go around the circle clockwise several times. If the group is small enough, and has an even number of participants, we may be asked to choose a partner to share an unbroken gaze with, while continuing the exercise as before—changing partners every few minutes. If the group is held online, we'll be asked to make unbroken eye contact with our webcam lens--whenever it is our turn to speak--according to an assigned order.

In the beginning of the exercise—immediately after each of us has spoken--a trained facilitator may choose to help out, by gently suggesting how we can practice this exercise according to these guidelines. The most important of these--that many of us have difficulty following in the beginning--is to deliberately point with our words to what we seem-to-be noticing--as a group. This guideline supports us to shift our focus, from speaking as separate individuals, to noticing what happens when we share what we are experiencing together.

Any interested and willing group can achieve deep rapport, creativity and acceptance. By sensing, feeling and thinking together intuitively, everyone is shifted into a heightened state of consciousness. In this state of mental and emotional coherence, each person experiences the intelligence of being interconnected. There is the joy of feeling liberated and at peace with everyone and everything. It seems impossible to do anything wrong.

What may have been disturbing or overwhelming appears organized and interesting. Paradoxically, individuals are able to strengthen their boundaries while merging with the synergy of the group. A state referred to as 'Planetary Consciousness' is often achieved, an unmistakable sense of existing in a unity with all people and the whole of nature.

Once in this state, people can enjoy working, playing, or just being. There are many known applications: healing, both psychological and physical; telepathy between groups, including collective remote viewing and mind/matter interactions; rapid consensus for decision making, problem solving and creative development in families, relationships, communities, politics and business; optimum performance in sports and any type of collaborative activity from symphony orchestras to surgical teams. This group consciousness technique can reliably focus the attention and intention of a group to perform tasks with a high level of insight, intensity and productivity.

A Model for Witnessing Consciousness: The frame of reference of the speed of light (FRSL) unites the whole of space-time, energy and matter, mind and body as an indivisible whole via an infinite spectrum of quantum mechanical observational measurements. FRSL is a spaceless/timeless rest frame that is omnipresent, omnipotent and omniscient at every point in space and time. It is actually rooted in a primordial Void that cannot be divided. It requires no energy, or intention, to serve the purpose that it serves and/or do what it does, [See: David Bohm's model of Soma-Significance: <http://www.rebprotocol.net/somasig.pdf>]

We observe "it" as the still, silent presence of a witnessing Consciousness, which ordinarily is eclipsed, due to our identification with many concepts being generated by the neo-cortex, in it's attempt to map (make sense of) the non-verbal input to our nervous system, which is being generated by our more ancient sensory-motor and emotional nervous systems.

Whenever we 'connect' our mortal observing-ego with this primordial 'witness,' our minds automatically become silent, which is metaphorically comparable to how the blue sky we see during waking consciousness is no longer generated by the refraction of sunlight in the upper atmosphere, which allows us--at nightfall--to enjoy our larger context in space-time.

Said in ordinary language: when aware of the witness, we're united with the whole of life. In fact, we are actually all co-producing "experiences" every single instant, but for the most part we are unable to notice this, unless we become aware of the witness--which yogis and sages have been advocating for 2500 years of recorded history: i.e., "be still and know God."

Once we're aware of 'witnessing together' in this group consciousness exercise, we realize that we can choose to be in alignment every moment, by simply adopting 'this' as a habit. This requires a significant commitment from each of us--to stop abandoning our selves and each other, and all that we consider to be "not in our self interest" by realizing the considerable consequences of our culturally conditioned beliefs and behaviors.

As seemingly separate, self-isolating, ego-centric beings, we're learning how we've been designed by nature, to allow 'undivided attention' to host a seamless experience of being awareness its-Self, uniting "all that is" by simply attending to the presence and quality of a (non-egoic) witnessing Consciousness (e.g.. "God") that is still, silent and ever present.

Summary: Simply by noticing the quality and presence of our noticing, we are granted (automatically) the energy needed to adjust and align our minds and bodies (via undivided attention) to consciously share consciousness--as our "Self." Here, the self-centric small self, the higher Self and the non-Self (i.e., Anatta) all co-exist as your, as well as our, experience of a single overarching consciousness (see: Anatta, <https://en.wikipedia.org/wiki/Anatta>).