

The Roving I:

common ground for atheist,
believer, and everyone in between

Introduction

Many years ago

...shortly after the white light had exploded within, altering forever my view of life, the universe, and reality, I found myself huddled in the corner of the living room sofa bawling my eyes out.

"Why? Why?" I kept asking. "Why did I have to go so long without knowing the Truth?"

And the little voice inside my head answered, "You now have stood on both sides of the river. Had you known all this from the beginning, how could you have shared it with anybody who didn't already know?" And although I acknowledged the logic of the answer, it didn't stop my crying for all I'd missed for all those years. It also set me a challenge that I hope to fulfill with this book.

Fortunately, reason and logic told me very early on that any truth I might have been exposed to, however fantastic it might seem, must have been given to others as well. And so, rather than running out to preach what I'd gotten through my personal epiphany, I began studying.

I read the Holy Books of the world's religions and practiced their teachings, sat at the feet of enlightened masters of various faiths and received their initiations, meditated with indigenous people from around the world and embraced their totems, basked in hot tubs with mystics and psychics and opened myself to their auras. I even listened to the door-to-door proselytizers with their canned spiels. In short, I opened myself up to everyone I could find, modern and ancient, who taught of a

higher reality and compared what they had to say. Patterns began to emerge.

Equally importantly, as a long time practicing atheist, I examined the tenets and teachings of modern science. I studied cognitive science, quantum physics, and chaos theory, along with anthropology, linguistics, philosophy, and phenomenology. And to further broaden what I had taken in on my own, I enrolled in the California Institute of Integral Studies, learning from and interacting with some of the major thinkers of our day, in the process receiving a PhD in Philosophy and the Evolution of Consciousness. And now, three decades after my odyssey began, I am ready to share a most amazing fact.

Even though science and religion seem to be on opposite ends of a methodological spectrum, even though each discipline uses their own buzz words to reflect their specific beliefs and world views, *they are really saying the same thing*. Namely, there exists a singular, undefinable, universal Oneness, call it what you will, that connects and animates us all.

This was never more clearly demonstrated than when my friend and linguistics mentor, the late Dan 'Moonhawk' Alford, was invited to act as translator at the first Fetzer Conference back in the early 90's, bringing together Native Americans and quantum physicists to discuss their varying views of reality. Although everyone spoke English, Dan's familiarity with both cultures allowed him to recognize the parallel meanings that existed behind the words. He told of one specific moment when he assured physicist David Bohm, "But you *are* in agreement. For what you refer to as Energy, they are calling Spirit."

This book is designed to bridge that gap, to explain human consciousness in a way that makes sense to the devout believer, the dogmatic atheist, and everyone in between. Going behind the words that separate us, words like science, theology, God, consciousness, intellect, and intuition, *The Roving I* touches the immediate, immanent shared experience that truly makes us One, no matter what we want to call it.

Most importantly, we shall not just be talking about these words and concepts in the abstract. Through this book's unique exercises and mental games, we shall be experiencing and sharing this Oneness in the safety and privacy of our own minds.

I shall, in fact, be offering you my experiments in consciousness, my thirty years of readings and meditations, inner games and outer practices, academic papers and fanciful allegories, reasoned insights and blow-your-mind experiences. And as you will discover, what we will be looking at is not just a subject for academic discussion and analysis. It's a concept that's more verb than noun, a way to be, a way to act, and a dynamic way to understand the world and Self that binds together the seemingly separate views of science and religion. Further, it adds another dimension on what it means to be human, what it means when we refer to ourselves and say, "I".

This basic sense of Self, the feeling that "I" am an individual and unique being separate from "you" is vital in understanding today's highly competitive human society, with its win/lose mentality. Some say this feeling of separateness is the very key to being human.

While a strong sense of Self is critical in human development if a person is to achieve their maximal potential, Self importance can be taken to extremes. Too many people tend to think that the particular set of characteristics, attributes, and beliefs that they embody are somehow better or more advanced than someone else's. It goes without saying that this feeling that my "I" is better than your "I" has led to all of the wars, oppressions, and personal and societal injustices in human history, whatever the details or particulars of any individual conflict.

It need not be this way. How we define ourselves as individuals, what we mean when we say "I", is not a constant that has gone unchanged throughout the course of human history nor is it destined to remain as it is in the future. In fact, this critical aspect at the core of our very being is currently undergoing a basic evolutionary change that is destined to alter the direction of life on Earth. This major paradigm shift is what *The Roving I* is all about.

You should know, right off the bat, that *The Roving I* isn't about religion. Most specifically, it's not about any one particular religion. There are enough people already out there telling you that their way is the only way and everyone else is wrong. Personally, those people frighten me. I have learned that there are many paths to the highest Truth, and whichever you follow, if you are true to it and heed the

teachings of its founder, as opposed to those of his followers, you will reach your goal. The exercises in this book should help you on your path.

The Roving I is also not a New Age touchy-feely kind of book, reeking of crystals, mantras, karma, and a nebulous spirituality that says everything is going along just as it should. There are enough of those teachers out there as well. However, spiritual seekers searching for the intense personal experience such spirituality offers, will comfortably resonate with what this book says. Its exercises should open wide your path as well.

And although *The Roving I* is not a scientific treatise, it is a book for the scientists, the doubters, the logicians, the thinkers, the rational skeptics, agnostics, and downright atheists who refuse to accept on blind faith alone that they have not seen with their very own eyes. As you shall see, as I share my story, I have always been one who loves learning and the power of logic and reason. This is why this book requires no leap of faith, no blind acceptance, no beliefs that you cannot personally verify. All it takes is a mind open enough to ask, "What if?". And if someone cannot do that, is that person really a scientist?

This book has only one specific goal, to allow you, the reader, to experience the Oneness behind and within your personal conscious reality. We will attempt to convey this new evolutionary paradigm through reason and logic, stories and games, intellect and intuition in the hope that each person who reads this book will find at least one path that resonates and leads to the final goal.

Call it God, call it Universal Consciousness, call it The One, The Self, The Void, All That Is, The Tao, Satchitananda, Allah, Jahweh, The Big Kahuna, The Cosmic Muffin, or The Grand Unification Theory. What name you give it really doesn't matter, other than it tends to separate you from people who call it something else. It is what it is, a singular reality pervading the universe that forms the basis of human consciousness as well as the foundation of both science and religion.

The Roving I brings these seemingly conflicting perspectives together by demonstrating how rational, scientific minds, ones like yours and mine, can experience a wonder that defies explanation and, by using

observation, reason, logic, and experimentation, discover a new reality, an Integral Paradigm, and a new way to live.

The experience we shall be examining is a subjective one and cannot be imposed from the outside. Not only do I know such an imposition cannot be done, it is not my intention to attempt it. However, it is my intention to guide you within your own mind to the source of your very being, so that by the time you finish this book, you may well recognize that even though to the outward eye we appear to be separate and unique individuals, there's ultimately only one singular conscious reality that inhabits and animates us all.

Interestingly enough, whether you think this proves the tenets of modern quantum physics or validates your faith in an Almighty God, really doesn't matter either. What does matter is that when you feel this universal force radiating within, you will also experience a freedom, and joy, and control over your life that will allow you to manifest your highest potential.

And, most importantly, when enough of us reach this point of understanding that we are One within, despite the physical separation and obvious surface differences that exist between us, humanity will finally live in a world of universal understanding and perpetual peace as it can and should be.

peace.....ag
Anton Grosz PhD
November 2007

* * *