

## **Tools of Transcendental Living 2:**

### ***Resonance Ethics***

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The concept of Ethics may refer one to multiple fields of meaning. It might be associated with branches of philosophical discipline. It might be digested as some kind of moral code, imposed on us, in some cases by religious institutions as it may be. It might simply refer to questions of how we ought to deal with certain features in life, such as the environment, with the elderly or unemployed, with medicine, finance and so forth. These are all relevant fields.

Referring to ethics as in Resonance Ethics does not concern in the first instance any of these subfields, although they might find a renewed basis in it. Ethics here means the primordial way you **direct** your life as a human subject, both in solitary and interactive being, as an overall pattern for life and in everyday circumstances. It includes the kind of standard you apply in directing that life. It is essentially practical wisdom, when applied in its fullest, harmonious way.

We have seen in the series on the Dimensions of Experience that your way of *being-in-the-world* is all experience and perception, it is by way of 'waves' you constantly direct and re-direct, create and re-create your own setting of experience - what you perceive in the world, or perceive as reality. This notion is a cornerstone of Resonance Ethics. This is what the 'resonance' factor refers to, your creative and re-creative stance. Now what is the overall stage of this Resonance Ethics?

#### ***Principally One in Well-Being***

The purpose of life is *Well-Being*. One may comply saying that happiness is the goal of all conduct, as Aristotle, or Confucius and also Spinoza held. This means that one conceives the natural movement of life to be towards Well-Being. When do we attain this state of Well-Being? We realise Well-Being, when we live life according to our **Natural State**, which may be seen as a state of perfection to attain to, such as with some Sufis and Zoroaster. It is a state of natural alignment with the principal reality and flow of life. The *principle* is key.

Abbahji considers the principle the **Oneness of Being** - which is absolute and infinite in all its *permanence* and in all its *movement*. That is, in your mode of being-in-the-world, you are integrated in the Oneness of Being. This is the ultimate *substance* of the world and you are merged in it. This is your essential existential stance, you are embedded in.

This dimension is not something we can particularly grasp or fully understand with our minds, yet we are constantly engulfed in its waves, we *encounter* it in the **Face** of its constant *movement*.

Although currently our lives and the ways in which we see the world function, increasingly affirm this dimension of interconnectedness of all - specifically in its manifestation in the material-technological and globalising realm - still we cannot fully 'know'. In that sense it is simply a principle one will live by, one will embrace, as in **admittance** that this is the reality one is in.

### ***Consistently One in Attitude***

Further key to this principle, is the way in which this applies in *practise*, where the crucial element of **consistency** sets in. The intent being to align your living with this principle, it means that you will fully aim to be consistent with it. In everything one does, one's aim is to be consistent with the notion of the Oneness of Being. This is the way in which the principle will be realised in the reality of life. This aim needs awareness, alertness, elegance and refined self-analysis.

This takes one to **Attitude**. On the way to Well-Being - alignment with the natural state - what matters foremost is the 'attitude' one lives by. It cannot be stressed enough how very delicate and subtle, yet instant this notion is. How do I approach myself and my environment every moment and in every situation, when I realise I am *one in it* and it is *one in I*? The concept Environment naturally means both ecological environment and social environment, the domain of interrelations, human interaction. It is understandable, that in this respect some have taken to speak of the 'ideal character', the subject of 'excellence', the 'moral expert', 'superior being', the wise man. "Virtue has no reward, happiness is the virtue itself" (Spinoza).

How do we treat '**the Other**'? *How* we consider the Other is again a matter of consistency.

Considering how 'the world' is all experience and how you subsist in the Oneness of Being, it

means that the Other is really you and you are the Other - you are both 'It'. All your life is a mirror of what you are. You are constantly in the center stage that is you. Once being aware of that, the question becomes what quality of resonance you may *intent* to give it.

### ***In Resonance***

What does Resonance mean? It means that we are present in a 'field' which constantly vibrates in a particular way, like those particles of energy do, those strings and waves. It is useful to call into recognition what is known as the butterfly effect - one movement now here, may cause an event at the other side of the planet next.

With every move we make, we influence the field of resonance, the field that we *are* in experience. Every move means every act of behaviour, every thought and speech, every emotion, every intent and so forth.

While we shape the resonance of a field, straight away it will shape our experience, as we are that field. There is no distinction. So we shape ourselves by what we create. In this respect, resonance is not something to believe in, rather *it is something you cannot escape*. One ought to try to be the best possible resonance.

A useful way for grasping the implication is to think for a moment of *Karma*. However sophisticated the concept may be, in its essence it says that everything you do, in the end comes back to you. You act badly to someone, this will at some time come back to you with the same negative impact that it had when you did it. Resonance has this same implication, however what is emphasised is that this 'return' to you, is rather instant. One may say it is con-substantial.

Even though it might be unconscious at first, since one does not always wish to bear the consequences of one's actions openly, what you do to something or some other, you do in the field of resonance that you subsist in, that you create and co-create. With what you do, you instantly shape the quality of resonance. This becomes subsequently, a further filter for everything occurring to you. Of course, this is a constantly re-creative and therefore complex process. For this reason culture, customs and manner can potentially be supportive frames to live by. For instance when a tradition may suggest to live by 'good thoughts, good words and good deeds' (Zoroastrianism).

Resonance might be seen as having short-term effects and long-term. It probably depends on the kind of act, thought or intent we are speaking of. If you consider a short-term effect, let us say you

have a meeting with a group of people and everyone greets each other rather friendly setting a pleasant stage for the gathering. Then you start off with some rude and offensive remarks. You will see that the resonance of it changes, at least for the way *you* will be approached, the field *you* come to find yourself in. Not that everyone will get back at you, but you have created an experience, ‘in the air’, which will not just go away. Even if everyone just stays polite, the resonance will sting around, as memory does. Perhaps sometime later everyone will have forgotten about it and gradually it drifts away and regains some sense of harmony.

Of course a same example could be given with positive conduct, which is when pro-active creation would come in.

Some Resonance may last forever. It is relevant to point out, it does not just mean that the resonance is created by the way another will *react* on you. The actual experience you *give* the other - *prior to* and regardless the *reaction* - will already **at once** be part of your field of experience. Straight away that *becomes* you and memory will carry it forth. This is really important to fully grasp. Abbahjí has described this beautifully with the metaphor of the Secret Garden.

Once one fully grasps this, the question becomes, what do I wish to do to me? What kind of environment I wish to live in? What Garden do I wish to create? One may want to look at what is most sustainable, most beneficial. Creation of harmony, beauty, tranquility, it is up to you.

### **Instruments of Resonance**

It is important to bring back the Web of Dimensions and understand the instruments by means of which you create resonance. You need to actively use the creative intent of Spirit in this process. You need to nurture the causal field of Soul in a harmonious, beneficial way. You need to have that Mind-set which recognises the Oneness of Being in all situations consistently. You need to Behave in a sufficient harmonious manner - perhaps even elegant, up to excellent. It is easy to see how customs and manners may spring from a recognition of resonance ethics.

Now when it comes to ‘suggestions’ for Ethical conduct in the light of resonance ethics, Abbahjí has given some four suggestions, that one may take as a reference when the intent is to practise Resonance Ethics. These relate to and can alter *Attitude*.

Always have an attitude of loving-kindness, respect and compassion for all people and animals.

Always aim at improvement in every situation, being attentive to the Other’s needs and interests.



Always avoid harming, hurting, damaging and destroying anyone or anything unnecessarily.

Always avoid doing to others what you would not like others doing to you.

Living in the spirit of these, requires a degree of effort, a degree of selflessness, a degree of wisdom. It requires natural *compassion* to **Humanity**. When one looks at the state of the world, it is clear many people, probably especially those in power, are not able to embrace these principles in their lives.

The current times are in need of a large critical mass of people practising Resonance Ethics in their lives. This will help shape global harmony. Resonance Ethics is about Peace, Harmony, Trust, Beauty and Excellence. It is the Art of Living in the Oneness of Being.

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**Suggested Reading:**

*Art and Ethics*, Frédéric Antonious

*Ishmael (Chapter 8)*, Frédéric Antonious

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