

# EGO TO ECO

By Flavia Ursino, spiritual advisor and author

Mind, body and soul, a heading frequently captioned in wellbeing magazines, newspapers and electronic media are discussed on a daily basis.

Millions each year flock in reverence to the church as they march their souls towards eternal life. Impressive line-ups of spiritual gurus and psychic mediums who demonstrate impressive abilities to communicate with the deceased grace the screens – such as Oprah and Dr Phil. Arenas are regularly packed to capacity with devotees of the enlightened, such as Caroline Myss and Deepak Chopra, their attendees showing up to quench their souls.

There is a consensus between many people that our existence transcends physical time/space. There are many who, in spite of their claims of non-belief in life beyond, spontaneously drop into prayer in moments of peril or terminal illness.

In our novel, *Monkey Business: A Story of Soulmates and Primates*, co-written by myself and my husband, retired

doctor Kevin Coleman, we give a playful account of how human beings are both physical and abstract as we explore the nature of reality and illusion. Our analogy of time is that of an Olympic pool: though we may swim the length of the pool, the body of water itself is not linear.

## LIVING BEYOND THE FIVE SENSES

We explore the notion that our five senses ground us to our physical reality via our bodies, while our sixth sense relates to our abstract reality via mind and soul. Intuitive powers are, I believe possessed by all. We often hear such terms as 'mother's intuition', 'business hunch' and 'gut feeling'. Countless books on the market are said to explore that which is conveyed via our subconscious to us through our dreams. I recently heard a marriage counsellor claim that we marry our subconscious.

When I am addressing audiences, I invite them to close their eyes to an imagined reality devoid of emotion, perception, inspiration, creativity and imagination itself. Upon re-opening their eyes my audience invariably agree that the tangle the world had at that moment ceased to exist. Perhaps the non-tangible world is the engine room of our tangible world that we co-create with others. To quote from our novel:

"With all lights out, Estelle lay awake contemplating her life. She felt solid, grounded, present and eager to re-integrate more fully with normality. It seemed as if all her perceptions, choices and actions thus far had been the artistry of her inner self-expression on a blank canvas. Her internal expression reflected back to her as external manifestations. She felt both powerful and fragile in her newfound awareness of how she could never escape herself. The realisation hit her like a thunderbolt. She alone was entirely responsible for herself. Estelle was fully able to make sense of karma.