

The world's greatest wireless connection

by [Nancy Sylvester](#)



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- [Contemplate This](#)



“Prayer. The world’s greatest wireless connection.” Those words on a sweatshirt greeted me as I opened a gift from my sister. I immediately thought this conveys one aspect of how we understand *exercising contemplative power*.

Think about it. When we are on the Internet, we have instant access to almost anyone on this planet. Through an intricate web of electromagnetic waves, we can start a revolution – be part of a flash mob – generate interest so that an idea or an action ‘goes viral.’ Without seeing the waves radiating outward, we know we are connected.

[Cynthia Bourgeault](#) reflects on the teaching that no conscious act is ever wasted. She reflects that, “Every conscious action no matter how miniscule connects energetically with every other action, and the quality and quantity of awakened consciousness increases incrementally on our planet.”

That is not easy to grasp in our culture where the insights of the [Enlightenment](#) continue to shape our mental operating system. Reason, measurable outcomes and verification by our senses still trump intuition, insight and belief in deeper dimensions of reality.

Positing this underlying connection where “everything is enfolded into everything” then the power of meditation or concentrated energy on a specific focus begins to make sense. There have been a number of research studies to see whether a concentrated effort by many meditators can effect an outcome.

I was recently reminded of a study that was published in 1985 in the Yale University [Journal of Conflict Resolution](#) that reported on a group who meditated in Jerusalem in 1983 during the height of the Lebanese Civil War. During the summer of 1983, on each day in which there were large numbers of meditators, violence dropped and stayed low for an additional day or so and then went back to its previous levels. The final data revealed that whenever the group of meditators assembled, there was an average of a 76 percent reduction in war deaths.

We are learning more and more about the power of our consciousness-individual and collective – and the powerful energy field which can be created when we align our minds and hearts with the deeper reality underlying all things. Studies and experiments are increasing as more and more

scientists give credence to the influence a community can have on an individual, as well as the individual on the whole community, through the vibratory energy field that they emit. One of the leading organization is IONS, the [Institute for Noetic Science](#). [Dean Radin](#), IONS chief scientist, is undertaking experiments to explore the special attributes of meditative practices as well as the nature of collective consciousness on the world, to name a few.

This broadening interest by science is exciting. It is offering another way of thinking about our world and our lives which will speak to those for whom faith and spiritual wisdom lack credibility. For me, it is a real breakthrough so needed today. The insights of science interface with the wisdom of the mystics, each offering the other legitimacy as we explore who we are and why we are here.

One way the institute invites you into this aspect of *exercising contemplative power* is to become part of the [ICCD Contemplative Sitting Network](#). You are invited to commit to sitting in contemplation for 20 minutes daily between 6 and 7:30 a.m. in whatever time zone you are in (or which best suits your needs).

Currently we are over 400 persons, mainly in the United States but representative of many different countries, who create this energy field focused on personal, societal and ecclesial transformation. If you would like to join us simply [click here](#) to fill out the form to add your conscious act to our powerful wireless connection!

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