



Interview Lynne Mc Taggart : The Bond - by Manon Tromp

Why have you written this book:

There are two good reasons for it:

The first reason was really about looking around me and saying why are we in the mess we are in? Does it have anything to do with having a faulty mindset about who we are. I decided to write this book at the economic crash in 2008; I looked at that, I looked at global warming, I looked at so many aspects like the crisis in energy and in weather; all of the many crises. I wanted to ask the question: is this because we have the wrong conception of ourselves, of who we are and if we are not that, if we are not competitive, survival of the fittest, how are we supposed to be. That was my big question. Was Darwin right, were we meant to be that competitive and is that the way we should set up all of our structures.

The second reason was a more personal one and it is really from the beginning of the book when I talk about my daughter, who is a talented actress, who is chosen for this lead part and she got elbowed aside to a minor role, when another girl lied to a new director who was taking over in order to take over the part that was given to my daughter and this girl by the way was my daughter's best friend. When I tried to approach her mother, she just said: that is life, isn't it? I was so taken aback by that because I realised she was right, even though it sounded so harsh, it is true that is the life we adults have created. It is that kind of doggie dog competition that is present in every aspect of our society. So that incident really added to my question: was it supposed to be like this? Are we meant to be like this and if not, how are we supposed to be.

I really wanted to take a broader view of science than I had done before, because I looked before primarily at the new physics, my real area of interest. But this time I wanted to look at biology, psychology, antropology, all of the ologie's to see what new evidence was coming through as to how we are hardwired. Are we hardwired to be competitive or not. The simple answer was no! We are not.

Not only we, but also animals are meant to be much more cooperative. Every impulse we have is not towards competition, but towards cooperation. So that was really fascinating to me, that we are living against nature. Not only do I want to explore who we really are, but I also wanted to say if that is not us, how are we supposed to live? What are the real important areas of change that we should look to?

So what are those important areas of change?

The four areas that I identified as important are:

1. we have to start seeing much more holistically: at the moment we are taught to look at things in an very individualistic way. We need to be taught seeing very differently than what we do.
2. we have to relate to people that is not adversarial, because in so many areas of our lives relationships are competative and adversarial. We have to relate in a different way. There are simple ways to achieve that.
3. we have to look out for our closest communities - our neighbourhoods or our offices and start doing things for a larger goal than just ourselves. We have to have a bigger definition of we and what our interests are and then come together with a larger goal. That is a simple way to unite people who are very different.
4. we have to change our purpose and make it something bigger than just getting and spending, making things for me and mine alone.

If we started practicing these four things, we have a revolution from the ground up.

Can it be done from top down, by politicians and big companies?

I think the idea of making a revolution from the top down, would be way to big. I did not want to look at it that way, I wanted to look at it from individuals and from things that could work. Easily attainable perspectives. I do feel that our change that we are undergoing in revolution right now that it is not going to get back at what it was, it will never go back to what it was. There is a really short period of time that we have to really change things, before certain things become irrevicable. The way to make really big changes is not from the top down, that is to impossible to think of. Hugh changes can occur from the bottom up, just by simple acts. And that is one thing I wanted to demonstrate to people to change your purpose.

Like the person that I talked about in the last chapter: Nipun Metha, who was one of the typical Sillicon valley types. He started to change his perspective and experiment in generosity rather than greed. He has created enormous changes, he changed million of people's lives. And he also taught people how tiny things in their lives can become revolutionary. (give his example!)

Like Marie who was working in a very greedy office, a typical office where everybody was out for themselves. She decided just to leave change in the Coke machine with a little sign saying: 'your coke has been paid for, keep the spirit alive and pay it forward.' She started a revolution in her company, first of all they were stunned by this and they were trying to find out who this secret Santa was. Then she upped her game and started leaving donuts every morning and again she completely changed the conversation of that office. She kind of put right in everybody's face: this is what generosity looks like. People find it irresistable, that is so amazing.

Do you have an recent example of a Bond practice in your life?

I know a friend of mine who did a pay it forward activity like that and it went from person to person and finally came back to him.

I have found in my life that if I approach something from a place of suspicion it just creates suspicion and separateness. If I approach it from a place of generosity and openness it has a completely different effect. Now I am much more conscious of it having researched it, that that is were I have to come from. I am also very conscious that I have to try to relate in a different way, if you you express yourself in a way that is not attacking or violent, you get a completely different result.



I find myself not be a competitive person, but I can get triggered by people who approach me from that angle. It can be difficult not get dragged into it.

We have all been trained to act this way, so we now have to wipe the hard drive clean and rewrite the program. That is what my four things are really all about and creating a new message and a new method of being. Because we have all been taught to see things so individualistically, we have been taught to be adversary. If you nice people take advantage of you, all of that stuff is hard drive programming. We have been taught, if you do not get there first, somebody else is going to beat you and there just is not enough for everybody, so you better get there first. Finally we have been taught that the real important thing in your life is accumulating wealth, getting a good career, accumulating getting a certain amount of money for

just you and yours alone. An you got to, other wise people take advantage, other people get ahead, you will be left behind and you will not have enough money. And all of that is just interwoven into our lives, it is going to take a lot of training for all of us to change that.

But the real message of my book is that tiny acts create revolution. Just take one foot in front of the other and try things that work, some of those things in your neighbourhood and it is remarkable how much you can reach with other people, even people who disagree with everything you stand for.

In the book you talk about being connected to each other, how can I see that?

You can see it in your social behaviour, you can't see how we are connected in a physical way, because it is all subatomic particles which we can not see. And you can't see how you have a bond with your environment biologically, you can not really see that for instance the sun is affecting you at every moment which is an intergalactic bond. The sun affects not only our physical being, but also our behaviour and the other planets too. I am not talking about astrology, I am talking about geomagnetic effects. You can't really see the fact that when you observe someone else having an emotion or carrying out an action - every neuron in you fires as if you are having that emotion or doing that action. You are constantly neurging other people neurologically, you can't see any of that.

What you can see what happens to us in our needs socially and how nature designed always to come together. And you see that by how necessary belonging is. Belonging is probably the most important human characteristic we have: we need to belong above all else. Suicides kill themselves because as psychologists say of excessive indivisuation, they feel left out. It is one of the most fundamental needs we have. It is also one of the best medicines we have: connecting with other people, even a bad relationship is better than no relationship. It protects you against everything from heart attacks to strokes.

Belonging is so powerful. You can see it in our need to agree, for instance if you sit in front of me while I am speaking, you are blinking and nodding to be in time with my voice. Nature has designed us to mimick each other all the time. We not only mimick our physical actions, but we mimick our emotions so that if one person comes into a room with a great

mood or a bad mood, he or she effects everybody else like a virus. Happy people tend to have happy friends, not because they self select, but because of the natural spread of happiness.

Science shows that the healthy state is when people are being altruistic. selfishness is actually the pathology - somebody who is born into an emotional dysfunctional family, who does not receive love. And finally we have a huge need to be fair: just deserves for just efforts. It has been hardwired into us, if someone takes more than their fair share, it screams out: it is not fair.

Nature has designed us to seek wholeness in every area.

How do the recent riots in the UK link to the message of the Bond?

They absolutely link to this: I feel that there is a great sense of things not being fair. I do not mean income distribution, I mean with the people in charge; there have been so many scandals recently, things that have been disclosed. The whole Murdoch thing: the police were selling phone numbers to the press. Many politicians have been guilty of expense scandals, people of the finance who are rewarding themselves record bonuses even though so many millions of people are out of work because of the recession they helped to create. All these things have created in the public minds a sense that life is at its most unfair. Then there are middle class people who are very angry, because there are so many people on benefits who are able bodied and do not work. Those kind of things resonate thru the public moods and I think that the people at the bottom see the people at the top taking things that they really are not due. So that creates a public mood that says: I am going to do the same.

How can we turn this around?

First of all it is a mindset of the way we have created this society. We can only als individuals, rather than government officials, take our own small steps to assure that things are fair. I have created a fairness campaign, because I feel that fairness has gone out of our society and that is at the heart of the bond. Scientists have found that the more unfair a society the worse of are the social indicators: health, education, crime and violence, mental health. Now, America, which is probably the most unfair country in the West, also has all of the worst social indicators of any Western country. Even though it is the wealthiest country in the world it has the worst health rates, highest mortality rates, most poverty and poor educational rates. It is in bad shape and the UK is about the third worst country. The more unfair a society, where things are not proportional, the more it frays at the edges. The survival of the fittest mindset is basically behind so much of the crumbling of the Western society. As I say we are not politicians but I believe that the rebirth will happen from small communities.

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