



## Spirals, Spin & Heart Centres, Part 1

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*Future Sense is a podcast edited from the radio show of the same name, broadcast on BayFM in Byron Bay, Australia, at [www.bayfm.org](http://www.bayfm.org). Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies.*

*How can we identify the layers of growth personally, socially and globally? What are the signs missed, the truths being denied? Science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies and much more.*

*This is Future Sense.*

**Nyck:** And good morning to you all here. You're now tuned to Future Sense here with Nyck Jeanes and Steve McDonald. Good morning, Steve.

**Steve:** Good morning. Here we are again.

**Nyck:** Here we are again. We can't help ourselves.

**Steve:** Keep coming back for more.

**Nyck:** Yeah, and have we got a theme for you today! I mean, it's a never-ending theme. It just keeps on spinning new versions of itself, so to speak.

**Steve:** Absolutely. Today's discussion is all about spirals, spin cycles and heart centres.

**Nyck:** And of course, spin has all sorts of meanings. We'll probably get to look at a bit of news later on—current news and the spin of propaganda, of course—and the spin backwards and forwards. Basically, it's a never-ending theme. So please contribute as much as you wish. You can text in it any time. Talk to us.

**Steve:** That's right. We'd love to hear your spin on what we have to say.

**Nyck:** Precisely. So today, we're talking about spin. It's just about everywhere. What doesn't spin?

**Steve:** Well, we're spinning together physics and spirituality today. We're going to bring science together with an understanding of the heart and an understanding of other dimensions and talk about spin in general. We'll then have a look at all of the things it impacts in our lives, including our consciousness and our values, our attitudes, our interaction with other people, and larger world events.

Everything has a spin, and of course, there are many definitions of that word which we can get into later, but I just want to start by reading a quote from Nassim Hamein, who's done some amazing work in terms of ground-breaking physics. If you're not familiar with his work, look up the *Resonance Science Foundation* online. Wonderful stuff.

This is from Hamein's Facebook page, a small spiel here about spin: "Spin is happening everywhere, moving towards stillness (the singularity). From the atom to hurricanes to galaxies, we observe the same spiral dynamics on all scales. Hamein theorises that space-time itself has these same dynamics and therefore added torque and Coriolis forces (the forces that happen when something spins) into Albert Einstein's field equations", and that's a very, very significant piece of Hamein's work, where he's actually improved on Einstein's understanding of the nature of reality

<https://www.facebook.com/Nassim.Hamein.official/photos/spin-is-happening-everywhere-moving-toward-toward-stillness-singularity-from-the/206762726181660/>.

If you studied science at school like I did, you probably got taught about centrifugal force and centripetal force. I was taught that centrifugal force is actually something that doesn't exist—it's simply a product of momentum—and centripetal force was actually the motion towards the centre, or the force pushing something towards the centre in a spin. It's also known as Coriolis force.

**Nyck:** After the inventor, I think—an Italian or from somewhere or other. He was the discoverer or the theoriser of that idea.

**Steve:** That's right, and twisting or spinning power, of course, is measured as torque, which is the force twisting something.

**Nyck:** Of course, and just as a quick aside, you know, this, of course, as a helicopter pilot; you know everything about spin because life depends on it.

**Steve:** That's right. Indeed.

Just to continue this, in Hamein's paper, called *The Origin of Spin: A Consideration of Torque and Coriolis Forces in Einstein's Field Equations and Grand Unification Theory*, he and co-author Elizabeth Rauscher conclude that "everything in the universe is continually spinning due to the spin of the space-time manifold itself as it curls like water going down the drain towards the singularity."

**Nyck:** Oh, I love this sort of stuff at 9.15 in the morning on Monday. Fantastic! Get your minds active, get them spinning with some new ideas and some juicy stuff.

**Steve:** As you splash your face this morning, just look at that spin going down the drain.

**Nyck:** The vortex that's created; and as you're doing your super smoothie in the blender, same thing.

**Steve:** And it's wonderful to talk about the singularity in terms of the destination of spin also, because there's so much crazy talk about the singularity concept in the tech world.

**Nyck:** 'The destination of spin', because many people would think if something's spinning, it's not going anywhere; it's just spinning. So how does it have a destination?

**Steve:** Because it's spinning towards the centre.

**Nyck:** Okay, there you go. And of course, we have that centre in natural forces such as hurricanes and tornadoes and the like, that notion of the still point at the centre of everything, but it's an analogue for much more.

**Steve:** It is indeed. And of course, many people say that the centre of our body—our selves—is our heart, and Hamein again has a lovely quote, talking about the singularity within your heart; the centre of your heart. Let me read this again from the Web: "There is a physical place inside your heart that has a singularity. Your heart has a little cavity between the two ventricular and that little cavity has the highest electromagnetic field of your body and can be measured up to eight feet away from you. And that's the battery of life that keeps your heart going when you die. That singularity is no longer present, and I think that is why there is a bunch of weight that goes missing when people die. The weight is a result of that singularity curving space-time, creating a gravitational effect that we call weight." (<https://mindofv.blogspot.com/2009/09/quote-nassim-hamein-on-singularity.html>)

**Nyck:** So it's not actually the soul leaving the body, it's the spin stopping and the mass that may be created from that spin that is suddenly missing in the equation of the physical weight; the mass of something.

**Steve:** Yes, it's the movement of that centre out of the body. Isn't that interesting? There are other esoteric writings that talk about the origin of gravity actually being a vortex—an etheric vortex which spins around matter—and the argument they put forward is that it is that spinning motion from an etheric vortex which actually creates the matter; manifests the matter in the centre of the spin.

**Nyck:** It's highfalutin stuff for sure, but the thing is that and as you're talking, I'm thinking straight away that it's amazing how so few of us, certainly in common culture, recognise the analogue 'as above, so below', for example, of the nature of spin itself. We see a vortex like we said before, in a bathtub—water going down there—a hurricane, the galaxies. I mean, it's kind of obvious that this exists everywhere.

**Steve:** It's everywhere, exactly.

**Nyck:** But we don't bring it to our bodies, to ourselves, to our beings very easily, do we, to equate it to that and say 'we're also spinning. What does that mean? And where is that taking us?'

**Steve:** That's right, and if we look at human development and the evolution of our species, we can see that as we've moved through this evolutionary process, we've actually followed a spiralling path ourselves. Many people who've studied it have described it as a spiralling or cycling process, including Clare Graves, of course, and when you give spin a vector—in other words, a direction—then it becomes a spiral; it expands. Everything, of course, that spins, must have a centre or an axis that it spins around, which of course is also 'the heart' of the matter.

**Nyck:** 'The heart of the matter', exactly. And of course, there are institutions like the HeartMath Institute in the United States that we often talk about. It's been in existence for a long time and looks at many of these things: the notions of vibrations, frequencies and indeed the nature of spin to some degree.

**Steve:** Absolutely. They've done, and continue to do, wonderful work— [www.heartmath.org](http://www.heartmath.org), if you want to look them up—in terms of mapping the heart field that surrounds our body and how we interact with each other through our heart fields in a nonphysical way. And we'll talk a little bit more on the show, as things spin out, about our human understanding of spin,

our realisation of spin, and the use of spin: how we've employed it and those sorts of things throughout the ages, and into the future, of course.

**Nyck:** And indeed, you're starting with, of course, the invention of the wheel, because that, in a sense, is arguably the lower order of exactly the same thing; or a different order of the same thing.

**Steve:** Very interesting indeed. That transformed life on Earth, and with this big shift in consciousness which many people feel coming, perhaps we're about to go through the next level of the invention of the wheel.

**Nyck:** Yes, and thanks for your texts. Christopher Dean has just listened to our heart of the matter spin story, and indeed, "all part of the evolving nature of the species", and that's really what we're talking about here on this show: the evolving nature of humanity. Many people don't think we are evolving, and I guess if you look back you could wonder. If you take stock of history in the sense that history repeats itself like a wheel, then sure, maybe nothing ever changes. But no, I think we are clearly on the verge of a different appreciation of the nature of reality itself somehow.

**Steve:** Yes, and it depends upon the nature of your perspective, in terms of how many dimensions you are perceiving, as to how these things are understood. If you're in a relatively two-dimensional world, then everything looks like a circle, right? But if you actually expand that out to three dimensions, you get a spiral, and with a spiral you can get progress and regression and those sorts of things.

**Nyck:** Probably most of you have seen the wonderful diagrammatic representations of the Earth and the planets and solar systems spinning through space around the Sun. An incredible thing. It's a good example because we see the orbit of the planets is relatively circular, relatively like a wheel—not exactly like that, but from one perspective that's how we see it. Once upon a time we all thought, of course, that everything would spin around the Earth.

**Steve:** That's right.

**Nyck:** So then there was the sun, and now, with the way that we can conceive of—perceive of, especially since we've been into space—we can see from outside and also we can diagram these things, and we can measure these things to a fairly high degree of accuracy, at least on one level, and we see the solar system spinning through space in this way that's

quite an elegant and amazing representation. Clearly, we're not stagnant. Clearly, we're going somewhere and something is happening.

**Steve:** That's right, and in that evolution of understanding, what we've done is we've reimagined our heart, our centre, and as we grow and evolve, we're obtaining a deeper understanding of this concept of 'heart' and what it means. You can see how the idea of what is at the heart has changed throughout history from what you just said.

I've got a quote here from the famous philosopher Goethe. He said: "Progress has not followed a straight ascending line, but a spiral with rhythms of progress and retrogression, of evolution and dissolution."

**Nyck:** Perfect.

Now the wheel. Let's go back long enough ago, to start with that evolutionary process in a way, because, according to an article from the Smithsonian Institute—[www.smithsonianmag.com](http://www.smithsonianmag.com) is the website—"No wheels exist in nature". It says: "Throughout history, most inventions were inspired by the natural world. The idea for the pitchfork and the table fork came from forked sticks, the airplane from gliding birds, but the wheel is 100% *Homo sapien* innovation." Now, some people might contest that. We mentioned before about hurricanes and tornadoes. They are natural forces, but they're spiralic; they're a different order, perhaps, of that.

**Steve:** It may have been somebody sitting by a river and looking at an eddy in the river spinning around, or something like that.

**Nyck:** Exactly. So there are those sort of things, but there are no actual physical creatures. For example, Michael LaBarbera, Professor of Biology and Anatomy at the University of Chicago, wrote in 1983 in *The American Naturalist* that "only bacterial flagella, dung beetles and tumbleweeds come close to a wheeled organism." But they're really not a wheel. They roll as a form of locomotion, but they're not actually a wheel.

The wheel is actually a relative latecomer to our emergent beingness way back. The first wheels were not actually used for transportation, but they were potter's wheels, way back about three and a half thousand B.C in Mesopotamia, 300 years before someone figured out how to use them for chariots. And that's amazing itself. You've got a potter's wheel of some sort, with some way of turning that wheel and creating clay pots and the like—that circular motion—but no-one turned it 90 degrees for 300 years. That's a long time, and that really goes to how long our early evolution has actually taken us to achieve certain things. That acceleration we often talk about—that exponential acceleration of change—way back then was very slow.

**Steve:** I'll say. With the round pots, you would think they would have been rolling them on their side, even accidentally, from time to time.

**Nyck:** Yes, and then someone thought, 'oh I can put something on that, then roll them, you know, and maybe build the great pyramids', hahaha. We'll come back to that.

The interesting thing is, the ancient Greeks invented Western philosophy as we know it, but they also invented the wheelbarrow. Researchers believe that the wheelbarrow first appeared in classical Greece sometime between the 6th and the 4th century B.C. and then sprung up in China four centuries later—again, 400 years later—and it ended up in medieval Europe, perhaps by way of Byzantium or the Islamic world. Although wheelbarrows were expensive to purchase, they could pay for themselves within just three or four days in terms of labour savings. It's funny when you start really thinking about this, about the wheels and how we evolved in this way, slowly but surely. Not so much now.

**Steve:** Yes, very interesting, and we can unpack that a lot further, actually, by just looking at the patterns in the spiral of human evolution and how we move. We have this polarity where we go through times of being themed around community and feminine issues, and then we swapped back to the other side of the brain in terms of dominance and we centred around masculinity and individuality. That itself is a spiralling process that we swing from one side to the other, from an emphasis on left-brain and emphasis on right-brain as we go up through the spiral and up through those different stages or layers of consciousness.

**Nyck:** As you were speaking there, I just closed my eyes here in the studio and recognised how that's a process in a sense, if you're conscious enough, on a day-to-day basis. We move between these poles to some degree—inner and outer expression of the masculine and feminine, if you will; the spin in the stillness.

**Steve:** Yes, and because, in the first six layers of consciousness, from Hunter-Gatherer right through to the emerging Relativistic which is just unfolding at a global level now, we're inevitably immersed in one or the other: in the left-brain or right-brain perception and reality. We do swing and shift and change throughout the day even, as we go into different life conditions, but we're unconscious of that, really, until we transcend this imbalance of shifting left and right and we can look back at it and then, of course, we become aware of it.

**Nyck:** And of course, in the layer or the level of beingness that we've been in for quite a long time, that shifting from one to the other is probably quite functional in a way.

**Steve:** Well, it has been.

Let's quickly look at the different layers of consciousness and how they relate to this particular dynamic. So we've got this left- and right-brain bias as we move through, and this applies, as much of what we say on this show does, to you personally and also to our species on a global level and everything in between; it's both personal and global, like a fractal pattern. The masculine eras which started the Hunter-Gatherer layer—that's Layer 1—and then the third layer, which is a Martial or Egocentric way of living; and then the fifth layer, which is our Modern Scientific-Industrial—they're all coming from a left-brain bias and they tend to all be about motion and shifting our centre. So if you think about hunter-gatherers, they roam across the land, right? If you think about martial, it's all about conquering territory and moving—and the extreme example of that, of course, is Genghis Khan who conquered much of the planet, actually.

**Nyck:** And left a great deal of progeny, which you may be one of. I might too.

**Steve:** Exactly. And then in the fifth layer of consciousness, the Modern era—the next masculine left-brain oriented era—of course, we left the planet and went to the Moon. It's been very much about motion, and from what you were saying about the history of the wheel, the wheel seems to have emerged during a feminine era, which is quite interesting.

Those masculine eras are really about shifting our centre, and when you shift your centre, you get off-balance usually, right? If you're trying to stand still, or dancing or something like that, and you lose your centre or your centre moves, then often you'll be off-balance.

**Nyck:** Unless you take everything with you which is often exactly what people are trying to do.

**Steve:** Well, that is the exact result of moving your centre. You get an expansion of the area that you cover, right? So these masculine eras—the Hunter-Gatherer, the Martial, the Modern era—have been very much about shifting our centre, getting off balance, but in the process, expanding our reach.

**Nyck:** Because it can be very creative and inventive to get off-centre for a moment. It can stimulate new ideas.

**Steve:** Exactly, and that's where most of the change and growth and expansion comes from in an external way. Then, if we look at the feminine eras, they tend to be about re-centring and rebalancing. So we've got the Traditional-Tribal, the second layer, which was all about family and tribe; we've got the fourth layer, which was when the Agricultural Revolution happened, which allowed us to come together and live in larger groups and centre ourselves in towns and cities.



**Nyck:** And that's like the centring of the heart isn't it? Because once you form a coherent community, that's really a heart energy; heart space.

**Steve:** Absolutely it is, and I'll talk a little bit more about that in a minute.

Whereas the Tribal was centred around family or tribe, the Agricultural was centred around ethnicities. This is where we got the idea of cultures: belonging to different ethnic groups and those sorts of things. Then the sixth layer, the Relativistic era which is still just emerging for many, many people on the planet now, is re-centring us again, but this time on the whole of humanity. So humanity is our centre reference. Each of these feminine eras has brought a certain balance and stability after the motion and the unbalancing of the masculine era.

**Nyck:** Yes, that's very true, isn't it? That's great. So we're moving into, hopefully, a more balanced and sustainable and coherent space, and yet it's a transition anyway, to the next level, but maybe we'll come back to that a bit later.

**Steve:** It is a transition and also a re-centring of our perspective. It's important to remember, too, that these layers of consciousness are nested inside each other, so we don't lose them; they don't go away. All of those previous perspectives and centres are there and they're available for us to move between as we need to in order to cope with the life conditions.

**Nyck:** Yes, beautiful.

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**Nyck:** Now, we're talking here about the centre of things and spin, and the spin from that.

**Steve:** We are indeed, and there's plenty of spin around these days, isn't there? We certainly seem to have an excess of spin in the world right now.

**Nyck:** We'll probably come back to that a bit later, if we get some time today, but we're talking more theoretically at the moment.

**Steve:** Yes, we're talking about human development and spin.

We just mentioned this bias of left-brain/right-brain, which happens as we progress through the first six layers of consciousness, starting with a left-brain bias in the first layer and then alternatively going left, right, left, right, left, right, as we go up the spiral of human development through the sixth layer. Then, of course, between the sixth and seventh layer, something quite remarkable happens, and that is that we transition through what seems to

be—and it promises to be—the largest change that's ever happened to human consciousness. We're shifting to what, in Clare Graves's work, was termed the Second Tier of consciousness, and from Layer 7, we seem to have the capacity to perceive the spin as we look back down the spirals. For the first time, we can see and clearly identify this left/right-brain bias which we've had in practical terms through interacting with other people.

What I want to do is just talk through the progression from the fourth layer of consciousness, which is the first heart opening—the first opening of our centre—and through to that brain synchronisation which occurs in the Second Tier, and just briefly explain my understanding of it. This doesn't come from Clare Graves's work; this is a composite of stuff that I've put together from various sources.

The layers of consciousness in Graves's model can be equated to the chakras, so the fourth layer of consciousness, which equates to what happened when we had the Agricultural Revolution—we came together and, because we could grow crop on a large scale, then we could live in larger towns and cities and in doing so, we had to change our values to allow us to do that. That required a transformation of consciousness which took us out of our Layer 3, wild and impulsive way of living, through to the fourth layer which brought a discipline, a centring, an opening of the heart, and a capacity to relate heart-to-heart with a second person.

**Nyck:** Or, at that fourth layer, relating heart-to-heart, perhaps to a Godhead or to a representation of a God within a religion. There also seems to be that element. The higher love is actually for the God, or for Jesus, or for Allah or one of the others.

**Steve:** That was absolutely a characteristic of that particular layer of consciousness. It's where all of our major religions were born from—this sudden perception or realisation of a Supreme Other—and I'm sure that in some way that was part-and-parcel of our own opening and greater awareness of our own heart and the capacity to connect with the heart of one other person in that first-person/second-person manner.

Anyone who's studied the chakras would probably know that, in physical terms, the chakra energy is centred around a gland within the body, and of course, the fourth chakra is the thymus gland in the chest. Coinciding with that time in history, if we look at our species development, was the invention of the wheel. So, in opening our own centre for the first time, we also open to this idea that we could use the centre of something like a wheel for good purpose. That transformed the world amazingly, and what a remarkable time that was for humanity, that we simultaneously opened our heart and discovered this kind of technology which allowed us to do all sorts of amazing things, and arguably, for the first time on Earth, to use that dynamic of spin to move ourselves through space over time.

**Nyck:** Indeed, we certainly have done that.

**Steve:** Yes. This fourth layer of consciousness was a feminine-oriented, communally-oriented way of living. When we transitioned beyond that, we moved from right-brain dominance across to left-brain dominance in the Modern masculine-themed era, the fifth layer of consciousness.

**Nyck:** And just to clarify for those who aren't aware, the left-brain controls the right side of the body and vice versa: the right-brain, the left side. So traditionally, as Steve was saying, the left-brain is actually the more masculine or mental side, and the right-brain is more of the left or the feminine side, to put it very simply.

**Steve:** Yes, the left-brain tends to look at details and pieces, whereas the right-brain is very much about the connection of things and the larger picture. In the fifth layer, the Modern Scientific-Industrial era, that, of course, equates to the fifth chakra, which is the throat chakra and is centred around the thyroid gland, and interestingly, one of the things that it produces is a particular hormone called thyroxine, which moderates our rate of metabolism. I strongly suspect that's why it's been such a busy, active time in the Modern Scientific-Industrial era. Our metabolism has probably been accelerated by a change in that particular hormone, and probably others as well, because of our centring around the thyroid gland.

Graves did a very small amount of research around trying to equate hormones—neurochemistry—to the different layers of consciousness; very, very superficial stuff, but enough to at least point to the fact that there's a connection there somehow.

**Nyck:** Yes, and I think that's part of the evolution we're at right now: the greater, deeper appreciation of exactly that; that organically—and more than organically on a metaphysical level—we are connected to all these forces in various ways, and we are part of those forces and we are a representation. We are a smaller—or larger—force. We supposedly sit, as Nassim Haramein talks about, in exactly the centre between the smallest thing that we know and the very largest thing that we currently know, which is pretty interesting. In some senses, we are the hub of everything—let's be anthropocentric about it for today.

**Steve:** We are actually in the centre of our own universe. In fact, I've got a quote from him here—nice little segue there. Let me read it.

This is a quote from Nassim Haramein on stillness, and it goes: "In an infinite fractal of rotation, how do you define the center? Every point is the center. You are the center of the universe observing the universe from your very own center. Whenever you pick a point of observation in the fractal, that point becomes the center from which you're observing the universe." So it's no surprise, then, that he's worked out that 'well, look, we look like we're at the centre of the universe on this graph'.

Back to his quote: "That point becomes stillness. Why stillness? Because in that point now, all the spins of the universe cancel out. You need stillness to have a frame of reference for rotation and that's how singularity occurs. Singularity is the point at the center of your

experience of the universe. That is the point of stillness from which you're observing the universe." Beautiful work there from Nassim.

**Nyck:** Actually, I have a piece in front of me from [www.lifehack.org](http://www.lifehack.org), from just a week or two ago. It's entitled, *Science Says Silence is Much More Important to our Brains Than We Think*. I think we see this rise in mindfulness and meditation generally, and all those sort of practices which are seeking to bring us closer to stillness which is part of that evolution of Layer 6.

**Steve:** Coming back to our centre, of course, because we're moving back to a feminine paradigm.

**Nyck:** And this is really important, folks, to see the trends in society. They actually point to things that are evolving or changing within us, somewhere.

**Steve:** Of course, and when I'm using the terms masculine and feminine, it's a broad generalisation, of course. We are fractal beings and we all have both masculine and feminine elements within us.

Back to this Modern Scientific-Industrial fifth layer—masculine. It seems to have put the world out of balance, and of course, there were some famous movies made about the world out of balance, weren't there? Also, it's interesting just to look at how our understanding of this concept of spin and centredness changes as we move through this layer of consciousness. In the fifth layer, it's like we pushed out from our centre in this process of growth that comes through the masculine-oriented layers—this excursion; expansion outward, and bringing of change to the outside world—and in the process of doing that, we gained a deeper understanding of spin. We started to understand spin in the context of the orbit of the Earth around the Sun and the Moon around the Earth, and through that deeper understanding of spin, it allowed us to fire a rocket off and go take some people to the Moon and come back successfully. That is really quite a task when you think about the fact that our whole solar system is spiralling through the galaxy, we're spiralling around the Sun, the Moon is spiralling around us, and all of the mathematics that you need to figure out how to actually shoot something off a spinning earth and land it in the right place on a spinning moon. It is quite interesting.

**Nyck:** An old teacher of mine used to say—using the example of what you said about shooting a rocket to the moon and that sort of mathematics you're talking about there—you're not going to be perfectly accurate, so it's all about creating and adjusting, create and adjust. You create what you can do, then you fall off slightly, you realise you're off target a bit and you have to adjust something. You tune it finer and then you get there.

**Steve:** Absolutely, and *Apollo 13*: great movie if you want to look at those difficulties they had adjusting their spacecraft.

**Nyck:** I suppose that advanced math that you're talking about is perhaps why some people don't believe we did go to the moon, because maybe it was just too complex for some people to imagine that we could actually do that.

**Steve:** I'm sure it is too complex for some people to understand, for sure.

So that was the fifth layer, and now, many of us have already transitioned into the sixth layer of consciousness. Much of the world is in progress or yet to make that transition. It all comes back to the complexity of life conditions—we require a certain complexity of life conditions in order to support that transitioning process. As we move through this sixth layer of consciousness, which, of course, is related to the sixth chakra, centred around the pituitary gland in a physical sense, we begin to open the heart for a second time. This is still something that I think we're discovering and learning about as a species.

I'm looking for more information on this. If anybody out there has any more information that ties the physical development of the human body with the heart-opening process in conjunction with the emergence of this sixth layer of consciousness, I'd love you to send it to me: [Steve@futuresense.it](mailto:Steve@futuresense.it). It would be great to add to this body of knowledge.

So, in this globally-networked era where we're networking ourselves together around the planet and in the process, we're gaining the capacity to, in a mental sense—in a heart sense—imagine and experience what it's like to be at someone else's centre. There we have an expansion of this understanding of centring and spin again—an expansion of that as we go through the six layer—and once we get into that sixth layer, we can truly perceive what it's like to be at someone else's centre. That's a very, very important thing, and that, in itself, will transform our world and ourselves.

**Nyck:** It's a higher expression of the expression we use quite often on this show: 'the wisdom of the moccasins', to step and be in someone else's shoes. This is actually even more evolved, you could say, in actually being able to feel another person's heart, and to know that heart from within yourself. Is that the definition of empathy we're talking about?

**Steve:** Well, I think it is. I think it's one and the same thing, just described differently.

If we look at these even-numbered feminine-themed layers of consciousness, we can see that each one has allowed us to find stillness together with other people: at Layer 2, stillness within a tribe of people and peace within that; in Layer 4, stillness within a town or a city—a larger group; and then the sixth layer is bringing the capacity to find stillness at a global level, and global peace which is the promise of this unfolding layer at the moment.

**Nyck:** We do like to be positive here on this show about the future because we do believe we are actually going to evolve into a much better or greater species; a species that's capable of being mature enough to perhaps enter the cosmic community, if you will, to take it a bit further out there.

**Steve:** That's true, and it's also true to say that there is a form of utopianism which comes with this sixth layer of consciousness; this discovering that we can actually do that and then imagining that if everybody did it at once, then we would have a utopia. The thing that complicates that, of course, is that not everybody is moving through these layers at the same time. People are stretched out across the continuum of that spiral of growth, just to make things a little bit more complex and more challenging.

**Nyck:** I think it's important because, here on this show, we're not claiming that that we have the solutions. Clearly we're coming from a place that's embedded in this little bubble of this shire, with the kind of thought stuff and energy that happens here, and yet perhaps we are really genuinely on a cutting edge in this region. Perhaps genuinely we are beginning to exhibit and start to employ different ways of being with each other and different ways of being in the world. Not just at this place, of course, but I like to call Byron and similar places in the world, 'G-spots' ... just to get you out of bed, get your breakfast going there.

**Steve:** I must admit, I experienced some culture shock on the weekend, Nyck. I went shopping on the Gold Coast, believe it or not, and I stumbled into this store which, if I remember rightly, was quite appropriately called *Culture Kings*. It was selling all sorts of trendy clothes with logos and banned slogans and stuff on it.

**Nyck:** And it's looking great on you, too, I might say.

**Steve:** But it was like going to another country. The whole store was fitted out with, you know, black floors, black walls, and then these massive video screens sat in behind the products on shelves, with all this music pumping.

**Nyck:** Yes, you showed me photograph of it. Quite extraordinary.

**Steve:** It was very, very different.

**Nyck:** Garish. I mean, to me that sort of thing is like the last gasp of this decaying and dying era where everything has got to be so bright and full-on and intense in order to try and

capture attention because attention is very hard to capture these days. There's so many things to put your attention on.

**Steve:** That's true, and also, from a technology point of view, it was like an early taste of how things might be in the future with all of these massive pictures. I mean, a whole wall was just a big screen with a picture and a video playing behind products being displayed, so getting into an augmented reality kind of situation.

Just before we take a break, I just want to mention one more idea here, and I'll go beyond the sixth layer of consciousness. We just spoke about that and how it's taking us to a point where we can put ourselves in someone else's centre and actually directly experience that in various ways—emotionally and mentally—and bringing the promise of stillness at a global level.

When we come back from a break, I will talk about the transition into Second Tier and what that means, but I just want to point to something that I've certainly heard Nassim Hamein mention, and that is the likeness between the experience of love and the science of gravity. Both of these things are moving us towards a singularity: that spiralling or spinning inwards towards the centre. Whether it is looking at this strange phenomenon that keeps us planted on planet Earth as it's spinning around through space where you don't have to worry about flying off the earth most of the time; and also this strange attraction that we have called 'love', this sudden feeling to want to move towards somebody and to merge our centres, to find that shared singularity. They may well turn out, as our understanding of physics and science expands, to be the same thing.

**Nyck:** Indeed, and I think a lot of the work that many people do in self-development and looking inside and looking at better ways to, I guess, clean the washing machine so it spins in a coherent manner rather than wobbling everywhere; to move the dross out of the way, I guess, of a natural and easy spin that perhaps we're all not just capable of, but that may be our true heritage somewhere inside ourselves.

**Steve:** Our potential, yes.

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