Partake in reality as an actor in a theatrical play: with attention, dedication and an open heart. But never believe yourself to be your character, for characters spend their lives chasing their own shadows, whereas actors embody the meaning of existence. --Bernardo Kastrup

A Dialogue on Consciousness

Bernardo Kastrup is a scientist and philosopher, Swami Sarvapriyananda is a Hindu monk. In this wide-ranging conversation they dialog on Eastern and Western concepts of self and mind, a conversation, "worth watching simply for the extraordinary clarity with which both men articulate a deeply complex concept. But perhaps the most profound point is made by their evident mutual respect for one another. This is a touching exploration of a vital topic and feels particularly important, even nourishing, in the current context of persistent and divisive rhetoric across so many platforms of expression."

Be The Change:
If inspired, this week engage in dialog with someone whose life experience, background and beliefs differ significantly from your own. Notice what opens up in your own understanding and perception.