

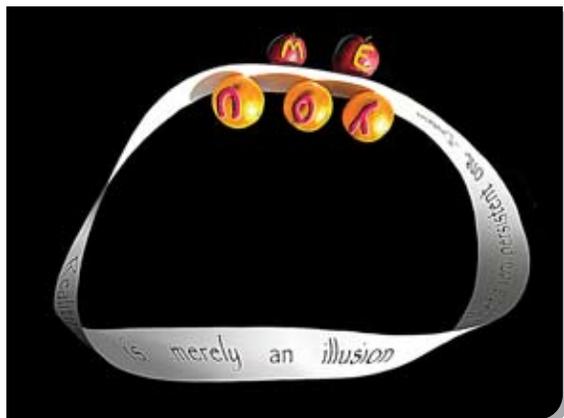
Mobius Trip

Rest Fully Present

DONALD B. WEAVER, Ph.D.

Reality is merely an illusion, albeit a very persistent one.

– Albert Einstein



Mobius Trip, giclee print, Donald B. Weaver

A regrettable fact of the human condition is that when we perceive other people and groups, we accentuate difference over sameness. Our brains are hard-wired to label others as different, to judge them unfavorably, and to justify our perceptions with unflattering stories about them. These unchallenged perceptions constitute our “reality” of other people.

This is regrettable on two counts. First, all the labeling, judging, and storytelling creates needless disharmony in our relationships and in ourselves. Second, our presumption that we and others are fundamentally different – *as different as apples and oranges* – has no basis in fact. It’s illusory.

Irreconcilable differences! We’re not on the same page! We’re poles apart! are the slogans of people in dispute and – on a more vilifying scale – the battle cries of warring religious groups, ethnic groups, and national groups. The persistent illusion of difference underlies much of human pathology and suffering.

The real voyage of discovery consists not in seeking new landscapes but in having new eyes.

– Marcel Proust

A better way of seeing things can be illustrated with a Mobius strip. To construct one, twist one end of a strip of paper one half-turn (180°) and attach it to the other end with tape or glue. Despite appearances, you’ve created a *continuous, one-sided* surface. To prove it to yourself, draw a continuous line on the strip, and you’ll see that it’s true: the line eventually merges with itself. Your strip of paper has only one side.

In consequence, objects which appear to be on opposite sides of the Mobius strip – such as the apples and oranges in the picture above – are actually *on the same page*. If the apples were to take a trip around the strip, they’d eventually merge with the oranges. Despite appearances, the apples and oranges share a spatial togetherness or unity. Despite appearances, people (“me” and “you,” as well as “us” and “them”) share a vast, indwelling spiritual unity, the reality of which can be perceived if we’re willing to look, as Marcel Proust advises, with “new eyes.” We’re all in this together.

The best time to see sameness more than difference in people is NOW – not in the past and not in the future. Here and now, accept and transcend your petty, hard-wired tendencies to label, judge, and tell stories about individuals and groups. Be a spiritual being having a human experience – with all its foibles – to dispel illusions of separateness. Here and now, choose to see and embrace a world of oneness within, where all of us are as *similar* as apples and oranges.



What lies behind us and what lies before us are tiny matters compared to what lies within us.

– Ralph Waldo Emerson

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Information concerning *Mobius Trip* and Dr. Weaver’s other artwork may be found at dbweaverstudio.com.