

Until we think in the opposite way, we can't take in the full essence of reality.

# Our Minds Are Part of a Greater Consciousness

An interview with Dr. Larry Dossey about his new book, 'One Mind'

By Frank Lipman

I am honored to interview Dr. Larry Dossey about his new book, "One Mind."

Dossey is one of the fathers of the holistic medicine movement and a mentor of mine.

**Dr. Frank Lipman:** What is your book about?

**Dr. Larry Dossey:** It's about the nature of our mind. I show that our mind is not confined to our brain or body, as we've been taught, but it extends infinitely outside them. Our minds have no boundaries or limits, so they merge with all other minds to form what I call the "One Mind." This greater mind appears to be boundless in time, so it's immortal and eternal. It's also a source of great wisdom and creativity. This picture is based on many lines of evidence as well as a variety of people's experiences, which I explore at length in the book.

So, basically the book is about the size of our mind—whether it is small, medium, large, extra large, or even infinite in extent.

It's about how our individual minds are not just individual, but connected in the One Mind.

It's about our relationships—how our minds are connected with one another and with all of life on earth, and why this is crucial for our survival.

I'm saying that you, your spouse, children, siblings, your lover, your ancestors, your descendants, even your mother-in-law, and your dog and cat, are all members of a larger consciousness: the One Mind.

During the 20th century, we took the mind apart. I'm putting it back together.

We've been taught that our mind is fragmented, that it is divided into the preconscious, the subconscious, the uncon-

scious, and the collective unconscious. This book looks through the other end of the telescope. It shows that our individual minds are part of a greater whole, a dimension of consciousness that encompasses all minds—past, present, and future, human as well as nonhuman.

**Dr. Lipman:** You're a physician. Does this have anything to do with your interest in the One Mind?

**Dr. Dossey:** Yes, definitely. During my early career as an internist, I experienced several events that turned my views of consciousness upside down and inside out. I found these experiences unnerving.

I was a typical believer that mind and brain were essentially the same. But when I began experiencing precognitive dreams, gaining information from the future before the event happened, I began to question the dogma that says these events can't happen. It wasn't just me; my patients, as well as nurses and other doctors, shared similar experiences with me.

In the late 1980s, experiments began to be published in medical journals assessing the impact of healing intentions and prayers on the clinical course of patients in distant hospitals and coronary care units. Similar experiments were done on nonhumans and with organs and cells. These experiments strongly implied that our mind is not confined to our brain. Our intentions, thoughts, and wishes can reach out beyond the body and make a difference in "the world out there."

Several evaluations of this field have been published, called systematic or meta-analyses. This is a way of combining the results of many studies in order to take an overall look

at a particular field. Many of these analyses have been published in peer-reviewed journals. Most of them are positive, indicating that these effects are real. Still, they have not penetrated our awareness as they should.

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Larry Dossey, MD

It is vital to realize—and this is almost always ignored by skeptics—that scores of these experiments deal with effects not just in humans but in animals, plants, microbes, and even chemical reactions. Why important? Skeptics generally say that if a person responds to, say, the healing intentions of a distant individual, it is merely a placebo effect—the result of positive thinking, suggestion, or expectation. But if an animal, plant, microbes, or biochemical reactions are affected, the distant effect cannot be dismissed as a placebo even because, as far as we know, animals, plants, microbes, and chemicals don't think positively. They don't have placebo responses. So these nonhuman studies strongly suggest that the remote, distant, consciousness-mediated heal-

ing effects and similar nonlocal phenomena are real, and that we are not fooling ourselves.

Only by realizing, at the deepest emotional level, our connections with one another and the earth itself can we summon the courage necessary to make the tough choices that are required in order to survive.

These various experiments point toward the One Mind. They show that some aspect of our consciousness operates outside the human brain and body, and cannot be confined or limited, but is nonlocal or limitless. And if limitless, the mind has no boundaries and must come together with all other minds.

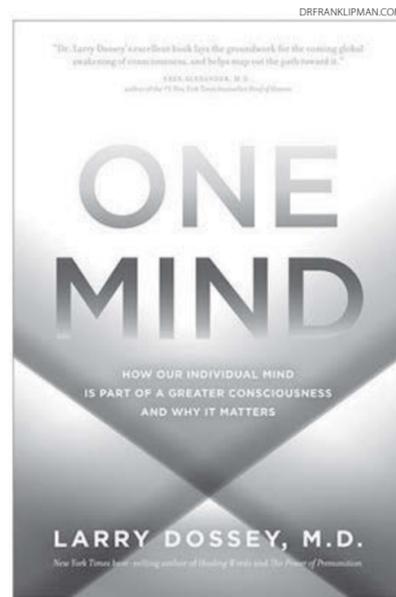
**Dr. Lipman:** Why is this important?

**Dr. Dossey:** This realization is our best hope for our survival on earth. Only by realizing, at the deepest emotional level, our connections with one another and the earth itself can we summon the courage necessary to make the tough choices that are required in order to survive. So this book is about staying alive—saving the Earth and our own skins.

Alice Walker said, "Anything we love can be saved"—including, I suggest, the earth itself, ourselves, our children, and generations yet unborn. The One Mind facilitates our connectedness and oneness with all else, therefore our love for all else. The One mind helps us re-sacralize the world.

How do we know the One Mind exists? Hints of our One Mind are all around us. This is not mere philosophy. From time to time, we all experience events that make sense only if we are connected with one another mentally.

The love of a mother for her baby is a study in oneness, in which boundaries and isolation are overcome. Anyone who



"One Mind" by Larry Dossey, M.D.

has been deeply in love experiences the same thing: a fusion of two people in which the concept of "the other" is set aside. The recent explosion of interest in genealogy, the study of one's family origins, can be seen as attempt to restore connections and a yearning for oneness.

Moreover, people often exchange thoughts, emotions, and even physical sensations at a distance. This is particularly common between people who are emotionally close. The classic example is a mother who "just knows" that her child is in danger, even though far away—as if the mother and child have a common mind, a common consciousness.

Another example: People often acquire knowledge of things in ways that are inexplicable. For example, the great inventor Thomas Edison once said, "I have never created anything. I get impressions from the universe at large and work them out."

Another example: Savants, who are often profoundly mentally handicapped, cannot read, and are incapable of learning, demonstrate detailed information they could not possibly have learned. Where does it come from? I suggest they connect with a reservoir of wisdom that is the One Mind.

People frequently have detailed dreams of future events, which I devoted an entire book to, "The Power of Premonitions." Near-death experiences (NDE) are a portal to the One

Mind. Ten million Americans have experienced an NDE. The hallmark of the experience is a sense of oneness with all there is—an awareness that is so profound that their life is transformed after recovery.

I discuss a huge variety of experiences of this kind. There simply is no way happenings such as these can be explained by our conventional view that our mind is confined to our brain, that we acquire information only through the physical senses, and that our minds are separate from all other minds. Some larger view of consciousness is required—what I'm calling the One Mind.

The evidence shows that our mind is not limited to our brain and body. And if it is not limited or confined to specific places in space, then our individual minds must in some way come together—again, I suggest, in the One Mind.

The benefits are enormous. If our individual minds don't have boundaries and mix with all other minds, this means we have access to all possible wisdom and creativity. And since the One Mind is infinite not just in space but also in time, it must be, in some sense, immortal. So the One-Mind view provides us indirect assurance of the survival of bodily death.

Originally published on DrFrankLipman.com. This article has been edited for length. To read the entire article, see [bit.ly/1De7KS0](http://bit.ly/1De7KS0).