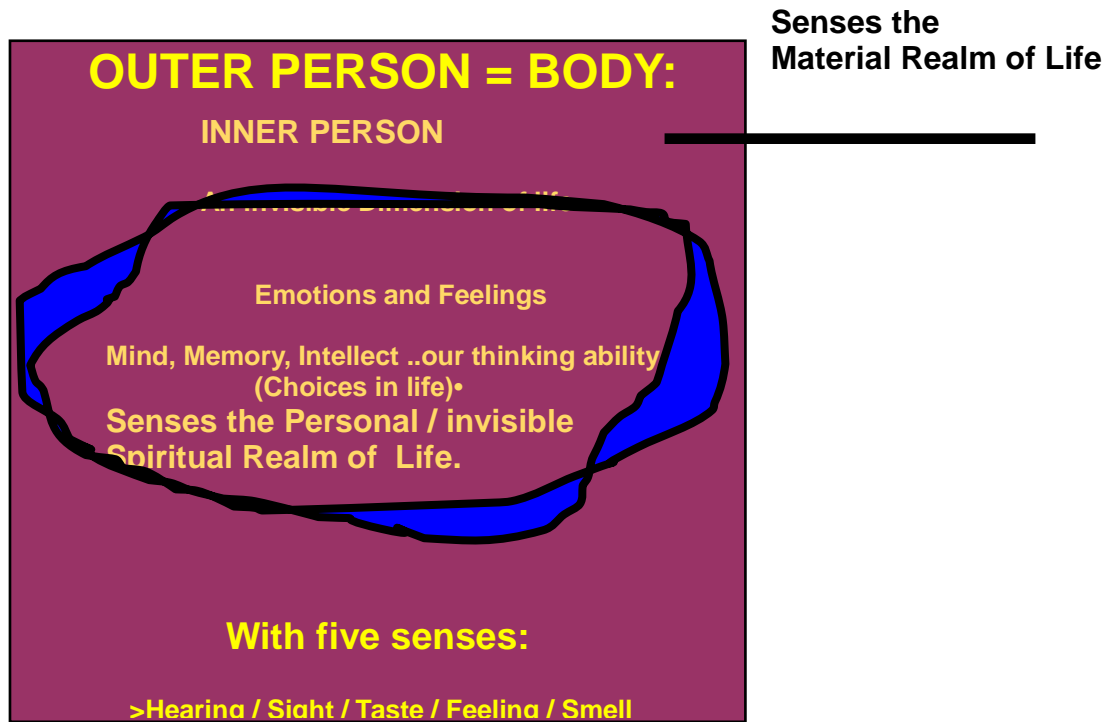


# ...The Sustainable Life ... for a life of wholeness

## Our Nature of Being

You are not defined by a label on the outside but what you are on the inside. Diagrammatically, I illustrate it like this:



It is the sum total of your attitudes to life, your feelings about life, your thinking ability, your wisdom in life and your ability to see or be aware of a whole unseen spiritual dimension of life beyond you of which you can be part of. In the end, you can treat problems as tombstones or stepping-stones .... whatever you want. Circumstances are in charge of you or you are in charge of circumstances.

All of us have experienced the unsustainable life. We are all journeying to a more sustainable life For a recovery from a disabled inner or outer life, it involves a wholistic approach to life whereby you recognise the following framework:

- **Outer Person (Body)** ... five senses ... senses the material realm of life
- **Middle Person** ... mind, will and emotions ... senses the personal realm
- **Inner Person** ... senses the spiritual realm of life

I have started the following three e-mail broadcasts as I have many hundreds of people online:

- **My personal experiences website:** [www.kenaitken.net](http://www.kenaitken.net) .This website is used to personally stay in touch with hundreds friends and associates around the world. I frequently send out our personal experiences photos and then links to the website posts.
- **New Earth Community.** This is a global Christian Cyberspace Community: <http://www.newearthcommunity.org/>  
This community includes many Christians around the world who have a Christian Spirituality. I often send things out that reflect this Christian Spirituality. This community is meant to bring a new sense of belonging with the real discovery or affirmation of identity through the Sustainable Life.
- **Brain Injury Community (BIC):** <http://www.braininjurycommunity.wordpress.com/> is for Brain Injury People. I help facilitate this community as an international website. It initially started in late 2001 as a Google blog site. The dominant theme of the Brain Injury Community is: 'Becoming a Brain Injury Thriver and not just Survivor'.This is in contrast to the motto, "Victim, Survivor, Over Achiever".

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## **A Change In Philosophical Direction ..... The Splitting of the Worldview on the Universe:**

If you wish to understand a culture at any time in its history, you need to understand the flow of philosophical ideas that have given expression in that culture. People act out their worldview in practical ways in relationship to what they believe. It is the same in our western culture ..... where have we come from? Why we do what we do compared to another culture? To understand this, we need to look at the historical source and the consequential flow of ideas from that source.

In our western culture in the twentieth century from around 1940's (The Second World period), there have been major philosophical changes. Almost overnight, our society moved from what has been called the 'Modern' Period of Life to the 'Postmodern', a move which was away from an emphasis on scientific, verifiable facts to one of seeing personal experiences as the key to identity. People are now increasingly exploring the intuitive side of our being instead of being purely rational. This is the ultimate philosophical origin of the burgeoning New Spirituality Movement. People are searching for something in the Post-modern Period that they found greatly missing in the Modern Period of Life and that is the development of a new humanity with a holistic approach to life.

Out of this ongoing philosophical flow have come some significant changes in the way the world is looked at and experienced. Two patterns of thought are running concurrent with us today in our Western Culture. There was a change from a Mechanistic Universe worldview leading to a Mystical Universe worldview which is filling the vacuum of rationalism of the Modern Period. This has further led to the New Spirituality Movement which has led to an open general awareness of the spiritual dimension of life.

The essence of this new holistic emphasis is on spirituality ..... seeing life from a different vantage point. Our western culture is now searching for an authentic spirituality which will

give us compassion and meaning to life that is far more than words and good intentions. Where we find ourselves today culturally is the confluence between these two periods of life:

- **1. MODERN PERIOD:** Rational, logic dominating, use of scientific experiments to verify evidences for ideas.
- **2 POSTMODERN PERIOD:** Acceptance of the non-rational side and spiritual side of our being .....experiences are valid.

The rational, scientific model of living has shown itself to be very deficient. It resulted in a mechanistic universe which could only be understood in cold, clinical and rational terms alone. It made everything very machine like with the breaking down into separate disciplines of study, all the systems of the cosmos. The interconnectedness of all things, living and non living, was lost. I recently saw ads from the 1940's newspapers pulled from under someone's old lino, advocating at a Government level, the wonderful, beneficial advantages of DDT as a new insect spray. It was even dusted on newly arrived overseas visitors when they arrived by plane to kill harmful overseas insects eg. fleas and mites. What a great introduction to Australia!

It wasn't until the 1960's with the work of Rachel Carson in the States and her challenging book 'Silent Spring', that she began to unfold the insidious and widespread destructive chemicals in the living food systems of the country. For example, pesticides like DDT have long life times and their effect was totally pervasive.

The mechanistic cosmos worldview annulled any spiritual explanation to the cosmos. If there was a spirituality, it too was part of the machine. From my viewpoint if you see life purely in materialistic evolutionary terms and deny the non-material, these are some of the implications:

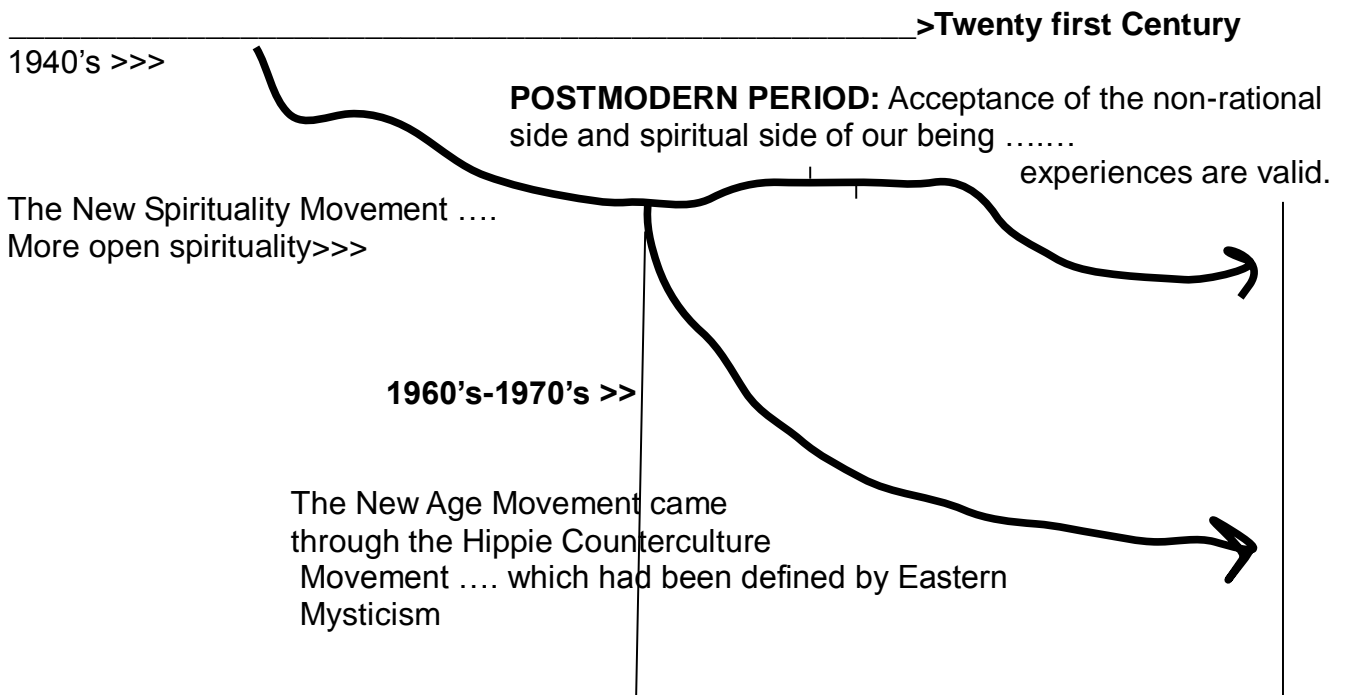
- You are here by chance today and gone tomorrow
- There is no final meaning to life as all is in a black box of despair and hopelessness with no final future. 'When you're dead you are dead'.
- There are no absolute values to guide your life. It is all relative according to the surrounding society and your own preferences
- Continuing self-focus, 'What can I get out of this for me, No. one? ie. a great self focus
- There is no difference between the impersonal nothing of the universe and the personal something of the Universe. They are both the same
- If this is the final viewpoint, then why keep going? Why not end it all? We are no more than animated mud with this view.

At the same time, a lot of good did come from the mechanistic / scientific approach to the cosmos. Without it we would be at the mercy of ravaging plagues like bubonic plague of past centuries. The numerous diseases would still be rampant and we would still be in a subsistence economy with poverty and ill health for many. The flaws in this approach was a lack of connectedness between science and mankind's intrinsic nature.

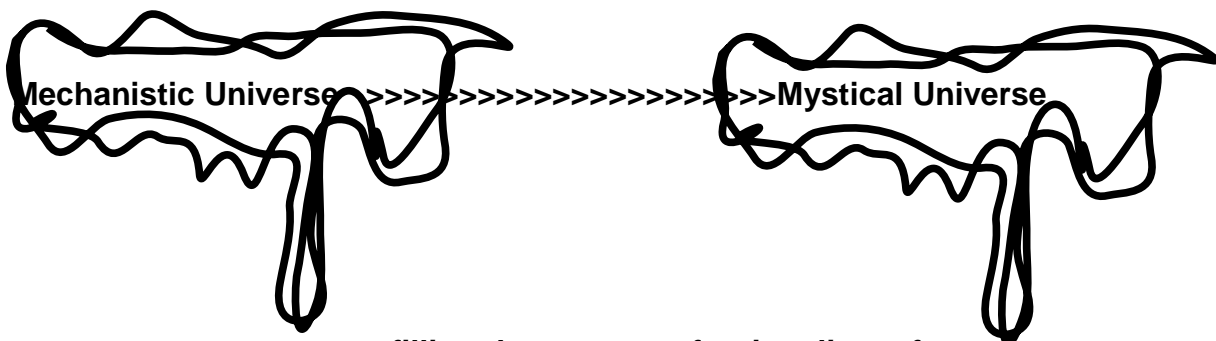
It is with this failure of the Modern Period to find holistic answers to the whole of life, that the Postmodern Period commenced. From this period has come a new emphasis on wholeness as expressed through spirituality. The New Spirituality Movement came into being. As a forward cultural movement, it is the natural result of the Post-modern Age. It is linked in the

following manner illustrated diagrammatically below:

**MODERN PERIOD:** Rational, logic dominating, use of scientific experiments to verify evidences for ideas.



**Conceptual Diagram:**



filling the vacuum of rationalism of the Modern Period >> New Spirituality.

**MODERN PERIOD:**  
Rational, logic dominating, use of scientific experiments to verify evidences for ideas.

**2<sup>nd</sup> World War**

**POSTMODERN PERIOD:**  
Acceptance of the non-rational side and spiritual side of our being

Historically, there came about a split between the spiritual and physical worlds. This came about many centuries before through two men who arose in similar times but in different nations.

**Buddha** (563- 483 BC) In India so was in the Eastern World .... broke with the idolatry of Hinduism:

- Philosophy .... .denied most of life good and bad
- Endeavoured to find enlightenment and the ultimate dissolution of the soul in an eternal spirit realm
- In and around the mid 1940's there comes a philosophical change in how the world is viewed
- There was change from Mechanistic Universe worldview leading to a Mystical Universe worldview • Becomes in 20/21 st Century the derivation for the New Spirituality worldview present in the Western World

**Plato** (427- 347 BC) In Greece which was in the Western World .... Broke from (or more accurately disregarded) the worship of the Greek Pantheon and like Buddha, moved his focus away from the present life to a more spiritual realm. Both split the universe with their ideas. They each had an Upper Storey of spirituality with a Lower Storey of the material dimension. The Upper Storey of spirituality was far more important than the Lower Storey of the material dimension. It was a very dualistic system of belief.

After the second and third century, in the Western world, the Christian Church became universal and was profoundly influenced by Plato and gave rise to Neoplatonism. This change affected the Western World long-term till now through following set of sequences: See the diagram over page.

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## The Church Sequence:

1<sup>st</sup> and 2<sup>nd</sup> Century

Century 3<sup>rd</sup> Century >>>> Plato predominates and affects Western World long-term

The early Christian Church started with a Hebrew worldview .... This view was very holistic

The Jewish Christian Church becomes a Gentile Church

- Some Gentile Converts were steeped in Greek Platonic philosophy
- These Gentile Converts influenced the future of the Christian Church
- The Church becomes the gateway to God and the spirit realm
- The priest represents this removed spirit realm
- The Church became the gateway to Heaven with the Church very much at the centre
- The Church: The priest + the mass + sacraments = The way to Salvation into the spirit realm

These were the key mediators. There came about a separation of common life from the spirit realm. This view increasingly became the status quo across Europe. It extinguished the lamp of Celtic Christianity in Ireland and Britain it forcibly caused the abbeys and churches to become part of the Holy Roman Empire ..... see the following websites:

- <http://earlychurch.com/celtic.php> (Celtic Christianity)
- [www.iona.org.uk](http://www.iona.org.uk) (Celtic Iona Community)
- [www.esatclear.ie/~dougheff](http://www.esatclear.ie/~dougheff) (Celtic Prayer Centre)

A marriage of Rome and Empire led to:

- Launching of the Crusades
- Saved Europe from Islam
- Made the nations and rulers subservient to the Pope under the threat of excommunication

## Neoplatonism at work in the Church

**God in the Spirit Realm:**  
the perfect realm .... forever removed from life the ideal dimension found in the eternal realm .... Detached from the temporal .... Known only vaguely through concepts and possibly available after death.



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This view was promoted by the Catholic Church across Europe. Philosophically, this view had a Upper and a Lower Storey. This view was gradually transformed over time and effected the Western World long-term till now: The Modern and Postmodern periods were the consequence in present times.

Through Thomas Aquinas, the Catholic theologian in the 13<sup>th</sup> Century (Medieval Period), this split universe was redefined whereby:

- The Upper storey is called '**Revealed Theology**'
- The Lower storey was given over to reason (from the influence of another Greek philosopher in Aristotle) ..... now called '**Natural Theology**' .... Reason alone could discover this area
- The new emphasis on 'Revealed Theology' and 'Natural Theology' gave rise a renaissance of art and literature in the 14<sup>th</sup> Century. Humanity was freed to use reason to discover the world independent of the church. Church could be preoccupied with the Upper Storey which is taken care of by the priest, the mass and the sacraments. In the Lower storey, artisans and intellectuals were now empowered by reason. They broke free of the church and influenced much of the populace. They never came back to the church.
- **Reformation Times:** There was a revival in the study and appreciation of Greek culture and learning came about. The Bible became more readily available in the original Greek. People discovered the truths of the Bible for the first time and began to question the hold of Rome over Christendom. The Protestant Reformation of the 16<sup>th</sup> Century was just around the corner. When Luther nailed his objections to the church door in 1517, Europe was ready for change and **GOT IT!**

The Reformation put the Word of God back at the centre of the Christian Church instead of church traditions and superstitions. The church took hold of the Biblical revelation and established the preaching in the church firmly, being based on the Rock of revealed revelation. The Reformation people used reason to look at the revealed revelation. This brought an emphasis on systematic theology drawn from the scriptures. This defined the Reformed Church life and spirituality. Mostly in terms of assent and obedience to orthodox creeds and confessions. To be a church was to believe the right truths, live morally, attend

church and hear these truths preached faithfully. Within a century much of the Reformed Church descended into cold and dogmatic formalism

### The Reformation Times

Greek Study >>>>Word of God becomes available in the original language

### The Post Reformation Times

Why did the Reformed Church descend into cold and dogmatic formalism? It can be understood in terms of the Enlightenment that swept the century after the Reformation. This led to great emphasis on rationalism and the use of the mind.

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### The Sustainable Life:

This brochure started off with the title:

**The Sustainable Life ..... for a life of wholeness ....**

**Do You live a Whole Life or do you have a Hole in your Life?**

A Sustainable Life has the ability to be continually renewed and maintained everyday. There are three important components in maintaining an ongoing life. These are: Structure, Social Network and Spirituality. Each of these components act like legs on a tripod which sit on large rock near the ocean. When the storms and waves of life of life come, if the legs are strong, the waves will go over you but you will sit firmly on the rock of life. If one of the legs is weak, the tripod of your life will fall over in what you could call an Unsustainable Life. As I have a Christian Spirituality, the rock of life is God and his surety of life. Such a spirituality is central to my restoration in the last twelve years. It is a very wholistic view on the whole of life of Inner, Middle and Outer Persons (Spirit, Soul and Body).

A Christian Spirituality is built on an understanding that you and all things around you are here by a Special Creator who is the Infinite - Personal God. A Christian Spirituality is based on what God has revealed initially through His transcendent Word ..... the Bible. This tells of how Man (This is a non gender description and includes male and female personhood) was created from the earth ..... of the ground. This first earth man was breathed on by the breath (Spirit) of God and was formed in God's image or likeness. This combination of Earth Man and Spirit Man made this Man into a living being or living soul of mind, will and emotions. He didn't have an Eternal Soul that went endlessly through reincarnations into one material form after another. He became a Living Soul through a combination of Earth and Spirit coming together.

The whole of this creation and the creation of the first Man was seen as absolutely having great value. It was **VERY GOOD**. This great sense of value underlies the transcendent Word from beginning to the end from the Special Creator. The first man and woman were placed



in a special Garden to be stewards of all the Creator had created. They had a very special identity as they represented the Creator to all of His creation. This first Man and Woman were instructed to multiply and fill the earth as with the rest of the Creation. They had a continual special contact with their Creator. There was a real sense of community with their Creator with the rest of the Creation. It was all for the common good.

This Biblical record from the Special Creator, begins in Genesis. It is very important as it explains the outworking of all future history, science and of all knowledge. If you do not start here, you end up with nonsensical knowledge as talked about down further.

The Biblical record tells of how a disruption came between the first people in the Garden and their Creator. They disobeyed what their Creator had said to them through what is called 'sin' in the Biblical record. The consequence of their disobedience is in that they had to leave their special home in the Garden. Their future progeny began to see themselves as either of the earth only like the rest of the creation or they saw themselves as God as Eternal Souls that went endlessly through reincarnations into one material form after another. The Infinite – Personal God came to be seen as the Infinite - Impersonal God tying all the physical universe together ie. Pantheism.

The promise of the Infinite - Impersonal God to the first people was that He would bring about special restoration of His Creation in a new future Recreation of the whole Earth. He regarded it as still having great value. This meant that there were two groups of people .... Those who wanted to stay in community with Infinite - Impersonal God and those who wanted to be independent from the Infinite - Impersonal God.

The Biblical record tells of how it came to such a point of disruption and active opposition to the Infinite - Impersonal God, that this God brought about a huge world wide Flood in order to destroy these opposers of God. God however saved a small remnant in a family of Noah. If this world wide Flood is taken seriously into account, it changes the way we see future history, science and of all knowledge.

My friend Tas Walker is a very competent geologist who has a Bachelor of Science majoring in Earth Science with first class honours, a Bachelor of Engineering with first class honours in Mechanical Engineering and a Doctorate in Mechanical Engineering. He has a website '**Tas Walker's Biblical Geology**' where he talks at length about the Geology of the Earth:

<http://biblicalgeology.net/2006/Noahs-Flood-in-Mexico.html> . This view of life is in clear contradiction to current evolutionary views on life. He says on his website: 'I believe an understanding of the Bible has the potential to revolutionize our comprehension of geology, our heritage and our future. I believe it can have practical application in earth science and mineral exploration. You will see how a geological model can be developed based on a plain reading of the Bible'.

The Biblical record tells of how the Infinite - Personal God had an everlasting covenant. In a covenant, agreements are based on what the person has said. God is a covenant – making God and therefore, we can trust Him to keep the covenant He has made with us. God initiated an everlasting covenant when He created man in the beginning. This covenant exemplifies God's unconditional love for us, His grace and His mercy towards us.

In contrast, a contract, agreements are based on action, the other person delivering the predetermined goods. It is conditional on performance. God said He would bring about a special restoration of His Creation in a new future Recreation of the whole Earth. He

regarded it as still having great value. God initiated an everlasting covenant finally through the death and resurrection of His son Jesus Christ. He has made a way for us to be accepted for who we are and not what we have done.

The essence of a Spirituality from Jesus Christ is God coming to us in the human form of Jesus Christ. It isn't about making us so we can find God or Jesus Christ being another spiritual prophet leading us to God. God wants us to be with Him forever ..... He is passionate about us ..... He comes to us. I talk more about a Spirituality from Jesus Christ in this Blog Site: <http://christianspiritualitykog.blogspot.com/>

Jesus came 2,000 years ago to call us into a new spiritual family. This new spiritual family was called the Kingdom of God. It was a Third Alternative between the way of violence as advocated by the Roman Empire and the contemporary Jewish Religion of His day. See this Blog Site: <http://thethirdalternativekog.blogspot.com/>

God has revealed initially through His transcendent Word ..... the Bible. It was a 'True Truth' communicated by God who sees the whole Cosmos as the large picture plus you and me as part of the detailed small picture. Seeing God is the Creator of all things, God knows the final truth. This truth was communicated by prophets and seers over many years and finally in person in Jesus of Nazareth who was God Himself in human form. These truths were collated in the Bible which consists of sixty six books written by people who didn't often know each other over 1500 years ++, yet whose writing manifests an amazing unity. In this unity there is even a 26mathematical sequence which flows from the beginning to the end. This gives further evidence that that these scriptures were totally inspired by the Infinite - Personal Creator and not written by past people who left a historical record behind. To be created in the image and likeness of God means some of these things:

- We are moral agents – justice and morality mean something to us
- We can know God, unlike other animals
- We have an intrinsic spirituality
- We are persons
- We are capable of language, abstract thought and communication
- We have dominion over the animal kingdom
- We have an ability to exercise control over the natural environment
- With this view, there is definitely a material reality to life along with a spiritual reality. The two are concurrent to each other and have an influence on each other. There is a material body to human beings which is quite different to the material bodies of other living things.

The Biblical view of humanity is a necessary complement to the mechanism of life. We are human and we need to deal with this level as if it has value and is not simply a consequence of evolutionary processes. What this means at a practical level, these are some things which come this viewpoint:

- God can be known as the Infinite Personal God through the Spirit of Jesus Christ which is the Holy Spirit
- This is in a 24/7 situation .....anytime and anywhere
- God will act throughout your life in real practical ways in the here and now
- Prayer is the vertical interaction between you and this Infinite Personal God
- You can pray and expect real results ..... my family sees this all the time

As Jesus did 2000 years ago, you can pray for physical healing and see real results in the here and now (I am here today and being the Restored Man because of many people coming and praying for me personally). It also like electricity ..... you might be an electrician or an electrical engineer who can fix or design electrical devices but it **US** who sees the use of electricity in action lives with everyday e.g. the lights coming on etc. It isn't just a belief system you hold to but there is a real, interaction with this God If you accept this viewpoint that we are here by an original Special Creation, you begin to see the world in a very different way.

You will see that everything is made in a beautiful way with an intangible beauty and structure. For example, take on a tree with its many leaves. Each leaf is green from the photosynthetic material in the trillions of single cells in all the leaves. Each leaf is a very complex factory of chlorophyll (the green material in the cells) which converts carbon dioxide in the air around the plant along with water obtained from the soil in which the plants grows. The chlorophyll uses sunlight to convert the carbon dioxide and the water into oxygen and glucose (the most basic of sugars). The glucose is used for further plant growth and for the growth and maintenance of animals including human beings. The interrelationships between the plants, the animals and the atmosphere becomes extremely complicated and very finely balanced. To believe this process came about through blind random chances over aeons of time, is nonsensical.

To read more on Christian Spirituality, see this Blog Site :

<http://christianspiritualitykog.blogspot.com/>. The opposite of this viewpoint is very well articulated into very rational reasons and evidences that we are here instead originated through evolutionary origins of blind chances over vast periods of time. We are here by an original coming together of the right chemicals to make amino acids ..... the basic building blocks of protein which are the foundations of all livings things. Then natural selection went further and selected out the best combinations of those proteins to make the first living organisms. Then natural selection went even further and began to select out new combinations (mutations) of all living organisms including us as people.

In summary, the standard model of science from the beginning of science to the mind runs something like this:

- Big bang at time zero (creation of space & time)
- Small in homogeneities in the hot gas of 1 part in 100,000 are the 'seeds' for the formation of galaxies and stars in the first billion years
- Nucleosynthesis (combining of hydrogen into heavier elements – nuclear fusion – energy source)
- Radiation pressure
- Stellar collapse
- Supernovae explosions
- Heavier elements ejected into space
- Accretion by proto-planets

This view point is foundational in most of the University educational systems of the world, in much of what we read in magazines, books and what we see on TV. All spirituality is seen as a product of the human psyche. The world and universe is a material entity. It can therefore

be explored by the mind in a purely rational scientific manner. All living things are simply complexes of material organic molecules arranged through purely material means ie. materialistic evolution. All consciousness and mind is the same as the material world ie. there is nothing outside a materialistic world view.

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### **Life Is Here With A Purpose ...Websites on the Creator and Creation Science:**

<http://www.answersingenesis.org/>..... Psalm 11:3 If the foundations be destroyed, what can the righteous do? ..... Welcome to the Answers in Genesis Web site!

Have you ever been asked questions like these:

- How do dinosaurs fit with the Bible?
- What are the scientific and Biblical objections against evolution?
- Does Carbon dating disprove the Bible?
- Where did the different 'races' come from?
- Where did Cain get his wife?

Perhaps you've had these questions yourself. Answers in Genesis provides Biblical answers to these and the tough questions about Creation, Evolution, and the Bible. This Web site features thousands of articles covering dozens of scientific and Biblical topics, plus media programs, daily devotionals, resources, and much more.

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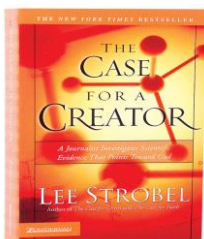
[www.creationresearch.net](http://www.creationresearch.net) .... 'We exist to seek evidence for the Biblical Account of Creation, Noah's Flood.

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<http://biblicalgeology.net/> Tas Walker's Biblical Geology. With one section only on this website: What is the relationship between the biblical model and the traditional geological column? Mike Oard writes a detailed assessment, setting out the issues that need to be covered, and coming up with some surprising findings.

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### **Case For A Creator, The *Strobel Lee***



During his academic years, Lee Strobel became convinced that God was outmoded, a belief that coloured his ensuing career as an award-winning journalist at the Chicago Tribune. Science had made the idea of a Creator irrelevant - or so Strobel thought.

But today science is pointing in a different direction. In recent years, a diverse and impressive body of research has increasingly supported the conclusion that the universe was intelligently designed. At the same time, Darwinism has faltered in the face of concrete facts and hard reason.

Has science discovered God? At the very least, it's giving faith an immense boost as new findings emerge about the incredible complexity of our universe. Join Strobel as he re-examines the theories that once led him away from God. Through his compelling and highly readable account, you'll encounter the mind-stretching discoveries from cosmology, cellular biology, DNA research, astronomy, physics, and human consciousness that present astonishing evidence in *The Case for a Creator*. The book is available from Koorong Bookshops in Australia .... see <http://www.koorong.com> or a Christian bookstore overseas.

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**[In Six Days Ashton John F \(Ed\). At:](http://www.koorong.com/search/product/in-six-days-john-f-ashton-ed/0890513414.jhtml)**

**<http://www.koorong.com/search/product/in-six-days-john-f-ashton-ed/0890513414.jhtml>**

Examining the evidence for evolution, fifty physicists, biologists and chemists present a straightforward and wide-ranging defence of creation. Important questions about the Big Bang Theory, radioactive dating of rocks, light from distant stars, and fossils are discussed in detail. This fascinating and highly readable book opens the evolution versus creation debate to a wider public. It is a must-read for all thinking Christians.

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### **Living Life in the Third Dimension .... Conclusion**

Twenty years ago while surfing at Peregian Beach, I fell off a boogie-board and hit my head on the sand. I was in a coma for four weeks and it took six months in hospital before I was able to walk, talk and function in a reasonably normal manner. I had suffered a severe brain injury.

After leaving hospital, I came to the realisation that in order to cope with my radically altered life, and become a thriver, not a survivor, I had to develop a workable solid framework. I entitled this '**The Sustainable life**'. It is based on three things: Spirituality, Social Network and Structure with each component having equal weight. Inherent in this framework is an understanding of your uniqueness as a created being, sustained by a loving creator. Having a clear identity enables you to become people focussed rather than self focussed.

Before my accident, I ran a business in upmarket landscape design and construction for wealthy clients around Brisbane. I was an Outer Gardener concerned about Outer Sustainability. This Outer Sustainability was fragile and easily eroded, dependent on my performance and people's acceptance of my work. I am now an Inner Life Gardener concerned about Inner Sustainability. When you are secure in yourself, then you are able to reach out to other people and assist them in their journey. I have a desire to bring the sustainable life, not just to brain injury survivors but people everywhere. I facilitate by communicating this by the Internet to over a thousand people around the world.

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The End

