

Ten Aspects of Biospirituality

©Copyright, International Institute for Biosynthesis, Heiden, Suíça

by David Boadella

1. Spirit means breath. "Breath" is a metaphor for subtle essence, just as "heart" is a metaphor for qualities of love.

2. Biospirituality is concerned with how to develop the heart in the world, how to contact the depth of heaven on hearth, and how to incarnate the spirit in the flesh.

3. Biospirituality works with the holistic understanding of matter and meaning, soma and significance, energy and essence, gravity and grace. But is far removed from cosmic dualism which opposes body and spirit, sex and soul, earth and light.

4. Biospiritual work is the work of manifesting in daily existence the latent qualities of our essence. It is work with focusing our being, which is beyond time and space, in the here and now. It is contactful feeling for what we are doing.

5. Meditation has the same root as the word medicine. The theme is to be well, whole, centered. The latin word "valere", to be well, is the root of our word "value". In medicine we centre on how to be healthy, in meditation we centre on value, our ultimate concern, the depth of our purpose and meaning.

6. Biospirituality works with the understanding that no man is an island. We cannot develop in isolation. True work on oneself is inevitably work for others. Yet we cannot feel compassion for others unless we are able to feel for ourselves. True self-love is the opposite of selfishness in all its forms.

7. Biospiritual work is depth work; and the journey is down through the unconscious to the depths of awareness and undistorted contact: it is neither a flight from pain, nor an ascetic path of cultivation.

8. Biospirituality celebrates: birth, sexuality, passion, communion and the uniqueness of the individual.

9. Biospiritual work is political: it is concerned with conflict-resolution, communication between races, nations and peoples, with respect for the uniqueness of cultures.

10. Biospiritual work is ecological: it cares for the planet as the body of nature, and looks upon the individual as a cell in the organism of the world.