

ProcessMind book review by Arnold Mindell
for the "Watkins Review"

At one point or another in life, just about everyone wonders if there is some mysterious force organizing dreams and body symptoms, synchronicities and events in this universe. Is there such an organizing factor? Spiritual people call it "God," Jung called it the "*Unus Mundus*" or the unconscious. Atheists might say there is no such thing, or else, ask the physicists. Physicists might call it the grand unified field theory, the "mind of god" or the "grand design" (name of a wonderful new book by Stephen Hawking).

I call this organizing factor the "processmind." My new book, ***ProcessMind***, is my response to Einstein's wish, "I want to know the mind of God, the rest are details." Like many of us, I too wanted to know the nature of organizing principles behind psychology and physics.

Since my student days at MIT in the United States and my training at the Jung Institute in Switzerland, I always wanted to explore the so-called "laws of nature" found in the sciences and bring them together with the patterns of dreaming found in psychology and spiritual traditions. It has taken me about 50 years to speak about this unifying law, because I first needed to experience it thousands of times with individuals and groups, as well as study it in physics. However, the structure of "mind-of-God" patterns and theories is only part of my interest in this book. What I miss most of all in the theories of both physics and psychology are practical methods based upon organizing principles that actually work to resolve personal feeling issues, as well as body symptoms, relationship problems, and small- and large-group organizational processes. I wrote ***ProcessMind*** not only to understand the laws of nature we see in physics, Aboriginal traditions, and psychology, but also to show how these *deepest principles can be used in personal life as well as worldwide organizational processes*.

ProcessMind extends and deepens known patterns behind the universe and connects them to basic experiences found in mystical traditions, psychology, and social issues. The book not only connects field theories of modern physics, myths, and dreaming processes in psychology with the "gods" of spiritual traditions, but also offers practical exercises to resolve problems in everyday life and the world. The book's 19

chapters have about 85 pictures and exercises, tested approaches that actualize our deepest, unitive consciousness for ourselves, our relationships, the organizations and societies of which we are a part, and the world's future. These new approaches have been tried with more than 2,500 people around the world, of various ages and states of mind and in various cultures.

What are some details about the nature of the processmind? Its qualities can be found in our feelings or projections upon special parts of the earth. Some Australian Aboriginal people speak of the "dreaming" of special earth places from which they feel they came. My book asks: What are your favorite earth spots? What do the qualities of the earth there say about your nature? Linked to special "power spots," the processmind is one of your greatest powers that can be used for personal, large-group, and planetary processes. Processmind is perhaps our most basic, least known, and greatest power weaving together the physics of nonlocality with specific altered states of consciousness found in peak experiences. As a psychophysical pattern, the processmind provides insights into the quantum world, synchronicity, and the mystics' sense of oneness.

As I have already indicated, I discovered the processmind by exploring the mythology and belief systems of Aboriginal Australia, the theories of quantum physics, the nature of personal psychology, and patterns of organizations. Then I connected this work with what I call, the "structure of God experiences" in spiritual traditions. Though ***ProcessMind*** shows how to use the new theory in everyday life and with the universe's hidden dimensions, I myself advise everyone against believing any processmind theory or related belief system about the universe's possible codes. *Don't believe anything until you test and prove that a theory works for you in everyday life!* I stress that such doubting brings spiritual traditions and sciences closer together.

ProcessMind is arranged in four sections, with two appendices about quantum mind ideas and a full glossary of terms.

Part I, "The Processmind in Your Personal Life," shows how the processmind appears in near-death and in everyday life experiences. I show how this new organizing power is field-like, connected to Zen ideas and to what people sense as your "presence."

In Part II, "The Processmind in Symptoms, Relationships, and World," explains how Christian mysticism connects with Japanese Zen enlightenment experiences—that is, with "satori." I show how satori concepts can be used in relationship interactions. I apply processmind methods to teamwork and to large-group phenomena. I give examples of personal symptom work and discuss how to use of the processmind in facilitating and coaching individuals working at the city level of large-group experiences. Examples of this work include helping the city of New Orleans after its terrible flooding from Hurricane Katrina.

Part III, "The Processmind in Science and Religion," explores the structure of "god experiences" (such as omniscience and omnipresence) and shows how they can be used to understand creation myths and explore your (earth-based) ethics. Here I suggest how processmind ideas are connected to unified field theories.

Part IV, "Nonlocality and the Entanglement Dance," investigates how the mysterious "nonlocal" entanglements and interconnections in physics connect to the psychology and world issues.

Arnold Mindell has an MS from MIT, a PhD in psychology, and was a Jungian training analyst. He is probably best known as founder of process-oriented psychology and as the author of 19 books, including the *Shaman's Body* and the *Quantum Mind*.