

The background is a complex, abstract composition. It features a dark blue silhouette of a human head in profile, facing left, with a white line drawing of a brain inside. The background is filled with various textures and patterns, including a large, light blue, crystalline or geometric shape that resembles a diamond or a piece of ice, and a dark, swirling, organic shape on the left side. The overall color palette is dominated by shades of blue and white.

At the Intersection of
**Uncertainty &
Beginner's
Mind**

Unity's 5 Basic Principles

1. God is the One Power, all good, everywhere present.
2. We are each individual, eternal expressions of God and therefore, inherently good.
3. We create our life experiences through our beliefs, thoughts, and feelings.
4. Affirmative prayer consciously aligns our thoughts with the truth about God in our lives.
5. Knowing spiritual truth satisfies. Practicing spiritual truth transforms.

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The Newtonian “Mechanistic” view (also called Determinism):

The world consists of separate and inert objects separate and disconnected from one another - we're all cogs in a giant machine.

The “Quantum” view:

- The Universe is in a state of pure potential – all outcomes are possible.
- The Universe appears fundamentally inseparable.
- Uncertainty is the fabric of the quantum world.

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“Uncertainty is the correlative of change and possibility. To live our lives to our potential and feel truly alive, we need to know that we play a role in what’s to come. Certainty and determinism shutter out our participatory role in creating our future: uncertainty restores it.”

Mel Schwartz, *The Possibility Principle*

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The Observer Effect: The Universe consists of infinite waves of possibility. As we pay attention to any one of these possibilities, that wave collapses into a particle (the material manifestation in our lives of an experience or a thing).

“If we are not separate from what we are looking at, we must be open to the consideration that our consciousness – informed by our beliefs, thoughts and feelings – impacts and therefore alters what we are observing. The primary driver of reality is consciousness... Rather than thinking of reality as ‘out there, separate from us,’ it would be advantageous to speak of ‘reality making.’ Reality is perpetually remaking itself, and we are an integral part of that process.”

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Beginner's Mind: A beginner's mind is a concept from Zen Buddhism that refers to approaching life with an attitude of openness, eagerness, and a total lack of preconceptions. It means setting aside your existing knowledge, biases, and expectations to view a subject as if you are encountering it for the very first time.

“In the beginner's mind there are many possibilities, but in the expert's there are few.”

Zen master Shunryu Suzuki

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I am willing to embrace uncertainty and enter
into a beginner's mind.

