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***Co-Mentor Revolutionary Wisdom***

**Principles of Organic Psychology**

**The Eco-Arts and Science of Unconditional Love**

**Nature-Connected Education, Counseling and Healing**

**Michael J. Cohen**

**How to liberate your natural essence: the heartfelt, 54-sense methods and materials of Eco-Arts Therapy**

**Discover the greatest truth in your life that you can trust   
  
and it is not God, Nature, Love or Honesty.**

**The Organic Application of Ecopsychology in Natural Areas   
  
Create moments that let the life of Earth teach us its wisdom.**

**Project NatureConnect**

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P. O. Box 1605, Friday Harbor, WA, 98250 360-378-6313 [**nature@interisland.net**](mailto:nature@interisland.net)

www.ProjectNatureConnect.com

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## Dedication

For all the wonderful folks who help keep Project NatureConnect alive, well and attractive.

## “You are not a drop in the ocean. You are the entire ocean in a drop.”

* **Rumi** 1250 A.D.

## “The eternal mystery of the world is its comprehensibility.”

* **Albert Einstein**

**Author**

**Michael J. Cohen, Ed.D., Ph.D.** While developing a hands-on Organic Application of Ecopsychology since 1953, Mike has achieved several Master’s and Doctoral degrees, written 11 books, directed sensory university environmental education and outdoor education courses and degree programs for over 50 years as well as, for decades, developed and lived outdoors on year-long, “utopian community,” environmental education expeditions. He is recognized as a Maverick Genius, received the Distinguished World Citizen Award and conceived the 1985 international symposium ‘Is the Earth a Living Organism,’ His work consists of applying a universal love of love in natural areas that embraces our 54-senses and increases well-being

[*http://www.ecopsych.com/mjcohen.html*](http://www.ecopsych.com/mjcohen.html)

**The True Arts and Science of Living in Balance**

“Let yourself measure your own well-being according to your sensory contact with nature, not by what you have read or what others tell you.”

## – Stacey Mallory

**What is the greatest truth in your life that you can trust?**

**Clue:** the answer **is not** God, Love, Honesty or Nature.

**Can you correctly respond to the question, above?** The answer is a powerful scientific tool, a unifying, 54-sense light beam that you may focus on any situation. You can happily walk in the well-being of its brilliant rationale, sanity and beauty and help others do the same.

The illuminating clout of the beam is the unconditional love core of Revolutionary Wisdom that this course book gives you. **Similar to mathematics, it is the science of using pure truth to identify additional pure truth** **and then beneficially applying this exceptional wisdom.** It helps you transform destructive personal, social or environmental relationships into healthy, happy lifeways that **correct our misleading information**.

**Although it is not God, Love, Honesty or Nature,** this greatest trustable truth in your life improves your health and relationships because:

-You can find it anytime. ***It is the essence of your love, art or science.***

* It feelingly registers in your psyche. It is nameless yet you know it well.
* **It contains 54 natural senses/sensibilities**. **It is self-evident.**

- It is a film that has been removed from your mental perception **.;;.**camera and the only source of unadulterated truth.

* **It holds all things and forms of life together, including humanity**.

- It is the nucleus of friendship. It connects your consciousness to **.;;.**the eternal. **It is purely and fully organic** **and empowers you**.

* It is hidden because it is often inconvenient and is never the same.

**- It enables you to sense and feel responsible.** It stops the **.;;.**production of garbage or pollution.

* It prevents an atom from exploding. It keeps life alive.
* **It binds any and all things together into peaceful and balanced**

**.;;.fiduciary relationships.**

* It gives you undeniably accurate information. **It is the core of trust.**
* **It is the only way you connect with God if and when you do.**

- It catalyzes happiness. **It is always available.** It is the heart **.;;.**of reverence. It is the only way we know spirituality.

**- It creates optimums of life, diversity, attraction, and cooperation.**

- It sustains all things in equilibrium. It is the foundation of beauty.

* **It reduces stress, anxiety, and disorders.**
* **It creates a core reverence for** life,nature, earth, and humanity.
* It is free. It unifies. It is whole-life science. It purifies any relationship.
* **It is the love of love.** It is created by creation and is creation in action.
* It is the mainstay of empirical knowledge as a common denominator.
* It is a quantum leap that helps you make one.
* It connects all forms of consciousness except one. **It is the ..foundation of sustainability.**
* It only knows how to unify and ground you. **Its absence in our**

**. thinking results in our suffering.**

* It is readily accessible. It is intelligent. It demonstrates that it exists.
* It is the source and fountainhead of enlightenment and increases it.
* It is the basic element of Planet Earth.
* It is the crux of whole-life thinking and responsible therapy
* It is the focal point for courage. **It is the deepest joy of self.**
* **It produces seamless, loving togetherness**. It is the soul of scientific **..** inquiry and the key to cheerfulness.
* **It is the prime antidote for abusiveness and violence.**
* It is always honest, kind and fair. **It is the reality of time.**
* It is pristine ecological grounding and life without fear.
* It makes space. It is pure science. **It is your deepest ideal.**
* It empowers you to be. **It is the most attractive thing.**
* It makes you a special personification of our planet's life.
* **It is the essence of creation creating.**

# Ready? “The Greatest Trustable Truth in your life” (GTT) is that *you are reading these words right now.* It is your immediate, now experience that you sense: to now see this page or feel the seat you may be sitting on. Your GTT is the emotion of surprise or delight you may have while reading this. It is what you know to be real as you and the world happen in the *now.*

# The now is the 1915 A.D., Albert Einstein, scientifically validated space/time life of our Big Bang Universe that loves to be your life and mine. We suffer our appalling lies, abuse and disorders simply because we are GTT deprived. Mastering the ways of our century-old Big Bang science IS NOT REQUIRED IN OUR EDUCATION yet that certainty is how life loves to live its perfection. Since it began 13.8 billion years ago, moment-by-moment, the now has made its own *story-less* time and space. This instant is a seamless Big Bang continuum of its unconditional love eons. Embrace, don’t omit, this truth.

**You have 54-senses/sensations** (*See Appendix A page 54-66)*that attract, incorporate and blend your unadulterated, sensory truth, now-love experiences into your nervous system, body, spirit, and awareness. Your **GTT** validates andis happy with now because, your life, including your 54-senses, is reality. **Heeding your GTT essence and wholeness *story* is the now of everything being you.**

We and our genetic ability to sense and feel are the joy of life that Nature’s balance and beautygrows in this moment. We are a seamless continuum of the Nature’s universal tree of life since its Big Bang seed sprouted. Now, y***ou can center your life around the arts*** of its scientific facts and happy wellness.

In a natural area, when you GTT experience a natural attraction there, **therapeutically your senses and feelings become the wisdom of Nature as its now life produces its perfection, around, in and as you there.** You 54-sense register how Nature does this **since you are it doing it as part of it.** You GTT benefit, enjoy and share these organic truths in additional moments.

**THE EXCEPTION to your GTT accuracy** **is** **if you were taught to excessively attach your life and love now to artificial replacements for Nature.** Then you lose its wisdom because such moments are imitations. They are pre-designed *stories,* not stunning, self-organizing, *sensory facts*.

On average, our lives consist of 620,000 hours and ***less than 12 of them, (.005%)*** are in tune with the balanced and beautiful life of Nature, in and around us. We are desensitized Eco-zombies and **this** **RW course is our remedy.** In it you add 90 additional, educational, GTT hours that harmonize with the purifying life of our planet so you may enjoy it and help others do the same. Then, they and you can skillfully add additional hours, at will.

Because our excessive technological *replacements and stories* of Nature seldom contain the wisdom of the natural world’s self-correcting intelligence, their destructive side-effects produce our society’s emotional pain, chaos and distress. The misery of our plundered planet underlies most of our disorders. It makes us so personally, socially and environmentally dysfunctional that, in shame, **we deny this is happening.** Our denial needs eco-arts therapy.

The above explains why we seldom let GTT help us identify it or remove its destructive source. Our stories don’t see or believe it. We learn to think its stress is normal, “that’s life,” “the world is falling apart.” “It’s God’s will.” Our GTT becomes our shrugging shoulders, apathy, wanting and isolation.

**KEY:** Have you noticed the “miracle” of how **this distress disappears when you spend time in the peace of an attractive natural area?**

Do you realizethat the authorities we trust are rightfully proud to identify the great problems we face but, sadly, they have yet to give us **an enabling toolto solve them.** On a global level, our excessive and growing **disconnection from the now of our** **planet mother** painfully produces harsh effects, a “global PTSD,” similarto abandonment by our human mother.

If you love Nature, **this course book contains an GTT therapy that you can apply.** It creates *54-sense, GTT story moments* **in natural areas** that let the life of our planet teach our loves how to bring things into Nature’s peaceful well-being and unity. It is obvious GTT healing when you experience it.

## COURSE INSTRUCTIONS

## Read from this page all the way through to Page 21 and, there, follow the “return” instructions found in the box at the top of that page.

**OVERVIEW**

### Now is the only time and space that you can have an exceptional childhood

This course book presents a Greatest Trustable Truth of your life (**GTT**) overview of the whole-life, 54-sense book, *Revolutionary Wisdom: Organic Psychology in Action* **(RW)** from Project NatureConnect. Engaging in first-hand experiences as you read this book, and/or the RW book, in a natural area empowers you and yours to discover and enjoy you GTT in authentic Nature. It demonstrates how we protectively learn to deny this obvious fact: **most of our problems and miseries result from our excessive GTT disconnection from the life of nature and this produces our looted planet “Earth Misery” disorders, in and around us,**. Can you admit this to yourself?

Do you recognize that the organic arts and science of GreenWave-54 Ecopsychology and Ecotherapy beneficially reconnect you with nature’s joy when you **thank attractions in a natural area for the delight of GTT wisdom they bring you?** Then, what the eye didn’t see is “visible” via 53 other senses.

RW and this book take us on a sensory backyard or back country natural area expedition. It increases personal, social and environmental well-being by helping us GTT experience our loving, 54-sense continuum of, and kinship with, Nature’s self-correcting web of life, in around and as us. **Doing this reduces our stress, disorders and deterioration.** The experience provides indisputable evidence **for significant sensual facts of life in the natural world that we learn to disregard**. This is paramount because it supports natural areas.

## A Synopsis of Earth Misery (EM)

Our central culture of educated people and established institutions survives through **high-tech scientific research**. Its excellence affirms that Nature, Earth, and Humanity are feelingly bonded together as the self- organizing and self-correcting life of our planet. This helps explain our 54-sense emotional response to weather, landscapes, tides, tremors and canyons.

When we attach ourselves to **fictitious or outdated stories,** our prejudices, people or artifacts that abuse our **GTT,** capture the life of Nature/Earth. **We injure our feelingful attachments to it and produce emotional distress**. Do you deny this fact? Are you really comfortable with the world falling apart?

Because our stories estrange us from Nature, for pain relief, we seek **excessive satisfaction**s from our nature-separated technologies, substances, relationships and fantasies. Long term, this **increases** our separation, hurt and resource overuse. Since 1974, our distressful **GTT** short circuit has produced today’s runaway, catastrophic **Earth Misery**relationships. To our harm, today, 2018, our nature-disconnecting stories and acts produce, on average, a **45% natural resource *deficit*** every year, and counting. We live bankrupt lives.

**BE ALARMED.** Our excessive demands on Earth’s life have created **a similar 45% *increase*** in **Earth Misery (EM)** that accompanies our deficit. EM includes species extinction, mental illness, obesity, climate change, oceanic oxygen depletion, loneliness, atmospheric carbon, population, mass shootings and excessive stress. **These are accompanied by** **increased** corruption, child abuse, unhappiness, mistrust, unfairness, expensive health care, political and economic extremes, destructive dependencies, addiction and many other disorders.

To our harm, our normal, eco-zombie psyche is so hurtfully EM stressed by society’s discontents that we seldom benefit from our GTT. Instead, we avoid the pain of re-living our abuse by inflicting that same abuse on others.

(*http://www.ecopsych.com/zombie2.html****)***

An essence of our problems is that **on average less than one percent of our lifetime is in tune** with the balanced life of authentic Nature, in and around us. **This course adds 90 hours to you being reconnected with the life of our planet, and many additional hours as you desire them.**

Approximately 75% of our waking and sleeping hours are spent mentally dealing with the distress generated by our excessive separation from the life of Planet Earth. You can learn to convert these hours into therapeutic healing time created by Nature’s embrace.

This course shows that since it is our excessive disconnection from the life of Nature/Earth that causes our earth misery, the course’s scientifically valid, 54-sense, **GTT** connections with natural areas empower us, as fiduciaries, **to reverse our earth misery and disorders in 85% stronger ways.** To not do this increases Earth Misery. Where do we get the right to inflict this on the life of Earth and each other? Being unethical and immoral, it increases EM.

**Without GTT help**, we seldom change. ***This course is GTT help.* It enables you to contribute your art or science, love or livelihood as a much needed therapy that reduces EM.**

**NOTE** ❤ This heart is a reminder to *optionally* add or include your possible “Eco-Arts Therapy love” description, image or application to your Grok.

**NOTE** After completing the box on page 21**, return here, read the section, above, again** and then **GROK UFC**, as below. (At that time you will know what **Grok** is from the work you will have done up to page 21.)

▲ **1. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) # 4)be(*ing),* 5)essence(*ness)* 6)V/E GTT box** ❤

***PAGE NUMBER NOTE*** Page number references in this book’s Word .docx version may not be correct due to typeface size and font variation.

## Legitimate and Trustable Content Assurance

The accuracy of revolutionary wisdom is assured by a published warranty (1), validated field studies (2) and refereed, peer- ed and published articles in many scientific and professional journals (3). Its twenty key facts (4) have yet to be scientifically disproven since they were put into practice in 1972, reflected by revolutionary wisdom participants (5) and legally defended (6).

1. http://www.ecopsych.com/journalwarranty.html
2. http://www.ecopsych.com/ksanity.html

http://www.ecopsych.com/journalproposal.html

1. http://www.ecopsych.com/mjcohen.html
2. http://www.ecopsych.com/66IJMRA-11702.pdf
3. http://www.ecopsych.com/survey.html
4. http://www.ecopsych.com/grandjury.html

Appendices A, *page 54,* and B, *page 67,* and C, *page 72* in this course plus **www.ecopsych.com/zombie2.html** present full information about the core course content.

**Authenticity**

In a natural area, during the moments that your GTT values a natural attraction, your 54-senses, in congress, unify with the total life of Nature’s time and space in that moment as it procreates its perfection, around, in and as you. Your sense of reason registers that this is factual because, in the now, you experience and own it as part of it being you and your GTT.

## 

## Contents

This course in Word .docx may appear in various type fonts depending on your reader. For this reason, the page references may be off by a page or two. Use the AAA and BBB search words to go to locations. Place/paste your experiences with the course in this book, so you can submit it later for credit, or in Appendix D, *page 74.*

This course is a soft cover book from [**Amazon.com**](https://www.amazon.com/Nature-Lovers-Path-Peace-Principles/dp/1721052550/ref=sr_1_1?s=books&ie=UTF8&qid=1530568115&sr=1-1&keywords=a+nature+lovers+path+to+peace%2C+cohen)

## INTRODUCTION

**UNIFIED BELONGING: We can’t enjoy the belonging that we constantly long for because we have learned to excessively disconnect our senses from the life of our planet. There we belong.**

Although the life of Planet Earth does not speak with words and stories, it is fulfilling, pure and balanced because it is self-correcting organic. However, our indoor socialization stories excessively disconnect our GTT from these homeostatic powers of Earth, in and around us, for over 95% of our lives, on average. This estrangement hurts, yet we seldom admit that **the constant emotional pain and distress it produces it is the underlying source of our unsolvable personal and global problems** and that its remedy is GTT education, counseling and healing. The latter is available in Project NatureConnect’s special, unified field, organic form of Ecopsychology found in the cutting-edge book ***Revolutionary Wisdom: Organic Psychology in Action*** (**RW**) and in this, its preliminary course book for self-mentoring and mentoring others in RW.

Online or onsite, in any natural area, backyard or backcountry, RW empowers us to recover from our excessive Nature disconnection by safely and reasonably GTT re-bonding us with the authentic life of our Planet and its self-correcting ways. **This transforms our injured 54-senses into responsible happiness.** As it reconnects them with the GTT wisdom and satisfactions of their natural origins, abandonment is replaced with joy and belonging. It is a nature-restorative therapy that can be added to any art or science.

**Help GTT help you and others.** To reduce Earth Misery, the wisdom of GTT in a natural area is attracted to have you add it to the messages in this course’s paragraphs.

## REQUIRED

**Read or re-read this book while in a natural area, backyard or backcountry, the more natural the better.** When a natural area is not available, connect with the sky, a tree, pet, potted plant, park, weed or aquarium. Learn from authentic nature in, around and as you, rather than from questionable stories.

***A REVIEW OF GTT:*** What is the “Greatest Trustable Truth in your life” (GTT) **?**

**Academic limited story response:** “GTT is what I experience in this moment as I read these words.”

**Practical full response**: “I see, register and understand these words and their letters. I know I can read them and feel excited because I love recognizing that this is my GTT wholeness right now.”

**Summary:** GTT is the now-moment experience of consciously sensing, feeling, accurately-speaking and relating to people, places, things and energies.

I am human, the only part of Earth’s life that can tell and understand stories.

## KEY

## 

## GTT 1. Gain consent and express gratitude.

**Always start each nature-contact with this activit**y**.** Due to our tendency to abuse nature, in and around us, to visit an attractive natural area in peaceful friendship it is critical to be attractive to it by assuring the area its safety and asking its permission to visit it:

* 1. Where indicated in this course (▲Grok), or at any other time you feel inclined and sense a natural area is attractive, ask it if you may respectfully and enjoyably visit with it without injuring it. Always do this before approaching it. This honors Nature’s truth and integrity.
  2. If an attraction feels attractive for 7 seconds or more, you have obtained its permission to visit because it knows your stories won’t harm it. (Note: this period gives you time to be aware of danger signals from in and around you. They attract you to know that you do not have consent to visit and then attract you to find another attraction. *(See Appendix B CONSENT page 68*)
  3. For a few minutes, repeat calling the life of this attraction and natural area “GTT of **my life** and **all life”** in that moment as you quietly sit or walk through it. Note if doing this changes how and what you sense and feel about it and you. Do new colors, motions and sounds appear? Do you sense new attractions, greater vibrance, thankfulness, euphoria, peace or enchantment?
  4. Thank this attraction for sharing its GTT presence, joy and love with you.
  5. Promise Natureyou will increasingly \_\_\_?\_\_\_ it in people, places and things. **Choose one or more:** Love? Honor? Support? Protect? Strengthen? Nurture? Embrace? Help? Respect?

What other gift could you give to it, (**not to a story about it)?**

* 1. Note how you feel now in comparison to when you started this activity. [*www.ecopsych.com/amental.html*](http://www.ecopsych.com/amental.html)

Remember that it is sensible and important to gain consent when you are growing relationships with the Nature in/of people, too

**THE KEY GTT STORY**

**The Core Concept: A Model of Our Greatest Challenge**

We usually suffer our problems because, **in metaphor, Industrial Society has emotionally attached us to drive an advanced technology automobile**. As we excessively speed this vehicle down the highway to relieve our stress or distress, or for fun, or late for an appointment panic, we are alarmed to see that the car will go into a group of families having a *Revolutionary Wisdom (RW)* GTTtraining workshop and picnic in a beautiful natural area.

Because we have not yet desired to learn how to fully activate the car’s organic braking and steering system, in anguish we hope and pray that the vehicle will stop as we fearfully scream “Oh God,” or “whoa” or “STOP” like the vehicle was an evil spirit or a runaway horse, or it understood words and feelings.

***The reactions, above, are unscientific and outdated*.They do not stop our high-tech car,** so we wreak Earth Misery havoc on people, places and things including ourselves as passengers**.** We are guilty and must be punished for **DUI**, **D**riving **U**nder the **I**nfluence *of GTT ignorance*. Scientifically, how could this not be so? How can we realistically stop the car?

What we need is an **organic science and technology brake,** a GTT that helps us register and apply the wise, self-correcting, ways that are inherent **in the life of that lovely natural area, and in us, too.** We would then know and apply the natural world’s organic balance and purifying powers that have protected and preserved its life over the eons. That GTT would wisely manage the car.

**How to apply the organic brake is relatively simple for us to learn since, as part of Nature, we have genetically inherited and sense this GTT information.** We just have to know how to put it into words and with them create a scientifically accurate brake, a 54-sense, RW social technology. That organic blueprint reasonably unifies and guides our senses, feelings and relationships. **This RW ability is available**. This course is its core.

RW is a therapy tool, a social technology that helps us recognize that we are GTT attached to and part of the life of Nature, Earth and each other. It GTT identifies us as fiduciaries, as the love of the natural world’s love of life. Organic Psychology courses and degrees strengthen this GTT.

When we ignore the GTT blueprint, while the life of Nature’s universal, self-correcting ways and rewards simultaneously operate around and in us, **our excessive, runaway car injures them/us**. For this reason, we typically gain satisfactions from the car that are accompanied by harmful pain, chemical and relationship “side effects.” In this way, “objective” science continues to recklessly shoot itself and us in the foot. That distress causes us to want, and **when we want, there is never enough so we usually want more.** This is a self-destructive short-circuit that produces EM.

Our self-inflicted GTT loss and discontents disorientation produces our greed and excessiveness along with the Earth Misery we suffer. At the same time, in delusion, we learn to hail ourselves as “Intelligent creators of ingenious technology, progress, and economic growth.” “We are the fittest species in the life of our planet.”

One example of the insecurities and mental disturbances our Nature-estrangement produces is that no matter how rich or poor we are **we feel that we need 15% more money*.*** Another is that we believe far more in hope and tranquilizers than learning to make GTT contacts with Nature to remedy our ills. The latter is almost viewed as having an illicit affair.

As we read the RW book while GTT connected to a natural area, **it gives us the organic science and technology brake that we need to apply.** That begins to happen with this course book. It consists of us rewardingly attaching ourselves to the wise, self-correcting ways and eons of a natural area while we read it. You don’t just read the RW book or this book, **you enjoy it in and with Nature**. In a natural area, when you GTT a natural attraction there, you unify with and therapeutically sense how Nature produces its perfection around and in you, moment-by-moment.

Like reading this book with Mary Poppins, it helps you benefit from the wisdom of the ages by GTT blending with that intelligence in a natural area.

## GTT 2. Being a Verb.

At any given moment, you and GTT are *the act of being* what you are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as, verbs. A tree is *treeing,* a rock is *rocking,* a sense is *sensing,* a cloud is *clouding*. You are your name “David” *Daviding,* or *selfing* or *being human* or *experiencing.* Nothing is an object, all things are GTT in the moment *being*. When you are attracted to a rock or tree you are *being together* or *togethering.* In a natural area try knowing things and yourself as “*ings”* a few times after reading the paragraphs below. **Note what unity or values you experience.**

**Natural Senses, Sensations, and Sensibility**

Do you know that we have at least 54 natural senses? Most folks are not aware of this although each sense is self-evident. **They are organic certainties of Nature that we can genuinely feel, register and examine in any moment.** *For example,* both the sense of thirst and water are undeniable facts of life, yet **we say we only have five senses and thirst is not one of them.** This “non-sense” is similarly true for our additional 49 senses even though, like our sense of thirst, they, too, are vital and indisputable. See Appendix A (*page 54,* Search*: 1AAA).*

As we read the RW book while GTT connected to a natural area, **it gives us the organic science and technology brake that we need to apply.** That begins to happen in this course book, too. It consists of us genuinely attaching ourselves to the wise, self-correcting ways and eons in a natural area while understanding it. You don’t just read this or the RW book, you do it in and with Nature. Do that now; make it more helpful and sensible.

## GTT 3. Essence

At any given moment, you and GTT are *the whole essence, integrity or spirit of* what you are in that moment. In language you can become aware of this by truthfully describing yourselves, or be described as essence or wholeness ***“ess***.” A tree is *treeness,* a rock is *rockness,* a cloud is *cloudness*. You are your name “David” *Davidness,* or *selfness.* Nothing is just an object, all natural things are *their GTT whole integrity, essence* or *spirit*. When you are attracted to a rock or tree or person you are *togetherness.* In a natural area try knowing things and yourself as “*ness”* a few times after reading the paragraphs below. Note what unification you experience, if any.

**NOTE** After completing the box on page 21, you will be reminded to return here and do this section again including completing the two Groks, below. ***Don’t do them now.***  
 **and 2. and 2A.** GROK UFC, below (Now you know what GROK is.)

▲ **2. GROK UFC.** *Describe this* **GTT 2.** *natural area* ***ING*** *experience.*

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

▲ **2A. GROK UFC** *Describe* **GTT 3.** *natural area* ***NESS*** *experience.*

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(*ing),* 5)essenc(ness*)* 6)V/E GTT box** ❤

Reminder, we have at least 54 natural senses that are organic certainties that we can unquestionably feel, register and examine in any moment. By omitting 49 of our 54 sensibilities, our socialization teaches us to think and relate in “ecozombie” ways that produce our runaway disorders. They are ingrained ways that can’t remedy themselves.

The fact that our 54 senses register in us is obvious. Their undisputed truth imprints directly on our nervous system, mind, body and spirit. That truth is their sensation itself, be it motion, sound, curiosity, hunger, reason, fear, place, trust, consciousness, community, self, taste, music or love. All of these are facts of, by and from the life of Nature. For our survival as part of Nature, we inherit, live and love them. We don’t want to be deprived, to lose their value.

Our 54 senses can, in concert, organize and correct themselves to make sense, to sensibly come into balance. That is Nature’s organic way for all things. Accomplishing this while cooperatively supporting life in balanced peace and increasing diversity while not producing garbage is Nature’s wisdom.

The story that tells us we only know and relate to the world with five senses is a lie that makes us produce, accept and be paid for the nonsense of learning to hurtfully “amputate” 49 of our natural senses. This discomforting form of madness stops here, and in the book *Revolutionary Wisdom: Organic Psychology in Action* (RW) because we must find and thank sensory attractions in a natural area after reading each book paragraph; **this is required**.   
 The part of RW that documents the how, why and when of our 54 natural senses is included in this book as Appendix A, page 54 (*Search: XAA*). ***Study it carefully now*** *if you want greater value from this course.* It is how you GTT know and make sense of the world; be sure your senses are scientifically trustable.

**GTT 4 Grokking.**

Grokking is to have some of your 54 senses attract/love an attraction in a natural area and merge with it as it merges with you to become oneness.    
 At any given moment in a natural area, when you sense a natural attraction, you and GTT are one or more of your 54 senses combining with its origins in nature and being energized into your sense of consciousness #42 so you feel it and become aware of it. **Grokking is actualizing your GTT and obtaining the benefits** described in this book’s opening section, Pages 3 - 5.   
 To gain unifying GTT value from this, find an attraction ***in a natural area***and, using the last pages of Appendix, A *page 64, Search: 3AAA,* identify which of your 54 natural attraction senses were involved in this connection. Have your sense of self #35 and #54, your “love of love” thank those senses for connecting and sharing their natural wisdom, love, and joy in you.

Note if any change occurs when you do this as you further make nature-connections while reading this book. Mutually sharing your GTT “Mist” experiences with other people strengthens the Unified Field love that holds you in common and vice-versa. (www.ecopsych.com/LNE.html)

To make Grokking happen more and stronger, or to better understand it, **be sure to read Appendix B. page 67** (*Search: BBB*)

**Improve your relationships.** Find and connect with this same natural love 54-sense attraction in the life of other people while in a natural area.

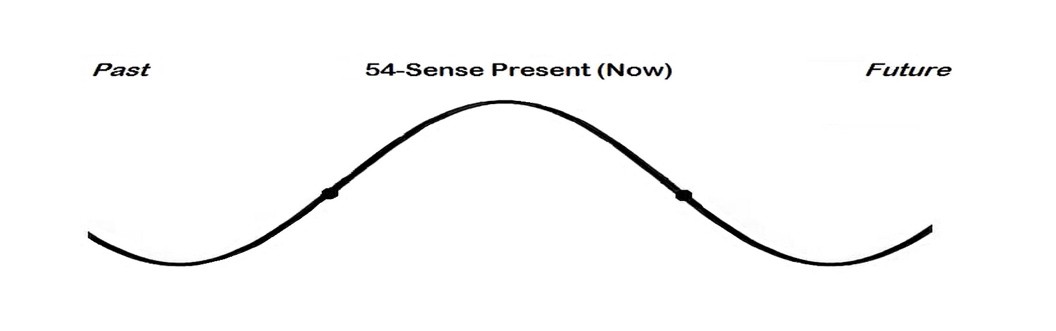
## Scientifically Validate Grokking Nature and Earth

RW helps you first-hand, **GTT** explore the Unified Field that Albert Einstein predicted in 1935 and that was confirmed by Particle Physicsin 2012. This science finds in the Big Bang that **the life of the Universe creates itself. It makes and is its own time and space, moment-by-moment.** This means that the whole of all things happens at once and is accessible in the “now.” Our thoughts, memories and sensations are part of wholeness. **Everything happens in the moment, finds new attractions and grows the next moment.**

You are the Unified Field because you are part of the life of the Universe and Earth’s web-of-life right now. Consciously GTT connecting with the Field and its wisdom, in 54-sense reality, helps you think, feel and relate better by taking a giant step into increasing personal, social and environmental well-being. **This step gives you, in any moment, the power to remedy our excessively nature-disconnected ways and their discontents that we presently operate.** Their disconnection produces, not reduces, our tensions and disorders.

**This step is giant** because scientists expertly **identify, measure and alert** us about our increasing Earth Misery problems **but they seldom have, no less give us, the 54 sense, GTT tools we need to solve them.**

RW helps you recognize that in our Big Bang universe of sub-atomics and galaxies that scientist have painstakingly identified the GTT that your life only exists in the now of time. This is like being on the crest of a wave as a Gestalt Psychologist proposed in 1952. The **U**nified **F**ield **C**rest (**UFC**) only exists as the present moment GTT.

 **Crest (UFC)**

From the UFC of the wave, you can see **the past** as a story, but you can't influence it because you are on the UFC of **the now present**.

From the UFC you can see **the possible future** as a story, but you can't be there to influence it because you are **the now present** UFC.

Scientifically, the life of UFC is the Big Bang “**GreenWave-54,**” Unified Field, Higgs-Boson wave of the eons since its birth in and as the beginning of “time,” 13.8 billion years ago. It is the pure attraction energy of now and it unifies all things as its life perpetuates itself and them into the next moment.

It makes sense (54-sense) that, **moment-by-moment, the life of UFC and all things is attracted to continue to live/survive.**

The purpose of this course is to **help folks beneficially invoke UFC in any relationship** to increase person and planet well-being.

We produce and suffer our runaway car, Earth Misery disorders because 99% of our time is 46-sense separated from and out of tune with the Unified Field Crest**.** We have a natural sense GTT of Nature IQ of only 15, that of an idiot. This helps explain why “The world is falling apart.”

## The GTT Science of GreenWave-54

The greatest trustable truth is what you experience in the immediate moment because that is when your 54 senses on the UFC register in your awareness. **It is the only time anything exists, the only moment that you know God, love, honesty, nature or UFC.** It is when UFC knows itself. You are simultaneously doing this for UFC and for UFC as yourself, as well.

The UFC is the “immediate moment.” It is the only time and place “now” where your 54-sense wisdomcan occur and Grok and be GTT aware of the past, present and future as well as make changes for the better in conjunction with them. This is because the life of our Planet, the Universe **our senses and ourselves only live, build themselves and happen in each present Crest moment.** That is the painstakingly researched, singular space-time law and way of Nature, the “now” that self-creates all matter, all of life, all human senses and relationships including all our amazing reasoning and our technologies and relationships, moment-by-moment. It is the core of all therapies. It is you GTT reading and learning this right now.

UFC is ultimate GTT intelligence and logic because it simply consists of, moment by moment, confirming the existence of one thing or another. *For example:* discovering *“*Yes or No?” “True or False?” “0 or 1?” in the now **is the core of how our mind, our senses, mathematics, and computers work.**

Is something **present** or **not present** in this moment? That knowledge is the pristine value of GTT/UFC. It is simultaneous registration and awareness of the real whole moment around and in us, **not just a questionable true or false memory, abstraction, fable, story or prediction.** For example, the Big Bang went from **Universe-absent** to **Universe-present** in the hot, orgasmic moment its Big Bang life was born 13.8 billion years ago. That life is attracted to be in its moment-by-moment cooling process and essence, including our essence, ever since then up to and including this moment. Is something either “GreenWave Grokked (**GG**)” or “GreenWave Omitted (**GO**)?” ([www.ecopsych.com/counseling.html**)**](http://www.ecopsych.com/counseling.html))

The past and future are part of the GTT/UFC present and it is all that exists as and in Nature, ***with one exception.***

**The one exception is any moment we are in denial of, or disconnected from, UFC.** At that moment, it and we are not consciously part of it and we can’t reason how to benefit from it. **This misleads us** so we think and behave like UFC is not there.

The now experience of reconnecting with GTT/UFC in a natural area **is the antidote** for this core dysfunction that we suffer. This is because an established and dominant “disconnection from UFC story” is the contemporary “norm**.**

We are trained to be so disconnected from the value of GTT/UFC as us that when we are asked what the greatest trustable truth of our life is, most of us cannot identify it directly, even after learning about it. Instead, we have to be told it, and then, after a while, most of us recognize and agree with its veracity. Take a moment to ask people the GTT question and note what happens. They may guess, but **they seldom recognize it is them hearing your words** until you show and explain that to them.

The UFC/GTT is its attraction, intention and natural love of the Universe to **being itself as the moment consistently perpetuating itself.** We are part of it. ( see *Appendix C, page 72****.*** )

Our 54 senses have taken 5 billion years as the life of Earth to know that they know this about Nature, natural areas and us. To our loss, we excessively profit from not learning this about our lives. (www.ecopsych.com/explorenaturearticle.docx)

## “Time and space and gravitation have no separate existence from matter.”

**- Albert Einstein**

“This morning I was battling the remnants of some depression I had been feeling about my family and life "stuff." I was doing the sensory attraction activity, looking around enjoying the day, the breeze, the sun, the beautiful trees and the sounds of singing birds. In a flash of good feeling, I realized that these feelings are what is so good about living on earth at this time. It was enough if for no other reason, to be here, to experience the beauty of this planet. This was a major breakthrough for me because I battle the reason for being here quite a bit in my recovery work. This happened before noon, and it is now 6 pm, and I still feel great!!!!!!!!!!!!!!!!! I wanted to share this because I am so happy!!!!!!!!!!!!!!!!!!!" **- RW Participant**

**Consciously riding GreenWave-54 helps any individual who loves Nature** and recognizes that the following fact is UFC self-evident: ***It is obvious that you are reading these words in the present time and space of right now.*** You reading them is real, ***it needs no proof or defense***. You are experiencing it. It is registering on your 54 senses.

An example of the GTT way GreenWave-54 works is this sentence:

* 1. “The truth is undeniable that you are reading these words right now.”

Everybody knows the sentence is true for you because you experience the words when you read them. It is self-evident.

That is different than

* 1. The truth is undeniable that you read these words ten minutes ago.”

Everybody does not know that. You could be mistaken, forgetful or lying regarding this statement about the past. How could anybody determine that it was true if their 54 senses were not present in those moments or some completely trustable machine did not record it (is there really an instrument that does this)?

Statement #1 is an extraordinarily reasonable GTT fact because self-evidence is indisputable. It is obvious and as part of any experience it is always available in every UFC moment of the life of Nature/Earth/us. If your conscious self is present, self-evidence is present. **Self-evidence GTT registers, unadulterated, directly in our body, mind, and spirit through some or all of our 54 natural senses.** They, like all things, are part of the Universe and, like it, they, too, only occur and operate in the UFC moment.

Self-evidence includes, right now, your senses of sight, reason, consciousness, motion (scrolling, cursor, eye movement), literacy, color, design, trust and place all **experiencing this moment to this period. And now to this one “.”**

## “The only source of knowledge is experience.”

**- Albert Einstein**.

You can trust self-evidence when you understand, as did **Albert Einstein** in 1935, that his sense of reason made him deny the Steady State theory of the Universe. He realized that the singular birth of the Big Bang sequence of the Universe, the life that our Planet and we live now, **makes its own UFC time and space**. This was **more reasonably evident** that the alleged appearance of **unexplainable or outdated phenomena from unknown or mystical sources** were sustaining the Universe.

Einstein recognized that the expanding time/space continuum of the Big Bang Universe had to have a central Unified Field, an attraction network that **kept all its parts simultaneously connected and in communication with the wholeness of the Universe and each other, moment by moment.** He knew that to be part of a system, a thing has to be in communication with the system otherwise it can’t coordinate with it, rather it trespasses it and becomes an “outlaw.” Universally, he scientifically validated Gay Luce’s observation, “It’s only in our minds that we are separate from the rest of the world.” In reality, **it is only nature-disconnecting stories that we attach to that separate our natural selves from it.** GTT experiences in natural areas reverse or correct this distortion.

## “Look deep into nature, and then you will understand everything better.”

**- Albert Einstein**

**How to Grok a Natural Area**

The Big Bang theory, along with Einstein’s Unified Field, became a completed scientific fact in 2012 with the discovery of the Higgs Boson attraction field in quantum and particle physics and it has been further supported since then. After an 80-year search, in the heat of a proton accelerator’s five-trillion degree Big Bang temperature, scientists discovered Einstein’s long-theorized Unified Field attraction. It was a boson particle that became the attraction net. It appeared when the temperature was raised to Big Bang heat, 250,000 degrees hotter than the sun. It was the building block of the Universe that we accept. It became an attraction net between all things when, in the next instant, the cooling began. ( see *Appendix C, page 72****.*** )

The Higgs Boson includes the fact that any given moment the life of the Universe is a singular, sequential, continuing, universe wide-and-deep, attraction-unifying, Big Bang heat and energy that has mostly cooled now. It is the UFC that is attracted to build its, moment-by-moment, attractive time and space for itself to be. **This is what your 54 senses actually GTT Grok in a natural area because, unadulterated, they and you are that energy as them.**

## GTT 5 Grok and Validate your UFC Experience (V/E)

As you read this book in a natural area, where indicated enjoyably

Grok (1-6 below) a UFC consenting natural attraction(s) there. (**First master Grokking,** Appendix B *page 67.* **Do that now, then return**).

**NOTE: Post what you Grok here (in Word) or in Appendix D (softcover) for submission and reference.**

1) thank the inviting GTT attraction   
2) nameless

1. sense(s) # *name*
2. be *(ing)*
3. its GTT essence *(ness)*
4. Now, **V**alidate your **E**xperience **(V/E)** and **Box** it.

**VALIDATE**: You **validate** your GTT self by saying “I know my UFC truth is true because I am experiencing it**.”** Write, *in* ***first person*** *everyday language,* what happened and its value when you V/E. *Improve your relationships. V/E people there, too, and share what happens with them.*

**BOX:** Protect and preserve what you Grok.

Build your personal Revolutionary Wisdom safe deposit box. In your mind produce a secure, empty, sterile storage box or closet whose door only you can open. Each time you discover or Grok a fact of life of Nature/Earth from this book that you know is true for you, in first person narrative, lock it in that box so it is not adulterated by falsehoods or other things that may surround you but are not right for you. You can access it again whenever it will help you.

**NOTE:** As you practice and repeat **GTT 5** it can become a single attraction feeling connected to its origins in a natural area. For example, “**In this consenting natural area it is self-evident to me that, in this instant of the now, I am GTT attracted to writing this sentence as I blend my senses and feelings with my written words. I feel at one united with my 82 years of nature-connected GTT environmental expedition experiences. The delights of their spectacular glory fill my heart with the bliss of peace; it protects me from the unreasonable.”**

(www.ecopsych.com/mjcohen.html)

**IMPORTANT:** note that writing in first person narrative brings your story into the present moment, now. Your story becomes a GreenWave-54 GTT/UFC now reality. **If you write it later you can optionally use past tense.**

- **Enter your Grok responses in Appendix D** *page 73* **(softcover),** or online in Word .docx, **right here** (after making a duplicate of this book). Online, you can later submit this book for credit

**- Use the following Grok** encapsulation reminder to remember the contents of **GTT 5**:

**In a natural area:** **GROK UFC = thank consenting attractive nameless senses #\_\_\_\_\_\_\_ be(ing*)* their essence(ness*)* V/E GTT Box (**❤  **optional Eco-Arts response)**

**NOTE:** Grokking always updates and strengthens your GTT/UFC resilience.

Now, in a natural area, do **▲3. Grok UFC,** below. Apply to that natural attraction what you have learned to this point including Appendix A and B.

▲ **3. GROK UFC** *In first person, describe this GTT natural area experience in everyday language, as above. Include:*

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(*ing*), 5)essenc(ness) 6)V/E GTT box ❤**

**UNDISPUTED FACT: A GTT Grok in a natural area enables UFC Nature to increase personal, social and environmental well-being.**

In the life of our Big Bang universe, Albert Einstein's Higgs Boson attraction field is a singular, moment-by-moment, sequential unifier that, builds its attractive time and space for itself to be. When our diverse 54 senses GTT Grok the field in any natural area they, in concert, peacefully organize and correct themselves/us to sensibly come into balance without producing any garbage. This is Nature’s organic wisdom for all things. Each of us is part of this "universal attraction stew " that loves to be who and what it and we are. In the now, each different thing in the stew, atomic particle to galaxy, is attracted into cooperatively supporting the life of everything else.  We create and suffer our problems because we excessively disconnect our personal GTT from the stew.

***Before continuing further***

**GROK YOUR PAST EXPERIENCES NOW**

**Return to page 7 and then 13. Review the Grok sections 1, 2 and 2A there. Grok them, now that you know how and why to Grok.** Then return here and continue below.

**NOTE: A Grok refers to what you sense is the central topic of the paragraphs preceding it.** Grok other attractions that call to you, too.

## Take a picture, make a sketch or attach some material or keyword from this area to later bring it to your UFC sensory awareness attraction again.

## The Revolutionary Wisdom Process: Why Grokking Works

The 54-sense, evidence-based process in RW empowers you to create wise UFC fiduciary moments in natural areas that **let the life of Earth teach your personal life what you need to know** to increase well-being and help others do the same.

RW gives each of us the means to connect with the way that the balanced and beautiful UFC life of Nature/Earth diversely creates and sustains itself, moment by moment, **without producing any garbage or pollution or leaving out a person, place or thing. *Everything belongs.*** As previously mentioned, we genetically inherit this wisdom, but we are socialized to omit or conquer it.

GreenWave-54 Organic Psychology is contemporary humanity’s scientifically correct GTT blueprint of how Nature’s whole-life, unconditional love works. It empowers any individual or group to safely find lasting happiness by implementing the blueprint in any local or distant natural area. It is immoral and unethical to omit this from any relationship because it unnecessarily injures or kills things, for example, species.

As demonstrated by your ability to ride in an airplane or read this material online by computer and internet, we live in a scientific way of knowing that our lives depend on, yet it is seldom organic. One smartphone alone can operate one hundred twenty million Apollo Moon Landing guidance systems at the same time. However, one smartphone has yet to remove any of the “garbage” this ability has left on the Moon.

The RW art of Organic Psychology responsibly 54-sense applies the same Apollo scientific way of knowing or evidence to the life of original Nature and its wisdom. This connection helps us better resolve problems and create well-being in our technology-attached lives **and** reduce their destructive, non-organic, “side effects.” **RW knows how to clean up the mess it makes. It composts, transforms and recycles it into GTT/UFC.**

**Organic Psychology is a social technolog**y. It is a 54-sense tool that recognizes that Nature is the fountainhead of authority in how its balance and beauty works and that genuinely connecting with Nature helps us engage in our civilization's core natural truths.

These truths were first discovered in the roots of our society by

**Thales of Miletus (circa 600 B.C.)** who successfully **omitted the mystical and supernatural** from accounts of nature.

**Pythagoras (circa 500 B.C.)** who determined correctly that the Universe **contained a logical, inherent mathematical order**.

**Copernicus (circa 1500) combined math and science** to validate that the Sun, not the Earth was the center of the solar system and that Earth turned on its axis. (NOTE: 100 years later Galileo was placed under house arrest for life for teaching this game-changing, scientific fact).

**Albert Einstein (1930)** who used science and mathematics to recognize that **the Universe consists of a unified field** that makes and holds together its own space and time moment-by-moment, including this moment. (The unified field is GreenWave-54. Remember, right now you are experiencing these words in "real universe time" on the crest of GreenWave-54 but, **if indoors, you are not in sensory contact with the whole of authentic Nature and its balanced integrity).**

RW helps us first-hand, GTT-UFC experience how the critical objectivity of our “runaway automobile’s” math-science technology is excellent in helping us benefit from the authentic value of 54 sensory connections we can make with a natural area and enjoy its outcomes.

Our challenge is that objectivity causes problems by labeling as “subjective,” and therefore omitting, our vital **54-sense facts of life. They are neither mystical nor supernatural.** Rather, they are undeniable, organic, **self-evident, biological, sensation truths,** the **trustful attraction information** in every UFC moment that we experience and enjoy in a natural area while it naturally satisfies us. When we do this, it enables us to **let the self-correcting ways of Nature** help us overcome our abuse and strengthen our sanity as we help it overcome the Earth Misery we promote.

To our loss, on average, our story-driven lives **live in tune with the life of Nature/Earth for less than one percent of our lifetime.** This includes our nature-estranged daytime mind-wandering time that accounts for almost 50 percent of our waking hours. It includes, also, our nature-disconnected dream time and meditations. It also includes playing computer games, watching TV and/or tranquilizing our nature-estrangement discontents with substances that often addict us to them.

These facts about our disconnection time suggest that the beneficial effects of engaging in RW Organic Psychology natural area activities can increase our well-being by 75 percent, and Earth’s well-being, too, if and when enough people engage in them.

This book as part of the RW book works where other books and programs fail. This is because it is an expedition rooted in the 54-sense truth of Einstein’s unified field. It includes the whole crest of “GreenWave-54” when we read and Grok this book in a natural area, ***as this course requires***.

**1.   Make no mistake about it,** you reasonably solve any problem 85% more effectively when you are in 54-sense natural area contact with GTT/UFC. How could this not be so? Isn’t that really what our great spiritual leaders did without knowing it because Albert Einstein didn’t use math and science to explain it until 1930**.**

## 2.   Think about this statement and its date:

## “The goal of life is living in agreement with Nature.” - Zeno of Citium, 300 B.C.

***NOTE:*** *GreenWave-54 is also an ongoing nature-connected community that you can live in online and/or locally by joining others who are co-mentoring each other and the RW book.* [*www.ecopsych.com/LNE.html*](http://www.ecopsych.com/LNE.html) *Email* [***admins@mygreenwave.org***](mailto:admins@mygreenwave.org)*360-378-6313*

**Making Sense of Making Sense.**

To help make sense of contemporary life and effectively deal with the corruption, violence and environmental problems we face, a double-blind, peer-reviewed, refereed article I wrote was accepted for publication in a multidisciplinary journal, and I include parts of it in this course (Cohen 2017A). It and this course book only contain reasonable, scientifically verified, self-evident information obtained directly by us from GTT-UFC RW experiences in natural areas, as noted in the Overview**.** Its process has been available since 1974, and it has yet to be scientifically disputed. You can experience and trust its accuracy. Have others scientifically review it if you don’t trust yourself.

If you have been, as required, making conscious sensory UFC contact with attractions in natural areas as you read this book, you may be able to validate RW from your self-evident experience. It will become clearer as you continue this practice.

This course book’s overview of RW helps you “come to your fifty-four senses” by empowering you to correct the distortion from our society’s omission of over 45 of our natural senses. The online RW coursework it describes may confront some of your most cherished beliefs if they are falsehoods that continue to produce the abusive, Earth Misery, personal, social and environmental problems that we suffer.

As you read this book, genuine Nature contact enables you to consistently validate that in a natural area you are in conscious sensory contact with the “now” dance of the Universe and its unified field on Earth. This enables it to beneficially invoke itself and guide you by evoking itself as you. That’s what it does best for the life we share with our planet in conjunction with the book *Reconnecting with Nature.*

Most of contemporary society must face that our misleading but ingrained, nature-disconnected way of knowing and relating is as unreasonable as a rabbit doing the bookkeeping for Walmart. V/E

“Due to the pressure of his new job, my partner, Larry,has made strong demands of me that I can’t meet and this has made me feel not good enough for him. As I sat near the garden, I gazed up at the lovely tree there. Behind its sparkling yellow leaves shone the clear blue sky, and I couldn't help but smile. I asked the tree, silently, for permission to visit, and suddenly noticed a new attraction ... to its bark. I then felt the desire to share what I was feeling and seeing with Larry, and he came over to sit with me in order to experience the same view. I told him how we ask permission to visit with nature, and how silly I had felt the first time I asked permission of this same tree, how amazed I had been that first time, because it had made a big difference in how connected. Larry was intrigued and gazed with me for some time. I felt a new kind of bond developing between Larry, the tree and me. I reflected on how important it was for me to show the same level of respect for the tree being as I would with any human being. I also felt a deeper level of respect for myself based on my awareness of the tree's value and worthiness for respect. It reminded me of the wonderful feeling I get when we are together with my grandchildren... that sense of joy that I feel about our shared adoration for these beautiful beings. Larry reminisced about the times he had climbed up pine trees and felt the swaying of the tree in the wind. He was beaming. I was beaming. We felt more respect for each other. I realized that focusing on what attracts me in nature is a skill that is very useful with people too. This has helped me work with nature-deprivation and low-self-esteem development in children.” **- RW Participant**

**SUMMARY OF THE INTRODUCTION**

The sensory learning tools in the expedition book, *Revolutionary Wisdom***,** let us experience how Industrial Societymakes us suffer “Earth Misery” a runaway, natural resource, species and mental illness catastrophe that deteriorates personal, social and environmental well-being by ignoringits remedy in the Unified Field of GreenWave-54. Its GTT/UFC moments help the life of Earth restore and activate our 54 natural senses and reverse the nature-disconnected relationships that produce our illness, disorders, corruption and crippling budgets. **V/E**

Without producing garbage and without using stories, in singular sequence Nature organically creates optimums of life, diversity, cooperation, balance, attraction, peace, and well-being. Our society detaches over 98 percent of our life from this wisdom and excessively attaches it to stories, beliefs and technologies that are disconnected from Nature, have adverse side effects, and detach us from Nature’s wisdom. **V/E**

Five decades of Organic Psychology research in natural areas exploring “attraction being conscious of what it is attracted to” shows Albert Einstein’s unified field, warrantied, accredited, nature-connected learning process validates our sensations and feelings as facts of life. (See References, *page 52*)

This validation empowers scientific methodology to restore our missing whole-life integrity. Funded and internet available, backyard or back-country this fiduciary tool and community helps people happily create phenomenal moments that let Earth teach and heal. **V/E**

▲ **4. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

***NOTE:*** *GreenWave-54 is also an ongoing nature-connected community that you can live in online and/or locally by joining others who are co-mentoring the RW book together.* [*www.ecopsych.com/LNE.html*](http://www.ecopsych.com/LNE.html) *Email* [***admins@mygreenwave.org***](mailto:admins@mygreenwave.org)*360-378-6313*

## EXAMINE THE FACTS

**The unreasonable application of science defines stupid.**

**Be concerned.** The profound contribution made by objective science must disregard the homeostatic relationship-building values inherent in subjective information. This omits the subjective ethics, morality, and sustainability of UFC whole-life relationships and their GTT wisdom because senses and feelings are subjective.

This omission limits science’s value in objectively solving the runaway problems that face us. For this reason, the unbalanced **Earth Misery horrors** of resource depletion, species extinction, mental illness, excessive stress, obesity, climate change, oceanic oxygen depletion, mass shootings, child abuse and other disorders have increased almost 50 percent since Earth Day, 1970 and this rate continues to rise (Cohen, 2001). **V/E**

It is hard to accept that the reasonable way you and I have learned to think and relate in this moment causes, and can’t stop producing, dangerous misery on a planetary level. However, we suffer due to “Geologically Cataclysmic Dysfunction.” It deludes most folks into denying that the GreenWave-54 UFC remedy works and is readily available.

Revolutionary Wisdom identifies all of the above as Earth Misery and details it at http://www.ecopsych.com/zombie2.html.

Until the long-established powers of objective science become 54 sense organic and help us stop this abomination, each day our irresponsible happiness fulfillments increase it. Look around. Sense and feel what is happening. It is self-evident. Read the statistics. Obviously, our limited-science thinking wielding the sword of technology spells disaster.

The heart of the scientific method is to be reasonable. Earth misery is neither reasonable nor sane when nature’s UFC remedy and preventative for it is available and not used.

This year, 2018, we need another Planet Earth almost half the size of ours to connect with the life of our home planet so it may begin to return to its and our natural balance and wellness.

Nobody knows where this extra planet can be found or how we would connect it with Earth.

Colonizing Mars is not a responsible solution. It’s more like  
fleeing our crime while carrying its cause in our backpack and complaining that the world has gone mad and that we are fed up with being fed up. **It is not reasonable to recognize that the life of our planet is deteriorating and that as our lives must eat, drink and bathe in its life, our lives are deteriorating, too.**

## Broken Earth = broken life, health, heart, soul and spirit

▲ **5. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**THE GTT PRINCIPLES OF ORGANIC PSYCHOLOGY**

**If we can’t identify the source of a problem how can   
 we discover and apply its solution?**

Objective science has yet to identify the point source of our earth misery catastrophe no less the means to correct it.

Because I and others have experienced and addressed the source, I validate here that by applying the whole-life, UFC science of Organic Psychology we can achieve our correction goals on personal and social levels. I warranty this because the beneficial effects of the process are self-evident and cost free (Cohen, 2017).

Sadly, today’s normal application of science denies the special contribution of RW Organic Psychology to personal and global wellness. This is because we are bonded to our established, dominant, nature- disconnected, science, thinking, economics, ethics, and morality. That has to be the source of earth misery as there is no evidence of it in the life of pre- human wilderness and its pristine relationships (Cohen, 1983).

Our denial of our excessive and limiting emotional bonds to nature-disconnected things and stories makes the scientific community ignore the power of UFC RW to deal with them.

This limitation has let our science foolishly drill a hole in the floor of our lifeboat and as this leak sinks us, our limited-science mentality drills another hole in the floor to let the water out.

RW empowers us to prevent and remedy this earth misery short circuit. (Cohen, 2011).

Adding RW organics to any aspect of society helps us increase the quality of our health, economics, and environment while reducing their costs and shortcomings (Cohen, 2015)

As Pythagoras determined, circa 600 B.C., objective science works because its logical, inherent 0-9 integral sequence of numerals in mathematics produces facts that are congruent with the evidence-determined space/time, UFC sequence of the GreenWave-54 Universe. For example, if you feel 5 is an unlucky number and only value it as 4.3, the truth of the mathematical truth is warped until corrected. Similarly, if you dismiss the truth of 49 of your sensory ways of knowing, it warps you as well as those you expect to help you because they also omit the 49 other sense so you can’t be sensible. For this reason, when we apply objective facts, they empower us to manage Nature’s balanced functions, but, sadly, in **excessively biased ways that are not personal, social and environmentally responsible, so we suffer.** (Cohen 2007).

Since 1965, during my year-round expedition explorations in natural areas I have observed and experienced how Nature produces its pure and balanced wilderness perfections without using humanity’s objective math-science stories, labels, and rationale.

I repeat, without help from humanity, the UFC life of Earth organizes and corrects itself to produce its optimums of life, diversity, wellness, balance, purity, attraction and cooperation without producing garbage (Cohen, 1993). In the natural world, everything belongs, nothing is left out.

Organic Psychology relates to Nature as a combined objective and subjective process whose UFC core is that, like a numerical sequence, everything, including us and our 54-senses and stories, is attached, moment by moment, to all that has gone before it and remains attached to all that follows.

Albert Einstein and the Higgs Boson evidence have affirmed that the space/time attraction force of a sequential Unified Field of the Big Bang Universe makes the natural world possible (Cohen, 2017).

This goal of this course is to demonstrate that **the RW self- organizing, attraction essence of Nature is consciously attracted to produce nature’s self-correcting reality around and in us**. If attraction is not conscious of what it is attracted to, how does it know what is attractive to move towards? what to pull together? what to attach to? what is attractively balanced? UFC attraction is, for us, like a common denominator for Mathematical fractions. By consciously registering 54 self-evident, sensory contacts with this purifying and balancing essence of any natural area, we empower ourselves to think, feel and act to reduce the wounds Earth’s and our life suffers.

Since the beginning of time or before, **because** **natural attraction is intrinsically or has been given the free will** **to be** **conscious of what it is attracted to,** attractions blend into and support each other so that, for example, two atomic particles, or two elements, in peaceful balance, can become a new particle or compound, or a crystal **can attract itself** to grow larger as does the Tree of Life. Objective science recognizes this universal UFC fact. It is the biological core of humanity since we are an attractive part of the life of Nature, alive or “dead.”

The science of Organic Psychology incorporates and teaches our 54 sensibilities how to use this core of Nature to reverse the earth misery dilemmas that we produce (Cohen, 2012).

“Since we were children my older sister, and I have always argued, but after I connected with attractions in the clouds I felt a special sense of self-recognition and appreciation. I recognized that feeling was what I was missing from my sister and that I did not need to get it from her, I could get it from the clouds and other nature attractions, and I continued to do so (Senses #43 consciousness, #42 reason, #39 language/stories). Things are better now. I no longer argue with her, and we respect and love each other more (#54 whole life-attraction).”

**- Revolutionary Wisdom Participant**

▲ **6. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**PRINCIPLES**

**A Reminder: Why Science Works**

**S**elf-**E**vident (**SE**), sensory knowledge about the UFC life of Earth and how it operates is critical information that we need if we want to scientifically stop our earth misery deterioration of our planet’s balanced ways and wisdom, in and around us.

This concurs with the basic tenet of science from Greece, circa 600 years BC, that scientific methodology is effective because it collects and evaluates proven, repeatable evidence and its consistent effects.

For the above reason, science omits the mystical and supernatural because the latter are products of beliefs that are not verified or confirmed and that can be inaccurate, non-existent and misleading. They cannot be trusted to do what they say, and this often produces problems when we depend on them (Cohen, 2011).

To be scientifically valid and useful for contemporary society, it is reasonable for this RW course book to self-evident **(S-E)** affirm here that it is being created by me on Earth and that the book and I are part of our science-based, “standard” universe that is producing its own UFC time and space in this S-E, now moment, including you and me.

The S-E accurate facts about the whole of life I present here convey reasonable observations and conclusions from my eighty-one years of experiential learning and exploration. This time period includes five decades of 54-sense, organic contact, co-ed nature lovers, expedition community, all-season outdoor experiences in 84 different natural areas while writing eleven books about they work and how to live in balance with them by learning GTT from them (Cohen, 1993).

[*http://www.ecopsych.com/54rwbook22.html#expedition*](http://www.ecopsych.com/54rwbook22.html#expedition)

## RW Organic Psychology: The Self-Evident (S-E) Remedy

Self-evidence comes from experiencing a relationship with ourselves or others through one or more of our 54 natural attraction senses. This self-evident certainty is a UFC fact of life for humanity. Its conscious, felt-sense, attraction and intention produces and influences responsible actions and relationships, moment by moment (Cohen, 1995).

Self-evidence **(S-E)** is a recognized GTT fundamental of evidence-based thinking and relating.

A good scientist must seek and honor the factual value of self- evidence that is produced from experience because it is valid evidence.

S-E is empirical because it defines itself and integrates directly into our physiology and nervous system as a body, mind and spirit sensation(s). It is the strongest irrefutable, unmistakable and accessible form of GTT knowledge available in any UFC moment.

Scientific thinking can easily include our 54 self-evident senses so that all the facts available are included for accuracy in an investigation or relationship.

It is our omission of valid evidence that produces our scientific short circuits and falsehoods along with their adverse effects. This omission is as foolish and harmful as driving while intoxicated; there are fines and jail- time for that.

The fact is that 54-sense Organic Psychology is a remedy for our omissions and that, in fact, **it is omitted** in objective science and relationships.

Facts not based on S-E are often incomplete. They can warp, limit or replace gathering accurate S-E information from things, one of these things being the UFC life of our planet and our relationship to it while we are it (Cohen, 1995).

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 1: Self-evidence is undeniably true and accurate.

Supportive Observation: ***Show me self-evidence that is inaccurate, and I’ll show you the genome of Baron Munchausen.* ☺**

▲ **7. GROK UFC In first person, describe this GTT natural area experience  
1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**The Home of our Life**

With respect to our solar system, where do we live? Most folks respond “On Planet Earth.”

However, when they apply critical thinking in or to a natural area, they discover that they don’t live on the Earth. It is S-E that they live in it, as part of its UFC life as it flows through them. Their senses of place and community tell them that they are enveloped in Earth’s biosphere, below its atmosphere and under its birds, clouds and other airborne life. With the exception of their ability to live and relate through stories, people consist of the whole-life way that Earth works (Cohen, 2010).

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 2: We live in, not on, the life of Planet Earth

### Supportive Observation: Show me someone who says we don’t live in Planet Earth and I’ll show you a “we” from another planet or E.T. from Spielberg, USA, 90209. ☺

**Multiple-Sense Scientific Sensibility**

One GTT S-E fact in this moment is, as previously demonstrated that our senses reasonably register that we both know and trust that you are experiencing these words right now as you read them.

This is a legitimate fact that we can validate by repeating the   
the experience, as you are now doing in this new time/space moment.

We may also discover that we are ignoring the individual letters in these words that you are reading right now until I bring this to your attention, yet it was single letters that were of prime importance when we as children began to read.

You will probably discover that this single letter phenomenon will stop shortly when your habitual form of of reading takes over.

Is that happening right now? If so it is S-E.

Additional often overlooked truths this moment is that the words “the” and “of” were doubled in the previous paragraphs and that you are probably now paying attention to the black color of this ink, not the whiteness of this page.

Also, you place value on the words here themselves, not on the spaces between them.

Other obvious facts not being registered include the presence of space and air between you and this page and that the end of your nose is also part of the picture.

We can discover these S-E facts as we help our senses of reason, trust, consciousness, contrast, time, literacy, color, distance, motion and sight come into UFC play here.

As we register and validate these additional sensations, we seldom deny the helpful value of what they contribute.

We know that we would not want to be without them.

We can trust from this experience alone it is S-E that there are at least the, above, ten natural senses that provide us with information. They don’t come from nowhere. Scientifically, they are essential parts of Nature registering themselves in and as us.

Each of the senses, above, along with many more, are the **54 scientifically identified senses** that we inherit and hold in common with other members of Earth’s Web-of-Life community (Cohen,1997). **See Appendix A *page 64*** *Search: 4AAA*

Each sense and its meaning becomes GTT S-E in our awareness, as above, whenever it is energized into and registers in our sense of consciousness (sense #43). Consciousness serves as a “screen of awareness” for all the other senses when they are energized to appear on it. For example, it is S-E that our sense of thirst (sense #21) energizes and signals into our consciousness that we need water and that our other senses, including our senses of self (sense #35) and reason (sense #42), become aware of this fact and react accordingly.

It makes sense, too, that when ancient life went from the water onto the land, some form of thirst had to develop to activate an attraction to intake water that land animals and plants needed for survival (Cohen, 2009).

## Our Inherent 54-Sense Way of Knowing

Each of our 54 senses is a S-E manifestation of what can be called our prime attraction, desire, intention or drive to survive, to “be” in this world as us.

When our sense of reason considers and applies mathematics to what our senses experience, the math empirically affirms that we enjoy more than the standard five senses that Aristotle and most other leaders say we have.

This S-E discovery helps make us more sensible as it motivates us to seek additional senses and their sensibilities.

This simple mathematics alone makes a significant contribution with respect to addressing the technology-addicted nonsense of our runaway deterioration of the life that we and our planet share and is our personal life-support system. (Cohen, 2011a) *www.ecopsych.com/journalinstitution.html*

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 3: We have at least 54 natural sense groups

### Supportive Observation: Show me someone who is convinced that we only have five senses and I’ll show you someone who never learned to count up to six. ☺

▲ **8. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## Wilderness is Story-less

**Our sense of reason recognizes** that although Nature communicates it does not accomplish this through the spoken or written word-verbalization, narration or literacy of our stories.

Wilderness, the more-than-human life of Earth, is story-less.

We have no S-E personally, and no other forms of scientific evidence have yet discovered members of the plant, animal, mineral or energy kingdoms, narrating, vocalizing or writing words, sentences, paragraphs or books or making videos.

Our sense of reason must recognize that we alone bring “stories” to our personal and the Planet’s sense of consciousness. This “mapping of life” ability is our special UFC attribute that supports our survival outside the tropics (Cohen, 2007).

The history of Earth changed with the geologically recent appearance of humanity. Gifted with our ability to communicate and build relationships using stories, we abstract and put into stories the way our natural senses directly, S-E experience how Earth’s non-story world works.

For example, the story about how, when and why we can quench our thirst (#21) by drinking water is different than our S-E experience of actually drinking water (#23). The thirst story alone does not fulfill our body’s need for physical water or our continuing sensation of thirst. However, the act of drinking water harmoniously blends and balances our need for water and its story with each other and with the global life system. This organic fulfillment produces rewarding feelings of happiness. It occurs because the life of thirst is homeostatic. Its form of intelligence senses when to turn on or off with respect to our life’s attraction for part of the global water cycle to pass through us, help hydrate and metabolize us as well as wash out the impurities our metabolism produces, impurities that perfectly feed the life of Earth.

This balanced, purifying and satisfying water cycle process applies to and is S-E true for each of our other 54 senses as well. For example, wordlessly, the sense of excretion (#13) tells us we need to get rid of dirty water in us and feed it to the rest of the web-of-life where, by Nature’s self-organized attraction fulfillment process, it is a perfect organic food (Cohen, 2011). Similarly, without using stories, our hunger for oxygen (sense #21) produces CO2 plant life food.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 4: Nature and Earth neither use nor understand stories.

Supportive Observation: ***Show me one place where Nature uses stories, and I’ll show you the one and only Bugs Bunny.* ☺**

▲ **9. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## The Central Sense Triad: Consciousness, Reason, and Literacy (CRL)

The accuracy of our story regarding the life we share with Earth is crucial for well-being because it determines the efficacy of our ways and means to reverse the shared misery we now produce and impose upon the life of Earth and ourselves.

Using an inaccurate story is similar to the miserable results of having a lobster operate the control tower of an international airport.

Beyond reasonable doubt, the information presented to this point brings its scientific story to our S-E senses of reason #42, Consciousness #43 and Literacy #39 (Cohen, 2008).

As part of the Big Bang universe, the life of Earth, moment-by- moment, is non-verbally producing its own UFC time and space wilderness relationships through at least 53 natural sensitivities that humanity shares.

Uniquely, we alone can 1) register these relationships as nature- disconnected, abstract story narratives or 2) think and feel with them in either literate-story form and/or in fundamental, non-story 54 sense relationships with nature.

Both can take place while we are in UFC sensory contact with a natural area, backyard or backcountry.

This is true as well when our senses register the life of nature in each other.

This phenomenon condenses into the truth that at any given moment, in congress, while UFC registering our 51 other senses, our S-E senses of consciousness(**C**) and reasoning(**R**) can think and act in conjunction with literate stories(**L**).

Our GTT with the life of UFC validates we are allies in resisting stories and things that distress us. When our remedies or therapies include UFC in increasing well being, we mutually support each other. If our story tells us to omit UFC contact, both parties lose. Our healing goes slower and we don’t support Earth. The inclusion story (L) enhances healing because our lives are identical. **Objective research validates this.** Get Real**.** Increasingly center your well-being around UFC- GTT connection. What does your CRL tell you?

(www.ecopsych.com/survey.html)

**In a natural area, do this activity:** Ask the area or an attraction there “Who are you without a name?” Then ask yourself “Who am I without a name?” Include what you discover in your Grok description

▲ **10. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## With regard to our stories

Reasonable, evidence-based, 54-sense stories genuinely connect us with Earth/Nature wisdom in an attractive pure and balanced way. They help us produce supportive and responsible personal, social and environmental relationships by urging us to create UFC moments in natural areas the let the life of Earth teach.

**Nature-disconnecting, belief-based, limited sense or incorrect stories** produce scientifically non-whole relationships. Not being scientifically accurate, **they remove us from or adulterate the scientific truth of our inherent, Nature/Earth whole-life wisdom that produces each UFC moment’s pristine time, space and wellness of the Universe.** This disconnection from Nature’s wisdom hurts, and along with its artificial tranquilization it makes us produce our earth misery. It is us driving the runaway car without knowing how to use its organic 54-sense brake that is UFC, in and around us.

**CRL** is the acronym/tool that we can use to trigger our S-E sense of consciousness (**C** #43), reason (**R** #42), literate-story (**L** #39) process.

This tool activates the ways and means of RW Organic Psychology that includes associated S-E input from our 51 other sense groups. In this way, CRL is actually CRL-51.

In our challenge to reverse earth misery and increase well-being, our choice to scientifically apply CRL empowers us to register and be guided by **evidence-based, nature-connecting, whole life stories.** Our sense of reason recognizes the ability, in a natural area, of these CRL stories, (in concert with all 51 other senses) **to consciously plug us into Earth’s eons of GTT self-correcting, multi-sensory wisdom, in and around us.** Moment-by-moment, this UFC act in a natural area restores balance, purity, joy, and beauty, personally and globally.

It strengthens our sustainability, ethics, morality, and wellness. It shapes our posture and attitude into consciously or unconsciously designing our next moment.

It helps us control our runaway car.

CRL enables our S-E sense of reason (#42) to register that our outdated, unscientific and often addictive nature-disconnecting stories increase rather than decrease earth misery.

Our thinking learns that CRL is the working essence of the art and science of Organic Psychology and it is an essence of educating, counseling and healing with nature.

By applying CRL, **we organically increase the intelligence of our 5-sense sensibilities, sensitivities, and relationships by 85 percent** and we reduce expenditures and conflicts accordingly (Cohen, 2013a).

Without CRL, our sensory IQ is 15, that of an idiot, and it shows globally, locally and personally.

Our IQ of 15 is superior sci-tech gifted. We are proud “savant” idiots bonded to ancient leaders who did not know how to screw in a lightbulb. Help!

## Applying CRL

In this overview book/course of RW, I apply the S-E that reading this course brings to light. Experience tells me that if you are reading this while in a natural area, the book will produce greater learning because the area often UFC activates, supports and involves all of our 54 senses in the process, especially if you V/E what attracts you here.

Our 54 sensibilities inherently bond to and strengthen themselves in nature and some folks can attach that wisdom to this book (Cohen, 2013b).

Each new S-E thing added to CRL here increases the power and value of CRL and this book.

**In a natural area, do this activity:** Ask a natural area or thing “Where do you as Nature stop and I as a human being start” Include what you discover in your Grok description. (Hint: Was it in nature-disconnected stories?)

▲ **11. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**The CRL of Attraction**

**I have yet to meet anybody, including myself, that can identify something that is not held together by the unifying power of attraction.**

It is S-E that unification and attraction are synonyms that describe a singular attraction essence, a fundamental natural love, if you will, in our UFC Universe. In 2012 it was identified in Big Bang research as the Higgs field, along with other attraction fields (Cohen, 2012). It is the love of the life of the Big Bang to live.

In the science of Organic Psychology, it is S-E, until proven otherwise, that what we call “things” are, in reality, UFC information and natural attraction relationships manifesting themselves as these thing “events.” This truth applies to sub-atomic relationships, matter, our biological and social humanity including our 54 senses, weather systems, the solar system and beyond (Cohen, 2013).

It also applies to any spirituality or religion whose essence or God is unconditional attraction/love/energy that is found everywhere. Carl Sagan noted, “If you wish to make an apple pie from scratch, you must first invent the universe.

## “I believe in God, but I spell it Nature.”

**- Frank Lloyd Wright**

**Even a repulsion is a form of attraction**.For example, our senses of pain, distress, and fear (#25, #26, #27) heighten our survival attraction to find additional attractions that support our life. Repulsion is actually a helpful reduction in our “love to survive” intention (#54).

**We run for our life because it is so attractive**. We seldom want to lose this signal that enhances our well-being.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 5: Everything is held together by attraction

### Supportive Observation: Show me something that is not held together by attraction, and I’ll show you someone’s nature-disconnected story manipulating magnets to make them repulse each other. ☺

For every new natural attraction there is an equal and different **natural attraction to the core of UFC wholeness.** That’s how Nature produces its natural **homeostasis.**

Each of our S-E 54 senses, in congress, attracts our life to continue into the next moment in each sense’s special way. This is because to survive, our life must include our 54 senses and their life. Otherwise, our life is like a camera with all but 15% of its sense-registering film non-functional. Its ability to register reality is reduced by 85%. This makes us “eco-zombies.”

RW Organic Psychology recognizes our survival attraction to be the core power, instinct or love “to be” that all things hold in common.

In our natural life process, there is no question, “To be or not to be?” because a person is already being if they can ask the question. If all this seems questionable, slowly pull something apart so you may S-E experience for yourself that the thing is attracted to stay together. Grab a fistful of water to keep, and you only end up with a wet hand.

CRL activities produce attraction-based, **scientific stories and relationships** that UFC unify the world to the benefit of all. They are helpful because they add S-E 54-sense, whole life intelligence to our nature- estranged lives in Industrial Society. To stop earth misery, they need our physical and financial support. Otherwise, on average, over 99 percent of our thinking and feeling is out of tune with authentic nature and over 95 percent of our time is spent indoors.

This includes the 75 percent of our time spent dreaming, daydreaming and the use of chemicals to escape effectively dealing with our disconnectedness and its emotional pain.

This excessive separation produces our earth misery problems as is shown by their decline when people add Organic Psychology and its 54 senses to their conscious lives (Cohen, 2017).

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 6: Scientifically accurate, whole-life stories are needed to make organically valid changes.

### Supportive Observation: Show me a story that denies this whole-life necessity, and I’ll ask you why you are showing me a story that is scientifically inaccurate. ☺

"I have had a stressful anger moment with Julie. It has taken a bit of thinking for I seem to defuse most of my anger, which is probably not a good thing for I really carry it around surrounded by the stories of “should not” be that way when I really am. So, finding that special time when I allowed myself to blow and all the guilt trip of doing it is forefront and I can feel how I felt. Tightness in the stomach, a back tension, the clinch of the jaw, the tense muscle threw out the body. Julie always gets hurt, if only verbally, so this time I go outside with her to cool down. We silently walk down a long fence line until I start noticing the trees and grass, birds, breeze, and wildlife. I ask for help and permission to be with nature and away from the memory of anger. With the attractions of nature, I begin to calm and no words just being with and I calm and allow myself to be. I chill and notice all of the natural feeling around me, stop at a tree and breathing becomes calmer as I touch the trunk and peace. Calming begins to come back to my body while numbness is the best to describe but yet a peace that goes on even with this dilemma. I just exist for a while with nature and thank the landscape for its calmness, help and safety. Sunlight is warm and regenerating. Air is sweet and cool. Acceptance is plentiful. I sense it is time to relearn. While walking back with Julie, I take this safety, acceptance, peaceful surrounding me and begin thinking of the situation and a resolution which is also part of what “should be” We walk back hand in hand.

## - Revolutionary Wisdom Participant

▲ **12. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## CRL and the GreenWave Model

“The GTT is when S-E experience, space and time of the Universe and its “love to be” are present along with our 54 natural senses to feelingly register them (Cohen, 1997).

As described earlier, in its evidence-based, 54 sense CRL exploration of natural attraction phenomena, Organic Psychology incorporates a 1950’s the Gestalt Psychology “now” GreenWave-54 UFC diagram. It helps us build fulfilling, responsible relationships and experience their happiness.

GreenWave-54 enables our thinking and feeling to operate while using that wave illustration. It shows our most trustable, truths to be available only in the present moment, the Unified Field now, of its crest, followed by next moment new UFC attractions that strengthen the field through diversity (Canon, 1932). It works because, since the beginning of time, the moment-by-moment attraction has been conscious of the truth of now.

The now is a homeostatic balance that, moment-by-moment, is produced by “the attraction of things to the central attraction UFC and simultaneously to what other things they are attracted to in their now environment.” That is how attraction “knows” what to attach to **in balance.** It is pure responsible UFC love. **That process and natural areas** are what now need support and funding, **not stories and relationships that increase our earth misery, as is** present practice**.**

The GreenWave-54 diagram helps us visualize that only in the immediate UFC moment can we S-E experience, learn and act anew on the wave while in contact with its wholeness.

It is only while we are in the now of the crest that we can observe and relate to the past and future. They are present on the crest as stories or memories or what we can see behind or imagine before us from our unadulterated crest view.

Doing this enables us to scientifically CRL address callings or stories of the past and future into the crest now, when, to our advantage, we can blend them with the attraction wisdom of the wave, so we know and function in balanced ways. Its self-organizing attraction combination is homeostasis in action. UFC is 13.8 billion years old because it took its life that long to find that out.

The crest is whole-life significant because everything in the Universe is Unified Field attached and present in the present. This includes our thoughts, senses, feelings, memories, loves, and ability to act and reasonably change our stories and experiences from the past and predicted future.

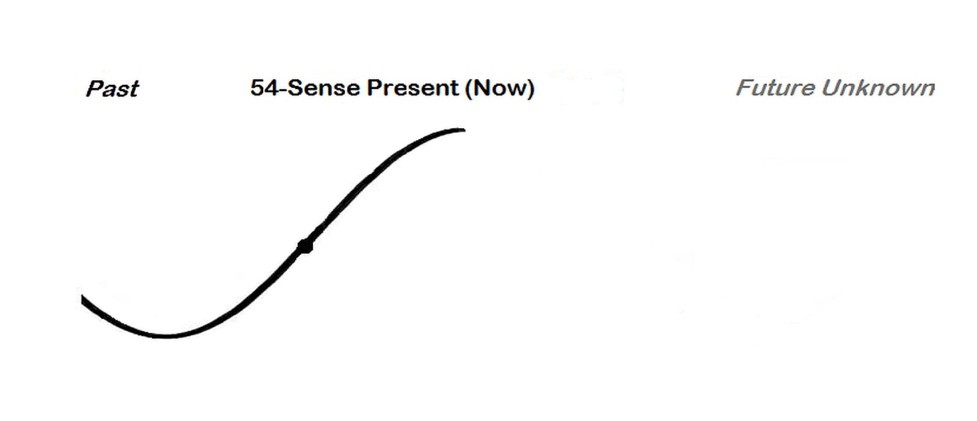
This scientifically holds true for those who believe in or experience God. We only know and relate to God and God stories in the UFC present of the Universe we live in.

On the unifying crest, our sense of reason can reject unreasonable and fictitious stories or change or transform them along with the past or future into the whole life, organic truth of the next moment. This scientifically integrates into our lives, past or future wisdom that can help us because it becomes S-E as well as updated in the crest moment that we call reality. It is the Unified Field in action.

Remember, in Organic Psychology, the time and space of the wave is recognized as being GreenWave-54, the S-E, in-the-moment updated story, and history of the life of Nature and the Universe, including Albert Einstein’s Unified Attraction Field, since its birth in the Big Bang 13.8 billion years ago.

Whole life organic psychology science pragmatically blends them into a **singular GreenWave GTT/UFC attraction force** that we sense and feel, moment-by-moment in 54 ways.

## The Present Moment

Since we can’t 54 felt-sense experience the future until it becomes the UFC present, the diagram of the GreenWave, below, omits the future. It becomes a non-experienced, but potential story, an unsubstantiated means to enjoy UFC love.

GreenWave-54 represents our common culture science of the Universe. It demonstrates that the total Universe, along with each of its energies and things, loves to create its own UFC time and space moment- by-moment by eliminating unscientific stories that deny this GTT, humanity and the Universe/Nature/Earth are identical.

This phenomenon is CRL supported by the S-E fact that we are able to consciously register, think, sense, feel and be in the now, moment-by-moment.

If the now did not exist, how would we or any story exist or could any story exist that denies this truth (Cohen, 2017).

## “The beginning of Wisdom is to call things by their right name.”

**- Confucius** (circa 520 B.C.)

In *Revolutionary Wisdom*, **the right name is the nameless UFC.**

Everybody has the same last name, UFC, when Grokking a natural area.

We suffer our Earth misery because our socialization injuriously severs our constant 54 sense loves the UFC life of Nature and reattaches them to questionable artifacts and nature-alienating stories. They become *story loves*: “Suburu, share the love” “Love Coca-Cola” McDonald’s: “I’m lovin’ it,” “Everybody knows somebody who loves a Honda.” New Balance shoes: “Love running more.” Blackberry: “Love the big picture.” “I love my Droid more than my kids and husband.” The rest of our 54 senses are captured by institutions, their personnel, dogma and paraphernalia. (Cohen, 2011a).  
*www.ecopsych.com/journalinstitution.html*

Removing our love from UFC addictively produces an unreasonable, unbalanced prejudice against nature, an attitude unusually resistant to rational influence (Cohen, 1983). “Let the love of Earth and its people be heard,” could be the subtitle to this book course. UFC helps us do it because it is it.

▲ **13. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## CRL Self-Evidence on the GreenWave-54 UFC

CRL surfing the now, GreenWave-54 crest by Grokking brings us into a new, vibrant, whole-life scientific platform for knowing the Universe. It sometimes feels like, at will, hypnotizing ourselves into a different, euphoric world that is an unadulterated reality.

It includes crystal clear truths from our 54 senses in contact with Nature, as being self-correcting UFC facts of life that are no longer omitted or polluted by our attachments to nature-disconnected information or distortions.

This evidence contributes exceptionally valid information because it comes from our 54 senses emotionally embracing in natural areas the authentic ways of the life of Nature and Earth in and around us on the UFC, rather than from unscientific stories about how Nature works.

GreenWave-54 connective activities help us eliminate our nature- disconnected stories that presently produce our runaway mental and physical problems, deteriorate natural areas and violate our constitutional and human rights to life, health, information, and property protection.

Applying CRL plugs our 54 senses into Earth’s attraction to organize and correct itself to produce its balance, purity, and beauty (Cohen, 2016).

On the crest, our S-E 54 senses GTT register and validate in the moment that **everything in and of Nature is attached to all that has gone before it and remains attached to all that follows it.** This is exemplified mathematically by the Fibonacci Ratio Sequence.

Happily, we S-E experience that GreenWave 54 creates unified-field time and space where Earth teaches us what we need to know and a safe place to share our stories in mutually attractive, whole life ways.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 7: Things only exist or happen in the now.

### Supportive Observation: Show me anything that does not exist in the now, and I’ll show you myself denying that you are showing this to me from your experience. ☺

Improve your relationships. Find and bond with this same GTT natural love attraction, and/or others, in other people. In a natural area Grok natural things together with them and in and as them. These moments are the height of connectedness. They scientifically re-bond us with our in-common, GreenWave-54 UFC life of Earth, Spirit, Soul, and Humanity.

▲ **14. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## Actualization and Negativity

**There is no repulsion or negativity in the dance of Nature’s unified field,** only strong-weak, strong-weak attractions that are the dance’s homeostatic rhythm, sway and design.

Labels or stories that objectively describe the dance are always dualistic because Nature is neither a story, static nor objective.

Words that accurately energize our senses and sensations onto our sense/screen of consciousness in a natural area enable us to GTT register whole life, fluctuating facts about the dance since they are it.

The labels we attach to our 54 sense sensations and sensitivities are   
S-E resonating truths because, although subjective, they accurately bring authentic Nature UFC into our story world in the now.

This GTT, above, identifies Nature as a singular, self-balancing dance whose rhythms, beats and gyrations are beautiful.

They are attractive facts of its/our life rather than conflicting dualities (Cohen, 1997).

What we sense as negatives are our senses of pain, fear, and distress. However, they are really a GTT attraction to seek additional natural attractions to support and strengthen well-being.

GreenWave-54 transforms negatives into positives because there are no negatives in all-attraction UFC. “Wrong," “But,” “Don’t” “Bad” become **Groks to find additional** attractive information from the GreenWave, in and around us and others.

“When I was doing this activity in the natural area on campus, I started to shuffle my feet through the dried leaves. I suddenly realized that my pain had stopped and I concentrated on the very pleasant sound of the dried leaves under my feet. I stopped walking through the leaves, and slowly the pain returned, so I started walking again, and sure enough, the pain resolved again. I thought, “This natural love is Nature’s pain reliever. My rights to be free of pain, torture and degrading treatment are being infringed upon by the absence of GreenWave-54 in this school.”

## - Revolutionary Wisdom Participant

*We hold this truth to be self-evident; embrace it in every moment.*

## S-E Fact 8: There is no repulsion or negativity in Nature.

### Supportive Observation: Show me a person who believes that Nature contains negatives and I’ll show you somebody who has nothing accurate to say about this. ☺

▲ **15. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**For those who scientifically want to go beyond lip service** in creating morally, ethically and environmentally responsible relationships, CRL surfing the UFC provides the GTT S-E truths that they need to further substantiate the S-E GreenWave-54 process.

Worth repeating here is that by engaging in CRL, we unify and resolve conflicts as our GTT discovers additional S-E unadulterated UFC facts from the life of authentic Nature. It is the fountainhead of authority in how its intelligence works in and around us. CRL empowers us to co-create with it in balanced ways that reverse earth misery (Cohen, 2015).

"Upon arrival, the play of fresh wind, waves, and colors on the rocky shoreline filled our senses. A loving feeling of awe and belonging soon unified us when only minutes before we were angrily competing for status and to be winners.”

## - Revolutionary Wisdom Participant

**Liberation**

Right now, you may feel trapped and helpless in that metaphoric speedy, high tech automobile aimed to destroy that natural area family picnic.

Free yourself. Jump out of this story now and GreenWave surf a real natural area, backyard or backcountry.

Act! Continue reading this book while you are in conscious UFC contact with authentic Nature.

The closest pristine wilderness and its wisdom to you is the GTT/UFC that our stories have injuriously jailed within you. Help Nature’s UFC aliveness in a natural area free that wilderness and nurture it and you back to health so you can hear, enjoy and abide by its wisdom.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 9. GreenWave 54 makes a vital contribution to increasing personal, social and environmental well-being.

### Supportive Observation: Show me those who say GreenWave-54 is not significant and I’ll show you why the Little Blue Macaw and West African White Rhinoceros recently went extinct. ☹

**Invoking the GreenWave**

We must stop the abuse of our GreenWave-54 integrity by mastering how and why GreenWave-54 works (Cohen 2017). Then we must be dedicated to invoking it (Mallory 2017).

The UFC’s self-evidence from our inherent natural wisdom is irrefutable because it begins directly in our body, mind, and spirit, fifty-four natural attraction senses that our sense of consciousness can accurately register and communicate through our senses of reason and language (CRL).

In a natural area, the moment by moment attraction UFC energy of the Unified Field holds the non-verbal, living attraction core of all things together in intelligent, homeostatic equilibrium, from sub-atomics to the life of Earth’s Web-of-Life attraction, to circling the sun without producing garbage.

“These courses gave me a previously missing respect for my actions and a feeling of dignity, that I had the right to love and be loved: I aligned myself with my natural surroundings, letting their energy fill me while remaining flexible enough to allow it to pass through me without conflict. Unifying and drawing in the attraction energy from various elements of the natural environment with my friends increases balance and harmony. When I have feelings of anxiety, I reasonably connect to the web of life, and it is attracted to embrace me with comfort, guidance, and wisdom that I have been missing. I get the feeling of being “one” with its homeostatic power and beauty, and GreenWave-54 gave this to most folks in the courses I took. **…..- Revolutionary Wisdom Participant**

Reasonably engaging in purifying UFC moments and their past and future attachments deactivate the catastrophic effects of excessive disconnectedness and let the wisdom of GreenWave-54 experiences help us produce a safe, 54-sense, life platform that guides us into renewed, whole- life moments of rational and un-warped relationship evolution.

This stabilizing sanity and satisfaction happiness from the platform motivates us to thrive by living and teaching GreenWave-54 using our individual experiences, relationships, and livelihood to increase personal, social and environmental justice.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 10. We must learn how to invoke GreenWave-54 to produce its benefits.

### Supportive Observation: Show me a scientist today who does not believe they should invoke GreenWave-54, and I’ll show you a hypocrite who will run for Congress and win. ☺

▲**16. GROK UFC** In first person, describe this GTT natural area experience.

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

**CONCLUSIONS**

Some readers may first have to CRL grok GreenWave-54 UFC to confirm or deny my assertion that sensory contact with GreenWave Unified Field produces the life of nature’s self-correcting reality, around and in us, and empowers us to think, feel and act in unified ways that reduce earth misery.

Because natural attraction is free will conscious of what it is attracted to, CRL surfing the UFC lets our GTT, 54 S-E sensibilities discover, warranty as true and build relationships that incorporate the often ignored facts about the whole of life.

The support from these S-E facts helps us increase global well- being by reversing our excessive disconnection from Nature.

You can start now by reading and checking out these facts while you are in an attractive natural area. Then do the same for the whole book.

## GreenWave Facts

The GreenWave Unified Field is the original coalescing net that continues to manifest itself as matter, energy and mass in this and every previous moment and perhaps before time as we know it.

Its attraction essence is alive enough to be conscious of what it is attracted to so it knows what to attach to.

This ability is the fundamental point source of unconditional love, life and being, from subatomic particles to molecules to galaxies and beyond including how we sense, think, feel, speak and relate.

It is consistent because it equally defines the life of people and Nature by their oneness, their presence and attraction relationships, not Nature being “dead” mechanics and mathematical equations and people being alive, subjective loves and sensitivities.

Whatever our lives do, the life of Earth and Nature also do, with the exception that we act-out nature-disconnecting stories that we unscientifically create.

We are Nature’s aliveness and integrity whenever we speak, think, feel and actualize our scientifically sound 54-sense, nature- connecting stories.

Any moment that we know we are alive, it is S-E that the Universe must also be alive since its and our essence are identical in that moment of the Unified Field. (*see Appendix C page 72*)

The S-E life in common that we share with everything moment-by- moment is the life of the Universe making its space, time perpetuation and survival.

Our personal life is the life of the Universe manifesting itself as us. We are each our own, attractive, special, 54-sense personification of Nature.

*We hold this truth to be self-ev*ident*; embrace it every moment.*

## S-E Fact 11. From its birth on, the Universe and everything in it was and remains alive.

Supportive Observation: ***Show me folks who think the Universe is dead, and I’ll show you folks missing out on life.* ☺**

**Label conflict**

“Attraction,” “life,” “natural love,” “god,” “GreenWave,” “consciousness,” “unified field,” “homeostasis” “instinct,” “54 senses,” “mathematics,” “wisdom,” “Nature,” “truth,” “spirit,” “to be” and other fundamentals all refer to the same, nameless, UFC attraction essence of the life of the Universe and Earth in a natural area.

They are each **different labels for it** that our senses often emotionally attach or addict to. **Sadly, these label attachments often lead us to argue or fight over label, belief or behavior differences and .**

Our healthy “dependence” on choosing to GTT Grok UFC in a natural area is a remedy for these addictions.

"I want to share with the group that I feel different from when I started this course. I have always struggled with chemical addictions, and these last few weeks, I find I hardly have cravings at all anymore. At times I do, but then I can go into nature, right outside my back door, and feel a connection that is real. I have been through therapy as well as currently working a twelve-step program, and I feel these nature activities have really helped me, more than I have words for. This is definitely an attraction, I cannot label it, I do not have words for it yet I know in my heart something has changed.”

## - Revolutionary Wisdom Participant

**Planet Earth is our living, non-verbal, non-storytelling “other body.”** Our senses feel the S-E loss, anguish and despair when we are asked, “Who would you be if something took your supportive but wordless Earth body and its attraction to be you away from you?”

Because Nature happens all at once moment-by-moment, humanity’s stories invented “time” so that we consciously have space to sense, think, feel, put in stories and act attractively via stories.

This behavior only takes place in the now so as we produce our stories they influence the present.

Unscientific stories can mislead us to produce additional problems including Earth Misery. It’s like we put a camera in a flowing river and it changes the river flow. The camera photographs the river’s behavior at that moment, and we document that is how nature works, not how it works without our camera or any other story intruding its integrity. This is the source of adulterated information, fake facts.

Because we can’t substantiate warps in our stories that result from the camera’s artificial presence, we create new mystical stories to explain them. More fake facts.

When we CRL surf the UFC, we come into the GTT truth of reality. We avoid or correct our destructive camera blunder because we are consciously in the now and can create or update false stories with UFC wisdom.

Time spent in an attractive natural area that uplifts our body, mind or spirit is the UFC in action, around and in us and in others who are present. Most folks have experienced this during quiet periods in contact with a natural area. The GTT essence of our Universe and homeostasis is attraction consciously manifesting and strengthening the life of its attractiveness through diversity from new attraction fulfillments.

The distortion that all UFC things are not attached to their past and future is the root of the distortions that we suffer. UFC is these things now. We must legally require ourselves to learn and validate the scientific CRL truth that when we find an attraction in a natural area, it is what is doing the attracting and making us conscious of it, to its and our happy mutual benefit.

Because all things consist of the attraction essence of the Universe, the Big Bang, being the orgasmic birth of the life of the Universe, is like the human orgasm celebrating the beginning of human life. This is reasonable; it is attractive for things to desire to beautifully be and grow. We are each our unique personification of the life of Earth with out ability to speak added.

We avoid re-living the pain of someone or something that has abused us from the relief and satisfaction gained by abusing others as we were abused.

*We hold this truth to be self-evident; embrace it every moment.*

## S-E Fact 12. We are each our unique personification of the Universe with the added ability to speak.

### Supportive Observation: Show me a person who thinks they are not a personification of our vast Universe and I’ll show you someone who’s thinking is half vast enough to believe they are not attractive. ☺

Flat outstretched upon a mound    
Of earth I lie; I press my ear     
Against its surface and I hear

Far off and deep, the measured sound    
Of heart that beats within the ground.    
And with it pounds in harmony

The swift, familiar heart in me.   
They pulse as one, together swell,

Together fall; I cannot tell

My sound from earth’s, for I am part    
Of rhythmic, universal heart.

**~ Elizabeth Odell**

▲ **17. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(*ing),* 5)essenc(*ness)* 6)V/E GTT box** ❤

**We suffer from the adverse effects of our addictions to our logos,** stories, relationships, and technologies. This includes being in denial of these addictions and their 54-sense remedy.

A scientific method to be valid must validate the reasonableness of its process and effects.

Because GreenWave-54 is Nature’s antidote and preventative for earth misery, it is imperative that we fund, support and add it to our every relationship if we want to increase personal, social and environmental well- being. It is ethically, morally and scientifically irresponsible to not do this because the earth-misery produced by the omission of GreenWave-54 increasingly injures children, people, places, and things.

Earth misery is easily remedied by using Revolutionary Wisdom to let GreenWave-54 GTT-UFC help our senses of Consciousness and Reason build relationships using scientific, self-evident stories.

The core contribution of RW is to help us remedy our personal and global Earth misery by letting UFC transform our Nature-destructive stories into stories that help our senses of Consciousness and Reason build relationships using 54-sense scientific, self-evident methods and materials.

“I was attracted to do this exercise with my dog - Roscoe, a 16-year- old golden retriever that I have had since he took his first breath. Soon he will decide to leave this dimension, I am so grateful for his presence in my life and how he has allowed me to grow and understand myself better. I love Roscoe, because of his sweet personality, his capability to understand the unspoken and be totally accepting, he always has a good attitude even when struggling to stay on his feet. He shows me an inner strength and acceptance that I can only hope to capture a glimpse of. No matter how he is treated, he is always open to receive a hug and loves unconditionally.

Roscoe has been my rock when things have been tough and reminds me that I am never alone. I look into his eyes, and I see the wisdom of a great teacher and depths of understanding that goes beyond words. He is soft and cuddly, yet when needed he can stand his own ground and knows what serves him best. He is aging with grace and dignity, and though his body does not always cooperate fully, I know that he gets up shrugs it off and continues on his way. He is truly a wonderful friend and companion, never judging, always accepting. He still remembers how to play, even it is only for a few minutes, when he is out in nature he perks up and puts his head in the wind, catching the air and scents all around him. He is completely trusting and allows help when needed. He is my best friend.

Roscoe and I share the life of nature, so we are the same. I wrote of myself what I learned from Roscoe, "I love myself because of my sweet personality, my capability to understand the unspoken and be totally accepting, I always have a good attitude even when struggling to stay on my feet. I show an inner strength and acceptance that I can only hope to capture a glimpse of. No matter how I am treated, I am always open to receive a hug and love unconditionally. I have been my rock when things have been tough and I remind myself that I am never alone.

I look into myself and I see the wisdom of a great teacher and depths of understanding that goes beyond words. I am soft and cuddly, yet when needed I can stand my ground and I know what serves me best. I am aging with grace and dignity and though my body does not always cooperate fully get up shrug it off and continues on my way.

I am truly a wonderful friend and companion to myself, never judging, always accepting. I still remember how to play, even it is only for a few minutes, when I am out in nature, and I perk up and put my head in the wind when I can, catching the air and scents all around her. I am completely trusting, and I allow help when needed I am my best friend."

Once again, the universe is putting the best possible exercises in place when I need them. Though I have done this exercise in the past, I found it much more revealing and healing as I have been hitting the wall with old patterns that had me questioning my value in life.

This exercise allowed me to connect with one of the most important teachers in my life and remind me that I am also worthy and have wisdom, caring, love and playfulness to share, even when I feel like the universe is beating me up - I can choose to get up and shrug (shake) it off and continue forward. I also am grateful to two friends in my life who have allowed me to explore these depths of my own being with them, without judging and with complete acceptance. This has made us much closer. I am truly blessed to have the wonderful people in my life - including this very special group**.”- Revolutionary Wisdom Participant**

▲ **18. GROK UFC** In first person, describe this GTT natural area experience**.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(ing), 5)essenc(ness) 6)V/E GTT box ❤**

## What to Do

RW is also an ongoing nature-connected community that you join online and/or locally with others who are co-mentoring each other and “doing” the RW book together. Take its online Orientation Course.

## www.ecopsych.com/orient.html

[nature@interisland.net](mailto:nature@interisland.net)

  Do the expedition book **Revolutionary Wisdom: Organic Psychology in Action http://www.ecopsych.com/54rwbook.html**Email **admins@mygreenwave.org** 360-378-6313

## Extended Information

A self-study, online inventory that presents more information about the topics in this book, that you can also V/E and Grok is available at

*http://www.ecopsych.com/einsteinintro.html*

**A Summary of the Facts Presented in this Course**

At any advanced science and technology point in time, there is no such thing. Instead, time is all things in the life of the Universe in this moment as its Unified Field is attracted/loves to produce the space for all things to live more attractive life relationships in the next moment.

Individually and internationally, we are a society in emotional distress because the wanting fulfillments from our fabricated stories amputate our 54-sense GTT from the balance and wisdom of Nature’s love, in and around us. This make us feel that we don’t have enough. We learn to deny that natural attraction is organically satisfying and free will conscious of what it is attracted to. Instead we are indoctrinated to love the limited technological imitations of Nature that our nature-separated stories create. We lose Nature’s core unifying powers as we pay and prejudice ourselves to excessively exclude, demean and conquer them. Happily, the organic art and science of UFC/GTT nature-reconnection therapeutically provides us with methods and materials to remedy this catastrophe. We transform it into wellness by Grokking UFC love and sanity in natural areas.

***A REVIEW OF GTT:*** What is the “Greatest Trustable Truth in your life” (GTT) **?**

**Academic limited story response:** “GTT is what I experience in this moment as I read these words.”

**Practical full response**: “I see, register and understand these words and their letters. I know I can read them and feel excited because I love recognizing that this is my GTT wholeness right now.”

**Summary:** GTT is the now-moment experience of consciously sensing, feeling, accurately-speaking and relating to people, places, things and energies.I am human, the only part of Earth’s life that can tell and understand stories.

GTT/UFC facts speak for themselves**.** They help us discover what ails us as well as give us tools to let Nature help us correct the situation.

# To complete this course

## A list of prime facts about GreenWave-54 appears on the next page.

Please Submit 1-6, below, along with this book or as an attachment or email to **nature@interisland.net** to receive a grade. Mention if you want Pass/Fail or a letter A-F grade.

Affirm that you recognize the 23 facts, that you can explain the rationale for them and if they make sense to you. List those that don’t make sense and why.

1. For each of the 23, copy and beneath it enter (paste) an experience(s) with it that you wrote in one or more of your Groks in the course. In addition, Grok UFC any facts in the list that you did not experience or that you want to strengthen and describe what happens.
2. Think about a relationship that you would like to improve and with it in mind go to a natural area attraction and Grok UFC it. What, if anything GTT, shows up that could help the relationship? Did it?
3. From two kids in a sandbox to the United Nations, can you identify a relationship that would not benefit from the individuals in it learning how to Grok UFC as part of it?
4. Submit all your Groks in an attachment or by mailing duplicates of this documentwith themso they may be shared anonymously with others to help them and social media learn from your GreenWave-54 UFC experiences and GTT.
5. Submit a description of how you would apply Organic Psychology to help resolve a present day, real-life conflict or falsehood in a good way.

## GREENWAVE-54 LIST OF PRIMARY FACTS

## Major things a weed or a mouse could have taught us in elementary school

1.   - GTT/UFC self-evident truth is alive, undeniable and …….scientifically valid.   
2.   - We live in, not on, the life of Planet Earth as fiduciaries.

3.   - The life of Nature and Earth is attracted to continue to live.   
4.   - We have at least 54 natural sense groups that register their ….… attraction relationships.

5.   - With the exception of humanity, the life of Nature and Planet Earth, neither …uses nor understands our verbalized story ways of knowing.

6.   - Everything is held together by attraction.

7.   - Anything or everything is attached to all that has gone before it and all ,,,that follows it and all are always in in the now.

8.   **-** Things must be valued or measured by their effects.

9.   **-** Natural attraction is free will conscious of what it is attracted to.

10.   **-** Grokking a natural area invokes and attaches our GTT to Nature’s …homeostatic essence; we each equally become UFC in our stories.

11.  **-** For every new natural attraction there is an equal central natural …attraction.

12.   **-** Scientifically accurate, 54-sense stories, supported by other people’s …GTT/UFC stories, are needed to catalyze organic change or healing.

13.   **-** Things only exist or happen in the now.

14.   **-** There are no repulsions or negatives in Nature, it singularly

consists of a stronger or weaker attraction love dance.

15.  **-** We avoid re-living the pain of what has abused us by the relief and ………satisfactions gained from abusing others as we were abused.

16. **-** Spirit, creation, self or God are our organic love-of-love sense

….,,,,##54 found everywhere that it is named in a natural area.

17. - The fittest things are the most attractive cooperators with other things.

18.   **-** Invoking GreenWave-54 and identifying our 54-senses by name …makes a critical contribution that increases well-being.

19. **-** GreenWave-54 Grokking via our Consciousness, Reason and Literacy senses creates organically sound human relationships.

20. **-** Since its life was born, the Universe/Nature has remained alive.

21.  **-** The essence of all things is the singular attraction energy of … ///…...Einstein’s unified field.

22. **-** An attraction we find in a natural area is it in us loving the joy of reuniting with itself and its unified family in the natural area.

23 **–** Commencing in 1974,and similar to omitting the full value of an /...equation number, omitting any of the above facts, transforms ….GTT/UFC into Earth Misery until the omission is reasonably ….corrected.

24 - We can transform Earth Misery into the therapeutic well-being of ….Revolutionary Wisdom **www.ecopsych.com/journalmist.html**

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**APPENDIX A** (Required)*Search: XAA*

## The Intelligence and Wisdom of our 54 Natural Senses

Our senses and sensations are undeniable facts of life. Too often we learn to omit their universal wisdom.

As exemplified by the sensation of thirst, homeostasis in scientific circles is explained, on cellular and molecular levels, by sensors (senses and their sensations) in an organism, massive (Earth) or small (nanobe), being genetically created receptors that naturally detect stimuli.

When the information that our senses register is out of balance, they become the primary homeostatic driving force for change that promotes life in balance. Their detection process is a fundamental source that functions on mechanical, thermal, chemical and energy levels as it supports the survival of life. When our senses are not blocked or adulterated by nature-disconnecting stories, they can be depended on as undeniable, self-evident, recovery and balancing tools.

We suffer our problems and pain because our education denies this scientific truth: as part of the life dance of Nature and Earth, moment-by- moment, we have fifty-four natural senses that are attached to all that has preceded us and all that follows us. Our senses that have been wounded by abusive relationships remain wounded. To avoid feeling the pain, we act it out, often in the same way we received it. Until we learn how to create space for these senses to happily reattach to the healing wisdom of their origins in the life of Nature’s self-correcting balance and beauty, backyard or backcountry.

In any given moment, through your 54 natural senses, in a natural area, your life is as sensed, loved and balanced as part of the life of Earth as is the life of your fingers, heart, and toes devoted to supporting your personal life for they all consist of that love.

Consider this quote from *Educating, Counseling and Healing with Nature[[1]](#footnote-1):*

“My lifelong communion with trees allows me to know them without sight or language. The beautiful elucidation of fifty-four senses, below, has given me a gorgeous language with which to tell this love story, one I have struggled to share my whole life.

I don’t want ever to sound mysterious or otherworldly. For me, this communication has just been a fact of life. But how to explain it to others? I still feel there is an element of my understanding that is nameless, and so loving it needs no words. But to have a natural sense, new brain language, to describe this experience in a way other’s can understand, is lovely, just lovely.”

Our senses are the parts of us that register life in and around us. We build our thoughts, feelings, and relationships on what they convey. When they are limited, warped or injured so are our lives and happiness.

When you discover a sense or sensation in this natural area/thing you are fully connected with as you read, find its name and number on the list of senses and identify the senses consciously involved. Identifying the senses is the most reliable way to accurately connect your story way of knowing with the non-story, 54-sense, way that Nature works in and around you.

## Source of the 54-senses

Between the years of 1961-1978, researcher Guy Murchie made an exhaustive inquiry. He painstakingly scrutinized scientific studies about natural senses, studies that appeared in many hundreds of books and periodicals during those 17 years. The visionary architect Buckminster Fuller was quoted as saying Murchie’s book, *The Seven Mysteries of Life* contains: "All the most important information about everything humanity needs to know!”

Murchie maintained that many of the boundaries in normal science are arbitrary; between planet and moon, between plant and animal and between life and non-life. He often makes it very clear when his examples are grounded in empirically verified science. Consider your sense of respiration and your hunger for air that you can bring into your awareness by holding your breath.

## “With each breath, you take into your body 10 sextillion atoms, and - owing to the wind's ceaseless circulation - over a year's time you have intimate relations with oxygen molecules exhaled by every person alive, as well as by everyone who ever lived.”

**- Guy Murchie**

In 1986, after my National Audubon Society International Symposium *Is the Earth a Living Organism?* Murchie told me that scientific methodology and research had identified over eighty different biological senses/sensitivities[[2]](#footnote-2)which pervade the natural world and us. He said he additionally verified this with scientists at the Harvard Biological Laboratories. All these senses, he said, he lumped together as 31 senses for literary convenience in his book *The Seven Mysteries of Life* published by Houghton Mifflin in 1978. You can use the index of this book to find advanced answers to significant questions.

Murchie's dedicated efforts deserve our applause, thanks, and trust. He learned to learn most of what he knew from travel and connections with places all over the world.

From Murchie's original collection, I identified 53 (now 54) natural senses, “webstrings”[[3]](#footnote-3)(strands of the web of life) that my students and I had experienced during my 26 years living and teaching on education expeditions outdoors, year-round.

These 54-senses are undeniable truths because we can consciously experience them; they are self-evident. They are our genetic properties that initially came together as part of creation and the stars.

Every natural sense is an alive and distinct sensation, an innate or given free will natural attraction love that is conscious of what it is attracted to. Each is a strand in the web of life, a genetically rooted relationship that enables everything in the world to breathe together in balance, including humanity, through universal natural attraction communications, guidance, and motivations.

The life of our 54-senses is as much an actual part of any time/space moment of the life of our Planet and Universe as is anything else.4

Each sense is a consciousness of our love for our planet mother, Earth, and it is a love that is shared by all. Conscious or sub-conscious, each sense is a unique felt-sense actualization of the love essence that Eric Fromm called "biophilia," the love/affinity/attraction to **all that is alive[[4]](#footnote-4)** including the Universe and its Unified Field that Albert Einstein postulated and that was confirmed in 2012 A.D.

The experience of making conscious sensory contact with the Unified Field essence in a natural area blends our senses with the area's peace and power. We heal by becoming aware of self-correcting attractions there that recycle, transform and peacefully unite our disruptive differences.

## “My life was ecstasy. In youth, before I lost any of my senses, I can remember that I was all alive, and inhabited my body with inexpressible satisfaction; both its weariness and its refreshment were sweet to me. The Earth was the most glorious musical instrument, and I was audience to its strains. I can remember how I was astonished.”

**- Henry David Thoreau,** 1851

Consciousness is but one of 54 natural attraction senses that we share with Nature and that register it. Because the natural world geologically preceded our recent appearance, **what we sense in a natural area, is what in us is doing the sensing[[5]](#footnote-5).** This is a scientific actualization of Panpsychism via self-evidence experience. It grows beautiful relations when shared with others

The story world of our Ego, and in general, forgets that the Ego is wearing nature "glasses" that scientifically consist of 54 self-evident attraction sensitivities. Without them, it could not sense anything about the balanced and self-correcting dance of the natural world, in and around us.

Sensory-deficient glasses that omit from our relationships and Ego the existence of homeostatic natural intelligence and consciousness of any of these 54 sensitivity groups produces our unbalanced ways and Earth Misery disorders. We correctly call such stories senseless or non-sense.

If they could label things or speak, the members of the Unified Field's web of life might identify their more than 54 natural attractions, since or before the Big Bang, as their instinct, attraction or intention to diversify in the attractive, loving ways of the universe, moment by moment, in support of life.

Our 54 natural senses, not our stories alone, are our way of registering the **Unified Field**[[6]](#footnote-6)as well as being in organic communication with ourselves and others including the members of the Web of Life.

The 54 are a multisensory, non-story intelligence that flourishes now as it did before the arrival of humanity. (For further information see the balanced sensory wisdom and community relationships in action with the **Slime Mold and its food**7Learn how and why Nature works cooperatively, even mathematically, in and around us, a process that our **prejudicial stories**[[7]](#footnote-7) describe as competition and survival by conquest.)

Objective science produces our amazing technologies and contemporary life by only using eight natural senses while society tells us that we have just 5 senses. Both omit our 45 other natural attraction senses because they are "subjective" meaning that they can't be measured. This omission makes Objective Science only 15 percent whole life accurate.

A 54th sense, "**natural attraction”**[[8]](#footnote-8)has recently been added, the love of love. All 54 of the senses are the diversification of the original life attraction/intention, the homeostatic, **Grand Unified Field of Higgs and Einstein** that, along with other Big Bang unifiers “loves to attract/interconnect the life of the Universe.” It validates our 54-sense expressions of the Higgs Boson or Unified Field that Albert Einstein registered.

As a quiet visit to a natural area demonstrates, whenever our natural attractions in nature genuinely connect our psyche with the web of life, it energizes and restores our natural senses and their self-correcting ways. They, in turn, transform our disorders into unified, healthy relationships. The latter contain the balance, cooperation and unconditional attraction/love that the life of nature's spirit shares with us to sustain life in peace. This is universal intelligence because, I repeat, whatever any of our 54-senses find attractive in a natural area is that thing in us doing the finding so that it can be whole. **That is the way the wisdom of the life of Nature and Earth works everywhere to sustain its beauty, purity, and balance.**

Our leaders seldom teach us that, scientifically, ***Natural Attraction*** is the essence of the **Unified Field** of our ***Big Bang Universe*** as well as the essence **of *life, love,*** and ***unity.*** The six are fundamentally identical and interchangeable synonyms. This suggests that “God” is the scientifically unproven label that some of us give to the natural love of all things for each other, everywhere.

There are, of course, many more than 54 additional natural sensitivities found in the life of nature that humans do not naturally need to register for survival. Ultraviolet light and high-frequency sounds are prime examples.

Most misunderstood are the naturally attractive contributions of the discomforting senses like pain, distress, and fear. We often forget that we might severely burn our hand on a hot stove if the pain did not lovingly signal and motivate us to immediately find some other more attractive place to place our hand. Each of these senses (#25-#27) serves as an attractive and welcome **intelligence[[9]](#footnote-9),** a motivating signal from nature to find additional natural attractions to support our lives. (See Chapter 13 in the book *Reconnecting With Nature*, by Michael J. Cohen).

**“No pain here. No dull empty hours. No fear of the past. No fear of the future. These blessed mountains are so compactly filled with God’s beauty no petty personal hope or experience has room to be.”**

**–**[**John Muir,**](http://librivox.org/my-first-summer-in-the-sierra-by-john-muir/) **1869**

Although Ames, Gesell, Pearce, Rivlin, Gravelle, Samuels, Sheppard, Sheldrake, Spelke, LePoncin, Wynn and many scores of other researchers have, since Murchie, further validated our multisensory nature, the full significance of it has yet to be recognized by contemporary society. Our prejudicial addiction to our nature-separated lives and thinking keeps natural attraction senses and their value hidden this reason, they and we are frustrated by great dissatisfactions and very challenging problems that our non-sense is missing enough active sense(s) to solve.9

Our economy fuels itself by making and keeping the life of our 54 **senses** to be nature-separated discontents. It further irritates them through advertising and then sells us products that satisfy our irritation.

However, when unadulterated, or temporarily revived in a natural area, our natural attractions are an essence of nature in action. Each of them attracts our consciousness to the whole life of the natural world and its self- correcting ways, and this includes the natural systems in ourselves and other people. We feel euphoric.

Each natural attraction sense is an intelligence that helps us sense, feel and love the life of Planet Earth as our other, speechless body and mother.

As our good experiences in natural areas demonstrate, our natural senses when connected to nature's homeostatic intelligence, produce fulfillments. They are sensory satisfactions and happiness that reduce stress and its related disorders. Also, the natural connection's "side effects" increase social and environmental well-being rather than deteriorating it.

Any individual who invented a pill that produced the, above, life- unifying results would be a billionaire. However, the pill can't be created. There is no identified substitute for the life of Nature's Dance of the eons, in, around and as us.

Whenever our society encourages our new brain story to conquer the life of nature and the natural, we learn to conquer and subdue our 54 natural senses and their expression of our genetic makeup. When excessive, this loss automatically produces disorders.

Our abstracting, nature disconnected, objective sense of reason [[10]](#footnote-10)

exalts the few senses that our materialistic stories use to conquer and omit our 47 other natural senses and the life of Nature. We exploit and demean the remaining 47 natural senses as "subjective," not-scientific. However, their 4-leg, sensing/feeling ways tell us about how the life of the natural world works its perfection and enables us to participate in the process. Our absurd disconnection from them makes us only 15 percent whole life intelligent. It explains why we can identify but seldom solve problems in a balanced way.

Overwhelmed and numbed, our 54-senses are a “vast” missing frontier, the part of a responsible story about the life of Earth, ourselves and community, about how and when to act where. Without the aliveness of all our senses registering in consciousness, we are "half-vast."

As Carl Jung and others have noted, our abstract thinking is no more reasonable or discriminating, logical and consistent than are our feelings.

Our challenge is to recognize that the excessively nature-separated parts of ourselves and our culture are unreasonable.

We desperately need to think with nature's wise ability to maintain and restore life, without producing our problems. Applying that 54-sense homeostatic wisdom prevents and stops our society's destructive actions against ourselves others and the environment.

“So, I asked the expert 'What is Gravity?' He explained it as a physical force that Isaac Newton discovered. He disbelieved when I told him gravity was a sense. In response, I asked him to pay no attention to his sense of Gravity (sense #12), and he soon ended up lying flat on the ground. You try it with yourself or others. We are in trouble because we also learn to ignore the truths and sensibility of our 45 other senses, too. This new frontier of mine[[11]](#footnote-11)is so hidden that, although obvious, it is seldom even recognized as a frontier.

The absence of more than 45 sensory ways of knowing from the life of our conscious thinking is the mother of our collective madness, of our runaway wars, pollution, dysfunction, disease, mental illness, apathy, abusiveness, and violence. They are seldom found in nature. Without experiencing these unifying attraction senses, our consciousness abandons our natural sensory "inner child," and the inner child in other people and species. It hurts and disintegrates the creative sensory passions that bring about community, balance and positive change peacefully.

Our 54 natural senses, in their congress of homeostasis, are our Rosetta Stone of the Universe. They enable us to register the same information in different languages, sensations, and senses, a key to modern understanding, unification and conflict resolution. It allows our eyes, which can see the world but can't see themselves, to see themselves via 54 "invisible" senses.

I offer the list of 54 natural senses in with this important reminder: Each sense is a distinct, alive, sensory attraction that in nature has no name for itself because nature cannot use stories, names or labels. Humanity is the only known species that have this gift.

Each sense can energize the life of many natural parts of us when we use it to connect with the natural world in the environment and people. That touchy-feely, hands-on, 54-sense connecting experience, not the list of senses, catalyzes personal wisdom, growth, and balance.

The 54-senses list only provides information in story language. It places senses on our screen of consciousness and guides our senses of reason and language, through our, story way of knowing. However, without 54-sense passion (apathy), our senses of consciousness, reason, and language are ineffective when it comes to disengaging our common, destructive bonds so we may enjoy responsible behavior, growth, and change.

For example, even though cigarette labels and research stories show cigarettes to be harmful, many people start and continue to smoke them. This is because our senses of reason and language are only 4% of our total innate means to know and love nature's life and each other. Our remaining 52 sense groups complete the process. Without them awake and well in our consciousness, we experience apathy and hurt, we don't participate, and our smoking problems continue.

Organic Psychology, nature centered thinking uses the list of senses, below, in conjunction with visiting natural areas and creating safe moments and space for our indoor conditioning to learn and relate through 54 natural senses in us that we may awaken in nature. To do this is reasonable, for after we experience a natural sensory attraction, knowing and speaking its right name places that senses and sensations in our new brain consciousness. There we can think with it and be motivated by its wisdom. This process non-verbally connects, rejuvenates and educates us. It extends us to safely reach into the natural world to more fully sense and make sense of our lives and all of life. It works because once we experience the balanced life of nature's restorative process and wisdom, we own it. And we never fully return to our former way of knowing.

At birth, some or all our 54 natural attraction senses begin registering self-evident information about the world[[12]](#footnote-12). When they register flawed information[[13]](#footnote-13)about Nature accompanied by rewarding love/survival, they can, for their lifetime, attach or addict to that short circuit and its harmful consequences.

Educating, counseling and healing with Nature (ECHN) enables us to beneficially reconnect our misled sense(s), including our sense of reason, with the natural world at any point in our lives and reasonably transform our Earth Misery short circuit into the ways and means to deal with it.

The 54-sense list, below, explains how, sense by sense, nature connects with itself in us, through us and to people and places around us. It shows that we can consciously engage in this process. It validates Dr. David Viscott's proposal that feelings are the truth, that we don't live in the real world when we ignore what we are feeling. Our nature-separated lives disengage and de-energize these senses.

Applying the organic psychology of the Natural Systems Thinking Process allows nature, the mother of these senses and feelings, to nurture and strengthen them, to rejuvenate them to normal. The process gives them enough energy to appear on our nature desensitized screen of consciousness and green our thinking.

## "Feelings are a bodily thing, and respecting them is called, and is kindness."

**- A. S. Byatt**

By not incorporating our 54 natural attraction senses in his deliberations, Albert Einstein was limited and unable to "prove" or demonstrate his Grand Unified Field Theory with Physics and mathematical equations. He seemed unaware that his heroic attraction attempts to do this was the "Grand Unified Field" expressing itself in and through him, moment by moment.

Our challenge, as was Einstein's, is to let our senses help us act based on their self-evident, unifying properties. This enables us to contradict, limited or false stories along with their detrimental results."

Individuals trained in Organic Psychology enable the world to build therapeutic, peaceful, green relationships and economies because our natural senses have unifying powers. If you want to register best what these powers are, recognize this: if you are attracted to reading right to the end of this sentence, this attraction, that you now experience, is many of these senses in action.

## Journaled Project NatureConnect Student Results:

"The experience I’m recalling is a trip I took with a friend to Mt Lemmon in Tucson. After a half mile hike back into the forest at the 9,000 feet in elevation level, we found a mammoth rock. It was the size of a house and half buried in the earth. We both laid on our brother rock for about 20 minutes. It was a cool sunny (one cloud) day, and we were surrounded by a forest of massively beautiful pine trees.

The rock was oh so warm and comforting to embrace as the sun shone on my body. The contrast of the warm rock and the cool breeze was so wonderful. Wind from my entire body. A physical therapist would have charged me $150 to do what nature did for zipping.

My senses registered colors, sounds, feelings, aromas, sensations, moods, contracts, textures, sizes, distance. I stopped controlling the world and let mother earth breath for me. I felt the texture of the rock and the sensation of holding up the world on my back. It was weightless and comforting to support. The sounds of the nearby creek and the many bustling creatures were a symphony of natures’ voices all welcoming me to stay as long as wanted. The smell of pine was in the air. All senses were on the maximum open channel, and I melted into the moment with ease.

It was only my natural sensory attraction connections to the natural area that provided these rewards. I have never, in all my years of public or higher education been taught anything about what I just experienced.”

**- Revolutionary Wisdom Participant**

“**Walking along the edge of the coast, I saw three White Egrets** and One Great Blue Heron. The water seems to be a clear dark blue at the edge. (#30 sense of physical place) I feel the wind in my hair, (#14 feel touch on the skin) with air with a slight skin chill that made my body feel chilly” (#7 sense of temperature)

The sky was filled with pink multi-dimensional clouds that seemed to radiate out above and all around me (#4 sense of light and moods attached to colors, #16 space/proximity sense, #41sense of form and design). Absolutely incredible!

Wow! I said to myself. It seems to be radiating right toward me."(sense #39 language and articulation sense, #43 sense of consciousness, and #35 sense of self including friendship, companionship, and power)

I found myself running through the crisp morning air (sense of temperature) to get a clear view.” (#42 sense of reason, #18 sense of motion and space and #5 awareness of one’s own visibility) I sang out my thanks (#35 sense of emotional support, belonging, support, trust, thankfulness). As I twirled, arms outstretched, the sky turned from pink to gold (#18 sense of motion, #29 play, pleasure, laughter, place, #17 coriolus sense or awareness of effects of the rotation of the Earth). The rising light danced off the expanding shapes.” (#4 sense of sight, color, #41 distance, and design)

I called my truth aloud, ‘Thank you dear clouds for helping us to feel our connection to all things and to all living beings!!!!’” (#40 sense of appreciation, humility, and ethics)

I felt as if I was being watched over and supported. (#44,

#43 sense of intuition, deduction, sense of mind and consciousness)

All of my personal senses and sensations took place in, were part of and contributed to the now, the present time-space moments that started with the Big Bang 13.8 billion years ago. This means that what I love to sense, think and act now will be part of and influence the next moment of the life of Earth (#54, the love of love). This feels good. It helps me realize that there is a level, supportive playing field in Nature and that my life contributes and has value and can help shape it in a good way.”

**- Revolutionary Wisdom Participant**

**Continue , below, (next page) to**

**OUR FIFTY-FOUR NATURAL SENSES AND SENSITIVITIES**

*Search: 1AAA 2AAA 3AAA 4AAA 5AAA*

**OUR FIFTY-FOUR NATURAL SENSES AND SENSITIVITIES**

This list explains how, sense by sense in 54-sense resonance, the GreenWave Natural Attraction Unified Field (GreenWave-54) connects with and unifies itself in us, through us and with people and places around us. By putting these senses into scientific stories and labels, the list enables our sense of language (sense #39) to consciously (sense #42) and reasonably (sense #43) translate into and engage in reasonable stories that connect us to the life and love of Nature/Earth’s moment-by-moment, self-correcting survival process (sense #54). GreenWave-54 is the outcome of the author’s 51 years of living this organic experience in natural area space and time with his scientifically trained, evidence-based knowledge and awareness.

Create one, or download this list on a legal size page so you can take it into natural areas when you visit them. **www.ecopsych.com/54senses.docx**

## The Radiation Senses

1.  Sense of height and sight, including polarized light.

2.   Sense of seeing without eyes such as heliotropism or the sun sense of plants.

3.   Sense of color.

4.   Sense of moods and identities attached to colors.

5.  Sense of awareness of one’s visibility or invisibility and consequent camouflaging.

6.   Sensitivity to radiation other than visible light including radio waves, X rays, etc.

7.  Sense of Temperature and temperature change.

8.  Sense of season including the ability to insulate, hibernate and winter sleep.

9.  Electromagnetic sense and polarity which includes the ability to generate current (as in the nervous system and brain waves) or other energies.

## The Feeling Senses

10.  Hearing including resonance, vibrations, sonar and ultrasonic frequencies.

11.  Awareness of pressure, particularly underground, underwater, and to wind and air.

12.  Sensitivity to gravity.

13.  The sense of excretion for waste elimination and protection from enemies.

14.  Feel, particularly touch on the skin. 15.  Sense of weight, gravity, and balance. 16.  Space or proximity sense.

17.  Coriolus sense or awareness of effects of the rotation of the Earth.

18.  Sense of motion. Body movement sensations and sense of mobility.

## The Chemical Senses

19.  Smell with and beyond the nose.

20.   Taste with and beyond the tongue.

21.  Appetite or hunger for food, water, and air.

22.   Hunting, killing or food obtaining urges.

23.   Humidity sense including thirst, evaporation control, and the acumen to find water or evade a flood.

24.   Hormonal sense, as to pheromones and other chemical stimuli.

## The Mental Senses

### (25-27 are attractions that “say” (attract us to) seek additional natural attractions to support well-being.)

25.   **Pain, external and internal.**

26.   **Mental or spiritual distress.**

27.   **Sense of fear, dread of injury, death or attack**

28.   Procreative urges: sex awareness, courting, love, mating, paternity and raising young.

29.   Sense of play, sport, humor, pleasure, and laughter.

30.   Sense of physical place, navigation senses including detailed awareness of land and seascapes, of the positions of the sun, moon, and stars.

31.   Sense of time and rhythm.

32.   Sense of electromagnetic fields.

33.   Sense of weather changes.

34.   Sense of emotional place, of community, belonging, support, trust, and thankfulness.

35.   Sense of self including friendship, companionship, and power.

36.   Domineering and territorial sense.

37.   Colonizing sense including compassion and receptive awareness of one's fellow creatures, sometimes to the degree of being absorbed into a superorganism.

38.   Horticultural sense and the ability to cultivate crops, as is done by ants that grow fungus, by fungus who farm algae or birds that leave food to attract their prey.

### (39, 42, 43 are the CRL core of Organic Psychology)

39.   **Language and articulation sense** used to express feelings and convey information in every medium from the bees’ dance to human stories and literature.

40.   Sense of humility, appreciation, ethics.

41.   Senses of form and design.

42.   **Sense of Reason,** including memory and the capacity for logic and science.

## 43.   Sense of mind and Consciousness.

44.   Intuition or subconscious deduction.

45.   Aesthetic sense, including creativity and appreciation of beauty, music, literature, form, design, and drama.

46. Psychic capacity such as foreknowledge, clairvoyance, clairaudience, psychokinesis, astral projection and possibly certain animal instincts and plant sensitivities.

47.   Sense of biological and astral time, awareness of past, present and future events.

48.   The capacity to hypnotize other creatures.

49.   Relaxation and sleep including dreaming, meditation, brainwave awareness.

50.   Sense of pupation including cocoon building and metamorphosis.

51.   Sense of excessive stress and capitulation.

52.   Sense of survival by joining a more established organism.

53.   Spiritual sense, including conscience, capacity for sublime love, ecstasy, a sense of sin, profound sorrow and sacrifice.

54.   Sense of whole-life unity, of natural attraction as the singular, ***unconditional love of love***essence of all our other senses (and everything else that Big Bang singularity was and remains attracted to create, unify and support, moment-by-moment.)

**Appendix B is below (next page)**

**APPENDIX B***Search: BBB*

**Grokking** (Required)

**Master this full review and expansion of the therapeutic arts   
and science of Grokking.**

## Grokking is to have some of your 54 senses attract/love an attraction in a natural area to blend with you and vice versa to become oneness.

## 

## You can look deeper in nature by recognizing that every time you UFC sense an attraction in a natural area some of your 54 senses register and attach to it. When you feel that the attraction GTT embraces you as part of it, and vice versa, you have Grokked that thing. . In that moment you are the greatest truth in your life that you can trust. It is not God, Love, Honesty or Nature alone. In fact, it does not exist if it does not include how you think, feel and grow relationships since it only exists as part of you.

## What is the greatest truth in your life that you can trust?

Clue: the answer **is not** God, love, honesty or nature.

The **G**reatest **T**ruth in your life that you can **T**rust (GTT) is what you experience in the immediate moment because that is when your senses on the crest GTT register in your awareness. In a natural area you can Grok GTT at will in everyday language.

# Grokking in a natural area is GTT. *It is you reading these words right now if you are in a natural area.* You can see this or feel the seat you may be sitting on. It’s your sensation of surprise or delight while you are immersed in Nature.

# Grokking is your possible thought or love to caress yourself, the motion of you doing it and the caress sensation itself. It is love that you can instantly experience as you and the world happen in the “now.” It is your inborn attraction to support the life of the Big Bang Universe and Planet Earth. It is you caressing yourself and the world into being in the moment.

In any natural area, through this course book and the RW book the genius of our 54-senses Grok the life of Earth and happily improve our relationships with self, society, and nature. Learning how to do this so you can help others do it in natural areas is the core purpose of this book.

Grokking is, in a specific time/space moment, to be fully GTT unified with something, to understand and empathize with it. We do this to the extent that thing becomes part of our sense of self-knowing that we exist in its embodiment while, simultaneously, we can sense ourselves as it being part of us. In a natural area, this is like intellectually and emotionally being at one with nature in felt sense, heart-centered ways in any given moment, so that next moment includes our love of being part of it and vice versa.

At that time promise authentic UFC Nature, ***not some mystical substitute or questionable story,*** thatyou will increasingly \_\_\_\_ it (love or honor support protect strengthen nurture embrace caress respect it).

**CONSENT:** Here’s why you wait seven seconds for consent to visit a natural attraction when you seek its permission to Grok it.

“Our group was asked to select something attractive, sight unseen, from a bag full of miscellaneous objects. One adult woman blindly selected a piece of wood in the bag because she was attracted to its shape and smoothness when she groped and explored it by touch. However, she had a negative reaction to the wood once she took it out of the bag and saw it. At first, she did not know why she did not like it when she viewed it, but in time, perhaps through her dreams, she realized it was a subconscious reaction. The wood was the same shade of blue as the walls of a room where, as a child, she had been molested. Ordinarily, during the seven second waiting period in a natural area, another attraction would have appeared to her if she could have seen the color of the stick."

As you practice and repeat Grokking,you can produce and enjoy its benefits at will.

**1)consent-attract 2)nameless 3)sense(s) #4\_\_\_)be(*ing),* 5)essence(*ness)* 6)V/E GTT box** ❤.

Over time you can automatically blend 1-6 into a single attraction feeling that you recognize by identifying which of your 54 natural senses is energized when it finds and embraces its loving family and origin in a natural area. For example, “**In this consenting natural area it is self-evident to me that, in this instant of the now, I am GTT attracted to writing this sentence as I blend my senses and feelings with my written words. I feel at-one united with my 82 years of nature-connected GTT environmental expedition experiences. The delights of their spectacular glory fill my heart with the bliss and peace that protects me from the unreasonable.”**

*(www.ecopsych.com/mjcohen.html)*

Note that writing in a first person narrative brings your story into the present moment. Your story becomes a GTT/UFC reality that can modify itself because what we call a *point in time* is actually ***all of time in this now moment.*** In a natural area, you can detach from hurtful stories and connect GTT with UFC’s self-correcting balance and beauty. Then UFC embraces you because you are automatically part of its love to live and well-being. **It, you and your Grok story are the singular unity of attraction being conscious of what it is GTT attracted to, now.**

Grokking in a natural area helpsyou learn how to create and live in additional Grok moments, and help others do the same to the benefit of all. It is your GTT as part of the life of Earth and its web-of-life congress.

*Revolutionary Wisdom* therapeutically teaches you how to learn, and teach others, to participate in the organic integrity that you share with the life of our planet and society. In a natural area, you help the essence of Earth's web-of-life increase your personal, social and environmental well-being. It enables your veiled or injured ways of knowing and relating to momentarily bond with the therapeutic integrity of Nature's essence.

In the life of Earth’s geological, time/space sequence, an attractive thing and its integrity evolved before this UFC moment. Its now wisdom of the eons attracts things to each other in every moment, including our fifty-four natural senses and us. What we are attracted to now Grok in a natural area is its ancient self in us calling to reconnect with its roots that call to it there.

Grokking things that are natural has a capital G because it is whole life organic. Otherwise, you can grok anything, including a machine gun.

In a natural area Grokking the Unified Field sensory wisdom of authentic nature-connected relationships can be seen as the therapeutic art of scientifically tapping into the timeless, self-correcting energies of our 54 natural senses to produce sanity and unity everywhere.

We each can Grok because that is how the UFC operates in the now. It simultaneously invokes itself into all things as it attracts them to become the next space-time moment.

In the reality of the Unified Field, you are all that has happened since the beginning of time to UFC being you in this moment. You are “connected” to Nature because in the now, you are all of it as your unique experiences and stories, good or bad. This is true for everything else as well. The only exceptions for this truth about the life of our Universe are our stories that, sooner or later, disconnect things from GTT/UFC.

The U in UFC is also YOU. You are U. Since this is true of all of us, "we" are also U especially in a Grok when we can 54-sense that all things happen simultaneously. Then we are UFC Grokking itself.

Since Grokking can be a raw, story-less attraction in action, when this occurs in a natural area it is our genetic makeup recognizing and embracing its origins in the Unified Field and celebrating this reconnection by producing feelings of joy. This kind of Grok can equally occur with any of the 54-senses of another person, or yourself as long as it is organic and not a nature-disconnected story or attachment. The latter do not qualify for a capital G.

Grokking is how things in the “speech deficient” web-of-life know each other through immediate attraction relationships rather than by our abstract storytelling, that is foreign to them. It is the period when our attraction to wholeness (sense #54) blends with a specific attraction in a natural area. That you identify that attraction from the list that names our 54-senses that are activated, is essential to Grok the area. This is because for us to be whole and reasonable (sense #42) human, we must include our unique story-telling and labeling (sense #39).

## An Applied Ecopsychology Coursework Hint: You Grok!

Grokking helps you remember that you are the one who is beneficially learning to Grok in a natural area and help others do the same to the benefit of all. If you believe that you can do this then, scientifically speaking, your coursework and degree hypothesis must include you. Your hypothesis would be something like “By beneficially learning the Organic Application of Ecosychology through Grokking natural area attractions I can strengthen (your major interests/arts) and teach others to do the same to increase personal, social and environmental well-being.”

Too often, the habitual omission of our 54 natural senses desensitizes us to the fact that we are the individuals who are motivated to do the Grokking. This means that in Applied Ecopsychology, you must keep in mind that **you are the one who is doing the applying.** This empowers you to do your thesis or dissertation as an autobiography that is scientifically accurate because it is based on your, indisputable, self-evidence outcomes from Grokking.

The GTT of your life is not just “What you sense and feel in the immediate moment." That is **your story that describes GTT.**  Your story portrays what whole-life GTT is and does. However, this omits the naked GTT of the life of our Planet as a natural area because the natural world neither articulates or understands stories. This disconnect is our major challenge.

**That you are reading these words right now is your GTT**

GTT is only our whole-life, unbiased self when our attraction connection in a natural area (Grok) becomes a reasonable story, a 54-sense, space-time, Unified Field, love moment, a verb that combines us with a consenting natural area attraction, including or without another person.

Outstanding, lasting relationships result from including in a Grok the GTT of other people who are present.

When folks abuse our GTT, it seems constructive, friendly and reasonable to tell them, silently or out loud, to their benefit, “Go Grok yourself.”

If out loud, speak distinctly and be sure to wear your running shoes. ☺

Be aware that a thing in the natural area that is attractive to you usually has appeared, geologically, in the life of Earth before your arrival. When that thing is attractive to you, it is actually **it in you** happily Grokking itself **as part of you** while celebrating its whole-life connection to **its origins in UFC in the natural area.** That is how and why your 54 natural senses keep you included in and in contact with natural systems. For example, how thirst includes your life in the life of Earth’s water cycle.

It also often helps to Grok a natural area by finding a natural attraction there and then state why you love it. “I love this flower because I feel its aliveness” Then make the same statement, aloud, about why you love yourself and validate that part of yourself once you find it. “I love myself because I feel my aliveness.” You can produce wonderful discoveries through this [Grokking activity](http://www.ecopsych.com/giftearthday1.html).**[[14]](#footnote-14)** *(http://ww.ecopsych.com/giftearthday1.html)*

**Grok Earth Misery in a natural area.**

**Transform it into the reasonable ways of Revolutionary Wisdom.**

Although the established Albert Einstein Universe is still, today, not taught in most traditional education, by 1930 A.D., many parts of Physics concluded that the life of the Universe was not static. Instead, like a self-inflating balloon, it was, and is, attracted to (loves to) diversify and further grow its own attractive time and space, moment-by-moment. It still now consists of the original energy of the Big Bang and its Unified Field that was born 13.8 billion years ago and grew into this moment. This life process is no different than the love of our genetic conception to grow into the space and time of us right now, or, similarly, a seed to grow into a tree. In a natural area that attraction to grow is what we Grok.

Since its beginning, all things in the Universe make and only exist in the immediate space/time moment together in balanced and fair unity. They are all a singular sequence, a moment-by-moment, attraction energy, essence (love) that includes (loves) each of us including the special art of how humans **verbally** sense, think, feel and relate.

This raises puzzling questions. How, in any moment, can we know things are changing and different while in that same moment all things, including you and I, are the same, identical time and space essence?

At a given moment, how is it possible for us to see, sense, feel and relate to different colors, times, places, temperatures, opinions, shapes, objects, motions, sounds and stories while that moment is everything being and happening as the same “one”?

In the unity of the now, how can red and green be the same as up and down or five plus two equals seven, or things be good, bad, right or wrong?

**Be amazed.** To get the most from this *Principles of Organic Psychology* book discover the practical answer to the questions, above, at

[**www.ecopsych.com/journalmist.html**](http://www.ecopsych.com/journalmist.html)

**APPENDIX C**

**THE DOT MIST: a Humanized Sequence of the Big Bang Unified Field**

**The Pre-Universe Possibility**

A pulsing, free will, attraction energy/love, or the scientifically unsubstantiated start of it, loves to be attractive. It is conscious of what it is attracted to so it inherentlyknows where it might attach. (make a dot)

The attraction energy/love pulse is aware that it is attracted to be more attractive so it pulses stronger in different directions forming at times **Y** and **+** and other shaped pulses. (add dots)

The extremities of stronger pulses are attracted to each other, they attach and form new, separate energy attraction pulses. (add dots)

The strongest pulses are attracted to express or manifest themselves as more attractive matter and energy. (add dots)

13.8 billion years ago, the strongest pulses attractively unite into an organic, five-billion-degree energy orgasm. It is the unique, singular, wordless, attractive birth of the life of the Big Bang Universe.

**The Life Science of the Big Bang Universe**

Immediately, wordlessly, the original Big Bang life energy heat begins to cool and the wordless Higgs Boson forms. (add a dot)

Immediately, the wordless, original life energy heat cools further and the Higgs Boson instantly becomes an expanding attraction unifying field that, in many forms (including, in time, gravity, magnetism et al), attracts and holds all things of the Universe together and giving them mass**. Simultaneously**, the Universe is also attracted to cool, grow, expand and diversify to become more attractively stable and matter more. (add dots)

Moment-by-moment each Unified Field attraction **dot** is in unconditional balance. Each loves to centrally hold together with all other dot things while its new attractions continue to attach, expand and diversify. **All the dots together now form an unconditional, organic, self-balanced, growing, homeostatic MIST**.

Moment-by-moment the wordless, attractive life of Unified Field Mist is conscious that **it is attracted to its homeostatic universal equilibrium**. The Field preserves and perpetuates itself along with the life of the Universe. The latter loves to create its own, additional, time and space Mist dots in homeostatic balance. (add dots)

Moment-by-moment the life of the Mist is attracted to, in sequence, coalesce into attraction relationship “things,” from subatomic particles to galaxies, stars and planets. (add dots)

Moment-by-moment part of this 8.3 billion years of attraction/love sequence grows into becoming the living, Mist of Planet Earth’s balanced web-of-life mineral, plant, animal and energy relationships. (add dots)

Moment-by-moment, six million years ago, **wordless Humanity** appeared as part of Earth’s growth

Moment-by-moment Humanity, eighty-thousand years ago, **began to speak and draw doodles.**

At that time, some parts of Humanity left the African tropics and settled in temperate areas. There they created artificial-environment **stories in the Mist that disconnected** their 54 senses from the web-of-life, in and around them. These artifact stories **emotionally attached people to methods and materials** that converted temperate areas of the Mist into imitations of the tropics. There, people could survive artificially via their stories. Because this connection to the dictates of the artificial **separated them from the organic homeostatic balance** **of the Unified Field Mist** in natural areas, **destructive side effects appeared** in the Mist. (add dots)

Cultures whose stories did not disconnect them did not produce or suffer these hurtful side effects.

Moment-by-moment, five-thousand years ago, humanity’s imitation story world began to increase the emotional separation of its 54 sense intelligence from Unified Field Mist ***Primary Facts of Life****,* that are listed on *page 51*. (add dots)

Moment-by-moment, 200 years ago our artificial Industrial Revolution stories began to excessively disconnect us from the MIST and its balance. (add dots)

Moment-by-moment, since 1974, we have 45% increasingly disconnected from the MIST and its balance. This has produced devastating Earth Misery side-effects accordingly. (add dots)In addition we have rewardingly bonded ourselves to omit using the Organic Psychology Unified Field antidote for Earth Misery in this book. For further information visit **www.ecopsych.com/journalmist.html.**

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***NOTE:*** *GreenWave-54 is also an ongoing nature-connected community that you can live in online and/or locally by joining others who are co-mentoring each other and the RW book.* [*www.ecopsych.com/LNE.html*](http://www.ecopsych.com/LNE.html)

*Email* [***admins@mygreenwave.org***](mailto:admins@mygreenwave.org)*360-378-6313*



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**Appendix D**

▲ **GreenWave Community Blog and Network Posting Pages**

**(NOTE Be sure to network attractive, interesting or exciting results from your Groks. Edit them as you so desire, mark them as “networked,” and learn from other’s reactions to them. Do others also Grok, or just share their stories? Are they 54-sense reasonable with respect to reducing Earth Misery? )**

**Use the following, or other hard-copy, or Word .docx reaction pages here for submission of Part 5 of the Course Completion requirement (Page 50)**

**In sequence, when possible, (or reference, and add out of sequence at the end)**

**# \_\_\_\_UFC Grok: Number and describe this GTT natural area experience and its value.**

**1)consent-attract 2)nameless 3)sense(s) #\_\_\_\_ 4)be(*ing),* 5)essence(*ness)* 6)V/E GTT box**

**IMPORTANT OPTION:** Include and save for future use in coursework and writing

- Autobiographical experiences and memories that are attracted to come to mind from this Grok. Narrate them in first person since they are GTT in the Now as you write them.

- Integrate the results of your eco-arts therapy experiences, or those of other hobbies, interests and relationships.

## - Take a picture, make a sketch or attach some material or keyword from this area to later bring it to your sensory awareness again in that UFC.

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1. **1  http://ecopsych.com/ksanity.html**

   [↑](#footnote-ref-1)
2. [**http://jhupressblog.com/2012/02/01/how-­**](http://jhupressblog.com/2012/02/01/how-)**many-­senses-­do-­we-­have/** [↑](#footnote-ref-2)
3. **http://ecopsych.com/webstring.html**   [↑](#footnote-ref-3)
4. **http://ecopsych.com/journalaliveness.html** [↑](#footnote-ref-4)
5. [**http://ecopsych.com/54rwbook.html**](http://ecopsych.com/54rwbook.html) [↑](#footnote-ref-5)
6. [**http://ecopsych.com/earthstories101.html**](http://ecopsych.com/earthstories101.html)  [↑](#footnote-ref-6)
7. 7 [**http://www.nature.com/news/how-­**](http://www.nature.com/news/how-)**brainless-­slime-­molds-­redefine-­ intelligence-­1.11811**     [↑](#footnote-ref-7)
8. [↑](#footnote-ref-8)
9. [↑](#footnote-ref-9)
10. 9[**http://ecopsych.com/prejudicebigotry.html**](http://ecopsych.com/prejudicebigotry.html)

    **http://ecopsych.com/nineleg.html**        [↑](#footnote-ref-10)
11. **http://ecopsych.com/think3genius.html**    [↑](#footnote-ref-11)
12. **http://phys.org/news192693376.html**     [↑](#footnote-ref-12)
13. [**http://www.webmd.com/parenting/baby/news/20110526/babies-­**](http://www.webmd.com/parenting/baby/news/20110526/babies-)**think-­**

    **therefore?page=2**     [↑](#footnote-ref-13)
14. **http://ww.ecopsych.com/giftearthday1.html**  [↑](#footnote-ref-14)