

## God Space vs. Cyberspace

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This week's parsha, Vayishlach, is loaded with metaphors, imagery and food for deep thought as well as tragedy. Jacob and his family leave for new horizons. Jacob sends a message to his estranged brother Esau that he wants to meet him face to face, and there is some debate as to whether the message is an actual physical message or and "spiritual" message. (Not sure if they skyped, facebooked, or texted.) Jacob wrestles with "an angel" and ends up wounded and transformed. Dinah, the only daughter of Jacob is *allegedly raped*, and *Simeon and other brothers vengefully deceive and kill all of the men in Shechem*. Rachel dies giving birth to Benjamin, and Isaac dies as well. Life, indeed, is messy! Does this all sound familiar?

Of course it is a painfully overused cliché to say that these are the challenges that build our character and bring us lessons. In the difficult moment, that is of little consolation.

I have realized recently, especially in the face of adversity, that these life experiences are indeed character building and both the blessings and the tragedies have one thing in common. They call upon our ability to be fully present, to fully feel our feelings, to let them flow through.

The communication technology which allows us to accomplish things so much faster and do our work in a global way without traveling can also be our spiritual nemesis. It can challenge our ability to be present for the joys and trials of life. As we spend more and more time immersed in the infinite lure and offerings of cyberspace, we can be easily drawn away from the balance and center that helps us through all kinds of life experience. I have found a vehicle to match and compliment some of the amazing work we do in the virtual world in a realm called "god Space."

### What is God Space?

God Space is an energy you sign on to spiritually. You are either in it or you are not. You cannot forget your password. In God Space you will find inquiry, self-realization, peace, tranquility, tikun olam (repair of the world), justice, equality, equanimity, self-care, self-love, spirit, soul and truth. When you sign-on to God Space, you and those around you go to their higher beings and their behavior reflects it. They think before they act and speak, with kavanah (mindful intention) heartfelt prayer and blessing happen in God Space, and occasionally miracles too! In God Space, music, art, dance, poetry, prose, prayer and nature speak so loudly, it silences the demons of worry, antipathy, negativity, hatred, fear and doubt. When you are in God Space, you feel at home and centered in your body, clearly on "your spot". You are immersed, undistracted and present.

### God Space is like cyberspace in many ways:

- It is invisible... You can't see it, touch it, feel it, hold it or even hear it.
- You are either signed on or signed off.
- It has incredible, limitless power.
- It is changing, growing and expanding all the time.
- It has no beginning or end, no physical boundaries.
- It is available to anyone 24 hours a day, 7 days a week.
- You can lose signal and be booted off if you are too far away from the source and sometimes you have to wait patiently while it is busy "buffering." The further you move away from truth, integrity and clarity, the more the signal is lost.

### **God Space is unlike cyberspace in several special ways:**

- It doesn't cost anything.
- You can access it from anywhere anytime with or without WiFi or towers.
- No one can steal your password.
- There are no dangerous radio waves.
- It works without plugging anything in.
- You need no software or hardware.
- Technical support is available 24/7 and there are no long lines to wait in. You will not be put on hold.
- It cannot be hacked and there are no viruses.
- The more time you spend there the better.
- There is no limit to the size of the memory.
- You don't need parental controls, you want the kids there 24/7.

### **Instructions to sign on to God Space:**

1. Turn off or silence your gadgets.
2. Sign on...No password to remember.
3. Remember what joy feels like.
4. Love the moment.
5. Acknowledge the hugeness and tininess of infinity.
6. Care about others.
7. Notice the perfect cacophonous beauty of nature.
8. Love God, don't worry about believing.
9. Count slowly to five before you act or speak, breathe, breathe, breathe. And then count your blessings.
10. Let go of your attitude. Replace it with gratitude to reboot for faster connectivity and more bandwidth.

### **Indications you are signed on to "God Space" and the signal is strong:**

- We are listening to each other.
- We are loving the moment no matter what it brings.
- We are praying instead of worrying.
- Hungry people are being fed.
- We are helping to bring peace to warring parties.
- We are owning our mistakes, and then working together to fix them.
- Young people are playing outside and laughing.
- We are learning from our elders and our children.
- We are there for each other and ourselves.

It is clearly within our reach, even though we can't see it, hear it or touch it..