

Keeping Christmas all year long – the miracle of intention

“What you do makes a difference, and you have to decide what kind of difference you want to make.” – Jane Goodall

Can thinking of others improve your health? What is the power of collective thought? How does prayer act like a mirror?

We are in the midst of the Twelve Days of Christmas, the culmination of which is Epiphany, Jan. 6, the day Christians remember the Wise Men and the moment when Jesus was baptized at about the age of 30 by John the Baptist. The Middle English word epiphany means “revelation.” Separate from Christianity, an epiphany is a transforma-



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tive moment of discovery, a sudden illumination or realization.

At the beginning of a new year, in the shadows of the Twelve Days of Christmas, I find myself thinking about epiphanies and how we can “keep”

Christmas all year long.

For more than a century now, ever since 1905 when Einstein turned upside down our concept of time, quantum physics has been revealing more and more about metaphysics. Studying the odd behavior of atoms in the “nano” world of microscopically small particles of energy reveals that reality is starkly different from what we see “on the surface” of daily life.

I began reading about quantum physics three decades ago, led there by Madeleine L'Engle whom I knew personally. L'Engle often said: “I went to physics to find my faith.” Even for those who have

no faith, or belief in God, physics suggests that we can find relevant meaning – beyond self, existentialism or cynicism – in atomic contrariness, but it may be via an unexpected back road rather than the front door.

Lynne McTaggart, a journalist, first wrote about it in *The Field*, in which she describes the interconnectedness of all things and the idea that human consciousness can connect and communicate across time and space in a kind of “psychic internet,” if we but tap into it and log on. In her second book *The Intention Experiment*, McTaggart proved that

thought can change physical reality. Her remarkable recent book, *The Power of Eight*, reveals the power of collective thought or, to use a less secular term, the power of group prayer.

One puzzling concept in atomic reality is “non-locality” or “entanglement.” McTaggart: “Once subatomic particles such as electrons or photons are in contact, they are forever influenced by each other for no apparent reason, over any time or any distance, despite the absence of physical force like a push or a kick. ...