Holistic Dialogue Manifesto

Holistic Dialogue could be an emerging necessity as we realise our mind/body conditioning through interacting with one another

Holistic: Silent pulse or quality in which every aspect carries the tone of the whole—balanced not by symmetry, but by belonging—a living coherence that arises when parts truly resonate beyond bias, agenda, or ideology, not as a fixed pattern or imposed idea.

Dialogue: Space of wander and wonder, driven by what is happening rather than what should be.

***Manifesto*:** Public statement that explains why something was done or will be done. The word comes from the Latin "manifestus," meaning clear or obvious.

The Motivation

After a period of collective investigation and exploration, showing that, regardless of the individual's background—conservative, liberal, religious, scientific or otherwise—it is rare to grow up and/or live in an environment that provides space and support for unlimited life and self-exploration, let alone doing it effectively and efficiently.

Disclaimer

Often, personal experiences shape how one understands things. Here though, the aim is for the process of living itself, along with what comes with it rather than my own personal experience of it. This is not about authority or teaching—it's about exploration and we are all in this together.

The flow of ideas presented here are meant to help the exploration and self-inquiry, not to pin down what and how to think. This document does not claim to know anything for certain; this is just an attempt to engage, together, in the process.

Getting Started

Given all that has been said, how am I, as the writer, supposed to even begin? Writing with a purpose can make it seem that the writer already "knows" something, but this is not about having answers, though answers may potentially come.

To truly engage here, both the document and the reader have to be free of the personal and collective stories we usually are attached to, so as not to influence and alter what is there to be perceived now by what has already been perceived.

Let's start then, with where we are, as we are, right now.

How to Begin the Dialogue

How can the conversation of exploration and introspection take place without starting with/from concepts and ideas and turning everything into further ideas and concepts?

It might seem difficult, if not impossible. Should one then give up? Or instead, acknowledge those particular ideas and concepts as biases and conditioning whenever and wherever they surface up, and prove themselves to be so, after examination?

Shall one's conditioning be explored and inquired into—not to escape it or change it but simply because it is, at the very least, part of who we are as we are right now? This might be enough to fuel this endeavor further.

Exploring, Now

Often one hesitates to act when the purpose or meaning is not verbally/intellectually clear. Is that because of how one has been raised, or is it the natural tendency to have it so?

Does this matter at this point or can we go beyond the potential reasons and just explore and examine, now?

Can there be meaning beyond what words or thoughts are able to capture? Examining this possibility might suggest that the process in question is not something that can be measured. If it cannot be measured, does one lose interest in it? Or can one let go of their past experiences, both intellectual and spiritual, and see what emerges? Exploring the past when it comes up—not the story of it, but the way it shows up in the present.

Learning From the Past

There is a saying: "Those who do not learn from the past are bound to repeat it." Though this might be true for things like science and the practical aspects of life, does this saying also apply to one's mental and emotional side of life? The only way to find out, having gone thus far, is by taking a new action, one that is inseparable from observation and presence.

Origin of Action

What does action actually mean? Most of the time, one reacts based on the past—acting based on what has happened before, whether it was the past, the present or an idea of the future. For the sake of the question of action, one must go beyond these reactions, beyond the realm of reactions. When one lets go of the past, in this sense, what is left?

Nothing. But "Nothing" does not necessarily mean emptiness—it actually means "not a thing," that which is not fixed. Not measured, not identified.

Having the past cleared out, action, relationship and life as a whole are available to be explored as they are right now. With the past not in the way, the senses—how one sees, hears, and feels—might work differently.

Into Exploring Our Senses

Before diving into the senses, something should be clarified: Sensitivity. Here, it does not pertain to one being easily hurt or offended. It is not about reacting. This does not mean that one won't react, but that reactions and sensitivity's rightful place is different now. What is the new order that is emerging?

Can a new sense of order, not based on the past, be discovered?

Living in the Present

This is not about solving a puzzle. Puzzles are fixed, life is not. Hence, one explores life anew —not ruled by the past, by expectations and problem solving, belief, conflict—not ruled by whatever fixes life and oneself, but inclusive of them—All of that manifests in thought and our thinking.

The old way is centered around thought and our thinking. The ever-new way is not.

Learning Anew

What does it mean for the senses to function without being centered around thought and thinking?

One might be afraid of living this way—not just because one is unaware of anything aside from what they are used to, from living according to something or another, but also because our society, as it is right now and how it used to be, functions in the same limited way. The way of following, seeking and gathering more; more knowledge and experiences.

Hence, a new learning is due; undirected by the past, the known; by what was.

A necessity is emerging here.

Silence and Stillness

For this emerging necessity, the mind cannot be occupied with thoughts, memories, or plans. Captured by verbal meaning or narrative.

What happens when meaning can no longer be held by narrative?

This is not about restricting oneself but about starting afresh, as one is; wherever they are.

What's Next

Whether this exploration and inquiry is undertaken alone or with others, with Synopsis or not; with the Holistic Dialogue manifesto or not is up to you. In any case, one must be very careful not to turn whatever is shared here, or what one discovers on their own, into another doctrine, method or technique. This is a shared responsibility where each of us clarify and notify the other whenever such a formulation is observed to be being built up.

Good luck.