

Dear Editor,

I enjoyed reading Adrienne Lee's article in the January 2008 *Transactional Analysis Journal*. She clearly presents her thesis that "The Power Is in Our Process." Her easy style and humor also added to my pleasure in reading what she wrote. It was as if I were in the room listening to her speak.

Toward the end of the article, she wrote:

I think our challenge as individuals, as transactional analysts, as TA organizations, and as nations is to carry on seeking unification and synthesis, for this is the fertile ground for growth and change and creativity and transformation. I am also told that it is the path to Enlightenment. Ken Mellor, along with others, asserts that everything is in a state of union or Being, and so that keeps prompting us to unification, to emulate that state in everything in our lives. (p. 40)

I certainly agree with Lee's first sentence; however, I would put the point attributed to me in the second sentence somewhat differently.

In my experience, partial though it may be, a state of union underlies all that is. The emphasis here is on the word "underlies":

[The] infinite backdrop to everything is known by many names, including the zero point field in quantum physics (McTaggart, 2001), God in some religions, and the Void and the Infinite in various spiritual circles. In the scientific realm of quantum physics, the zero point field is postulated by some physicists as the ground from which everything arises, in which everything continues to have its root existence, and to which everything eventually returns. It is what is left when all particles that can be removed have been removed. Also postulated by some in physics to be an infinite field of awareness, memory, and knowing (McTaggart, 2001, 2006), this realm is something that spiritual masters have urged people for thousands of years to devote themselves to realizing. (Mellor, 2008, p. 186)

According to those many spiritual masters, this underlying state continually and powerfully calls us back into union with itself as we live our worldly lives. This call or force drawing us back to union is profound and can be observed operating in everything once we know what to look for. In my opinion, this is at least a partial explanation for the yearning many people experience to lose themselves in something bigger than they are in order to find themselves. Accordingly, they become devoted to and immersed in undertakings, social causes, or movements that extend their attention and their efforts out beyond their self-focused interests and concerns.

At the same time, it is manifestly clear that our everyday experiences and our lives are far from unified, at least for most of the time. Were this not true, we would experience ourselves in perpetual union within ourselves, between ourselves and others, and between ourselves and everything in the world around us. In fact, there would be no identifiable "selves" or "others" or "things" or "world around us" in need of unification. Lee clearly agrees with this, since she points to the benefits and perhaps the need to engage continually in a repeating cycle of thesis → antithesis → synthesis, in which the synthesis becomes the next thesis and starts another round of the process.

There is another important point to make, too. My experience is that the unifying force arising in whatever underlies everything, including all that we are, is so profound that it is a primary prompt or cause of a great deal of what we do, think, and feel as we live our lives. Understanding this can help us to find more natural and easier ways of producing enduring synthesis or unification than much of what we use at the present time. Many benefits can flow from this, too, including ongoing cooperation, mutual respect, shared understanding, and the resolution of seemingly intractable conflicts.

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