



Pari

"The future has an ancient heart"
CARLO LEVI

Perspectives

**Ideas in Science, the Arts,
Spirit and Community**

Issue 13 / September 2022
Love in a Time of Crisis

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Pari Perspectives is a quarterly journal published annually in September, December, March and June by The Pari Center.

Editors

Kristina Aleksandra Janavicius
Maureen Doolan

Editorial Board

Alessandro Barbieri
Eleanor Peat
James Peat Barbieri
Genny Rabazzi

Design and Layout: Andrea Barbieri

Graphics Assistant: Sky Hoorne

The Pari Center
Via Tozzi, 7
58045, Pari (GR), Italy

Email: info@paricenter.com
Website: www.paricenter.com

To Contribute

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For our guidelines contact us at
pariperspectives@paricenter.com

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Parenting as a Journey towards Awakening: Exploring Self-growth through the Hidden Guidance of the Heart

RAMONA ROLLE-BERG
and RENÉE ROLLE-WHATLEY

From the moment of our conception, and indeed during countless past lives, we two have journeyed and explored aspects of Universal Love in pursuit of individual soul-progression. In this incarnation, we've committed our lives to unfurling—through direct experience—the ubiquitous, overtly transformative, and yet mysterious and hidden purpose compelling our evolutionary impulse to parent.

Mysterious? Hidden? Absolutely. Our research suggests that parenting isn't only about ensuring species continuation. Parenting, as a personal experience, and parental love, as a vibratory subset of Universal Love, both serve a mostly unconscious *orthogenetic* goal the recognition of which has filled us with a profound sense of knowing that aspects of Universal Consciousness, also accepted by some as the Implicate Order, are downloading (or awakening into consciousness) into our everyday lives in such a way that we can better understand our place in this present moment and in the cosmos of creation. In our roles as identical twins, daughters, wives, mothers, meditators, devotees, engineers, healers, and researchers, our experiences have compelled introspective periods that have, over

time, revealed to us what Vedic rishis, Sufi and Christian mystics of millennia past have also recognized: 'It is only with the heart that one can see rightly. What is essential is invisible to the eye!'

After more than a decade as integrative specialists and energy medicine practitioners tasked with supporting our clients' self-healing journeys, we're well aware that parents are experiencing post-traumatic-stress syndrome responsivity² as they grapple with limited resources to navigate crises of food insecurity, joblessness, inadequate access to health care coverage, and expanding racial tensions in a Covid-sensitized world. So, when asked to contribute to the Pari Center's May 2022 series 'Love in the Time of Crisis,' we reasoned, 'when is a parent NOT involved in some sort of crisis?' Even without the current contributions of fear-based reactivity due to Covid-19, parenting has long been understood to be a love-influenced, crisis-dominated journey of mentorship. However, based upon findings from our published^{3 4} and current research efforts, parenting is also an increasingly reverential journey of individual awakening, its purpose to guide a parent's self-growth through an emergent vibratory guidance hidden deep within each heart.

Early Beginnings: Becoming Observers

Our mother was born in Mannheim, Germany, one of Europe's largest manufacturing centres and inland ports. Because of its strategic location on the right bank of the Rhine River and at the mouth of the Neckar River, Mannheim's industrial complex was mostly destroyed during World War II, and its citizens, including our mother and our anti-Nazi grandparents, endured trauma and a level of extreme hardship that shaped, at a profound level, the parent that Marliese would become. When African American soldiers occupied Mannheim post-WWII (the U.S. Army conscripted soldiers into segregated units until 1948), Marliese met and eventually married soldier Alvin Rolle. We came along during a brief US redeployment in the late 1950s. Permanent residency in California, at what was then Presidio Army Base, occurred when we were eight.

Daily life as a biracial child in the America of the 1960s was, we decided, best navigated by remaining unobtrusive. But as you can imagine, being identical twins didn't help. The 1967 US Supreme Court decision legalizing interracial marriage⁵ was also still new. Parents simply didn't know what to say to us, or how to incorporate us into their societal groups. While our mother struggled to be accepted by a mostly indifferent Afro-centric family, and by a broader 'melting-pot that never really melted' American culture

non-accepting of her vanquished German ethnicity, our father writhed against an endemic military and societal racism which limited educational and economic opportunity (e.g., think GI-Bill⁶ and Red-lining⁷) and his ability to care for his family. Stress was high within our isolated little family, soothed by alcohol for our father and food for our mother. We sensed, though we didn't know why, that life was dangerous and that we needed to stick together no matter what.



Below: centre of Mannheim, Germany, 1945. Top right: Marliese and Alvin Rolle on their wedding day in Mannheim. Bottom right: the Rolle family, Alvin and Marliese with twins Ramona and Renée



We became observers, honing our neuroceptive circuitry during elementary, junior high, and high school when both Caucasian and African American students threatened our safety and security almost daily. Looking back, we now perceive the assaults affecting our lives and our parents' lives as an intense, yet esoteric, spiritual guidance. We had many opportunities to watch how attitudes, beliefs, and perceptions shaped parental decision-making. Though we didn't know it then, our experiences as biracial individuals and identical twins, all within a multi-ethnic family laid a foundation that, decades later, led us to leave careers as engineers in the energy sector. Doctorates in Mind Body Medicine with specializations in health care research and energy medicine have built upon our past to foster career and skillset resonances achieved in our present. We believe that we've been guided all along into pairing our past experiences with our present education and skillsets, positioning us to reveal how the experiences of parents and this ubiquitous and ultimately orthogenetic vibration of parental love assist parents evolution from a sense of separateness to an inter-connectedness expressed in unity consciousness.

So what does our research reveal about parental love?

Research Design and Methodology

We've defined a parent as an adult over 18 with active responsibility for the growth and care of a child, a young adult, and / or an older adult. Though biology may be a factor, it is not key, and in fact, given this definition, parenting becomes a *conceptual category of a type of behavior*.

We chose Glaser's Classic Grounded Theory methodology to analyze our data because, as former engineers, we often experienced that systematic and rigorous data collection forms the foundation for project success, especially in the qualitative arena when using 'grounded' data to construct a theory about a phenomenon like parental love. We added QSR's Nvivo⁸ computer-aided qualitative data analysis software for data management and tracking capabilities. Everyone signed, and received a copy of, an Informed Consent document detailing their rights, how we secure their confidentiality, thus granting us permissions. In all three of our studies, subjects were asked a very simple open-ended question like, 'tell us about your experiences with caregiving.' Interviews were recorded and generally lasted two hours during which time we allowed each interviewee to respond to the prompt in whatever way the interviewee felt comfortable. In other words, they told us their stories. Our goal, other than

ensuring they felt safe and supported, was to identify the underlying challenge—the core variable—faced by each one of the three populations we studied. Classic grounded theory is great at determining what is actually challenging the people being studied.

And what we discovered was fascinating. Our analysis revealed evidence of three different processes of growth in awareness, and each involved a dynamic energy that we propose originates within the heart, a guidance mostly known to adepts within contemplative and introspective communities.

Study #1: The Challenge—to Strengthen Devotion

Recall our own early developmental experiences with highly stress-filled situations, uncertain familial relationships, and unpredictable cultural impacts. Given that background, we theorized that a population of parents who provide caregiving to an autistic child(ren) might provide us some grounded data about how parents navigated well-being given their day-to-day service-oriented mindset within a long-term caregiving horizon.

Data analysis revealed that what was happening to these parents as they cared for their child(ren) was a biopsychosocial process we called Strengthening Devotion. It's a three-stage process during which a parent grows relationally towards refined expressions of fidelity and love by accepting (Stage 1), adapting (Stage 2), and for some small percentage of parents, usually after decades of service, a reframing of self-responsibility (Stage 3).

In accepting, parental feelings of entrapment eventually wane as their emotions signal readiness for reengagement and sacrifice of self for their child(ren's) welfare; in adapting, parental feelings of self-esteem slowly develop as uncertainty is structured and emotions are better regulated; and in reclaiming life, a sense of interconnection via increasing facility with being in presence signals a growing sense of autonomy and a reimagining of self.



As uncertainty and reactivity are delimited through activities of service, devotion evolves. We've conceptualized this self-growth as a stage-dependent, energetic and heart-driven guidance that literally becomes more felt as a parent's facility with present moment nonjudgmental awareness evolves. This guidance manifests as a strengthening of parental devotion in stage 1; a strengthening of relational devotion in stage 2; and a strengthening of personal devotion in stage 3.

Study #2: The Challenge— to Transform Relational Loyalty

Given the findings from Strengthening Devotion, we expanded our scope to a more general population of parents that might provide us some grounded data about how parents navigated the conditioning of their attitudes, beliefs, and perceptions to evolve in awareness beyond their past into a broader sense of selflessness.

Data analysis revealed that what was happening to these parents as they cared for their child(ren) was a biopsychosocial process we called Transforming Relational Loyalty. It, too, is a three-stage process during which a parent grows relationally towards refined expressions of familial allegiance and trust by releasing self-interest (Stage 1), embracing detachment (Stage 2), and, as in Strengthening Devotion, for some small percentage of parents, an acceptance of Self (Stage 3).

In releasing self-interest, emotional balance improves as parental insecurities and need for control ease, signaling a lessening of egocentric perspectives; in embracing detachment, parental feelings of maturing selflessness validate the autonomy of others; and in living nonattached, increasing facility with emotion regulation and acceptance of self, heralds a broadened self-in-representation that burgeons as a felt sense of interconnectedness to all forms of life and for some, sensitivity to transcendent forms of guidance.

Engaged parenting compels self-examination. Relational loyalty evolves through this process and confers its hidden heart—the energy of self-acceptance. We've conceptualized this self-acceptance as an orthogenetic and heart-driven guidance that manifests in stages as a parent's allegiance and trust in the present moment evolves. This guidance manifests as a transforming of relational loyalty to Self in stage 1; to family in stage 2; and to all of Life in stage 3.

Study #3: The Challenge— to Purify Humility

Our current research centers on examining experiences of 'doing good.' What does that even mean? Why is it important to us as humans? How is it actualized? And what part, if any, does the hidden energy within our hearts play?

Data analysis reveals a psychosocial process we've called Purifying Humility. As a three-stage process, individuals embrace the goal of becoming better human beings and then 'doing good' by intense focus on a fostering of self-awareness by becoming modest (Stage 1), embracing benevolence (Stage 2), and, embodying service (Stage 3).

In becoming modest, growing awareness of biopsychosocial conditioning motivates questioning, reflection, and a nurturing of fearlessness that manifests as a commitment to self-control and personal autonomy; in embracing benevolence, cultivation of compassion while entraining characteristics of goodness spur a commitment to personal change; and in embodying service, increasing present moment awareness signals a re-conceiving of reality that supports noetic experiences and allows for a commitment to service through respectful, selfless, heart-centered living.

Purifying humility demands a high level of personal willpower, disciplined introspection, and dedicated perseverance. This orthogenetic guidance, manifesting through evolved heart-centered goodness, is propelling whole-being change. In Stage 1, that change is intraper-

Transforming Relational Loyalty



Purifying Humility



sonal; in Stage 2, the energy of change is focused outward towards interpersonal connections; and in Stage 3, the energy of change compels commitment to service to all living things.

Where We Are Now?

We propose that parental love is guided by a cosmic orthogenetic vibration portalled into our lives via the field generated by our human hearts. This energy guides our development via appropriate experiences of devotion, loyalty, and humility. These experiences produce increasing present moment awareness, which prompts neurological rewiring that releases conditioned behaviours and ultimately allows the body's neurons to fire in ways and along paths representative of expanded consciousness. This neuronal hardware becomes software as unfolding life experiences create emotions which then produce chemical updates in mind filters and body behaviors.

We propose that parental love is a vibration guiding the activation of human awareness. Given that, parenting becomes a stage-dependent, crisis-guided process that develops a level of consciousness that unfurls as an expression of Universal Love.

We propose that parental love guides the removal of limits on thoughts and behaviours conditioning life. As parents become more aware, they also become more present-moment conscious and more self-accepting.

Measuring the Energy of Parental Love

What we observe is not nature itself, but nature exposed to our method of questioning.

Werner Heisenberg, pioneer of Quantum Physics⁹

As engineers, we've long recognized the need for quantification and precision, even while innovative thinking remained a necessary requisite for problem solving. In the above quote, Heisenberg suggests that the questions we ask depend upon our perspective. Well then, from the perspective of our backgrounds as mind-body and energy medicine specialists, we asked ourselves, what can 21st century science reveal about this orthogenetic vibration that manifests through parental love?

Given this article's space limitations, we'll tell you about one answer to this question. Did you know you have a Biofield? The private, nonprofit National Academy of Medicine¹⁰, in its advisory capacity for the National Institute of Health, published the first characterization of the Biofield in 1992. Since then, scientists and researchers in a broad spectrum of fields¹¹ have scientifically studied and refined our understanding of the Biofield to be an endogenously generated interpenetrating and interacting field of energy and information that 1) is massless, 2) surrounds and permeates living bodies, 3) plays a significant role in information transfer processes, and 4) impacts physical, mental, emotional, and spiritual well-being¹².

The point is this: Each of us emanates a unique electromagnetic and subtle emanation! That's because we're all made of atoms, and all atoms vibrate. We, quite literally vibrate information about, for example, how tired we are, our frustration about the constant barking of the neighbour's dog, or our painful sprained ankle, into the world around us. And our heart's vibrational field, its frequency—its light!—has been repeatedly verified (by many disparate researchers) as the most powerful in our body (our brain being the second most powerful emitter). The frequency of our heart light consequently reflects the quality of our state of being, i.e., our consciousness in this three-dimensional space/time continuum. If you've ever had an electrocardiogram, EKG, or an electroencephalogram, EEG, then you've had the electromagnetic component of your heart's or brain's biofield measured in order to assess heart/brain health. These measurements have become so commonplace that we've forgotten that it is aspects of the biofield that are being recorded.

When the National Academy of Medicine defined the biofield as energy that embodies information, the scientists and researchers were jumping up and down (in a sedate professional way, of course) trying to tell us that





we're quantum beings. (A quantum is a discreet energy packet that gives off a frequency.) That's what atoms are, too, right? And with that understanding, we move beyond thinking of our Newtonian separateness to instead interacting in a quantum interconnected way.

Choosing to see ourselves from this broader perspective, we get to 'do a Heisenberg' and ask new questions, see with new eyes...the eyes of emerging 21st century science that describe reality as a cosmic hologram in which *information* is more primary than energy and matter, and even space and time. In her groundbreaking book, Jude Currihan suggests that our universe not only exists and evolves as a unified entity, but it exists TO evolve¹⁵.

That suggestion made us very excited as it supports our research findings. We believe that our human biofields are connected to this greater cosmic field, through the untapped potential within the quantum void. So as parents live less conditioned lives tied to the past and more in the present, they gain access to this quantum potential. And we, with our experiences, reciprocate, and inform the cosmic field, increasing its complexity.

In Closing

This segment of the Pari Center series: *Love in the Time of Crisis* was focused on a journey towards awakening through the auspices of parental love. Based on our research, we think that political fallouts, cultural

wars, social bombardment, and economic crises in the world today are moving us all towards a reactionary global separatism. We think that the true global crisis is our dis-connectedness from each another.

Parents may use Strengthening Devotion, Transforming Relational Loyalty, and Purifying Humility as processes that foster re-engagement. Parenting may be seen as a roadmap to corroborate where parents have been, how far they have traveled, and an opportunity to chart proactively to lower stress, improve health outcomes and re-engage with life's unlimited potential. Simultaneously, Transforming Relational Loyalty presents parents with an experiential and immersive program of self-development that bestows clarity of purpose when life stressors produce division and confuse decision-making that allows emotion regulation to nurture compassion and seed ideals of autonomy for self and others. And lastly, by Purifying Humility, parents hone discipline, dedication, and will in service of an evolving heart-centered selflessness towards service for and with all beings.

What we need is to ask new questions, see with new eyes. We need to reach out with devotion, loyalty, and humility, and embody these aspects of Universal Love within our own biofields; changing the Earth field one heart at a time.

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Endnotes

- ¹ Saint-Exupéry, 1995
- ² Knipscheer et al., 2020
- ³ Rolle-Berg & Vander Linden, 2020
- ⁴ Rolle-Whatley & Vander Linden, 2021
- ⁵ Duignan, 2022
- ⁶ Blakemore, 2021
- ⁷ Jackson, 2021
- ⁸ *Best Qualitative Data Analysis Software for Researchers* | NVivo, n.d.
- ⁹ *Werner Heisenberg Quotes*, n.d.
- ¹⁰ Lewis, 2022
- ¹¹ 'About Consciousness and Healing Initiative (CHI),' n.d.
- ¹² Rubik et al., 2015
- ¹⁵ Currivan & Laszlo, 2017

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RAMONA ROLLE-BERG, PhD, HTCP, HMCP, and **RENÉE ROLLE-WHATLEY**, PhD, HTCP, HMCP, describe themselves as intuitive integrative medicine practitioner-clinicians and scholars. Their clinical approach focuses on the establishment of trusting and compassionate relationships that support clients' reconnection with their own self-healing capacities. They are wives, mothers, and long-time meditators and devotees of Paramahansa Yogananda. These days, Drs Ramona & Renée focus their scholarship on revealing the theoretical concepts and behavioral processes between physical and non-physical vibratory experiences of love through study of the lived experiences of parents that actively parent. After decades apart, they moved to the same city and founded Rolle Integrative Healing Solutions, LLC. You can reach them at info@rolleihs.com or www.rolleihs.com.

The Pari Center

F. David Peat and Maureen Doolan - *Founders*
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The future has an ancient heart
CARLO LEVI (1902-1975)

The Pari Center for New Learning, created in 2000 by the late F. David Peat and Maureen Doolan, is dedicated to education, learning and research. It fosters an interdisciplinary approach linking science, arts, ethics, community and the sacred. It favours a gentle approach to learning that emphasises human interaction in the beautiful ambience of a medieval village, without the intrusion of unnecessary technology. It also respects a 'sense of place,' for the heart of the Center is the village of Pari, a location from which to contemplate society and its future. In 2016 the Pari Center for New Learning became The Pari Center and an advisory board of thirteen members was elected.

The Philosophy and Aims of the Center are as follows:

1. **To promote** the integration of knowledge, arts, science, ethical values, community and spirituality within the ambience of a medieval village.
2. **To foster** the social, economic and cultural development of Pari, the preservation of its traditions and values, and to offer encouragement for the future to its youth.
3. **To provide** opportunities for continued learning for adults by organizing courses, workshops and conferences of the highest standards facilitated by a faculty committed to excellence and creativity.
4. **To promulgate** the approach of Gentle Action.
5. **To provide** a creative environment for artists, writers, dancers, musicians, environmentalists, scientists, philosophers, psychologists and other thinkers to work together to explore new ideas and/or to work independently on their own projects within the supportive environment of the Pari community.
6. **To foster** continuing research into art, science, psychology, education, ethics and society.

One of David Peat's initial feelings on arriving in Pari was that the village was a container, a safe haven. The same families had been living there for centuries leading a traditional life, tending their vineyards and olive groves and taking care of the land.

He wrote: 'When I first visited Pari, in 1994, I was struck by the rather bizarre reflection that I was somehow living in the future. The village itself was at least 800 years old and, in essential ways, the rhythms of life had changed very little over the centuries. When, in 1996, I returned to live permanently in Pari this intuition persisted: that there was something of great value in this community that could be carried into our common future.'

It seemed to him the perfect quiet and peaceful environment from which to pause and find time for thought and contemplation. Also, where people could have the opportunity to meet in small groups for several days to make an in-depth exploration of ideas and themes about which they felt passionate. From within this beautiful and ancient site, he could create a place where people could express themselves freely within the safe atmosphere of a vessel. The Pari Center was born.

'These meetings,' wrote Peat, 'are not designed to exhibit one's intellectual fireworks, but rather to engage in mutual exploration of particular themes, not only simply from the perspective of "new ideas" but also as they related to questions of ethics, values and society. Underlying each meeting will be the sense that this discussion is taking place within an environment that has sustained a strong social meaning for over 800 years.'

For the history and philosophy of The Pari Center, or for information on Pari Center events visit www.paricenter.com