

Intro - Springsteen - It ain't No Sin to be glad you're alive.

Religion - Emerge from a desire for belongingness.

21 Karen Armstrong - Religion is about doing things that change you.

You - Religion is practice - how you behave. ECME

22 - K.A. Total Enthus ECME - Task - learn to see that Sacred dimension in Every thing Around us.

Rel. - about practices & emotional Relationship to the Sacred - Not necessary to have set of beliefs about supernatural things.

23 Q. What is your religion? - For Majority of people

Rel. is simply continuous with the experience of living, day by day. Indians - Sacred is seamless.

25 ECME - Indian Rel - Reverence for the world & its creatures - A "Felt Connection", cleave to the world. Not hold self apart.

26-27 - Nature Religion - The Sacred is all around us.

27 Whitman - ECME Saint

28 Wright - "I believe in god - only I spell it: NATURE"

37 Apes have cognitive Empathy

40 Cognitive Empathy - present in Apes - underlie human morality.

44 Communication is Not Linear - Sender $\rightarrow$ Receiver, it is co-regulated.

52 - ECME - Armstrong - You must participate/interact with the sacred.

53 We pay close attention to Conventions we collectively Create.

62 Oct 23, 4004 B.C. earth Created
Learn Ancient Nature of the Earth, an Awakening

63 - We are Made of Star Stuff - in the beginning there was only hydrogen, helium and lithium.

Star Factories Made other elements.

- Life on earth - Single origin - all connected

Human Chemical Processes $\frac{1}{2}$ same as a banana.

66 - It would take a 21 month pregnancy to deliver a human w/ brain as well developed as typical mammal.

93 - Red Ochre - 900,000 yrs ago (not intellectual)

94 - Traditional Religions - Experiential - main goal of

rel. person - to be in contact with sacred forces all the time in this life - to celebrate connection w/ ritual

99 - Neanderthal Burial

110 - Controlled Fire - 1.5 million years ago.

139 - Black Elk - on the futility

Cont Speech of the Experience.