



Every Body: You, Me + Connectivity

Stephanie Marango

At this point in our time-space continuum, we need a little more *kumbaya* around a campfire. You know — connection, empathy, togetherness, getting-along. At the least, we need to be able to conduct *truly* open-minded discussions about a variety of button-pushing topics. But I am not here to belabor that point.

I am here to help with the 'how.' *How* we remember — despite our seeming differences in race, politics, religion, etc. — we are all connected. So, when we say, 'We are all in this together' we hold a visceral understanding of what that means. Because, at all levels, we are in this [fill-in-the-blank] together.

The proof is in the pudding as we take a magic microscope and peer into the body:

At the gross level, every body is comprised of similar regions and structures like a head, chest and heart. Peer deeper into a structure like your heart, for example, and you see an organ made of tissue that, in turn, is comprised of like-minded cardiac cells (Greek *kardia*, heart). These cells are comprised of organelles like mitochondria (which use the oxygen you breathe to create energy); break the mitochondria down and you will eventually reach the macromolecular level of proteins (carbohydrates, fats are others). Proteins

consist of organic compounds like amino acids (for instance, the tryptophan in turkey), which are made up of elements like carbon. And if you remember the Periodic Table of Elements from your elementary school science class then you know we are not done yet. . .

Carbon is comprised of atoms. We have approximately seven billion billion billion atoms in our (adult) bodies. Atoms are considered the building blocks of all matter and come from stars that lived and died about 14 billion years ago (so when someone tells you that you are 'stellar' they are telling the truth!) But despite their association with matter, atoms are about 99.9999999% 'space' — a tiny nucleus surrounded by a bunch of charges. These charges come from particles like electrons and result in electric and magnetic fields.

Electromagnetic interactions lead us down the rabbit hole known as quantum field theory, which (very) basically states what we perceive as particles — like the aforementioned electron — are excitations of the quantum field itself. This means the electron is not a discrete particle; it is nothing you can touch or pick up; you cannot point to its position. Rather, it is a bundle of energy of the field. As is every particle in the universe — including those of your heart, with



which we started this whole shebang.

The electromagnetic field (EMF) of your heart is a powerful field that may be detected several feet off your body. So, then, you are the body you see, plus 'space' extending around you. What this means is when you are sitting at a café, the person sitting next to you may be in your field (as well as your chair, table, mug, etc.). And you in theirs. Essentially, your fields would be intermingled. What is more, is your fields and theirs are made of exactly the same components. The only difference why you are a 5'4" brunette and he is a 6'2" bald man is not your bits and pieces, but how they are arranged. The same goes for you and your dog, kitchen sink, etc. This means, at this point in the game, there is no 'you versus him,' the two of you are

Just like your mom taught you to do when you were angry as a kid. A measured breath — especially in a button-pushing situation — will give you a moment's pause to remember you and the button-pusher are actually connected and have quite a bit in common.

Breathing for 5 counts? Not a radical suggestion (would you really want it to be complicated?) but maybe one that is simple and convenient enough to do. And, by doing it, maybe you turn a screaming match into a productive conversation and shift the rest of your day from seething to considering. Because talking about important matters angrily/fearfully/etc. is not always as effective as talking about them respectfully. And in the heat of the moment there is not a lot of thought going on. So, if you can

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just a bunch of fun-loving fields. And it would likely be very hard to attribute what field particles belong to you versus him.

While the scientific complexity of the café situation is still being understood, the fact you are fields-in-form is Physics 101. Pick up any such textbook and read for yourself. This is not news. And yet, we do not live our lives accordingly. We somehow close the science books, say 'that is nice,' and go about living as if we were actually something different than fields and distinct from those of others.

But, as you have seen, nothing could be further from the truth. At the least, we have the most fundamental aspects of our being in common.


So, to return to the 'how do I remember we are all connected when I really want to go ballistic on the person I am talking to' question, I propose the following: Breathe. Any technique will do, including a straight-up focus on 'inhale, exhale' for five rounds.

just remember to breathe, then you are not only ahead of the game but also shifting it. It gives you the opportunity to choose what quality of yourself you would like to bring to the table (e.g. angry, compassionate, patient, fearful) versus succumbing to circumstance.

Of course, we are not all made from the same mold. There is no one 'right' way to be or behave. The differences that catalyze controversy and make us unique are just as important as our similarities. It is not a matter of 'either/or' but 'and,' we can be connected and individuated simultaneously. Unity in diversity.

That said, we are already well-schooled in the primacy of the individual. Just look at any social media platform for proof; individuals post what they think, eat, wear and read throughout the day. This is why it is time to rebalance the scales and turn greater attention to (re)finding our commonalities. Think of it as the next level of talking about the weather.



Because there is always a point of connection
between you and life around you — it is just a matter
of caring enough to find it. And I hope you do.
Because we are all in this [fill-in-the-blank] together. 



Author Stephanie Marango can be found
at www.StephanieMarangoMD.com