

Outline of Seven Candles: Science for a Deeper Spirituality

Introduction

- *Current cultural context. Brief definitions of Science and Spirituality.
- *Distinguish Spirituality from Religion
- *7C not about beliefs but experience: awe, wonder, connection.

1: Scale - Cosmology; vastness in space, time, quantity, potential, and mystery.

- *Simple astronomy, travel time, distances
- *Evidence for the Big Bang

2: Flow - Relativity; Classical relativity as applied to cosmology

- *Reference frames: our medieval thinking vs reality
- *Cosmological principle and center of the universe

3: Stardust - Cosmic evolution of matter

- *First moments of big bang
- *Fusion in stars (main sequence vs supernovae) - the origin of heavy elements
- *Implications for us. Energy stored in human body

4: No-thing - Atoms, from Bohr to QM

- *Particles, waves, slit experiments
- *Relate back to Flow and Stardust

5: Evolution - Basics and implications

- *The Process
 - Darwin in brief
 - Implications: Traits and “sin”; Death - purpose and gift
- *The Story (in four leaps; competition & cooperation)
 - Origin of Life; Eukaryotic revolution; Multi-cellularity; Sociality
 - Intro to Complexity

6: Emergence - the origin conditions for complexity

- *Nothing “mere” about existence; “Everything is a miracle”
- *Self-assembly: the universe, the earth, you.

7: One - The science of inter-connections

- *Gas exchange and photosynthesis
- *Cycles - water, carbon, etc, and our place in them; matter flows through us
- *Microbiomics and humans as ecosystems
- *Genetics: Mitochondrial Eve, tree of life

A Deeper Spirituality

- *Recap spiritual nature of each candle’s implications
- *Not about diminishing faith, but expanding mystery, wonder
- *Affirmations for personalizing this material
- *“Benediction”

Note: this outline is no substitute for the live experience! It is intended only for helping organizers determine if Seven Candles is a good fit for the host organization. Please do not distribute.