Philosopher Alan Watts describes life as God playing hide and go seek with themselves. It is the ultimate game because they don’t realize that they are looking for themselves!

For me, this manifests as acknowledging that humans are part of a grander scheme. If you were to imagine the Earth from outer space you would see no separate organisms, no trace of the identity of the body we give to ourselves. You would simply see the Earth, or one big Earth body.

The same applies to humans and our internal bodily systems. Although we have names for them to better understand them, we do not tell ourselves that our systems are a separate entity than the rest of our body!

To compare bacteria with humans puts this in beautiful perspective. Here we have two pictures. One, the Earth from outer space. Secondly, a human body. In both pictures there is one identity that is defined, Earth and a human. In both pictures, however, if we were to shift the perspective, the idea of there only being one being would look doubtible. One could make the same argument about the atom and its particles or a galaxy. If from outer space we are the Earth, and from our eye’s perspective we encompass bacteria, then what does that say about any idea of identity?

We would be incapable of death if we were not born. We could not have a concept of everything or the Universe if there wasn’t an idea of nothing to compare it to. Every opposite is part of one phenomenon, including the perceiver and the perceived.

In this society it is ingrained in us to think of ourselves as small and insignificant. To act like machines in a machine Universe. We go about our lives identifying with our bodies and minds and never really giving much thought to the fact that we are our environments. We wouldn’t be ourselves with our environments.

Mirrors are the same as what they reflect, but simultaneously they are the opposite. I live my life as if everything down to the specks of dust in the sunlight are mirrors of me. Clues I left in that game of hide and seek I planned and then forgot about to up the stakes. The longer I have lived like this, the more “coincidences” I have experienced. The more times I will be thinking something and my friend will say it, or my phone will say it. The more dreams I have that come true the next day. The more I feel like a vessel of God.