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More with Less

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More with Less

Einstein's Theory of Relativity explains the huge amount of energy that is fundamental in even a tiny amount of matter. In our every-day lives, our concern is not so much about atomic reactions, but in finding the energy with which to do all that we want to accomplish. We might wish that we could convert a few atoms of our bodies into all the energy we would like to have, but from a realistic perspective, we learn how to accomplish more with less expenditure of energy, and thereby transcend the Theory of Relativity.

Whatever we mean when we talk about desiring to have more energy, our context is always linked to our purposes. We are not interested in measuring the quantity of available energy, but in managing our personal resources for the sake of achieving our goals, whether going for a walk, thinking through a problem or dealing with some of our feelings.

Our bodies are made up of atoms, and our bodies do convert some matter into energy, though on a quite small scale compared to the sun or to a nuclear power plant. However, we do not think and speak of ourselves as being defined only by our physical bodies. Whether or not we use words such as spirit or spirituality in describing those aspects of our lives that are not merely corporal, we act as though we possess a kind of freedom that is not wholly related to the conversion of matter into energy. We are able to use both matter and energy to do what we want, though always within limits that are both physical and spiritual.

We recognize how difficult it is to think carefully when we are tired and hungry; how hard we find it to pray or to care for others when we are ill or have not had enough sleep. We need food, rest and reasonably good health in order to maintain emotional and mental balance. And yet, we have seen in others, and in some of our own experiences, demonstrations of kindness, compassion and selflessness that cannot be equated with normal concepts of requiring and expending energy. Hospice patients manage to say "thank you," little children with serious illness yet smile back, and even when thinking that we "had no more to give" we still continued to care about others.

Some aspects of energy that scientists have discovered apply to our physical and biological lives, but do not directly affect some of our most important activities, such as making decisions, setting goals and ideals, noticing beauty, reflecting upon experiences and, most importantly, loving in all the great variety of ways that we exercise that transcending power within us. Frail and limited as we are, we still have reason to acknowledge that we are truly "wonderfully made." (Psalm 139:14)

Though we grow older every day, and notice that we have less energy than when we were younger, we continually find ways to live more fully in accord with our deepest desires, exercising our spirituality to a greater extent, while using less energy: more with less.

Randy