

Working Definitions

- **Science** – Science is the organized process by which we invent possible explanations describing what we observe in nature, and distinguish the explanations that work from those that do not work by testing the predictions they make about what else we will observe. Science is also the body of knowledge produced by this inquiry process.
- **Worldview** – The mental map by which we view our relationship to the world, and which guides our choices and actions through the perspective it gives on our individual role in the universe.

Some Observations About Worldviews...

- We all have them.
- Worldviews determine not only what we do, but also how we think and feel about what we do. They do this by placing our choices and actions into a context.
- We can hold different worldviews at the same time, which may or may not be closely related.

Types of Worldviews

- abstract worldview
- personal worldview
 - reflective worldview
 - instantaneous worldview
- Why integrate science into your personal worldview?
 - science adds context
 - science distinguishes what works from what doesn't

Integrating Science into Your Reflective Worldview

Describe what you think are the essential properties and features of the universe and what you see as your role in it.

- Are any of your beliefs inconsistent with information uncovered by science?
- What (if any) scientific grounding is there for your beliefs?
- What evidence (if any) would cause you to change your beliefs?

Integrating Science into Your Reflective Worldview

List some key observations about the universe. What might they mean about the nature of the universe and our role in it?

Examples:

- predictability of processes
- universality of laws
- evolution
- birth and expansion of universe
- scale of universe in time and space
- no direct link to truth

The Importance of Our Everyday, Instantaneous Worldview

“How we spend our days is, of course, how we spend our lives.” – Annie Dillard

“Either what we do every day is important, or nothing is. In a sense we can live our entire life every day.”

– George Sheehan

Some Difficulties with Instantaneous Worldviews

“It is easy in the world to live after the world’s opinion; it is easy in solitude to live after our own; but the great (person) is (one) who in the midst of the crowd keeps with perfect sweetness the independence of solitude.”
– Ralph Waldo Emerson

“Life cannot wait until the sciences may have explained the universe scientifically. We cannot put off living until we are ready. The most salient characteristic of life is its coerciveness: It is always urgent, “here and now” without any possibility of postponement. Life is fired at us point blank.” – Ortega Y Gasset

Aligning Your Instantaneous Worldview with Your Reflective Worldview

- Become aware of your instantaneous worldview:
 - What are you thinking and feeling as you go through your day?
 - What causes your frame of mind to change?
 - How might you set up your environment to reinforce the view of the world that you'd like to have?
- Ask yourself what you're doing, and try to answer in as broad a context as possible.
- Be observant.
 - Noticing the bigger world around you is the first step to feeling part of it.
- Use reminders to think about your reflective worldview.
 - Incorporate reminders into your daily routine.
 - Utilize existing objects and experiences in your daily life as reminders.
- Develop a "guiding principle."

To Summarize...

“A healthy consciousness is like a spider’s web, and you are the spider in the centre. The centre of the web is the present moment. But the meaning of your life depends on those fine threads which stretch away to other times, other places, and the vibrations that come to you along the web....normally, your consciousness is like a very small spider’s web; its threads don’t stretch very far. Other times, other places, are not very real to you...And our lives are turbulent, like living in a strong wind, so the web gets broken pretty frequently. But sometimes the wind drops, and you manage to create an enormous web. And suddenly, distant times and distant places become realities, as real as the present moment, sending their vibrations down into your mind.” – Colin Wilson