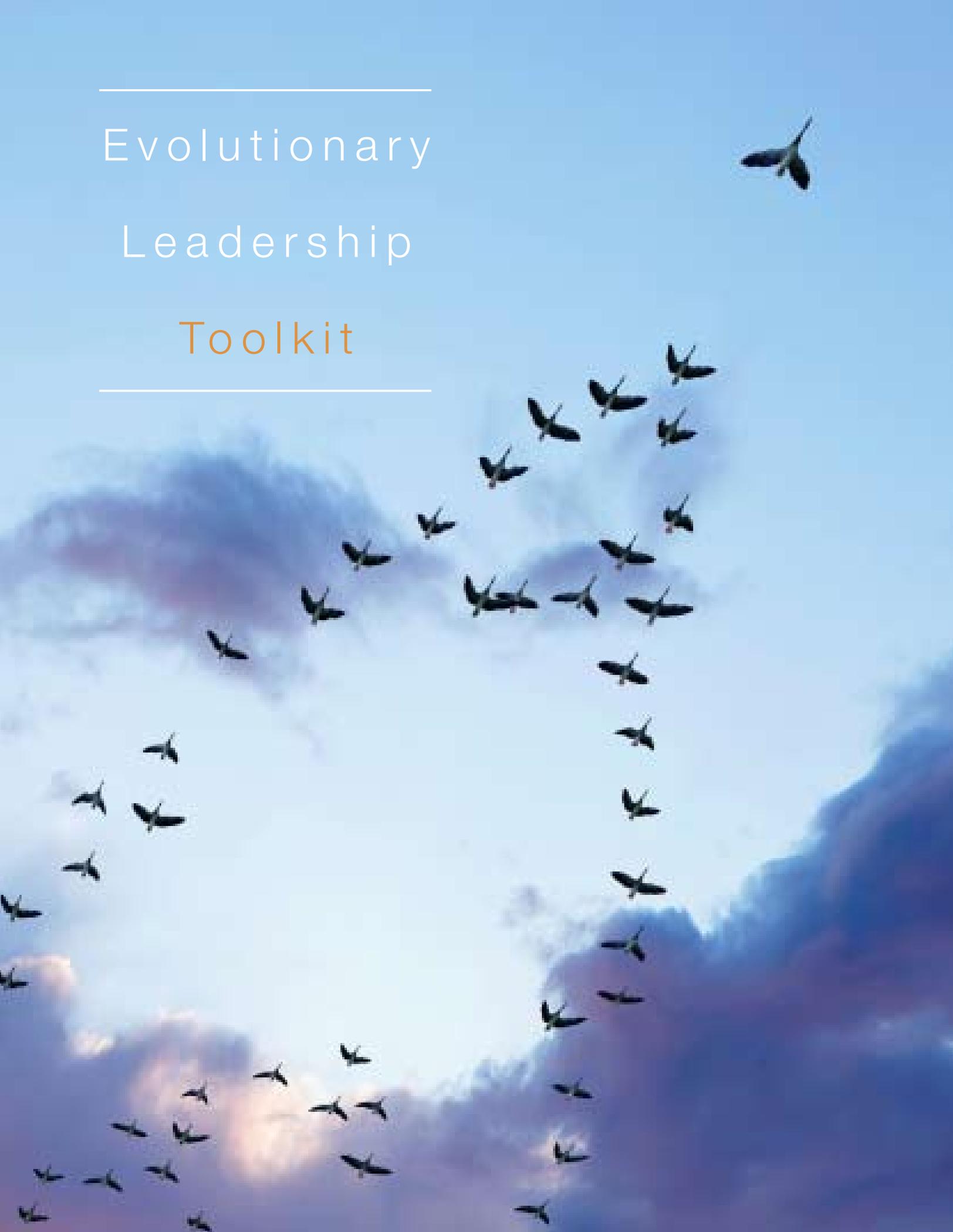

Evolutionary
Leadership
Toolkit



A Project of Evolutionary Leaders:
In Service to Conscious Evolution
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Special Thanks to:

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Kit Thomas & CircleOfWisdom.com
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A Toolkit for Evolutionaries

This toolkit is an offering of love, given in service to forwarding the evolutionary impulse within us all. It contains a series of practices and insights offered by members of the Evolutionary Leaders group; a collective of teachers, scientists, artists, thought leaders and agents of change who are all dedicated to serving the emergence of an evolutionary worldview, inspiring and fostering the necessary development within each of us that will empower us to begin co-creating a better future for all.

Each contributor has chosen a practice or a teaching they feel will best support you as you courageously and nobly step into the role of evolutionary leader yourself, consciously committing yourself to the task of leading the way towards greater levels of care and well-being in your communities, and in our world. For the evolution that life itself is seeking to birth through us collectively at this pivotal point in human history cannot happen through only a few of us. This is something that we must all take on striving towards together with purity of intention and great goodness of heart.

We are thrilled that you have chosen to join us in our stand for conscious evolution, and we invite you to use this toolkit to light your way when you are in need of some guidance, inspiration and encouragement. Whenever you feel the need for a perspective shifting boost, a practice that can center your intentions, or a little slice of wisdom that re-anchors you into the strongest parts of yourself, you can reference this toolkit. Like a trusted friend who continually brings you back into alignment with your own deeper calling and highest purpose, remember that we are standing both with you and for you in the realization of the highest calling upon your life, in service to realization of the highest calling upon us all.



Spiral Dynamics: An Evolutionary Perspective on Self and World

Don Beck

There is the rapidly growing awareness that these are unique times- that global trends now in place threaten to collide to produce extreme uncertainty for humanity. Don Beck has devoted his life to teaching the evolutionary framework of Spiral Dynamics and implementing it in geo-political hotspots around the world. He believes that we *can* become different people--human beings who are no longer reactive, fragmented and driven by fear. The following practice tools—a written piece and a musical exercise— are offered by Don Beck and Jessica Roemischer, a pianist and developmental thinker who has worked extensively with Beck. As you read the article below and listen to the musical recording, allow these tools to awaken in you a new, evolved sense of yourself and the world.

Practice Tool #1: Introduction to Spiral Dynamics

To gain an understanding of Spiral Dynamics theory, download this free article: “The Never-Ending Upward Quest: The Practical and Spiritual Wisdom of Spiral Dynamics” – An Interview with Dr. Don Beck by Jessica Roemischer, *What is Enlightenment?* magazine, Fall/Winter 2002 [Link to article](#)

Practice Tool #2: Experiencing Spiral Dynamics through Music

A familiar song can immediately evoke memories of one’s past, or conjure the sense of an earlier historical epoch. Don Beck often

uses music in his trainings to illustrate the six color-coded levels of development, or value systems, that are the basis for Spiral Dynamics. As humans have evolved from 100,000 years ago to the present, music came into being to express: the primal urge to survive and procreate (BEIGE), the warmth of belonging to the tribe amidst a magical world (PURPLE); the raw assertive power that conquers and dominates (RED); the stability experienced through religious devotion and national pride (BLUE); the driving urge to discover, strategize, and innovate (ORANGE); the happiness found in coming together as one human family (GREEN).

Example: BLUE

“The Battle Hymn of the Republic”/ “Eternal Father, Strong to Save”
(The Navy Hymn) (Steffe/Howe/Whiting)

Piano Solo by Jessica Roemischer – [click here for mp3](#)

“Battle Hymn of the Republic” Lyrics

Mine eyes have seen the glory of the coming of the Lord;
He is trampling out the vintage where the grapes of wrath are stored;
He hath loosed the fateful lightning of His terrible swift sword;
His truth is marching on.

(For [Battle Hymn](#) and [Eternal Father](#) lyrics in entirety)

Exercise: Contemplate a song or piece of music that is most meaningful to you. What memories does it evoke? Can you recall the lyrics? With what stage in your life do you associate it? In what cultural or historical period was the piece/song composed? Can you determine which vMeme it represents?

Dr. Don Beck has been developing, implementing, and teaching the evolutionary theory of Spiral Dynamics for more than three decades. Beck has elaborated upon the work of his mentor, Clare Graves, to develop a multidimensional model for understanding the evolutionary transformation of human values and cultures. As cofounder of the National Values Center in Denton, Texas, and CEO of the Spiral Dynamics Group, Inc., Beck is employing the Spiral Dynamics model to effect large-scale systems change in and among various sectors and societies of the world. He is the author of *Spiral Dynamics: Mastering Values, Leadership & Change*, written with Christopher Cowan in 1996.

For more information visit:

<http://www.spiraldynamics.net/>

<http://www.humanemergence.org/>

Jessica Roemischer is a pioneering pianist, educator, and developmental thinker, whose unique methodologies, including music, are liberating the human spirit. She believes that the integrative effect of music is vital amidst the complex challenges of our time. In a wide variety of settings--performances, lectures, workshops, consultations, and lessons--Roemischer is sharing the catalytic power of music with individuals and groups throughout the United States and internationally. Her background includes writing and photography. She was a Senior Editor for *What is Enlightenment?* magazine from 2002-7.

For more information visit:

www.pianobeautiful.com

www.youtube.com/JessicaRoemischer



Beginner's Mind

Michael Beckwith

No matter how long we've been traveling a metaphysical, mystical, or cosmological path, discovering and practicing the all-pervading principles from which the Universe and we have arisen, it is of supreme benefit to maintain a "beginner's mind" at all times on the path. When we are empty of yesterday's insights, perceptions, and opinions, we create space for the new to enter. This freshness of ever-evolving awareness becomes the order of our day, assuring that we remain teachable, open, humble and flexible. Michael Beckwith offers us the gift of a tool-less tool to guide our way on the spiritual path.

Practice Tool: The Tool-less Tool

"Genuine spiritual practitioners are guided by their inner spiritual practice, lead with their heart, live by their values everyday, and maintain a beginner's mind of teachability, receptivity and humility, ever available to new insights and revelations."

-Michael Bernard Beckwith

Beginner's mind is a tool-less tool and places us in a mode that allows us to continuously receive new and exquisite wisdoms and insights from the world. It is a tool-less tool, because it is our most natural state of being and requires no manipulation on our part to achieve.

Michael Beckwith is the founder of the Agape International Spiritual Center and co-founder of the Association for Global Thought, an organization dedicated to planetary healing and transformation. Michael is the originator of the Life Visioning Process, which he teaches throughout the country along with meditation, scientific prayer, and the spiritual benefits of selfless service. His books include: *Inspirations of the Heart*, *Forty Day Mind Fast Soul Feast*, and *A Manifesto of Peace*.

For more information visit:
www.agapelive.com



Activating the Law of Attraction

Jack Canfield

The Law of Attraction is based on the principle that whatever we think about, focus on, fantasize about, talk about and feel strongly about, is what we are going to attract into our lives. Our dominant thoughts and feelings are like energetic vibrations that create a magnetic field and bring towards us those things that our attention is most occupied with. Jack Canfield's three-step practice offers a way of harnessing the immense power of the Law of Attraction for our benefit and for the benefit of our world, so that we can become deliberate and conscious creators of our personal lives and our collective future.

Practice Tool: Three-Step Process for Harnessing the Law of Attraction

1) Ask

Determine what it is you truly want in life by clarifying and naming your goals and desires, both for yourself and for our world.

- Write down specific and measurable goals, as well as by when you want to achieve each goal.
- Once you have clarified your goals, make a practice of constantly focusing on the achievement of those goals throughout your day.

Focus on the outcome that you want to see, rather than focusing on what you don't want. Remember that we magnify in our lives that which we put our mind and attention to, so keep your focus on that which you want to create.

2) Believe

Have no doubt that the Universe fully supports you to achieve your goals.

- Keep your thoughts and emotions high and hold the positive belief that anything is possible.
- Erase all self-doubt. Act with a positive expectancy.
- Take actions in your life based on this rock-solid belief that you will achieve your goals.
- Trust your intuition and act on your inspirations and internal guidance.

Practice Tip: It is very important that you take real observable actions towards your goal and not just expect things to show up at your door. It is your thoughts and feelings combined with your actions that will ultimately manifest your desired results.

3) Receive

Become a vibrational match and magnet for that which you want to attract and receive from the Universe.

- Build up your attractor field by creating affirmation statements that affirm how you will feel when you achieve your goal.
- For every affirmation also practice a visualization of your desired outcome.
- Practice appreciation, gratitude, joy and abundance everyday!

Practice Tip: In order to boost the power of your affirmations and visualizations, I recommend that you practice these tools from a place of acting as though you have already achieved your goals. Focus on the desired outcome, take action, and the Universe will take care of the rest.

To watch a free 72 minute audio that details these practices in greater depth visit:

http://www.dreambigcollection.com/thankyou_download.php

Jack Canfield is a Harvard graduate and the beloved originator of the *Chicken Soup for the Soul*® series which has sold more than 125 million copies in 47 languages. He is also the author of the best-selling *The Success Principles: How to Get from Where You Are to Where You Want to Be* and *Jack Canfield's Key to Living the Law of Attraction: A Simple Guide to Creating the Life of Your Dreams*. A featured teacher in the movie “*The Secret*,” he is affectionately known as “America’s #1 Success Coach.” Jack is America’s leading expert in creating peak performance for individuals, entrepreneurs, corporate and non-profit leaders, trainers and educators. Over the past 40 years he’s helped hundreds of thousands of individuals achieve their dreams.

For more information visit:

www.JackCanfield.com

www.BreakthroughToSuccess.com



Engaging Conscious Conversation

Scott Carlin

In today's busy world, along with new tools, devices and software that make communication faster, shorter and more ephemeral, we can easily lose touch with the richness of engaging in conscious conversations with our co-workers, family members, lovers and friends. We've become accustomed to skipping across the surface in our daily interactions with others as we rush to get to the next important thing on our to-do list. Slowing down and engaging in a heart-centered conversation with a loved one, or even a complete stranger, is a wonderfully nurturing practice that helps align us with our deeper desires for intimacy and connectedness. Scott Carlin offers us a few guidelines for turning any conversation into a meaningful and authentic interaction.

Practice Tool: The Keys to Engaging Conscious Conversation

Be Fully Present to the Moment

- Disconnect in order to connect (that means turning off everything internally and externally that has the potential to draw your attention elsewhere).
- Listen with your heart by getting “out of your head” and into your heart-experience.
- Enjoy the moment while it lasts by attuning your awareness to the fact that this is a unique and ephemeral moment of engagement that will only happen once and is happening right now.

Set a Clear Intention

- Set an intention that allows you to anchor into a higher awareness and purpose for your conversation. For example, you may set the intention to be fully present and extend a field of love and support to this other person for the duration of your time together.
- Express yourself authentically and vulnerably and be open to the possibility of something shifting within you through this heart-centered interaction.

Be a Keen Observer and Listener

- Always take note when someone else is engaging you in conscious conversation, taking notice of the love, presence and depth they are offering you, and opening yourself to receive them.
- For a great example of heart centered and deeply present conversation, I invite you to observe Bill Moyers, whom I consider a master of conscious conversation. You can watch hours of Bill Moyers at: <http://www.pbs.org/moyers/journal/archives/archives.php> Also, and equally so, please see Norman Seeff at: www.normanseeff.com

Scott Carlin has over 25 years of experience in media businesses. For the last seven years, Scott has been President of Domestic Television Distribution for HBO, a division he built in 2002. A recognized leader in television, he was responsible for original, record-breaking deals for *The Sopranos*, *Sex & the City*, *Band of Brothers*, *The Wire* and many other HBO programs. He has held senior positions at Warner Bros. Television, Lorimar-Telepictures and Telepictures. A 2007 graduate of the Masters Program in Spiritual Psychology at The University of Santa Monica, Scott is immersed in the emerging area of transformational media and recently launched his new company, *Soul-Centered Media*. He is also co-executive producer of Rosie O'Donnell's new talk show that is set to launch in Fall 2011.



Aligning with the Evolutionary Process

Andrew Cohen

The most important spiritual practice for an aspiring Evolutionary Leader is the deep and ongoing contemplation of what evolution means. This is something that spiritual teacher Andrew Cohen thinks about every single day, and he encourages us to think deeply for ourselves about the question: What *is* evolution? This single contemplation, he says, when taken seriously, is ever-mesmerizing and ever-new; a source of infinite inspiration. Andrew offers a meditation to guide us as we begin to consider our relationship to the evolutionary process. He encourages us to think about the profound implications of evolution—not just as a scientific theory or a compelling idea, but as the very context for the life we are living right now.

Practice Tool: Meditation on Evolution

Evolution is a cosmic process that is going somewhere in and through time. And we are all part of that process.

This is a big, and potentially life-transforming realization, but also hard to grasp at a deep level. The process that created us is *moving*. We tend to see the world around us as static. But it's not. It's going somewhere. *We're* going somewhere. Awakening to this truth about all of manifestation changes the way we see the world around us and our place in it. The biggest and most important part of this awakening is that we begin to discover that we have the power to affect where the process that created us is going. In this, we realize the ultimate reason for our own existence: To be a spiritual hero, which means to boldly take responsibility for the future of the process itself.

To learn more about our unique role in conscious evolution, watch this short video guided by Andrew Cohen: [What is Evolution?](#)

You can also read two foundational essays that Andrew wrote for his magazine *EnlightenNext* about the evolutionary process, which will further inspire your contemplation:

<http://www.enlightennext.org/magazine/j29/unbelievers.asp>
<http://www.enlightennext.org/magazine/j42/awakening-to-evolution.asp>

Andrew Cohen is a spiritual teacher, cultural philosopher, founder of the global nonprofit *EnlightenNext* and its award-winning *EnlightenNext* magazine. For the last 24 years, Cohen has been traveling the world giving public lectures and intensive retreats. Through his ongoing dialogues with leading philosophers, scientists, and mystics, he has become known as one of the defining voices of the new evolutionary spirituality. He is the author of seven books, including “*Enlightenment is a Secret*” and “*Living Enlightenment*.”

For more information visit:
www.andrewcohen.org.



The Art of Asking Questions

Wendy Craig-Purcell

We are living in extraordinary times—challenging but also ripe with opportunity. Slowing down and creating space in our lives to get in touch with our own deeper wisdom is essential if we are to find creative solutions to the immense problems now facing us, both individually and globally. Wendy Craig-Purcell offers tools for asking questions that can awaken the heart and unlock the mind to new emergent insights that have the power to accelerate our own conscious evolution through the practice of deep inward listening.

Practice Tool: Asking the Right Questions

While self-exploration comes easily to some, it can be an intimidating endeavor for those less naturally introspective. Learning to ask the right questions can be one of the simplest ways to access the deeper wisdom of our hearts and invite divine guidance into our lives. Questions are like channels through which our mental, emotional and creative energies flow, and asking the right question can create an intimate doorway towards our own personal and collective transformation. The quality of the answers we receive are directly related to the quality and timing of our questions, we therefore we need to learn how to ask the right questions that will bring out the most expansive responses from the universe.

1) What do I know for sure?

In order to grow spiritually, it is important to be clear on what we already know. The question “What do I know for sure?” isn’t meant to elicit our factual knowledge, but rather to open ourselves to what we know deep in the core of our being. Part of living a spiritual life is understanding what we most deeply know and believe so that we can live by those principles.

2) Is faith or fear guiding my decision?

One of the most profound ways to live a more spiritual life is to examine the motivations behind our actions. For many of us, our primary motivator is fear. While fear certainly encourages action, it does not encourage conscious action. Fear promotes impulsive decisions. Faith, on the other hand, results in decisions made from a higher state of consciousness and after deep thought.

3) What is God preparing me for?

We are all here by divine appointment. We all have a divine purpose we are meant to fulfill. One of the ultimate goals of spiritual growth is to identify the nature of our purpose and then to live it. The universe is preparing us to fulfill the purpose that you and only you can complete. There is something greater that you are being called to do. I can't tell you what it is; only the voice inside can tell you; but you have to be open, and you have to be paying attention.

To learn more of these perspective-shifting questions that can offer keys to unlocking the secret wisdom of your deeper knowing, visit: http://TheUnityCenter.net/mp3/M_WCP200801.mp3 and listen to a free guided meditation led by Wendy.

To go even deeper, visit: www.wendycraigpurcell.com and retrieve a free download of the first chapter of Wendy's book, *Ask Yourself This: Questions to Open the Heart, Expand the Mind and Awaken the Soul*.

Wendy Craig-Purcell is an author, speaker, radio host, spiritual leader, world peace activist, New Thought teacher and evolutionary guide. At the age of 23, Craig-Purcell became one of the youngest ordained ministers, graduating from the Unity School of Christianity. Thirty years later, she is the Spiritual Leader, Founder and CEO of The Unity Center and has been an active participant in the Association of Global New Thought (AGNT) for over 10 years and currently serves as its Vice President.

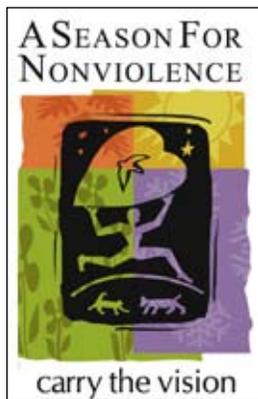
For more information visit:
www.wendycraigpurcell.com
www.theunitycenter.net



Practicing Nonviolence

Barbara Fields

As a human family, we realize that any form of violence can no longer be tolerated as a solution to the problems we face. Violent actions and reactions are but the scars of our social, educational, and economic wounds—the voices of a spiritually inarticulate culture. Therefore, the practice of nonviolence is initiated when we make a commitment to never use violence as a means for solving our conflicts. As a global community, the time has come for us to collectively commit to nonviolent strategies and solutions. We need to act by the principles of nonviolence as if our lives, and those of our children’s children, depended on it. Barbara Fields offers herself as a rich resource in assisting us to cultivate lives of nonviolence and spiritual integrity for the future.



The Season for Nonviolence, a national 64-day educational, media, and grassroots campaign dedicated to demonstrating the healing and transformative power of nonviolent strategies, is an annual event that runs from January 30 to April 4, offering a variety of tools to empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King

Jr., this international event honors their vision for a sustainable nonviolent world.

We can all participate in the “Gandhi-King Season for Nonviolence” by applying our efforts and resources to supporting the spectrum of grassroots projects and programs currently set up by individuals and organizations around the world that are working towards a more peaceful world for all of us.

To watch a video overview of the Season for Nonviolence, produced by the Association for Global New Thought, visit: <http://www.box.net/shared/7bidmrsjh9/1/20899044/225483950>

As the result of a decade of sustained strategic action, the Gandhi-King Season for Nonviolence has helped to launch a new model for omni-local, spiritually-based peace governance, igniting a fusion of new communities and initiatives. “S.P.A.N. the Next Decade” celebrates four “Seasons” each year; groups may choose to participate in every *season*, specific *seasons*, or focus on one *season* as a theme for their permanent work.

To find Tools for *ALL* Seasons for Peace and Nonviolence visit: <http://www.agnt.org/span.htm>

To access meditations and quotations in the Living Peace Mandala visit:

<http://www.agnt.org/snv2010/livingpeace.html>

Dr. Barbara Fields is the executive Director of The Association for Global New Thought. She is co-founder and Project Director for The Gandhi-King-Chavez Season for Nonviolence as well as the program Director of Parliament of the World’s Religions in Chicago. Barbara is the co-founder and Project Director of the Synthesis Dialogues with His Holiness, the Dalai Lama and serves on the Boards of EarthAction, the Foundation for Conscious Evolution, and the Martin Luther King International Chapel Board of Friends.

For more information visit:

<http://www.agnt.org>



The Integral Holistic Mind

Ashok Gangadean

Perhaps the most fundamental step in shifting our world from one of violence, fragmentation and ignorance towards one of mindful compassion, love and flowing connection with sacred space begins with a vital upgrade in our technology of mind in co-designing our world, culture, experience and living realities. If we aspire to be evolutionary leaders, we must begin to recognize our own mental processing and states of consciousness and appreciate the link to how they lead us to different modes of world-making and operating in the world. Once we learn how to distinguish the complex design of our own ego-based mind, we are better equipped to move from identification with our own ego-based separation and into a more awakened integral, holistic and dialogic perspective on life in the world. Ashok Gangadean offers instruction based upon the wealth of global wisdom from our Evolutionary Elders on how we can all begin to re-orient our lives and actions into one of unification with our highest integral holistic mind. This evolutionary shift in consciousness is the key to our individual and collective flourishing.

Practice Tool: Utilizing Mind Technologies

<http://www.youtube.com/watch?v=YYu1Pd4z-j8>

Ashok Gangadean is Professor of Philosophy at Haverford College where he has taught for the past forty-two years. He is Founder-Director of the Global Dialogue Institute which has developed effective methods of Deep Dialogue for renovating cultural life. Ashok is also Co-Convenor of the World Commission on Global Consciousness and Spirituality which brings leading and emerging world leaders together in deep dialogue to help articulate global wisdom, vision and values in addressing the most pressing concerns and crises on a global scale. He is also Co-Chair of the World Wisdom Council. His most recent book- *Meditations of Global First Philosophy: Quest for the Missing Grammar of Logos* appeared last fall from SUNY Press and introduces new dimensions of Integral Reason.

For more information visit:
www.AwakeningMind.org



Evolution Beyond Ego

Craig Hamilton

If we are truly committed to evolving consciousness and culture, we must find a way to move beyond the confines of the separate ego. The only way we are going to find the motivation, inspiration and ability to accomplish such a radical task is if we align ourselves, and every aspect of our experience, with the power of the evolutionary impulse, which alone enables us to break up our deeply ingrained egoic conditioning. Craig Hamilton offers a series of essential reflections and practices to assist our alignment with the evolutionary impulse, so that we might become true citizens of the Cosmos, capable of serving the evolutionary process at the highest level.

Practice Tool: Is my Life Really my Own? Embracing the Truth of Our Interrelatedness

We've all heard that we're interconnected. The ancient mystical scriptures and today's frontier sciences testify to the reality that, in visible and invisible ways, we are all woven together in a vast web of interrelatedness. Yet, although most of us would say that we believe we are all connected, how deeply have we allowed this truth to impact our relationship to being alive? If we look deeply into what this truth reveals, we come upon an arresting discovery—that our life is not really our own. That, in everything we do, we are impacting the whole, and that we therefore must be accountable to that whole for every choice we make. Whereas we once thought that we “owned” our life and could do with it what we pleased, we now awaken to the reality that our life in fact belongs to the greater unfolding process of which we are a part. Everything we do, even our relationship to our thoughts and feelings, affects that larger process. And as such, we can no longer afford the security

of the illusion that there are any private acts. When we look at this insight within an evolutionary context, we realize that, in fact, we have a very specific obligation. Every important choice we make is either contributing to the evolution of the whole or not. And if it's not contributing, chances are that it is exerting an inertial drag on our collective evolution. So, to be true to the recognition of interrelatedness, we must commit every moment of our life to furthering the evolutionary process, knowing that the entirety of humanity, life, and consciousness is counting on us. Ask yourself: "Is my life really my own?"

To learn more about the implications of our interrelatedness and to explore other core shifts that can propel us into a life of wholehearted, liberated engagement with the evolutionary process visit: <http://beyondego.integralenlightenment.com> and listen to Craig's free audio: *The Key to Evolving Beyond Ego: How to Make the Change that Changes Everything*.

Craig Hamilton is a pioneer in the emerging field of evolutionary spirituality. In his inspired writings, talks, and teachings, he calls us to awaken beyond the confines of the separate ego and dedicate our lives to the further evolution of consciousness itself. As the founder and guiding force behind Integral Enlightenment, Craig offers spiritual guidance and teachings to a growing international community of students in 30 countries around the world. Through his online Academy for Evolutionaries, he teaches a series of experiential telecourses guiding participants through a process of spiritual awakening into an "evolutionary relationship to life."

For more information visit:
www.IntegralEnlightenment.com
www.AcademyForEvolutionaries.com



Becoming a Social Artist

Jean Houston

Dr. Jean Houston studied 55 of the most creative people in North America and found that they all had something in common that caused them to stand out from the average person. Jean's research pointed to the fact that creative geniuses utilize multiple capacities at the same time; that is, they "cook on more burners" than the rest of us. They think in images and pictures as well as words, processing information with and through all of their senses and their whole bodies. The great news is, all of us have this capacity for creative genius within us. Jean offers a guided practice to help us all begin tapping into our bodies and sensations in order to unleash our own latent creative potentials into the world.

Practice Tool: Manifesting your Dream Project

1) Think about a project that you would like to create in a fairly short time, say within the next year. Now put that project in the back of your mind.

2) Next, follow this series of visualizations.

- See and visualize a sunrise
- See and visualize a sunset
- See and visualize the face of a good friend
- See and visualize a tremendous snow storm
- See and visualize a quiet lake
- Now, see and visualize your project. Really see its colors and form. What does your project look like when it is accomplished? Visualize that.

3) Next, follow this series of sounds

- Hear a foghorn
- Hear a train passing by
- Hear the sound of rain on the roof
- Hear a little child singing
- Hear the ocean slapping along the shore
- Now, hear your project as it advances and comes into existence. Hear what your project sounds like, whatever that means to you.

4) Next, follow this series of tastes

- Taste a crisp apple
- Taste a piece of hot pizza
- Taste a blade of grass
- Taste a piece of toast with warm butter
- Taste an angel food cake topped with dark mint chocolate mousse and whipped cream
- Now, taste the feast that you are going to have at the celebration of completing your project.

5) Next, follow this series of smells

- Smell a garden rose
- Smell an Italian restaurant
- Smell the ground after a rainfall
- Smell baking bread
- Smell a freshly brewed coffee
- Now, smell the wonderful odors around your project as it comes into existence, whatever that means to you

6) Next, follow this series of feeling sensations

- Touch a cashmere shawl
- Plunge your hands into warm mud
- Feel yourself making a snowball with ungloved hands
- Put your hands into a barrel of potato chips and break as many as possible
- Rub your hands over a babies skin
- Now, touch your project. What does it feel like? Are you touching pencils and pens? Shaking hands? Whatever it is, touch your project.

7) Hold the sensations and images of your project within you. Stay

in touch with the sights, smells, sounds, tastes and feeling of your project. Be inside the project, and put on a piece of music that allows you to dance these images and sensations through your body.

8) Bring joy and abundance to your practice and you will be amazed at what shows up in your life to support the manifestation of your dreams. Practicing joy and gratitude alongside all these visualizations puts you in a state of receptivity, creative compassion, and courage to makes things happen.

Dr. Jean Houston is a scholar, philosopher and researcher in human capacities, and one of the foremost visionary thinkers and doers of our time. She is one of the principal founders of the Human Potential Movement and holds conferences and seminars with social leaders, educational institutions and business organizations worldwide. Jean is the founder and principal teacher since 1982 of the Mystery School, a school of human development, a program of cross-cultural, mythic and spiritual studies, dedicated to teaching history, philosophy, the New Physics, psychology, anthropology, myth and the many dimensions of human potential. She is also a prolific writer and author of 26 books including *A Passion for the Possible*, *Search for the Beloved* and *Life Force*.

For more information visit:

www.jeanhouston.org

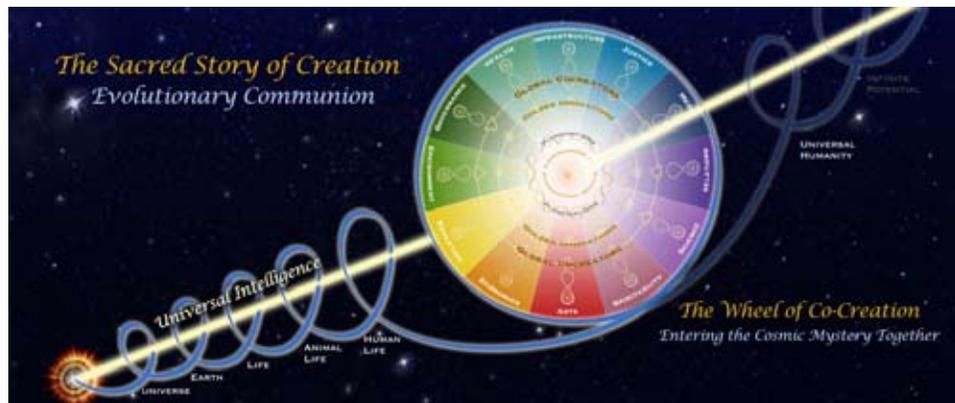


Evolutionary Communion

Barbara Marx Hubbard

Evolutionary Communion is a way of experiencing the Impulse of Evolution through our connection and commitment with others who harbor the same desire for personal and collective change. With this shared commitment, we can enter the Wheel of Co-creation in line with our own deepest purpose, and together wake up and open our collective eyes to see the Light that is the core of all of us. Barbara Marx Hubbard offers an inspiring practice to help us all align with the greater possibilities of our own emergence by means of surrender to the larger collective imperative of evolution itself.

Practice Tool: Entering the Sacred Story of Our Birth as a Universal Humanity



- Gather together, preferably with two or more people, although this practice can be done alone as well. Use the Communion Spiral Wheel diagram to guide you.
- Place yourself in the Field of All Possibilities, at the Source of Creation.
- Feel the “Core” of the Spiral running through you as it emerges through Energy, Matter, Earth, Life, Animal Life, and Human

Life, and then entering yourself into the spiral as the next step in conscious evolution.

- Place yourself at the center of the Wheel of Co-creation.
- Feel the Core of the spiral coming through your heart as your own deepest motivation to evolve.
- Fuse with others doing the same, Core with Core, heart with heart, joining the Global Communion of Pioneering Souls, arising in every field and culture, animated by the Impulse of Evolution, the Core of the Spiral within all of us.
- As the world emerges and forms in your midst through breakthroughs and innovations in every field and function, feel yourself finding where your gift fits best and where you can express the joy of your deepest creative potential and contribution.
- Feel yourself coming together as members with the whole planetary body, awakening to its potential for life ever evolving in a universe of billions of planets.
- Ask yourself and your friends: “What is emerging within me today?”
- Share the revelation of what you are becoming with others.

Barbara Marx Hubbard is an author, futurist and visionary that has been a leading voice for innovative change in the world for the last 45 years. In addition to her own Foundation for Conscious Evolution, she co-founded many other major organizations including the World Future Society, The Foundation for the Future and the Association for Global New Thought. As producer and narrator of the award-winning documentary series, *Humanity Ascending: A New Way Through Together*, and through her books, educational programs and collaborations with other progressive leaders and organizations, she continues to bring guidance and reassurance to global audiences seeking answers to today’s most pressing issues.

For more information visit:
www.BarbaraMarxHubbard.com



Exalting the Human Spirit at Work and Business

Judy Martin

We are living in a time of radical change. In our past-paced world, we often struggle to find a collective social conscience that can guide our work and lives. We are being called to a passionate transformation in the way that we work, live and do business, and it starts with us as individuals taking on the dedication to do the spiritual work from within and infuse every area of our lives with the highest human values. Judy Martin offers a guided practice to help us ignite a more evolutionary approach to the way we do business, and to assist us all in making our work less about the almighty dollar, and more about finding and expressing our deepest vocation.

Practice Tool: Redefining Success, Serenity & Significance in Work and Life

I. Success

What society deems as success might not resonate with your own idea of success. You can redefine success by aligning YOUR core values with YOUR passion to create the picture of YOUR true vocation. In aligning yourself with your own deepest vocation and right-livelihood, you will also naturally contribute to a more conscious collective business atmosphere for everyone.

a. Assess your values

Make two columns on a sheet of paper. In column one, make a list of your core values. In the second column, list the activities in work and in life that give you the greatest joy. Where in your current job or business do your core values and passions merge?

b. Journal about your passion

Write about what it might mean for you to profit from what you are passionate about. What would that look like? What would it mean for your career, your family and your personal goals? Have you mastered your dream career? Are there philanthropic causes that you would like your work to be associated with?

c. Explore your own brand of creativity

What differentiates your work from others in your field? Identify the unique factors that embody the essence of your work and who you are. Create your own personal narrative around your unique gifts, core values and passions. This story can be the foundation of your personal model of success.

II. Serenity

Our invincible nature as human beings allows us to not only survive burnout in our 24/7 world, but also to evolve and thrive. By cultivating resilience, we can spark our own unique restorative skills, navigate info-overload, and foster innovations for conscious evolution in the workplace.

a. Design your own program to cultivate resilience

Think about what brings you to a place of calm, and take time out of your day to slow the wheels of the mind and recharge. Whether it's meditating, playing tennis or reading. It is often out of silence that our deepest creativity and vitality comes through. That break in your day might be the necessary catalyst for a great idea.

b. Take a break to meditate at work

Unable to control those around you, you can monitor only your own behavior and emotions. When you are peacefully working from a space of clarity, your intentions will better guide you toward a more productive workday and better communication with colleagues and clients. Meditation offers a great tool for bringing these qualities into your life and work.

c. Create your personal "volume vigilance" benchmarks

Most of us suffer from sensory overload. Assess all incoming information. What papers, websites, and TV shows do you check daily? Look out for aggregating information. Set time limits on web surfing, phone calls, and monitor your e-mail less frequently. This makes room for better retention and time for contemplation.

III. Significance

Embracing a cause that is bigger than yourself fuels internal change, creates community, and clarifies your personal intention because you are consciously working toward a greater purpose. This doesn't necessarily mean changing jobs or careers, but perhaps identifying the elements of significance in your own work.

a. Champion a cause at work or in business

When you champion a cause that is aligned with your values, that intention feeds the joy in your individual work. This allows for a shift in your own thinking, which in turn impacts the collective consciousness around a particular cause.

b. Invest time in your community

You don't have to join a national organization to give back. Look into the immediate needs in your own community. What skill base can you contribute to your neighborhood?

c. Create sustainable relationships

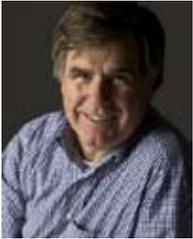
When a thread of meaning runs through an organization or a group of like-minded people, it creates bonds and shared goals. Sustainable relationships inside and outside of work are often based on common purpose and can lead to tackling larger issues.

Judy Martin is an Emmy-award winning broadcast journalist, speaker and work/life pundit who works with individuals to align their core values with their business message, navigate information overload, and cultivate resilience in their lives. She is the founder of WorkLifeNation.com and has been heard on Marketplace Morning Report, National Public Radio, World Vision Report, BBC Radio 3 and contributes as a TV anchor at News 12 Long Island. She also sits on the board of the *Source of Synergy Foundation*.

For more information visit:

www.WorkLifeNation.com

www.JudyMartinSpeaks.com



Working with our Emotions and Fears

Fred Matser

If we can understand the issues that lie behind our emotions then we can start to dissolve the blocks that they create for us. First we need to become more aware and accepting of the emotions themselves. Instead of suppressing or denying them, in the words of Deepak Chopra, “we need to become friends with our shadows”. Then by exploring the fears underlying them, we can, in the light of greater consciousness, express gratitude for how they have served us thus far. We can then let them go, as they are not needed any more, and can replace them with thoughts or behaviours that come from this new level of consciousness. Fred Matser offers us a practice for working with difficult emotions and fears as they arise.

Practice Tool: Working with Emotions and Fears

- 1) We first recognise and acknowledge our emotion/fear and bring it into our full awareness rather than denying it.
- 2) Next we try to unravel the kind of emotion/fear since it often hides its true nature. Rather like unwrapping a present, we can strip it down and shed light on the main issue(s) underlying it.
- 3) By shining a light—paying attention—to reveal the real underlying issue(s) behind the emotion/fear, it already begins to lose its potency and dissolve.
- 4) After some time (it may be almost instantly or it may be a while later), the emotion/fear dissolves completely. Then we can express gratitude for the learning from it, say goodbye to it and at last be free from it.

5) If wished we can then use an affirmation to take the place of the emotion/fear.

*For example, if we let go of, for example, anger or jealousy about something/someone, we might say “Now that my anger/jealousy has been dissolved, I allow myself to radiate peace, calm and love”. Or, if we have let go of the fear of having to speak in public, we might say, “Now that my fear of public speaking has been dissolved, I fill myself up with the joy of sharing information with others.”

Releasing ourselves from the attachment of fears or emotions can, in my view, create greater clarity in our thinking and feeling. This can then pave the way for bringing heart and mind together as we learn to value both. To examine this possibility further we need to look at how differently we value thoughts, and the intellect, and our feelings.

Fred Matser is a humanitarian and philanthropist. Formerly CEO of one of the largest real estate and project development companies in the Netherlands in the 1980’s, he has since devoted himself to initiating and co-creating numerous inspiring and influential foundations and projects around the world in the fields of healthcare, environment, conservation, peace and global transformation. Fred has received several awards for his humanitarian work including the first International Caring Award and the Van Emden Award. He is the author of, *Rediscover Your Heart: 7 Keys to Personal and Planetary Transformation*



The Peace Pole Project: Accelerating the Evolution of Humanity

Deborah Moldow

A Peace Pole is an internationally recognized symbol of the hopes and dreams of all people for world peace. Every Peace Pole proclaims the prayer *May Peace Prevail on Earth* in a different language on each of its four or six sides. To date, more than 200,000 Peace Poles have been dedicated as monuments to peace in 180 countries. Deborah Moldow offers guidance for planting a Peace Pole in your own community as a contribution to the collective evolution of humanity towards a global culture of peace.

Practice Tool: Planting a Peace Pole



You, your town, your school, your organization, your business or your place of worship is invited to plant a Peace Pole to affirm your commitment to bring about world peace through inner peace. When you plant a Peace Pole in your community, you are linking with people of all faiths and nationalities who have planted Peace Poles in the same spirit of peace.

Your Peace Pole may be purchased or hand crafted locally, displaying the languages that are meaningful to you. Each Peace Pole should be dedicated in a ceremony that may commemorate a special occasion, such as the founding of your organization or the annual UN International Day of Peace on September 21st. The prayers offered

at your Peace Pole dedication will help to activate the worldwide network of Peace Poles – like acupuncture needles healing the planet.

Planting a Peace Pole:

- Brings people together
- Encourages prayer for peace
- Raises peace consciousness
- Helps to heal a place of discord
- Links to a worldwide network
- Takes humanity one step closer to peace on Earth!

For more information on how you can create or purchase a Peace Pole visit: www.peacepoleproject.org.

Deborah Moldow is the Representative to the United Nations of the World Peace Prayer Society. At the United Nations, Deborah chaired the Values Caucus for five years and now co-chairs the International Day of Peace NGO Committee, serves on the bureau of the Committee of Religious NGOs, and facilitates the United Religions Initiative cooperation circle at the UN. Rev. Deborah is an ordained Interfaith Minister and her extensive work with the United Religions Initiative has included serving as an elected Trustee and Vice Chair of the URI Global Council. She also serves as a Board Member and Treasurer of the Source of Synergy Foundation.

For more information visit:
www.revdeborah.com



Creative Atonement: Healing our Social and Collective Wounds

James O'Dea

It is through atonement that we release guilt, shame, regret, numbness or other spiritually constricting energies. By atoning we become one with the unique creativity that resides within each of us, which is able to resolve seemingly intractable problems by manifesting more evolved approaches and solutions. Atonement is a powerful means to experiencing oneness, wholeness and higher consciousness. James O'Dea offers a five-step process that allows us to work with the practice of creative atonement as a means of healing and transforming our social and collective wounds.

Practice Tool: Social Healing Practice

1) Identify a Wound

Identify a wound in the social body that deeply calls to you in a special way. It could be racial intolerance, a punitive prison system, pollution/ecological devastation, gender inequity, economic injustice, religious bigotry, or dire poverty among others.

2) Get Intimate with this Social Wound

What feeds the wound you have selected? What obstructs it from healing? What truths have been denied or blocked that need to surface in order for this wound to heal?

3) Explore your Personal Connection to this Wound

Examine your unique personal relationship to this particular social wound. Experience your response in the heart as well as the head.

Notice whether your relationship to this wound is through active involvement or an indirect participation or collusion. Is your relationship to this wound passive? Do you ignore, deny or feel you cannot muster the will power to deal with it?

4) Begin to take Action-Steps in Relation to this Wound

Move out of flashes of concern about this wound into focused intention and commitment. Do not over-commit right away. Start simply. Write a letter, gather a group for discussion or find a community of people working on this issue. If you try to do this alone, it will be more difficult to sustain your effort.

5) Evolve Your Spiritual Nature through your Relationship with this Wound

Look for ways to express your spiritual nature, your deep identity and your unique creativity in your actions. Summon your imagination in a way that moves you into real energetic engagement in healing this wound that lives in the social body. Believe that powerful healing is possible and that social transformation can occur. See yourself working on the evolutionary edge; giving birth to new forms and higher consciousness.

James O’Dea is currently Co-Director of The Social Healing Project funded by the Kalliopeia Foundation and is a member of the extended faculty of The Institute of Noetic Sciences. He was Executive Director of The Seva Foundation and was the Washington Office Director of Amnesty International. He is committed to dialogue as a practice and is engaged in dialogues at SEED Graduate Institute and contributes to dialogue on systems thinking and government policy making with the DC based Global Systems Initiatives. He is the author of *Creative Stress: A Path For Evolving Souls Living Through Personal and Planetary Upheaval*.

For more information visit:
www.jamesodea.com



Embracing Diversity

Ocean Robbins

Most often, we congregate around people who are most like ourselves. The idea of engaging with people who are different can often feel scary and destabilizing. Even with all the talk about the glory of diversity, and even with all the ways that segregation has been shunned to the point of becoming a dirty word, most of us feel safer and more trusting with people who are like us. The question is: How do we define “us”? Will we inherit without examination conventional divisions of race, class, gender and political perspective? Or will we allow our definition of “us” to grow wider? Ocean Robbins offers us the tools we need to support our efforts of working towards global partnership through a radical embrace of diversity and difference.

Practice Tool: Reflecting on our Relationship to Difference

An Excerpt from *The Power of Partnership*

We live in a world with profound gaps in access to resources, opportunities, and liberty. Ours is a world with deep divisions along lines like race, class, power, nationality, and religion. How do we live in the context of those realities? How do they affect us as individuals? We need to respond to the larger social and political dynamics within which we live and often it is through sharing our stories and building connections with people who are different from us that we can begin to understand our own journey in a new light. At the same time, we must always remember that we are part of larger systems and institutions of power that affect us in ways that we might not always realize or intend.

The more I learned about the realities of oppression and injustice, the more confused I felt about my own contribution to the world. I knew that I had gifts to share with the world. From the age of ten, my daily prayer had been quoting from Saint Francis: “ Lord, make me an instrument of thy peace.” Surely my desire to educate my peers about the environment and inspire them to make a difference with their lives was an embodiment of this prayer. But the road I was on was slowly beginning to teach me that there is a world of difference between being an instrument of peace and being on a crusade to teach the world. I once thought that there must be some universal message that, if everyone heard it, would transform humanity. But over time, I was learning that human needs are as diverse as human experiences and that sometimes it is a greater service to listen than to teach. Over time, I was beginning to listen—and learn. The question for me became one of how can learn to listen to others with an open heart and mind, even when what I hear challenges some of the core beliefs and assumptions on which my reality is been built?

Often when I encounter a person with a viewpoint different from my own, my first reaction is fear. Like most human beings, I suspect, I have a tendency to fear what I don’t understand, be it a strange noise at night or a belief system that is unfamiliar to me. I have found that many of my prejudices toward other people stem from a self-protective desire to not be judged harshly by them. Once I sense that others dislike me or judge me negatively, I am prone to distance myself or separate from them so that their feelings won’t get to me. I may maintain superficial niceties on the surface, but I’m not really available for true interaction because I’ve gone into self-protection mode. In stark contrast, people who I think like me or respect me are automatically on my good side. I tend to regard them as highly intelligent individuals with sound judgment and good instincts about people.

My friend Lynne Twist likes to say, “What we appreciate, appreciates.” If what we focus on is given more strength through the power of our own attention, then interacting with others from a place of fear probably leads to more mistrust. Likewise, interacting with people from a place of openness and curiosity would quite possibly open the doorway for something real and positive to emerge.

In these painful and beautiful times that we live in, were the truth of our global interconnectivity can no longer be denied, there may be no more important task than learning how to work with diversity and difference. As we find the power to engage difference and

embrace the truths of our diverse communities, we also come to know ourselves more deeply and discover a new relationship to our unique gifts and needs. We not only become more whole but also take greater steps toward giving our own essential gifts in this world. Indeed, every time we challenge old patterns of separation and fear and do the work to build relationships with others of difference, we do so on behalf of the emergence of our own highest potentials and subsequently serve the higher evolutionary imperative that is now confronting humanity as a whole.

To build your own understanding of diversity and explore tools to that will better help you to work with difference in your community, download Ocean's book "Power of Partnership" for free at:
http://www.fetzer.org/resources/resource-detail/?resource_id=51

Ocean Robbins is the founder and co-director of YES! — "Young Leaders Connect, Inspire and Collaborate," which he founded in 1990, at age 16. Ocean has spoken in person to more than 200,000 people and facilitated dozens of gatherings for young leaders from more than 65 nations. He has served as a board member for Friends of the Earth, EarthSave International, Omni Center, and many other organizations. Ocean is the author of *Choices for Our Future* and of *The Power of Partnership*.

For more information visit:
www.oceanrobbins.com.
www.yesworld.org



Meditation: Returning to Stillness

Peter Russell

Meditation is not about trying to get somewhere, nor is it about trying to generate some exalted spiritual state that we can hold onto. Rather, quite the opposite, meditation is about continually learning the art of letting go. As we let go of our thoughts, our fears, our ruminations about the past, and our fantasies about the future, we find ourselves brought back, time and again, to a connection with our own timeless and eternal nature, which allows us to break down our egoic attachments and open up our hearts and minds to the discovery of new creative possibilities for our lives. Peter Russell provides us with the tools and frame of mind needed to access our deeper nature and practice the art of letting go in our everyday lives.

Practice Tool: A Meditation on the Art of Letting Go

In addition to our character, our personality, our habits, our beliefs, the mistakes we have made, the hopes we have, and all the other things that go towards our sense of being an individual self, there is a dimension to our identity that we cannot describe so easily. This is the “I” that is the experiencer, the one prerequisite of any experience. To become more directly acquainted with this transcendental self — and thus approach the underlying truth of our existence — is a common aim of various techniques of meditation. Their goal is to bring mental activity to an end and so reach what Indian teachings describe as samadhi — a state of “still mind.”

Consciousness itself remains. You are still awake; still aware. You, the experiencer, still exist. You simply are no longer lost in your

thoughts. You are free to know yourself as you are. Here is your true identity. The Self is known for what it is; the self-existent one, the essence of consciousness.

Such knowing comes not as an idea or an understanding, for that would make the subject of experience an object of experience. Besides, the still mind is a mind that is not moved by ideas or understandings — at least, not as we normally think of them. This knowing comes from a direct acquaintance. One simply is. One is not any thing; there is no substance or form to one's being. But its reality is absolutely clear — and undeniable.

It is this transcendence of the ego and remembering of one's underlying nature that gives meditation its value. Here is the security, identity, and peace we have been looking for all along. Here is the fulfillment for which we have been yearning. And with this taste of inner truth we return to the world a little less attached to it.

No single moment of transcendence is likely to enlighten us forever. Our conditioning is so deep and the attraction of the world so strong that it does not take long before we once again are caught up in the machinations of the ego-mind, and once again start looking for external sources of fulfillment. But a little of the taste remains, and our attachments to the world may not be quite as strong as they were before. And perhaps after another taste, a little less strong still. This is why regular meditation practice is usually recommended — a daily dose of dehypnosis — a daily remembering of ourselves in our unconditioned state.

To practice going deeper into connection with your own essential nature, visit: <http://www.peterrussell.com/Meditation/Meditations.php> and listen to a free ten minute guided meditation from Peter's *Art of Letting Go* CD.

Peter Russell is an author and teacher who integrates Eastern and Western understandings of the mind, exploring their relevance to the world today and to humanity's future. He has degrees in theoretical physics, experimental psychology, and computer science and extensively studied meditation and Eastern philosophy during his time in India. He was one of the first people to introduce human potential seminars into the corporate field, and for twenty years worked with major corporations. His books include *The Global Brain*, *Waking Up in Time*, and most recently *From Science to God*.

For more information visit:
www.peterrussell.com



Following Nature's Guidance

Elisabet Sahtouris

The ancient Greeks intended science to be the study of Nature as a means of finding guidance for human affairs. Yet, while humans have long looked to nature for inspiration in building our technologies—weaving like spiders, flying like birds, computing like brains, and now developing materials and constructions based on the nanoworld—we have *not* yet based our economics on a study of nature, nor taken into account how every species that becomes sustainable has to follow nature's learning curve from hostile competition to mature communal cooperation. Elisabet Sahtouris offers us guidance for how we can live in better accordance with nature's wisdom by modeling ourselves after mature and thriving ecosystems.

Practice Tool: Listening to Nature's Guidance

The mechanical metaphors and models that have served western science for so long, and which have been applied to every social organization from government to business, education, food production and health care—all seen as social machinery—are now crying out for new metaphors and models derived from the life process itself.

We need the arts to inspire and reflect this process of becoming maturely alive, for the human evolutionary process must be both inspired and reflected in dance, painting, music, theatre, poetry, story, movies, photography and other arts to give it momentum, community, spirit, heart...in short, *life!*, and we must begin to experience this human emergence as a glocal family (global and local at once). And it is Nature, in all of its fascinating creative complexities and endless opportunities for edification and education, that can show us the way!

To learn more about how nature can offer us guidance for creating a more sustainable future for our world visit: http://www.youtube.com/watch?v=j_immL2m1tg and follow the links to a three-part interview with Elisabet Sahtouris on YouTube.

Dr. Elisabet Sahtouris is an evolution biologist, futurist, author and speaker. With a post-doc at the American Museum of Natural History, she taught at MIT and the University of Massachusetts, contributed to the NOVA-Horizon TV series, is a fellow of the World Business Academy and a member of the World Wisdom Council. She is the author of *EarthDance: Living Systems in Evolution*; *A Walk Through Time: From Stardust to Us*; and *Biology Revisioned* with Willis Harman.

For more information:
www.sahtouris.com



Finding Sufficiency in our Lives

Lynne Twist

Many if not most of us live inside perpetual internal conversations that are embedded in conditions of scarcity or the feeling of not having enough. We wake up in the morning feeling we didn't get enough sleep and we end our day feeling that we didn't get enough done before retiring to bed. We can't afford enough, we don't exercise or meditate enough—we don't enjoy life enough. Lynne Twist offers the following evening and daytime practices as a way for us to begin accessing what she calls the surprising truth of our radical sufficiency—that *we have enough, do enough, and are enough just as we are*. In awakening to this truth in our own lives, we are empowered to midwife a world that is reflective of sufficiency and supply for all living beings.

Practice Tool: Accessing Sufficiency and Appreciation

Evening Practice

Before you go to sleep, rather than lamenting about what you didn't get done, review the accomplishments of your day and note three things for which you are most grateful.

- Create a “Daily Gratitude Journal” and write down the highlights of your day. These could include important intentions or commitments that you have moved forward on, or simply what you are authentically appreciating about the blessing of your life. You may observe ways in which your life is sufficient or perfect just the way it is, or write down reflections on how your life is transforming

simply by keeping gratefulness, appreciation, and sufficiency as central themes in your life.

- Once you have written these down, commit to sleep and enter “the sweet territory of silence,” as Angeles Arrien says, in order to renew and rejuvenate yourself for the morning. Each night, state your clear intention to “re-source” yourself in preparation for the coming day (no matter what time you go to bed).

Daytime Practice

Make a practice of going out of your way as often as you can to tell someone what you appreciate about them.

- Appreciations can be simple things. For example, you could tell someone how much you love the sound of their voice, or how grateful you are for their help or insight, or you could acknowledge the cheerful way that the woman at the cleaners greets you when you arrive. This simple appreciation practice nourishes your experience of others work and magically transforms your own world in significant ways as well. You will empower yourself to see, pay attention to, and acknowledge the sufficiency and bounty that surrounds you each and every day of your life.

Lynne Twist is a global activist, fundraiser, speaker, consultant, and author. She has spent more than three decades working in positions of leadership with many global initiatives around the world. Lynne is the author of the widely acclaimed book *The Soul of Money*, and founded *The Soul of Money Institute* to express her commitment to empowering people in finding peace and sufficiency in their relationship with money and life.

For more information:
www.soulofmoney.org



Evolutionary Leadership: Being in Service to Conscious Evolution

Diane Williams

To be *In Service to Conscious Evolution* simply means that we both individually, and collectively, take responsibility for our future destiny by transcending the limitations of our past. It challenges us to take an evolutionary leap into our next stage of human existence. And in order to be lead the way towards this collective leap, we must truly understand the concept of synergy—that the whole is always greater than the sum of its parts. While collective efforts can take a lot of time and energy, the end result is usually so much more powerful than if one had acted alone. Evolutionary Leadership is about making a commitment with others to facilitate together the emergence of an evolutionary leap in consciousness for the benefit of the whole. If we can say “yes” to that, and immerse ourselves in a collective field of evolutionary potential where anything is possible, we will then be in service to conscious evolution.

Practice Tool: The Tools and Outlook that Every Evolutionary Leader Needs

1) Believe in Infinite Possibility

In order to become an evolutionary in ones thinking, we need to believe that more is possible for ourselves and for our world than what currently exists. It is about moving forward and activating not only our own highest potential, but also taking a step beyond that, to an emergent zone where true collective evolution can take place.

2) Committing to a Practice

Committing to an ongoing spiritual practice like meditation allows us to tap into a place beyond space and time and offers us access to an infinite source that can direct our way through life.

3) Finding Community

Participating in Conscious Community is a powerful way to begin to think and act from a “we” space instead of an “I” space. Once in community, we need to cultivate the ability to listen to what is wishing to emerge from the greater collective energy and then act on that impulse.

4) Cultivating the Ability to Surrender in all Areas of Life

This includes:

- Surrendering to the Evolutionary Impulse and allowing it to guide the way
- Surrendering to Universal Laws by keeping awareness to the fact that we are always connected to all that is, all that was and all that ever will be. Because there are laws that govern the universe, we have to become aware of how we as conscious beings set these laws into creative motion through our thoughts, actions, intentions, beliefs, and prayers.
- Surrendering to our own deepest intuition, and to the signs and synchronicities that emerge to guide our everyday lives.
- Surrendering to our own Authentic Self, because we have to get beyond the ego self if we are to truly evolve and be in full service to conscious evolution.

Diane Williams is the Founder and President of The Source of Synergy Foundation. She served as first Chairperson of the NGO Committee on Spirituality, Values and Global Concerns (CSVGC-NY) at the United Nations in New York. She also served as Co-Chair and Co-Founder of this committee at the United Nations in Geneva where it originated. Diane was the Co-Creator of the Sacred Place at the UN World Summit on Sustainable Development as well as one of the Co-Founders of the Coalition for One Voice. She also serves on a number of Global Councils of the World Commission on Global Consciousness and Spirituality.

For more information:

www.sourceofsynergyfoundation.org

www.csvgc-ny.org



Finding our Life Purpose

Katherine Woodward Thomas

As we mature beyond the self-centric inquiry, “What do I want from life?” and evolve towards a more cosmo-centric perspective by asking, “What does life want from me?” it doesn’t take long before we begin receiving answers. For the creative impulse of life is no longer whispering politely in our quiet contemplative moments. Rather, it is bursting through, speaking to us loud and clear, rattling our psyches, gnawing at our solar plexuses, and demanding we begin organizing our lives around realizing our greater potentials and making our greatest contributions in service to something larger than our own little lives. Katherine Woodward Thomas offers a practice and an audio reflection on how we can begin to come into deeper alignment with the higher purpose of our lives in order to make our greatest contributions.

Practice Tool: Playing the Biggest Game You Can Think Of

Often, because we cannot see how something might come to fruition, or because we think we don’t have enough time, money, or support to bring forth that which is calling to us, we shut down the creative energies of life that are seeking to birth something new into the world through our lives. In so doing, we stop partnering with life, and experience a loss of vitality, inspiration and creativity.

Many of us have been living lives that are way too small, and organizing ourselves around the fulfillment of our own personal happiness, asleep to the larger context and calling upon our lives. Yet, until we begin living in alignment with the greater possibilities

of our lives, and commit ourselves fully to making our greatest contributions in service to the full flourishing of the whole, we will feel off purpose, and perhaps even suffer with chronic feelings of depression and anxiety.

However, in surrendering ourselves to fully partner and co-create with a force and field of life greater than ourselves, offering ourselves up to begin midwifing the unmanifest potentials of life into the manifest world, suddenly there is radical aliveness and uplift in the field. Where once we believed the biggest game we could play was far too challenging and hard, we suddenly begin to understand that the opposite is actually true. For in stepping into the commitment to bring forth the best and highest that we have to offer in service to the greater good, we begin playing the game that life itself is playing--the bringing forth of greater levels of goodness, care, creativity and well-being into our lives and into our world! In so doing, we avail ourselves of an unlimited amount of support and supply in the creation of all that is life affirming, life enhancing and life expanding.

We cannot pretend that stepping into a commitment to realize our highest potentials and make our great contribution is actually a personal option. It is not. For, to the extent that you and I are not realizing our individual potentials is the extent to which we are also collectively not realizing the higher potentials of human society.

Our wake up calls have become loud and clear. We hear it, we get it and we are responding! And many of us are reorganizing our entire lives to align ourselves with the intention to consciously evolve and begin co-creating that which is most true, most noble, most caring and most meaningful into our world.

Practice:

The following practice is meant to support you to discover the purpose of your life.

Close your eyes and take a nice deep breath, as though you could breathe all the way down into your hips. Allow yourself to drop into a deeper, wider center, extending your energy all the way down into the earth and out to the edge of the room. Soften into a place of deep listening and deep receptivity, surrendering yourself to your partnership with a force and field of life greater than you. Allow yourself to feel fully supported and held by this benevolent field of life.

Begin to notice your deeper desires for all that you are yearning to experience and express in life. Recognize that all of life is supporting you as you connect with that which you are yearning to create and to contribute.

Ask yourself the following questions, allowing yourself to fully feel into what they evoke within you:

What is it that I most deeply desire to experience in life?

What is it that I most deeply desire to express in life?

What is it that I most deeply desire to create in life?

What is it that I most deeply desire to contribute to life?

When you are ready, you can open your eyes and begin to write down all that you desire to experience, express, create and contribute in your life, recognizing that the co-creative energies of life are both calling you and supporting you to begin acting upon the deeper desires that you hold.

(Note: The above teaching and exercise was co-created with teaching partner, Claire Zammit, and is part of the Feminine Power teaching co-created by Katherine & Claire.)

Power Statement: *“I came here to have an impact in the world and I have all that I need right now to begin organizing my life around making my greatest contribution.”*

To go deeper into contemplating the ultimate purpose of your own life, [Click here](#) and listen to a 10 minute audio led by Katherine Woodward Thomas called “Making Our Greatest Contributions.”

Katherine Woodward Thomas is the national bestselling author of *Calling in “The One,”* a licensed psychotherapist, and the co-creator and co-leader along with teaching partner Claire Zammit, of the *Feminine Power* transformative courses and the *Feminine Power Global Community*. She is also co-creator/co-host of the highly acclaimed *Women on the Edge of Evolution* teleseries, which gathers thousands of women weekly to engage an inquiry into the role of women in co-creating the future of our world, and featuring some of the world’s most preeminent female luminaries, thinkers, scientists, artists and agents of change. Katherine is currently co-authoring the forthcoming book, *Feminine Power: Awakening to the Creative Force of Life*.

For more information visit:
www.FemininePower.com



Bringing Spiritual Awareness into the Workplace

Tom Zender

Spirituality is one of the greatest untapped resources in the business world. According to Tom Zender, much like the separation of church and state, our culture lives under an unspoken separation between God and Work, hindering us from fully utilizing the rich resource of spirituality in our business environments and everyday work lives. But a revolution is now underway, as old forms of business operation based on profit and returns give way to emergent creative and collaborative environments based on the advancement of all humanity towards a common cause. Tom Zender offers six simple practices tools that can uplevel the consciousness of any business environment and help sustain our spiritual awareness through these rapidly changing times.

Practice Tool: Practices for Bringing Spiritual Awareness into the Workplace

1) Prayer

Prayer can be done either individually or in groups with your co-workers. It is a great way to bring collective intention and focus to your workday.

2) Silent Meditation

Meditation is proven to be one of the greatest ways to reduce stress and increase productivity, an asset to any business environment.

3) Reading

Bringing spiritual based books to work is one of the best ways to stay in touch with words of wisdom and inspiration throughout your day.

4) Journaling

Keeping a journal at work offers a great tool for self-reflection throughout your day and allows you a time to slow down and connect in with your deeper self.

5) Spiritual Education

Aside from attending formal spiritual or religious institutions, taking workshops and seminars with inspirational leaders and authors can be a great way to re-energize yourself for work.

6) Giving

One of the most powerful practices that any individual or business can do is give back to the outside world. Businesses can give back either through money, goods and products, or volunteer opportunities for its employees in the community.

To hear more about these tools as well as other ways to integrate spiritual principles into your business environment visit: <http://www.youtube.com/watch?v=5n1Ge8tqrto> and follow the links to Tom's six part talk on spirituality and business on You Tube.

Tom Zender is President Emeritus of Unity, a trans-denominational spiritual movement to raise consciousness for peaceful living. He has also held management positions at *General Electric*, *Honeywell* and *ITT*, and was a senior vice president in NYSE and NASDAQ listed corporations. Tom serves on the nonprofit boards of the Association for Global New Thought and has been on the nonprofit boards for the Forum for Corporate Directors and Ottawa University. Tom writes and speaks about the importance of raising corporate consciousness for business integrity, conscious commerce and economic peace and is the author of *God Goes to Work*.

For more information visit:
www.tomzender.com