

Profound Impact:

A Path to Transform Your Life and the World

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INTRODUCTION

Humanity, the interconnected, interdependent global human family, is collectively forging a new existence. Humanity, which includes you and the other six plus billion people on the planet, is birthing a new future - one that is socially just, environmentally sustainable and spiritually fulfilling.

What is fueling this miraculous future?

Grasping that each of us has a **PROFOUND IMPACT** with our individual lives!

Gandhi spoke of “a force in the Universe, which if we permit it, will flow through us and provide miraculous results.” YOU, yes you, have this power to produce miraculous results, creating the world he envisioned and gave his life for.

Our acceptance of this truth is igniting the possibility of individual fulfillment and the creation of a world that works for everyone.

Actualizing your most profound impact involves:

. . . letting your boldest dreams fill you up, inspire you and move you to action.

. . . allowing yourself to want from the very core of your being.

. . . letting the desires from the deepest part of your soul flow freely!

You may not realize it, but you are full of bold, audacious dreams and desires!

When you get in touch with these dreams and desires they will surprise you.

They are not for what you may **THINK** you want most -
material wealth and status or a lifestyle of the rich and famous.

These dreams and desires are for what you **REALLY** want most -
accessing your greatness and living as a contribution to humanity !!

This booklet introduces you to the process of unlocking the power and wisdom **YOU ALREADY POSSESS** to actualize your biggest dreams and desires.

This booklet may sound like it is just for certain types of people – activists, philanthropists, humanitarians or leaders. But this book is for everyone – including YOU! You don't have to be Gandhi or Mother Teresa and you don't need to be a community leader or a non-profit volunteer for this book to help you access to what you want most out of life.

Your path to fulfillment is living into your most profound desires and dreams, fully expressing the contribution to humanity that is thriving within you.

Claim Your Power

“The opportunity of our times is for each one of us to understand, at a very personal level, that we can have a profound impact on the world in which we live. The greatest possibilities for global transformation exist in the fabric of our individual lives. If we can learn to become our prayers and hopes, expressing them in our daily interactions, then together we can create a more peaceful and loving world.”

Lenedra Carroll, *The Architecture of All Abundance*

If you're like most people, you currently have no idea how powerful you are. Lets say you choose to positively impact the lives of two people each day, and those two people positively impact two others each day and this pattern continues. In just 27days, you will have created positive ripples that influence 134 Million people! Now, that's power!

Are you using this power to create the world you want or are you unconsciously using this power to create ripples of frustration, worry, complaint, negativity and judgment?

YOU HAVE THE POWER TO TRANSFORM YOUR LIFE AND THE WORLD.

Everything you need exists within you, right now. The purpose of this booklet is to help you uncover this power. The beginning step is to realize that everything you think, say, do, eat, buy, give and feel contributes to the world as we know it.

Most of us feel as if someone else created the world we live in now – with all of its problems and challenges. We mistakenly believe that it is the leaders, the politicians, the wealthy, the needy, the religious, the secular, the old school or the new age who are responsible for the world we live in. We especially blame anyone who disagrees with our worldview.

This is a trap that keeps you from recognizing the IMMENSE power of your daily actions. Your thoughts, beliefs, feelings and actions have helped to create the world we live in now and can contribute to the creation of a dramatically different world. As you connect more and more fully to the dreams that are consistent with your deepest values and core beliefs, you use the immense power of your daily actions to create the life and world of your dreams.

Sufficiency and The Law of Attraction

Divergent perspectives, approaches and philosophies gave birth to *Profound Impact*. Two books, which on the surface could appear at odds, were integral to its creation.

The award-winning book, *The Soul of Money* by Lynne Twist, inspired a personal transformation that had me re-examine my relationship with money and life. Lynne's message of courage, compassion, love and sufficiency (the perfect place of enough) are so powerful that I saw these qualities in myself through reading *The Soul of Money*. Lynne's accounts of the opportunity of thriving together as a global community are so compelling they inspire a renewed sense of hope and possibility.

The best selling book, *The Attractor Factor*, by Dr. Joe Vitale, is about using the Law of Attraction to create wealth (or anything else) from the inside out. *The Attractor Factor* first transformed my experience of writing and then transformed my life. It empowered me to finish a book that I had been struggling to complete for four years in one week. The Attractor Factor then awakened the possibilities within me for applying the Law of Attraction to impact humanity.

So why did these two, potentially conflicting, books inspire *Profound Impact*? *The Soul of Money* is fundamentally about how we've surrendered our soul to the pursuit of excess instead of living from our highest aspirations. *The Attractor Factor* is essentially about creating anything and everything we want for ourselves, including wealth and material things.

I received a life-changing lesson while attending the 2004 Quest for Global Healing Conference in Bali, Indonesia, www.questforglobalhealing.org, which gave me the insight to combine the wisdom from both books, and many other sources.

I learned that in order to address the complex, multi-faceted challenges of our time, we must develop the ability to embrace multiple, seemingly conflicting truths. As we develop this ability, we start to see the complementary aspects in different ways of being. In embracing *The Attractor Factor* after falling in love with *The Soul of Money*, I was passionately inspired by the possibilities I saw for the world in merging these diverse insights.

My thoughts were these. If the Law of Attraction gives you and me the power to manifest what we want for our individual lives, what might happen if we used it to manifest our biggest dreams for humanity? And what if you and I used the principle of sufficiency, from *The Soul of Money*, to align our lives with our deepest core values and manifest them in the world using the Law of Attraction?

What if you and I took the wisdom of sufficiency, combined it with the breadth of knowledge about cultural conditioning and unjust systems in our society and applied the Law of Attraction to create the world we want? What radical shifts or transformations might you and I ignite?

- Could you and I end our love affair with struggle and take on creating a life and the world we wish for as an honor and a privilege instead of a burden and a responsibility?
- Could you and I end our focus on blaming our circumstances for how life goes and accept that we create how we experience life? Could we fully utilize the immense power we have to create a life we love and a world that works for everyone?
- Could you and I release the choking grip of hopelessness and fear we have about the possibilities for humanity? Could we surrender into trust and confidence that we are powerful enough to transform the planet instead of feeling inadequate for the task?

Could We? Well, YES! In fact, we are already manifesting these transformations!!

Radical Shifts are Happening – NOW

These radical shifts are happening in powerful ways as more and more people combine wisdom from many sources – ancient and modern - to bring forth a cultural transformation.

You and I can be motivated by the awareness that many of the systems and structures we've created in our current way of life don't work well for anyone because they marginalize whole groups of people and create barriers for entire segments of our society.

You and I can be inspired because we see that we can use our immense power to tackle the job of creating the world of our dreams. You and I can use the Law of Attraction to rearrange what we focus on – off struggle and on to possibilities; off distress and on to joy; off scarcity and on to sufficiency, and off the focus of what we don't want and on to what we do want. You and I can unlearn the cultural conditioning that has us all falling short of our amazing potential. You and I can embrace life in ways that tap into the massive unused stores of intelligence and creativity that scientist say we have but don't put to use.

SUMMARY

- *Profound Impact* will get you in touch with your deepest desires for your life, your community and for the world.
- *Profound Impact* will teach you ways to harness the power of the Law of Attraction to manifest what you want for your life, community and world.
- *Profound Impact* will blow the roof off of what you now think is possible and launch it into orbit.

HARNESSING THE POWER OF THE LAW OF ATTRACTION

“What deeply matters to human beings, our most universal soulful commitments and core values, is the well being of the people we love, ourselves and the world in which we live.

We really do want a world that works for everyone.”

Lynne Twist, *The Soul of Money*

The only reason you may not be fully aware of how badly you want the world to work for everyone is that you’ve fallen into the trap of hopelessness. Once you grasp the power you have to create the world you hope for, you get excited about taking that on.

Just imagine if I told you – YOU CAN feed the hungry people. YOU CAN create peace throughout the world. YOU CAN fuel love and compassion as a way of life. And YOU CAN create a world that works for everyone. How would that make you feel?

I am telling you now – YOU CAN! It may not arrive in the time frame you desire but you do have the power to bring forth a new world. You helped create the world we have now and you can help create a new one!

You might be thinking - that’s not possible. But, what IF you really believed it WAS? How much passion would be present when you allow your deepest wants to blossom? How inspired would you be about making your dreams for the world a reality? How quickly and powerfully would you start taking action? How much joy and fulfillment would be present at the profound difference you’d make?

Take a moment to reconnect to your deepest wants. When you do this you get in touch with your soul. You break free of the cynicism and resignation that causes you to give up hope for these deepest dreams. You reconnect with your passion to create a world where everyone thrives. You become inspired and on fire to take action!

Your Amazing Capacity



Mind Power Activity – Moving Objects with Your Mind

Use this activity to explore your hidden potential. Tie a one half-inch washer to a foot long piece of string. Or if you don’t have those – tie a pen to the end of a shoe string. Hold the string out in front of you about level with your forehead. Now still the washer at the end of the string with your free hand. Use your eyes to focus and concentrate on the washer, see if you can get the washer to move from side to side while keeping your hand as still as humanly possible. Once you’ve succeeded at this, try making the washer move from front to back, and then try making it move clockwise in a circle and then counter clockwise in a circle. If you are unable to move the washer at first attempt, put aside distractions and concentrate fully on using your eye movement to influence the washer movement.

What you'll find is that simply with your intention and focus, you'll be able to create something you didn't know was possible – making a washer move with your thoughts. This activity is our reminder that we have amazing hidden capacities.

The first step to creating the world that works for all is to be grounded in the reality that we have an amazing capacity to do things we don't yet know we are capable of doing.

The second step is to take actions that are in line with this perspective – small and large – anything that inspires you or seems like the thing to do. When you are in touch with your unlimited capacity, you no longer buy into your previously accepted constraints and limitations. You dare to try what can appear to be impossible. When you live from this place, you are living from your soul.

Live From Your Soul

“The ego can never be enough, do enough or have enough.

The goal of the ego is to be well liked and authorized because, for some reason, it does not feel qualified. The spirit is qualified by light. The light of truth, peace, joy and love. It does not seek to condemn, condone or compromise what it is. It simply knows and is it.”

Iyanla Vanzant, *Acts of Faith*

Use the activity below to ground yourself in who you are when you are living from your soul. This foundation will serve you well as you explore the ways in which you can create transformations in your life and in our world. This activity, taken from www.peaceisthewayglobalcommunity.org, shows you how to create your soul profile.

The answers you give to the seven questions below give you the spiritual qualities that are present in your life and can become actualized starting today. If you act on the basis of these qualities, you are living from the level of your soul.



Find Your Soul Activity - Your Soul Profile

Write down your response to each of the following, using three words or short phrases:

1. What is your purpose for being here?

2. What will be your contribution to the world?

3. What do you see as your unique talents?

4. What are the best qualities you display in your closest relationships?

5. Who are your heroes in myth and legend?

6. Which qualities do you most admire in others?

7. At the peak moments of your life, how did you feel?

Now, pull out consistent themes in your answers above and try to condense your soul profile to three or four words or phrases. Use this level of understanding of yourself to drive how you choose to live in the world.

My Soul Profile:

SUMMARY

- Access the power of the Law of Attraction by breaking free of the hopelessness, cynicism and resignation. Reclaim your wildest dreams for the world.
- You have AMAZING capacity to do things you don't yet know you can do. Ground yourself in this reality and take inspired actions.
- Live from your SOUL.

THE LAW OF ATTRACTION: HOW IT WORKS

So what is the Law of Attraction? And how do you start attracting more of what you want into your life? And how can you use it to create what you want for others and for the world?

Simply put, the Law of Attraction says that like attracts like and thoughts and feelings create our reality. The best selling book, *The Secret* explains it this way. “You are like a human transmission tower, transmitting a frequency with your thoughts. If you want to change anything in your life, change the frequency by changing your thoughts.”

It is actually more complicated than that in my opinion but the core wisdom in the message of The Law of Attraction is worth understanding. We’ll explore the complexities of applying the Law of Attraction within a systemically unequal society later in *Profound Impact*.

Simply put, the Law of Attraction states that a person’s thoughts (conscious and unconscious), emotions, beliefs and actions are said to attract corresponding positive and negative experiences.”

The Law of Attraction isn’t a weird new thing to try. It is something you’ve been using all of your life. You probably just haven’t been aware that you’ve been using it. The problem with being unaware is that when you are not consciously directing your natural powers to create your life, you don’t usually get what you want. This happens because you most often focus your attention on all of the things you don’t want in your life, which actually draws more of this to you.

To create more of what you want in life and less of what you don’t want, direct the focus of your thoughts and feelings off of what you don’t want and on to what you do want. Sounds simple, doesn’t it? It would be, if it weren’t for all of the practice we have doing just the opposite. Most of us have had extensive training in worry, fretting, complaining and negativity. So while focusing on the positives seems simple, it takes some retraining to accomplish this. Below is a process you can use to begin the retraining process.

Go For What You REALLY Want!

Use the Law of Attraction to its fullest capacity to go for what YOU WANT! Yes, I am encouraging you to be outrageous in going after everything you really want! Why?

Because what you REALLY want is not only good for you but good for everyone. What you want when you are in touch with your deepest desires for humanity – is what is good for everyone! The only reason we want material extravagance so badly is that we don’t grasp that we CAN have what we REALLY want!

Put aside, for just a moment, any hopelessness, cynicism and resignation that has seeped in over the years. Go back to the idealistic visions of fairness, love and joy that you had

as a child. Then, ask yourself - If I really believed it was possible to get what I wanted the MOST – what would I want?

Would it be a mansion? Would it be a fleet of luxury cars? Would it be a lifestyle of the rich and famous? Wanting material things isn't inherently bad. It just isn't what we want the most. It just isn't what will bring us the most fulfillment and joy. It certainly is what we are taught to want. It is what we are told will make us happy and fulfilled. But this is only because we are taught that we can't have a life and a world full of peace, love and possibility.

It is my perspective that if given a real choice – no one would want a multi-million dollar mansion more than saving thousands of people from starving to death. No one would want having a dozen luxury cars more than funding programs that would end the violence that takes the lives of our children. No one would want a lifestyle of the rich and famous more than they would want to create a world where no one suffers needlessly.

But, we end up settling for extravagances to appease us for not getting what we really want – living a life where we MATTER beyond our wildest dreams! So now that you are clear about what you really want, let's look at the process for manifesting what you want.

The Attractor Factor

“I leaped off the mountain top of fear and – to my surprise –
I didn't fall. I soared” Joe Vitale, *The Attractor Factor*

In "The Attractor Factor", Dr. Joe Vitale lays out five steps to manifest your desires using the Law of Attraction www.attractorfactor.com. Below I have adapted Joe's five step process to include what you want for yourself, for your community and for the world.

STEP 1. Know what you don't want. The more focus you put on the negative, the more you fuel the negative. If you focus on the stress, worry and frustration of what you don't want in your life, you draw more of that to you. For step one, notice all of the things you don't want in your life. Include what you don't want to have, do or be. Write up a list below.

What I don't want for myself (life, career, relationship, finances, health, etc):

What I don't want for my family or community:

What I don't want for the world or humanity:

STEP 2. Select what you do want. Joe says “If you realize you can have anything, be anything or do anything, then what do you want? What would you do if you knew you could not fail? What would you want if you could have anything?” For example, if you focus on hope, gratitude and possibility, you attract more of that into your life. Write what you do want down below.

What I DO want for myself (life, career, relationship, finances, health, etc):

What I DO want for my family or community:

What I DO want for the world or humanity:

NOW, Look over your lists of what you do want and notice which goal or intention excites you the most. Joe says, “A goal should scare you a little and excite you a lot”. Pick one goal in each category and put a star by it. Now, write down a powerful intention by combining the goals you chose in each category.

Here's the key. Write your intention as if you already have it. Example: “I now have \$20,000 in savings, the familial relationships of my dreams and am making a significant

contribution to ending world hunger by the end of 2008". Just rewrite your goals into present tense, pretending you already have what you want.

Present-time Goal/Intention for myself, my family/community and the world/humanity:

STEP 3. Clear limiting beliefs/counter intentions. Limiting beliefs/counter intentions are ones that place limits on what is possible for you. Bobbi Beale at Spectrum Life Coaching, www.spectrumlc.com, says, "Limiting beliefs are the deep inner assumptions, opinions and perspectives that block your ability to reach your goals in life. You experience these beliefs as just the way things are, but they are really misconceptions that can be surrendered. Common limiting beliefs involve thinking less of yourself in all kinds of ways like "I'm not smart, talented, attractive or deserving enough to have what I want." Write all the beliefs that interfere with creating what you want in your life down below.

In another book by Dr. Joe Vitale, *The Key: the Missing Secret to Attracting Anything You Want*, www.unlock-the-secret.com he explains that "You have conscious beliefs and you have un-conscious or sub-conscious ones. The deeper (sub-conscious) ones are the more powerful. In order to get clear, you have to clean up those deeper beliefs."

The negative or limiting beliefs I have about what I want for myself are:

The negative or limiting beliefs I have about what I want for my family/community are:

The negative or limiting beliefs I have about what I want for the world/humanity are:

Now choose some positive, self-enhancing beliefs you want to have about reaching your three goals. These are beliefs that open up options or create possibilities for reaching your goals.

The positive, self-enhancing beliefs I choose for myself are:

The positive, self-enhancing beliefs I choose for my family/community are:

The positive, self-enhancing beliefs I choose for the world/humanity are:

Step 4. Feel what it would be like to have, do or be what you want. A key step in the attraction process is feeling what you want AS IF you already have it. Just imagine that you already have everything you listed above. Describe the feelings of reaching all three of your above goals. Do this in vivid detail. Make it come alive!

STEP 5. Let go as you act on your intuitive impulses, and allow the results to manifest. Joe says, "Letting go is an important element to success. The real secret to getting whatever you want is to want without need. As soon as you say, "I must have this," you begin to push it away. Why? Because you are sending out an energy to repel what you say you want."

So you want it without the desperation of needing it, intend it, clear out counter intentions, feel as if you have it and release it to the Universe. Then take inspired actions that move you forward in manifesting your goals. Don't leave it all up to the Universe and don't be frantic to make things happen. Relax and take actions that move and inspire you. Write down any ideas you have right now.

Inspired actions I'll take to manifest my goals include:

Just think how much power you'll have to create all of the little things you want for your life once you master the big stuff. One of the beautiful things about reconnecting to your deepest wants is that you access the very best of who you are. You access qualities like power, courage and confidence. With these qualities fully present, the possibilities for your life take off!

SUMMARY

- Go for what you REALLY want from your deepest dreams and desires.
- Feel good about who you are and claim the power you have to transform your life and the world.
- Use the Five Step Process found in *The Attractor Factor* to manifest your desires.
 - 1) Know what you don't want.
 - 2) Select what you do want.
 - 3) Clear limiting beliefs and counter intentions.
 - 4) Feel what it would be like to have, do or be what you want.
 - 5) Let go as you act on your intuitive impulses and allow the results to manifest.

ACTIVITIES FOR ENLIGHTENMENT

“Ultimate vulnerability is the only true courage.” Peaceful Warrior,
www.thepeacefulwarriormovie.com

“The most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently.”

Pema Chodron, *When Things Fall Apart*

If you are like most people, you are resistant to accepting the parts of yourself that you don't like. Examining where you are not living up to your potential is something you avoid, because you see it as personal weakness or failure. But, if the cause of our failings as human beings is so individual, then why are most humans falling short in very similar ways?

In this chapter of *Profound Impact*, you'll explore the tremendous influence cultural conditioning has on the ways most of us fall short of who we can be. And, you'll see a whole new world of possibilities open up as you free yourself from the limitations of this conditioning.

While it can be painful for you to examine aspects of yourself that you are least proud of, there are huge gifts in doing so. As you uncover the cultural conditioning that encourages you to settle for less in yourself and in the world, you begin to free yourself from this conditioning.

Cultural Conditioning is Not Personal Failing

“The 2004 tsunami that killed over 280,000 people brought a flood of world concern.

Admirable as this outpouring of compassion was,
a tsunami of indifference circles the globe each day.

- Each WEEK 250,000, or more, children die of malnutrition.
- 25% of people in the world barely survive on \$1 US per day
- 47% of people in the world struggle to live on \$2 per day
- Nearly half of the 3.6 million people killed in war since 1990 were children.
- To date, 15 million children have been orphaned by AIDS.

UNICEF estimates that worldwide child hunger, preventable disease and illiteracy could be eliminated in a decade at the cost of \$25 billion/year. To give you some perspective, Americans spend \$31 billion per year on beer.”

Taylor, M. (2005). *The Daily Tsunami of Indifference*. Round River Currents, 5, 4-5.
www.round-river2000.com

Given our amazing capacity as human beings, why would we allow this and all of the other unimaginable things that happen everyday to continue? Why wouldn't we use every ounce of our capacity to end this insanity?

Thankfully, it is not so much individual personal failings as it is cultural conditioning that has you tolerating the intolerable. This cultural conditioning has you trapped in fear, worry, resignation, cynicism and hopelessness. It is NOT your fault that you were born into a world that conditions you to abandon your deepest sense of justice, compassion and hope.

But it is your opportunity, once aware, to unlearn this conditioning so that you can reclaim your humanity and the power and joy that comes with it. In the process of examining ways in which you participate in cultural conditioning, resist the temptation to blame or shame yourself or others. As you and I heal from the reactions of guilt, broken heartedness and rage that can come when examining the troubles in the world, we develop the ability to take action from a place of hope, joy and power.

This section of *Profound Impact* shows you how to use simple experiential activities to explore some of the cultural conditioning that can interfere with your ability to approach life and respond to challenges from the very best of who we are. Try these activities out for yourself first and then use them with others. No really – don't just read about them, do the activities so you can have the "Aha's" for yourself and so you can know what others are likely to experience if you take them through the activities.

Why do I emphasize doing the activities? Because we learn best by doing. This is ancient knowledge. According to a Chinese Proverb "Tell me and I will forget. Show me and I may remember. Involve me and I will understand." For more on learning by experience, go to The Association for Experiential Education, www.aee.org.

I encourage you to approach doing these activities with playfulness and wonder – like a five year old. Have fun and let yourself laugh and ponder as you uncover the insights that come up. These activities are specifically designed to create awareness that frees you up to feel good about who you are and get excited about taking action.

As you use these activities to clear out powerful subconscious counter intentions that come from cultural conditioning, you will significantly enhance your ability to use the Law of Attraction to get what you want for your life and for the world.

The areas of cultural conditioning we'll cover include:

- *Scarcity* - has you trapped in a sense of never having enough and never being enough and unable to appreciate the gifts and joys that are all around you.
- *Competition* - has you trapped in ways of interaction that inhibit win-win scenarios where you get more of what you want.

- *Persecution* - has you targeting yourself and others in ways that inhibit your success and safety.
- *Polarization* - has you believing and acting like others are the enemy and poisoning your life with judgment and retribution.
- *Distrust of Difference* - has you reacting negatively to things that are unfamiliar before you get a chance to consider their value.
- *Rigid View of Reality* - has you negating others' perspectives in the false belief that you must surrender yours if you accept theirs.

You were born with tremendous power, zest, compassion, love and courage. These inherent human traits are consistently challenged by the cultural conditioning of living in an inequitable and unsustainable way of life. However, you have the power to unlearn this conditioning and reclaim your capacity to be extraordinary. Where ever you are on the path to awareness of this conditioning and freedom from this condition, celebrate each step you take in that direction.

The Cultural Conditioning of Scarcity



The Focus Activity

Curve both of your hands and put them together to create a scope and put it on one eye. Keep the eye with the scope on it open and close the eye without the scope. Now try to find various items in the room – find something in your environment that you like, find something in your environment that you don't like, find something in your environment that is familiar to you and find something in your environment that is not familiar to you.

Now take the scope off of your eye and open both eyes. Try it again by finding a new thing in each category. Find something in your environment that you like, find something in your environment that you don't like, find something in your environment that is familiar to you and find something in your environment that is not familiar to you. (Adapted from Lynne Twist, personal communication, 2004).

What you notice in doing this, is that when you narrow your focus, it actually makes it harder to find what you are seeking. This activity is a metaphor for how an extreme focus on materialism and extravagance limits your view of everything. It creates a context where your focus is so narrow that you have difficulty noticing much of what is available in your life that is truly meaningful to you.

Lynne Twist explains in her award-winning book, *The Soul of Money*, that this mindset of scarcity has trapped us in a system where no matter how excessively we accumulate, we never have a sense of enough. This goes beyond possessions to create a sense that we as

individuals are not enough (good enough, attractive enough, successful enough, and so on). This mind-set of scarcity, where we ignore the truth that there is enough for everyone to thrive, leads us to abandon our humanity, surrender our power and relinquish our hope. It compels us to turn away from committing ourselves to create the world we know is possible in our souls and leads us to value excess for ourselves and our loved ones more than we value other's basic human needs for food, shelter, health and dignity.

In *The Soul of Money*, Lynne uses a heartbreaking story about a cultural practice of female infanticide in the south part of India to illustrate how we can all be trapped in cultural conditioning that is deeply damaging. This practice of killing newborn females had developed because it was believed to be less cruel to kill the baby girl than to let her be born into a life where girls were so devalued that they would suffer significantly if they survived. However, once the veil of silence about this practice was broken and people began to speak of it, new possibilities were created. These Indian women decided that they would be the generation to end this terrible tradition of killing.

This and other personal experiences inspired deep revelations within Lynne about her own culture, "I was confronted with the power of our own culture to blind us to the compromises of conscience that it demands. It's easy to see the insanity of another culture objectively. It's not so easy to see our own money culture and our money behavior so objectively. We are surrounded by it, trapped in it, just as the Indian women were in theirs. In their environment and context they weren't considered insane to be killing their babies. They were being totally consistent with the cultural beliefs that encompassed them." This inspired within Lynne an "awakened commitment to question the unquestioned assumptions and attitudes about money in our culture that can lead to actions that demean and devalue life."

It is ultimately empowering to examine the unquestioned answers in our culture and in your life so that you can break free of the ways of being that don't serve you or society. As you free yourself from these ineffective ways of living you increase your command of the Law of Attraction and its power to create a life you love and the world you want.

The Cultural Conditioning of Competition



The Thumb Wrestling Activity

"Victory breeds hatred, for the losers suffer. But the wise live in happiness, disregarding both victory and defeat." The Buddha

"We are not battling others. We are battling the forces within us which defend our narrow self interests at the expense of considering the greater whole which ultimately benefits us all."

Carol Hwoschinsky, *Listening With the Heart*

Try this activity. Get a partner and get in the thumb wrestling position. You need to know two things to proceed. First - to score a point you gently pin the other person's thumb down, and second – the object of the activity is for everyone to score as many points as possible. Play for two minutes and keep track of your individual points.

So how many points did you each score? What if I told you that it is easy for each of you to score over 100 points in two minutes? What happens for most people is that they succumb to competitive conditioning and ignore the cooperative goal of the activity.

The secret to the activity is to cooperate and let each other score points. This results in both parties getting significantly more points than if they competed against each other. Our extreme emphasis on competitiveness has you and I falling into the habit of competing even when we would get more of what we want by using a cooperative approach. With the insights from this activity, you can get in the habit of noticing how you get caught in a competitive approach to life. You can retrain yourself to seek out cooperative, win-win solutions to all kinds of life's challenges.

Another facet of the cultural conditioning of competition is that you and I misapply competition by using it in ways that are detrimental to our relationships and our lives – like becoming addicted to winning at all costs and by putting competition and winning above the wellbeing of our relationships.

What if you could transform the ways in which you fulfill your need to compete, to excel, to test your limits, to dig deep inside yourself and see what you are made of? What if you used your passion, drive and pursuit of excellence to create a peaceful and sustainable planet? What if you used your desire to overcome your fears and move beyond your current limitations to take on the causes that inspire you? What if you redirected your bountiful resources of time, energy, passion and finances away from individual challenges that only benefit you and put them towards challenges that benefit the world and inspire possibility and hope in others? What might your experience of life be if you lived like this?

As you release the need to react in competitive ways, you engage more fully in creating win-win situations for yourself and the world.

The Cultural Conditioning of Persecution



The Hand Slap Activity

“One cannot deny the humanity of another without diminishing one's own.”
James Baldwin

For the next activity (Adapted from Hollander, personal communication, 2002) you need a partner. Get into position for playing the painful hand slapping game many of us played in grade school. For those of you who were spared this game, one person has

their hands out in front of them with their palms facing down and positioned directly over the other person's palms, which are facing up.

The person in the palms up position tries to bring their hands around and slap the hands of the other person before they pull their hands away. If you are the palms up person in this version of the game you also give the palms down person 4 or 5 simple addition and subtraction questions while trying to slap their hands before they pull away. Then trade roles so that each person gets a chance to experience both parts of the activity.

So how well were you able to do math while under attack? Not so well if you are like most people. This activity is a powerful reminder that you will never do your best work while under attack. And you never even have to slap the other person for them to know that you are a threat. The game is the set-up.

This is another piece of our cultural conditioning that interferes with our magnificence - persecution of others and ourselves. In a world that emphasizes competition, judgment, criticism and fear of difference, we have created an environment that is not conducive to the best work of anyone involved.

Ending the practice of persecuting ourselves and others turns wasted energy into a powerful force for change. When you come from a place that is deeply confident about your goodness as a human being, you have the strength to face up to the ways you are not your best without self persecution or defensiveness. When you feel truly good about who you are, you reduce your participation in self-pity parties, efforts to prove how good you are and obsessions about what others think of you. When you are at peace with yourself, you have no need to judge, criticize or demean others. This saves an amazing amount of time and energy that you can direct toward making a difference in the world!

Our culture of persecution also contributes to our focus on ineffective ways of dealing with the problems and issues we face together. Rather than using an eye for an eye approach, it is an act of humanity and integrity to treat others with dignity, even when they choose not to treat you that way. We confuse this with being a doormat or a victim, but in fact, it is the opposite. You are demonstrating that you have compassion and courage to do nothing in perpetuating injustice and persecution.

As you retrain yourself out of the habit of persecution, you open up a new world of safety where we are all called to do our best work. This increases your impact in using the Law of Attraction to manifest a world that works for everyone.

The Cultural Conditioning of Polarization



The Polarization Activity

“If we do not have peace, it is because we have forgotten that we belong to each other.” Mother Teresa

“Hatred is never ended by hatred; hatred is ended only by non-hatred. This is the law, ancient and inexhaustible.” The Buddha

Another piece of cultural conditioning that interferes with our ability to be our most amazing as a human community is polarization. Try this visualization activity. Think of someone who triggers feelings of love and joy for you, someone whose presence lights up your life. Think of a time when you were together that was memorable. Take a minute or two to get fully present to what this is like for you emotionally and physically. Take time to really notice what feelings and body sensations are present.

Now think of someone who triggers judgment and anger in you, someone whose values and behavior are offensive to you, someone who causes an intense negative reaction when you are around them. Take a minute or two to get fully present to what this is like for you emotionally and physically. Take time to really notice what feelings and body sensations are present.

The point of this exercise is to remind you that your judgment and hatred of others is damaging to you, not those who are the objects of your displeasure. It is like swallowing poison and expecting it to hurt your enemies. It also reminds you that the love you feel for others can be a great healing force in your life. If you can rethink and reframe your relationship to your adversaries and enemies, you see that your participation in fueling judgment and hatred is damaging to you. In contrast, your efforts to find forgiveness and even love for your enemies can be healing to you. To explore this further, see Rafael Cushnir’s Article *Us vs. Them*, found in *Spirituality & Health Magazine*, 8(3).

Each time you tear down those who do not share your point of view, you actually increase their power and expand the divide between you and them. And, each time you build up those who disagree with you, you create new possibilities that didn’t exist before.

Ask yourself:

- Am I fueling the polarization between red and blue states, between conservatives and liberals, between different generations?
- Am I making those who disagree with me wrong and evil for their beliefs?
- Am I contributing to the battle of the sexes, religious intolerance, or other societal battles that keep people apart?

OR

- Am I building bridges of understanding between people who would consider me an adversary or who I would consider an enemy?
- Am I reaching out across any and all divides in my life to reclaim the bond that all human beings share?
- Am I striving to communicate and behave in ways that help everyone on the planet access their shared humanity?

What if you brought this approach to your discussions with others who disagree with you? What new possibilities might exist, for you and for the world?

The Sizzle of Sensationalization

“Find the positive.
 Become a seeker of good news,
 the real life activities of caring and loving human beings in action.
 Upload it into the brilliance of your mind.
 Set a goal to ingest the good that is happening and share it with everyone.
 Let go of being welded to the sensationalistic spinarama of mainstream media.
 Create your own good news folder of your local events, happenings and acts of kindness.
 Look to the world for the love that is ever present.”

Lea Arellano, Human Solutions Consulting, Coaching and Training
www.humansolutions.us

Another piece of the cultural conditioning of polarization is your tendency to focus on sensationalizing struggles instead of focusing your energies on possible solutions. This can feed your sense of resignation and hopelessness. It can also keep you from fully noticing the amazingly powerful and positive things that are already happening all around you. If you can redirect your attention to what is empowering to you, you notice and build upon the solutions that are already in action, moving the world and humanity forward. If you do not, you miss out on the wondrous parade of bravery, courage and passion that ignites your hope and commitment.

A paragraph from *The Soul of Money* provides food for hope. It comes from the 2001 Synthesis Dialogues (a gathering of 30 world leaders and His Holiness The Dalai Lama about the state of the world),

“Hundreds of millions of people are at work, awake to the challenges and tackling them at every level. Countless organizations and initiatives have sprung up throughout the world, addressing the basic needs of all humanity and all life. Civil society and citizen actions in every country on earth are more vibrant, emergent and active than ever before in history. The Internet connects billions of us instantly, and we are experiencing our interconnectedness in potent and practical ways that make possible unprecedented cooperation and collaboration.”

Expose yourself to the wealth of amazing initiatives, extraordinary leaders, courageous acts, kind gestures, creative solutions and acts of love that are happening all the time all around us. Seek these out so that you can nurture hope and passion in yourself and others.

As you disengage from the practice of polarization, you create new possibilities for yourself and others. You heal and clear counter intentions and limiting beliefs, which frees you up to use the Law of Attraction with ease and skill.

The Cultural Conditioning of Distrust of Difference



The Hand Fold Activity

Clasp your hands together in front of you with interwoven fingers like you are preparing for prayer. How does this feel for you? Common responses to this question include relaxed, comfortable and fine. Now switch thumbs so that the thumb that was in the bottom position is now on top and re-lace your fingers to match. How does this feel, especially in comparison to the first one? Common responses to this question include weird, awkward and uncomfortable.

You know the first hand position isn't evil and the second hand position isn't good. One is just what you are used to and the other is what you're not used to. It is a reminder that you are conditioned to have a negative emotional reaction to things that are unfamiliar to you. You don't need to feel guilty or see a therapist about this, but it is very useful to be aware of this tendency. This awareness can teach you to expect initial negative reactions to the unfamiliar. You can then consciously choose to delay judgment based on your initial reaction and take time to evaluate things for their true value.

Once aware of this dynamic you have the power to transform the distrust of difference into openness and acceptance of the diverse and vast ways of being all around you, letting this smorgasbord of expression enrich your life. This gives you access to a variety of powerful tools for transformation in your life and in the world.

The Cultural Conditioning of a Rigid View of Reality



The Perspective Activity

“Our perceptions of any given (spiritual) reality are also conceptions that are at least partially constructed and created by us. . . as we evolve, those perceptions will evolve too.”

Integrative Spirituality, www.integrativespirituality.org

Hold your hand as high in the air as you can with your index finger pointed at the ceiling and draw a clockwise circle with your finger in the air. Now continue drawing this clockwise circle in the air with your finger pointed up toward the ceiling and slowly bring your hand down to the point where you are circling at the level of your stomach (note that your finger is still pointing towards the ceiling). Look down and notice that the circle that started out going clockwise is now going counter clockwise.

So what happened? It appears that the circle's direction reversed itself but this is not the case. The only thing that altered was that your perspective on your finger shifted. You began by looking up your finger and you ended by looking down at your finger. This activity demonstrates the power of perspective and points to the fact that there is not ONE reality – only perspectives on reality.

In a 2005 article, *Flaws of Perception*, Deepak Chopra explains that there is no such thing as reality that is independent of who perceives the reality. Take a flower for instance. Human beings (who have sight) visually perceive the color and texture of the flower. A bee, however, will not “see” the flower in the same way humans do. It will experience the flower as ultraviolet wavelengths of light. A bat will have yet another perception of the reality of a flower – as the echo of ultrasound. So which reality is accurate? Well, all of these realities (and many more) are equally accurate.

In a rigid view of reality, you constrain yourself by deciding that your perspectives are the only valid ones. Failing to embrace multiple ways of knowing and being limits your access to a broad range of wisdom. This inhibits you from using the wisdom of all cultures as tools to address the challenges of our time. When you learn to create space for embracing what can seem to be mutually exclusive beliefs and practices, you gain insights that help you see the deeper levels of congruence that exists between different ways of being. You grasp that being open to other's perspectives does not require you to give up your perspective. It shifts you from experiencing life as an either/or dilemma and opens you up to embracing a both/and, or all of the above, existence.

Letting go of a rigid view of reality will enhance your ability to use the Law of Attraction, along with other wisdom, to create the life you want.

Cultural Conditioning Recap

Luckily the culturally conditioned ways of being we've explored thus far are not inherent to who we are as human beings. You can transform this conditioning by practicing other ways of being in each moment of each day until you recondition yourself into the cultural practices that create the world you want to live in.

SUMMARY

- It is cultural conditioning, not personal failing that has us falling short of our amazing capacity as human beings.

- As we examine this conditioning in our lives, we need to set aside self judgment and have compassion for the ways we are not our best.
- Through the process of unlearning this conditioning, you:

Transform the Cultural Conditioning of Scarcity into sufficiency so that you can experience gratitude and joy

Transform the Cultural Conditioning of Competition into win-win ways of being so you, and others both get more of what you want

Transform the Cultural Conditioning of Persecution into compassion for yourself and others

Transform the Cultural Conditioning of Polarization into deep connection, recognizing that you are a part of the human family

Transform the Cultural Conditioning of Distrust of Difference into appreciation of diversity

Transform the Cultural Conditioning of a Rigid View of Reality into an open mind and heart that embraces the ambiguity and complexities of life

***If you would like free instructions on using these activities (and others) go to www.marilynlevin.com and click on list of experiential activities.

THE POWER OF POSSIBILITY: TRANSFORMING YOURSELF AND THE WORLD

“As human beings, our greatness lies not so much in being able to remake the world - as in being able to remake ourselves.” Mohandas Gandhi

Our Current Evolution

Humanity is in a constant state of evolution, growing and developing in minute increments every day of our existence. And, at rare points in history, our development as human beings takes an evolutionary leap forward, moving us from one era of humanity to the next. More and more people believe that we are currently at one of those historic junctures, about to take a leap towards a whole new way of existing together as human beings on the planet we share with each other.

This perspective comes from the graphic reality of struggle and suffering that we have created for ourselves in modern times through systems and structures and ways of being that are inhumane and unsustainable. This perspective also comes from the amazing displays of creativity, courage and compassion that have come out of efforts to solve the complex, entrenched struggles of our times. Regular people all across the globe are rising to the challenges in the world with passion and hope.

Just as we are inspired by the biological miracle of the metamorphosis of a caterpillar into a butterfly, we have created miracles of metamorphosis throughout the history of our development as human beings. We have demonstrated time and again that we have the power and the will to exercise our capacity to transform who we are and how we live.

Our Legacy of Cooperation

In *Confronting Injustice and Oppression*, by David Gil, we see that human nature is not inherently about conflict and inequality. Our history as a human species shows we are infinitely more cooperative than we are currently demonstrating on a global scale.

“Contrary to widely held, taken for granted beliefs, injustice and oppression are not inevitable, natural characteristics of human life. The study of evolution reveals that these practices did not become firmly established in human societies until some ten thousand years ago, following the discovery, development and spread of agriculture, animal husbandry, and crafts, which gradually generated a stale economic surplus”

Gil’s book gives us a picture of how we got to where we are today. When we take a long view of our history as humans, we realize that we have spent infinitely more time in cooperation with each other than in conflict with each other. Modern humans evolved over 200,000 years ago and it is only in the last 10,000 years that we have been living in increasing disharmony with each other and the earth. It turns out that this economic surplus created as many problems as it

solved for us as a species, problems that have grown exponentially more complex and troubling. Once we became able to produce significantly more than it took to meet our own groups' needs, societal structures and cultural roles began evolving. The newly realized economic surplus and resulting reorganization of labor roles set the stage for increasing opportunity to dominate and exploit others, leading to a you OR me world where there wasn't enough for everyone because of over accumulation by some.

This helps us to see how we created current inequalities. We don't need to accept the myth that inequality is an inescapable part of who we are as humans. It is, in fact, not who we are, only who we've been recently. And we have made tremendous strides as of late in grasping that it is time to inspire a cultural transformation reconnecting us to our humanity and each other.

Changing Our Minds and Our World

“All the significant breakthroughs were breaks with old ways of thinking.”
Thomas Kuhn

“We are living through one of the most fundamental shifts in history – a change in the actual belief structure of Western society. No economic, political, or military power can compare with the power of a change of mind. By deliberately changing their images of reality, people are changing the world.” Willis Harman, *Global Mind Change*

More and more people believe that we are abandoning this era of struggle and conflict and ushering in a new era of mutuality and sustainability. In *Global Mind Change*, Willis Harman explains that “throughout history, the really fundamental changes in societies have come about not from dictates of governments and the results of battles but through vast numbers of people changing their minds – sometimes only a little bit. Some of these changes have amounted to profound transformations – for instance the transformation from the Roman Empire to Medieval Europe, or from the Middle Ages to modern times.

According to Peter Drucker in *The Post Capitalist Society*, “Every so often in history there occurs a sharp transformation. Society rearranges itself - its world view, its basic values, its social and political structures, its arts, its key institutions.” There is mounting evidence that we are nearing such a point in history. In the view of Ray and Anderson in *The Cultural Creatives*, “We are currently living through a social transformation that is attempting to address the overwhelming spiritual and psychological emptiness of modern life and to preserve and sustain life on the planet.”

While societal transformations of this nature present tremendous challenges, they also present equally impressive opportunities. As a human community, we get to use the deepest sense of our humanity to inspire our next evolution, which will align our actions with our highest aspirations and ensure a thriving existence for generations to come.

Lynne Twist, global activist and author of *The Soul of Money* explains, “The job of our time is to hospice the death of the old unsustainable systems and structures and to midwife the birth of new sustainable systems and structures and new ways of being. To hospice those systems...is

not to kill them, but with some compassion and love to witness their disintegration, and then to midwife with compassion and love the development and creation of new structures, systems, contexts and constructs that support and empower sustainable ways of being. These ways are based in the reality and understanding of a world in which there is enough, in which we can all thrive, not at each other's expense, but in collaboration and cooperation."

One small, yet powerful, example of this at work is Paul Wesselmann's The Ripples Project www.theripplesproject.org, whose purpose is to explore the extraordinary power of tiny actions. The Ripples Project, a new way to spread our profound impact, now involves over 15,000 people creating ripples of potential and possibility throughout the world.

The Power of Possibility

"Herein lies the real hope for our future, we are moving toward the ultimate destiny of our species-a state of compassion and love. There is a process at work, called moral evolution, and I see evidence everywhere - in history and in the contemporary world-that things are getting better. There's far more good going on than bad" Jane Goodall, *Reason for Hope*

Congratulations for NOT surrendering to the unrelenting cultural conditioning that nurtures the worst in you. Our culture supports, empowers and encourages the you that wants to judge, to criticize, to polarize, to give up, to be greedy, to be cynical, to dismiss immense suffering and focus on self gratification. Be present to what a miracle it is that in spite of all of this conditioning - you do hope, you can love, you are not shut down, you have not given up, you can give and receive love and you are committed to making a difference with your life.

Through our life in this global village, each of us gets to make our personal contribution to the next stage of development as a human species. We get to rise to the occasion, digging deep inside ourselves to access our generosity, compassion, commitment and tenacity to confront the challenges of our time with our fullest humanity as our greatest resource. What an honor and a privilege.

SUMMARY

- We have demonstrated time and again that we have the power and the will to transform who we are and how we live.
- More and more people believe that we are abandoning the era of struggle and conflict and ushering in a new era of mutuality and sustainability.
- Through our life in this global village, each of us gets to make our personal contribution to the next stage of development as a human species.

BECOMING THE ONE: A CALL TO INSPIRED ACTION

“We are the ones we’ve been waiting for. . .”
The Elders, Hopi Nation, Oraibi, Arizona
We are the Ones We Have been Waiting For, Alice Walker

“Don’t let your tombstone read died with potential intact.” Landmark Education

How do YOU become the ONE you’ve been waiting for? By recognizing the immense power you have to transform your life and the world. By healing anything that exists inside of you that you don’t want to see in the world. By replacing your need to judge and criticize with true compassion for yourself and others. By replacing your desire for retaliation with an even bigger desire for reconciliation. By offering up in every moment that which you seek to create – peace, understanding, sustainability, equality, freedom, conviction and courage.

Becoming the ONE isn’t a destination. It’s a journey. You will always be uncovering the next layer of awareness of what needs to heal within you for your extraordinary nature to shine through. As you free yourself from your counter intentions, limiting beliefs and cultural conditioning your inherent nature blossoms into full expression. You literally become the person you’ve been waiting for - the one who has the power to create a life you love and a world that works for everyone.

You are an amazing human being capable of extraordinary courage, compassion and humanity. Don’t make the mistake of idealizing your heroes and heroines in a way that separates you from them. The qualities your heroes possess only inspire you because they are already present in you, waiting to come alive and be fully actualized.

One of my heroes is Arthur Richardson, III, Founder and CEO of Streets of Gold Productions, www.streetsofgoldproductions.com. In his presence, you get to bathe in the all of the positive energy that he projects. His company provides entrepreneurial, cultural and educational programs for under privileged youth in Wisconsin. His focus on fueling the thoughts and feelings that create the life he wants has enabled him to leave the mean streets of poverty and violence from his childhood and create an organization of service to humanity.

Another one of my heroines is Lara Mendel, founder and Executive Director of The Mosaic Project, www.mosaicproject.org. Mosaic, who won the Agape Foundation Peace Prize in 2005, brings children together from diverse backgrounds to learn skills in peace making. Mosaic empowers the children to believe the world they wish for is possible and teaches them the skills needed to create this world in collaboration with others.

Just like Arthur and Lara, you can be the ONE – for yourself, for your circle of loved ones, for your community, for the world.

Declare –

I will be the ONE:
to surrender to my capacity;
to powerfully live in possibility;
to exude love beyond measure;
to have everyone I encounter see their divinity in me.

What A LIFE!

Self Care for Being the One

“Satisfaction lies in the effort, not in the attainment. Full effort is full victory.... You must not worry whether the desired result follows your actions or not, so long as your motive is pure, your means correct. Strength does not come from physical capacity. It comes from an indomitable will.” Mohandas Gandhi

“We don’t have to engage in grand heroic actions to participate in the process of change. Small acts, when multiplied by millions of people can transform the world....And if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.” Howard Zinn

At times even the most effective super heroes and heroines can experience working to make the world a better place as a burden and responsibility. When this happens for you, something inside of you needs to be healed. This should take priority, as you will not be effective in your work from a place of burnout. It is a brilliant strategy for you to practice effective self-care, prioritizing your physical, emotional, intellectual and spiritual well being on an ongoing basis and especially when you are overwhelmed with the demands of your efforts.

This can feel like being selfish, but on the contrary, it is your responsibility to protect the tools that you need to do your work of contributing to a better world. These tools are your mind, body, heart and soul.

When we are not grounded in experiencing the work as a joy and a privilege and as an expression of our soul’s desire to make a difference there are likely unconscious motivations at play that need to be addressed.

When you experience making a difference in the world as a joy and a privilege, you are acting from your soul. You remember that your efforts are not undertaken to prove your worth or disprove your inadequacies or make someone else wrong and you right. When your efforts to contribute feel like a burden, there are unconscious limiting beliefs that need to be addressed.

Common limiting beliefs include:

- believing that you are not enough (strong, courageous, etc)

- believing that your efforts won't make a difference
- believing that it is unethical to rest while others suffer
- thinking that your efforts will prove you are a good a person
- thinking that you care more about your causes than anyone else
- thinking that you can do the job better than others can
- thinking that people who hold positions opposite of yours are evil
- feeling like you are all alone in your efforts
- feeling like you are morally superior when you actually contribute to what you seek to end (i.e. addressing judgment and hatred in the world with disrespect and superiority)

All of these interfere with your power to make the world a better place. Take some time right now and explore. When you feel overwhelmed from your actions to make the world a better place, or even from your thoughts about doing so, what are you feeling and thinking? What limiting beliefs interfere with you contributing to the world as a joy and a privilege? Write these down below.

One counter intention or limiting belief that interferes is:

Another counter intention or limiting belief that interferes is:

Another counter intention or limiting belief that interferes is:

Another counter intention or limiting belief that interferes is:

Now choose some positive, self-enhancing beliefs to replace your limiting beliefs. Reconnect to your soul and the divinity within you.

One positive, self-enhancing belief I choose is:

Another positive, self-enhancing belief I choose is:

Another positive, self-enhancing belief I choose is:

As you become the ONE, it is vital that you take good care of yourself. Make your physical, spiritual and emotional self your MOST important job. Be fully grounded in feeling good about yourself! Insist on the support you need. Reclaim your childlike zest for life! Never surrender your commitment to your own transformation! Perfect the art of appreciation. Surround yourself with all that is positive and empowering. Take the time you need to rest and heal!

Create Your Future – NOW

You are creating your future right now, in every thought, feeling and action. Is it the future you want for yourself and for the world? If not, create a new future – right now. All we really have to work with is each present, precious moment. Cultivate the thoughts you want more of; embrace the feelings you want to experience more often; choose beliefs that empower you; and vividly imagine your dreams coming true.

Now go out and celebrate your successes – **before** you have them. Bask in the feelings of euphoria, jump for joy and share your delight with others. Do this in advance of them showing up in your life and you are powerfully investing in their creation.

“This is the true joy in life, to be used for a purpose recognized by yourself as a mighty one, to be thoroughly worn out before you are thrown on the scrap heap. To be a force of nature instead of a feverish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am a member of the community and as a member it is my privilege to do for it whatever I can before I die. Life is no brief candle to me. It is a sort of splendid torch that I want to make burn as brightly as possible before handing it on to future generations.” George Bernard Shaw

Resources:

Marilyn Levin Consulting

www.marilynlevin.com

Human Solutions Consulting

www.humansolutions.us

Cyndi Smasal

www.cyndismasal.com

Association for Experiential Education

www.aee.org

Institute of Noetic Sciences

www.noetic.org

Search for Common Ground

www.sfcg.org

The Compassionate Listening Project

www.compassionatelistening.org

Public Conversations Project:

www.listeningproject.org

New Road Map Foundation

www.newroadmap.org

The Pachamama Alliance

www.pachamama.org

Alliance for the New Humanity

www.anhglobal.org

Landmark Education

www.landmarkededucation.com

The Soul of Money Institute

www.soulofmoney.org