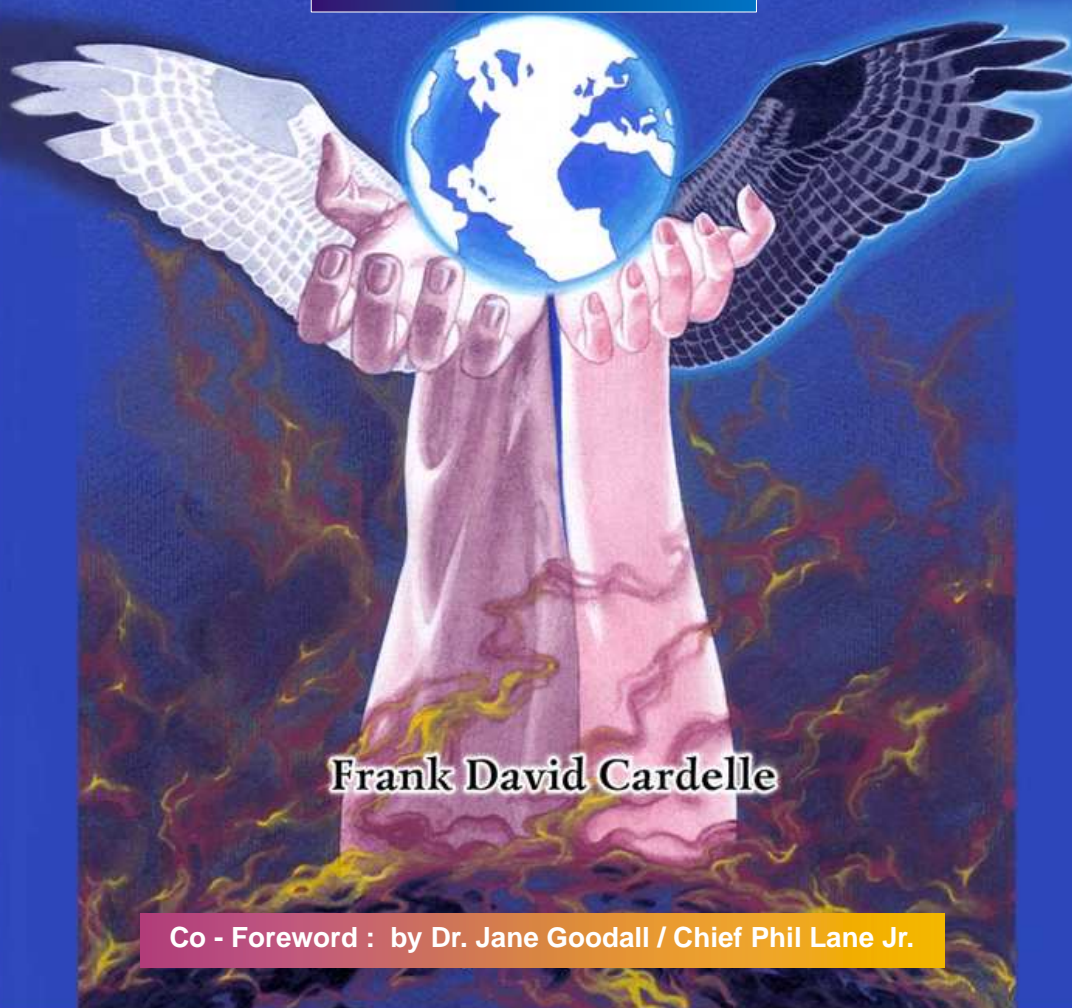


# GLOBAL SOUL

A CALL TO CITIZENS  
OF THE EARTH



Frank David Cardelle

Co - Foreword : by Dr. Jane Goodall / Chief Phil Lane Jr.

Frank Cardelle is addressing the Soul of a New Global Community. I want to express my warmest congratulations.

Professor Ernesto Kahn M. D.  
International Physicists for the Prevention of Nuclear War (member)  
NOBEL PEACE PRIZE Recipient 1985

# GLOBAL SOUL

## A Call to Citizens of the Earth

FRANK DAVID CARDELLE

Co-foreword: Dr. Jane Goodall and Chief Phil Lane Jr.

## **AUTHOR'S NOTE:**

**In the spirit and tradition of the Native American Culture, 'Give Away'.** *I offer this book to the Human Family.* I choose to do this as a gesture in changing the pattern and program of putting a price on everything. This has come to dominate our lives far too much in the over consumerist culture we have created in our world today. It still has an adverse affect and influence on what principles and values that we adhere to and practice daily in our affairs and relationships in our families, friendships, in the business sector, communities and the world.

It has taken me a lot of deep soul searching to arrive at this decision. I went through the rigors of searching for a publisher and even had an agent for a while. But I found that this is not the direction I needed to take the book. I hope that my effort in choosing another path to take, in getting this book to the readership worldwide, will be received and accepted for its intent. Perhaps this might encourage other authors and practitioners in various fields of endeavor to do the same.

IT IS TIME FOR EACH OF US TO DO OUR PART IN CHOOSING AND CREATING A BETTER AND MORE HUMANE WORLD and FUTURE. I believe there are many ways that ordinary citizens of all ages, professions, genders and walks of life can do this. This book project is my way of doing my part and adding something more to this world. After 25 years of traveling and teaching around the world, I can share now with the others who have been instrumental in helping me to understand myself and the world a little bit more.

Thank you.

FRANK DAVID CARDELLE

# Global Voice

## COMMENTS ABOUT THE BOOK FROM THE WORLD COMMUNITY

### **Israel**

This book called "GLOBAL SOUL" is an invitation to get involved in order to achieve a significant change in our lives. The author Frank Cardelle is addressing the soul of a new Global Community. I want to express my warmest congratulations.

Professor Ernesto Kahn M.D.

Receipient of the Nobel Prize for Peace 1985

In 'GLOBAL SOUL: A Call to Citizen's of the Earth'. Frank Cardelle powerfully reminds us that our future is in our own hands. He cleverly delineates the possible levels of humanity's planetary consciousness awakening, as well as the various actions to be taken regarding the issues that bring us concern, on both a local and Global level. I highly recommend this brave and thoughtful book.

Dr. Ada Aharoni

Nobel Prize Nominee for Peace 2006

Professor of Peace Studies

Technion University

Haifa

### **Argentina**

This book is a true tool that has its beginning at the depth of every citizen of the world's mind. A precious essay that explains in detail the possibility of peace, from the inner world to the outside world. There cannot be peace if we don't start to educate new generations in the traits of self-domination of violent behavior. This book helps us to get started in this necessary task, indeed.

Professor Maria Cristina Azcona

Educational Psychologist and Researcher

Peace Ambassador Geneve Capitale Mondiale de la Paix

Buenos Aires

### **United Kingdom**

Global Soul: A particularly accessible book- a working handbook for our time. It's a wake-up call to conscience, as well as consciousness and action, interwoven with poetic and inspiring references. Global Soul re-enforces what our hearts feel and our wisdom-seeking minds sense, that each new day is a chance for us to awaken further to the call of humanity's collective soul. Global Soul evokes hope and personal responsibility in equal measure.

Gill Wright

Former Executive, The Club of Budapest

London

### **Switzerland**

GLOBAL SOUL is a global wake-up call to consciousness, empathy and courage.

Global Soul is a heartwarming and heartbreaking book at the same time.

In this book you find no theory but true experience, and knowing Frank Cardelle for almost twenty years I can underwrite every single word of this peace warrior as being lived. Here we have a gem of a guideline. Use it.

Sibylle Sulser

Trainer for Psychology, Therapy and Counselling

Director of the Institut for Personality Development and Integration

Zurich

### **Spain**

Dr. Frank Cardelle not only teaches a new way to approach our lives but he is already a living example of his ideas. His book will take you deep into your soul

and far out into the world at the same time, so the reader will feel this incredible connection, possibility of peace and sense of purpose all at once. GLOBAL SOUL presents the foundation for the very much needed change we all seek with a new type of Social Science and Spiritual Politics.

Carla Del Castillo  
European Union Coordinator of Human Rights  
Barcelona

### **New Zealand**

Frank Cardelle's magnificent and ultimately moving book challenges that creeping pessimism that would have us doing nothing, and challenges it where it begins...with each of us as an individual. We are all, indeed, citizens not just of our respective countries but of the globe, and GLOBAL SOUL points a way forward for a world that has reached a truly dangerous place through the selfishness of our own actions and our complacency. The very positive message of GLOBAL SOUL comes at a critical time, and it can only be hoped that enough of us will embrace it, and live by it.

Owen Grant  
China Correspondent

### **South Africa**

The book "Global Soul" by Frank D. Cardelle is the book the world has been waiting for – without knowing it! It's all about making a difference. It is an open invitation to all: from Christian to non-Christian; from Africa to America. We are a global family, and therefore we have to know the rules, in order to live together as a family. It made me realize that we have lost contact with the true meaning of giving and receiving. Thank you, Frank.

Susan Bezuidenhout  
Industrial Psychologist  
Pretoria

**Uzbekistan**

In "Global Soul" Frank presents his vision on how to realize such transition from "ordinary citizen" to a globally responsible one. He inspires confidence in the possibility of change and initiates the emergence of the internal energy hidden in each of us toward positive and constructive change. The profound impression the book makes on reader is in large measure due to the author's great personal dedication and the long way he has come through to become a part of Global Soul.

Azim Shamshiev

Ph. D. Student in Psychology

Uzbekistan

**Canada**

Global Soul makes an extremely important contribution in building a bridge between the personal work each one of us needs to do related to our own healing, with the self-effacing courage and world-embracing vision of those who would arise to build a better world, sometimes at great cost to themselves. Healing, however, is not enough. "Global Soul" calls us to become contributors and builders of a new planetary civilization that is animated by the spirit of life itself in which peace, social justice and sustainable patterns of living displace the shadows of death and destruction.

Dr Michael Bopp and Dr Judy Bopp

Four Worlds Centre for Development Learning

Cochrane, Alberta

**Trinidad**

I strongly recommend Global Soul to the wider world community for its wonderful diverse perspectives and its appropriate respect for multi-cultural and progressive

change. It is obvious that Dr. Frank Cardelle is a leader in championing the rights of people in the global village in intelligent and emotionally healthy ways.

Wayne Darbeau, RODP  
Trinidad & Tobago

### **Thailand**

The world is changing, countries are changing and we as people everywhere are also changing. How we deal with this change is crucial to how these affect us in our lives and relationships. Frank Cardelle's book *Global Soul* gives us some steps and processes to carry out this task. A book for our times and a must read for all people on the planet.

Sompoch Iamsupasit  
Dean of Psychology - Chulalongkorn University  
Bangkok

### **Czech Republic**

I have known Frank Cardelle for over 19 years and have always been amazed by his commitment to the Human Family. He has dedicated his life to the change, healing and betterment of peoples lives and has done this worldwide. His book *Global Soul* is just another achievement of his continued efforts. The message is in keeping with what his message has always been. This is to be a participant in the world we all want to have.

Dr. Patricia Anzari, Ph.D.  
Psychologist and Author  
Prague

### **Portugal**

Frank's message to wake up and empower ourselves should resonate at our deepest core; we indeed need to take in our hands the tremendous challenge of changing Humanity's current trend of affairs and I personally believe that is possible if we are honest to our deepest self. "Global Soul" is a book that takes us in that direction and therefore I sincerely hope it can get to as many people as possible.

**Mexico**

Frank Cardelle's words touched me deeply. *Global Soul* is a book written from the heart to the heart by a person who has experienced everything he talks about; therefore, his words are not empty phrases, but fragments of his own life and experience. It is an invitation to be alert, to wake up. It is a call to figure out what your purpose in life is, to commit, and to take your place in the whole human scheme of events. Frank incites us to leave our comfortable seats as spectators, step on the stage and become actors in the play of the world.

Jennifer Boni

Psychologist and storyteller

Mexico City

**Croatia**

When I first met Frank it was in Muscat, Oman, at the SOL Global Forum. Among 500 persons coming from all parts of the world. I very soon felt about Frank as someone I have known all my life – his sincerity and positive energy attracted me and I felt that his originality came from being authentic, being the original. It is the same with his book – it is absolutely authentic. Frank writes about the things he believes in, he lives his book. The *Global Soul's* message for me is – whatever we do today or do not do, has global consequences.

Professor Dragan Salarić

Zagreb

**Sweden**

Here comes a wake-up call and a working handbook to support our earth and its life. Frank Cardelle gives us our personal responsibility in the way he lays out his book. You feel that you want to join his invitation in creating a world of sanity, love, kindness and peace. .Yes, we are the change we want to see, as Mahatma Gandhi once said. I believe that millions of people feel called to become "global souls" and create an extraordinary world living from love instead of fear. Frank's book is part of the calling to the people to think, see, live and be from a higher consciousness.

Lena Kristina Tuulse  
Psychologist & Director  
Foundation University of Life  
Stockholm

**Poland**

To me Global Soul is about the journey through life of self discovery finding our boundaries and finding the ways to be happy and to make a difference, to make the choice to want to make the difference and to follow on that path. Deep down we all want to be "warriors of light" but most of us are just not sure where to begin. Without a doubt this book will trigger a wide array of emotions in the readers as it did in me; from frustration, sadness, guilt to impatience, curiosity and eagerness to get up and do something. So, thank you Frank for your "wake up call"!

Kinga Toth  
Warsaw  
Poland

**Estonia**

Regarding the book by Frank Cardelle 'Global Soul' He shows us that as long as we look around and don't see and as long as we listen and don't hear, we only focus on ourselves. The paradox here is that we lose contact with others and life, thus we really don't live. Our soul is dead. Further more - if we don't see nor hear

others, we make them also dead to ourselves. So the idea of a global soul for me is to make it more possible for all of us to feel more alive.

Ülo

Psychologist

Tallin

### **India**

If we are to have Peace in the world it will require that we also take into consideration other issues and conditions i. e. Hunger, Poverty to realize this goal on the Planet.

In Frank Cardelle's book Global Soul he shows us what this is about and gives the "wake up" to us all the role we each play in this greater task with a deeper understanding and perspective of this.

Agit Singh M.D.

New Delhi

### **Kazakhstan**

If we are going to have peace in our troubled world we need tools and resources to aid us in this task. Frank Cardelle's book, Global Soul is such a tool. It provides us with the ways we each can do our part in creating a better future world. I recommend this book and believe we all can benefit from its message.

Marina Ternova M.D.

Almaty

### **Ukraine**

In GLOBAL SOUL Frank Cardelle inspires peoples souls and has found a unique way to colorfully speak the truth. He tells us what we must begin to correct the evident conditions in our lives and world i.e. violence, lies, cruelty and selfishness. This book provides a way to unite people from different countries, cultures and to remind us that we need to learn better ways to live together on this planet.

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Tetyana Putyatina  
Psychologist  
Kharkov  
Ukraine

### **The Republic of Georgia**

Frank Cardelle's book 'GLOBAL SOUL: A Call to Citizen's of the Earth' is an original and unique view about life, Philosophy, Psychology and a sincere critic of our modern world today. His presentation also brings to life parts of his own personal story as a background of the larger one we all have a role in creating. It has awakened in me the desire to share more of my own and to learn more about others in different parts of the world.

Dr. Zurab N. Vakhania Ph.D.  
Vice Director, D. Uznadze  
Instutue of Psychology  
Tbilisi

### **Ireland**

Frank Cardelle illustrates in his book Global Soul the inherent possibility in each of us to become part of the spiritual evolution that is taking place in the hearts of people in all parts of the world. This book will act as a catalyst for many to start the journey, the stages of which are clearly illustrated in its chapters. We must be ever grateful to courageous souls like Frank who undertake this mighty work for humanity. It has renewed my confidence in the evolutionary process, and has enabled me to start again with renewed energy on the path towards higher levels of consciousness and of compassion.

Chris Taylor  
Organizational Development Consultant  
Galway

**Colombia**

In 'Global Soul' the author Frank Cardelle is giving to the world a deep analysis about how to evolve the soul in consciousness of human beings. He gets inside of each one of us and gives us the tools for not only why we should do this but also how to do it. The book has taught me how to open my mind and how to think and observe more deeply my own reality and the interdependence with others. Frank is one of the leaders and teachers for the times we live now.

Gustavo Mutis  
Presidente, Gold Service Consulting Ltd  
Bogota

**United States**

'Global Soul: A Call To Citizens Of The Earth'. In a Post-9/11 world, waking people up from within their media trances to face the challenges our civilization is saddled with – and most importantly how to take one's own talents, inspirations and abilities into this fight, the war against war – is the purpose of 'Global Soul', and the purpose of its generous and honorable author, Frank Cardelle.

Byron DeLear  
Coordinator of the Global Peace Solution  
Green Party Candidate for U.S. Congress (2006) 28th District  
Los Angeles, California

As someone who has studied and taught Life Skills and Healing Arts in over 40 countries, I can only appreciate and celebrate Global Soul as an important and fascinating contribution to World Peace and Planetary Awakening. Frank Cardelle 'walks his talk', and he takes his work into the trenches of life. He's not afraid to open himself, to take a stand, or be touched at the deepest levels by the people he meets. And so his perspective on life is real, poignant and valuable to anyone interested in the growing potential of the Human Family.

Dan Brule  
One Sky International  
Austin, Texas

In 'Global Soul' Frank Cardelle invites us on a journey of awareness and awakening of heart and mind. He introduces us to many people and voices around the world that aspire for a better life and future. He shows us our current path as a civilization in danger of destroying each other and our ecology. He also shows us that we can heal ourselves as individuals, families, and nations, and with a planetary consciousness we can choose to become leaders in shaping a more loving, humane and ecological world.

Manuel Manga  
Consultant  
Center for Evolutionary Leadership  
Boston , Massachusetts

### **Cyprus**

I have met Frank twice while stopping in Cyprus in his long journey. I am convinced that his life work and his latest book is a valuable contribution to energizing and motivating people towards a more optimistic and activist attitude to the future. We owe it to ourselves and to the next generations to make a contribution, each one through his own self and soul for shaping of the world for a better future.

Christakis Partassides BSc., M.B.A. ,Business and Organization Consultant, &  
Company Director  
Nicosia

### **Germany**

Without a doubt, Frank Cardelle is one of the most active, spiritual caretakers on the planet today. For many years, I have watched this cosmic globetrotter carry his message throughout the world, transforming the lives of many. In what I feel is his deepest book ever, GLOBAL SOUL, Frank touches the heart and soul of his readers, helping us to remember that we are all integral, yet interdependent, parts of a much larger whole. He doesn't just talk about it, he helps us FEEL the connection to each other, our Earth and the Spirit of Life – as if one big family!

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Otto Richter  
Psychotherapist  
President, Human Holograpichs  
Freiburg

### **Italy**

GLOBAL SOUL is a book about one mans journey, one mans interpretation, and this is why it's unique. One man who travels the globe being there in the moment, healing the scars left by our ancestors and finding a truth when there seems there is none. We don't know how the heart of China beats or the mind of Russia thinks, but the man who does is Frank Cardelle. This is his gift to us. A man learning, growing and sharing the account of his travels and the lessons these have brought to him. A brave man who isn't complacent and one who gives unconditionally and lets his voice be heard by his inspired writings. I thank Frank for his unrelenting search and presence in helping to bring Global Awareness to us all.

Yvonne Bottarelli  
Reiki Master/NLP Practioner  
Venice

### **France**

Global Soul matches my own Philosophy and Weltanschauung. It is a necessary book that politicians and intellectuals alike around the world should read and reflect upon. But as author Frank Cardelle says 'it is not all the fault of politicians why our planet suffers so much. Individuals need to consult their representatives more and do their parts as well'.

Albert Russo  
Award Winning Writer and Poet  
France

**Russia**

Frank Cardelle himself is liken to an Eagle that flies high and far. His book *Global Soul* is a rarity in the professional and Psychological culture. Its spirit left over from the early 70's is about the cleaning of banality and stereotypes still present today. His work and book represents the needed, more alive kind with unexpected novelty.

Leonid Kroll M.D. Ph.D.

Director

Institute of Group and Family Psychology and Psychotherapy

Moscow

**Hungary**

Every living being is connected on this Earth. 'Global Soul' reminds us that we can all do something: for the planetary well being. Let the book touch your heart and give yourself some quiet time to think about what it means today to be human and member of one Global Family. The book helps us realize that our role is more important here than we've ever thought and the quality of our deeds, thoughts and relationships have a strong impact on the Earth. The "wake up" call will definitely be much stronger in you by the time you finish reading Frank's book.

Anett Hrubciak

Trainer, Louise L. Hay Teacher

Budapest

**Austria**

In Frank Cardelle's book *Global Soul* his call to us comes from the many lessons he has gained from his healing and psychological work throughout the world. This represents the greater task in front of us as we move closer to the possible world and future we all have a hand in creating and evolving. It speaks to the lessons of awakening consciousness and gives hope to the challenge of going through darkness and finding the light and purpose in our current reality.

### **Denmark**

This is a heartfelt book from a global soul. Everything is alive from the rocks to the plants to the animals to the human beings to the planets to the galaxies. Everything has a soul and all souls are connected. We are all part of this massive consciousness and we need to wake up to this fact. In doing so we can begin to take part in the global healing process that is necessary in order to tackle the mayor issues on this planet today. Frank's book reminds us that we have to take responsibility on a larger scale to save the human race and mother earth.

Hanne and Lars Mygind Heilesen  
Coach/Therapist  
Tornby

### **Norway**

There are many important messages in Global Soul authored by Frank Cardelle. Many are on the lines, many between them and the most are in the awakening ones that are beyond them. Frank reminds us in his global embracing way that while our splendors may be plenty, we are in many ways cutting ourselves off at the roots. We are all dependent on the Earth we are destroying. Global Soul asks us to look at human life from a perspective of the Earth that fostered us. We have lost contact with the unspoken and unseen. 'Global Soul' invites us to remember this again.

Esben Esther Pirelli Benestad M.D.  
Family Therapist and Clinical Sexologist  
Assistant Professor, Agder University College

**Africa**

'GLOBAL SOUL' is a wonderful book and has been one of the most powerful books I have read in a long time. It asks us to "rethink" what it means to being a human being. (individually or as groups) whether we are African, Asian, American, European, Americans, and Australian! Whether we are black or white, Muslims or non-Muslims, Christian or non-Christian. It drives home a point that is a good lesson for all of us humans.

Suleiman Ismail Bolaleh

Founder and President of Horn of Africa Human Rights Watch Committee

Co-founder of East and Horn of Africa Human Rights Defender Network

Somaliland, Horn of Africa

**China**

A lot of our human problems today come from disconnecting from nature, and from our original self. We need to hear more from nature, and let ourselves be part of our earth family again, and not always try to control and change our family. Frank's book shows us how. We can thank him for his contribution to our global family.

Dr. Shi Lin

Associate Professor of Psychology

Beijing Normal University

Beijing

**Lithuania**

In his newest book 'Global Soul' Frank Cardelle, being a citizen of the world himself, encourages us to become an active part of the global community and to strive for a future for better living, peace and understanding. The book invites us to take the initiative and responsibility for the processes going on in the world today and the days to come.

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Vytas Ramulgas  
Director, Vaga Ltd,  
Vilnius

### **Turkey**

We feel fortunate to have come across Frank Cardelle in our lives. He is a Globe Trotter trying to awaken in all of us the good, positive and healthier areas with the objective of making our world a better place to live for everybody. His simple caring way of looking at persons, nature and everything around him surely is not the result of just one lifetime but an accumulation from past generations. His newest book Global Soul speaks to us of these things in a powerful manner and reminding us of the responsibility we all share in both our futures and those of our children's children.

Bulent and Sema Ozsoy  
Directors , Ogem Personal and Organizational Institute  
Istanbul

### **Belgium**

Frank moves us with his consummate gentle mastery from 9/11 to the inner depths of our souls, not just as individuals but as a Global Community which is capable of effecting change. This is not just another 'hands on' book, it is more a blueprint that springs from the heart of a man who has truly lived and touched and been touched by the rivers of life. To read this book is to be changed forever.

Geoffrey Smith  
Breath Therapist  
Brussels

### **Acknowledgements To People Worldwide**

Thanks to Eva, Ria, Jozef, the Telkes family, Kinga, Lazlo and Margot, Lucia, Gabor, Mishi in **Hungary**, Peter, Patricia and Tom in **The Czech Republic**, Eva and Uri in **Slovakia**, Ana and Thomaz in **Poland**; Paul and Fatima in **Austria**; Sibylle and Harry in **Switzerland**, Otto and Sabina in (Frieburg), Thomas in (Muldorf), Inga in (Munich), Heike in (Berlin) **Germany**, Jean Jacques and Annu in **Belgium**, Jamie and Marissa in **Spain**, Liza, Olga, Tatyana, Sasha and Anna, Uri, Natasha, Alyona and Valentine, Temenos Staff in (St. Petersburg), Sabina, Misha, Serge, Galina, Mya, Valadimer and Ludmilla, Vera, Natasha, Dimitri in (Moscow), Larissa and Elena in (Ekatrinnaburg) in **Russia**, Irina and Gregory in **Ukraine**, Michael and Joseph in **Latvia**, Danute in **Lithuania**, Peter and Ulo in **Estonia** Natasha, Valery in **Kazakstan**, Zurab.Marina and Nelly in **Georgia** Manuel, Debra and Yaki, Rick, Carlos in **Mexico**, Nancy, Jose, Ricardo, Olga, Lucia, Anna Maria, Juan Carlos and Gloria, Mariela, Sylvia, Alfredo, Lilliana and Family, Graciela, Tammy, Maria Fernanda, Lucia, Pepe, Jose Maria, Pilar, Eric and Consuelo in **Colombia**, Padre Mako in **Venezuela**, Staff of the Sexuality Clinic, **Argentina**, Eshen and Elsa and Esther in **Norway**, Kit, Tony, Janet, Ghram, Mrs. "A", Janet R. Nechi Institute Staff, George Nuefeld family, Michael T, in **Canada**, Joanne and Fouad, Dan and Gulnar, Don C., Terry A. Barb J., Nancy, Gertrude K., Virginia S., David S., Kathy M. Seymore, Gordon W., John B., Mary in **U.S.A.**, Peter, John in **England**, Susan in **Scotland**, Chris and Mary in **Ireland**, Dr. Lin in **Korea**, Suki in **Japan** Ann in **Italy**, Christakis in **Cyprus**, Teresa Elena and Luis, Armando, Isabel, Odete, Susana and Evelyn in **Portugal**, The Workshop Group in **Romania**, Anna Maria in **Puerto Rico**, Thor and Family in **Sweden**, Ann in **Finland**, The two Beauty Queens in **Denmark**, People at the Farm in **France**, Tania in **Bosnia** Nobel in **Ghana, Africa**. Naime Nath, **Australia**, Bulent, Sema and Leyla in Istanbul, **Turkey**, Sasapona and Patricia in **Thailand**, David, Panda, Lin, Professor Liu in **China**, Peaches in the **Phillipines**, Dr. Agit in **India**, Susanne and MaryAnn in **South Africa**, Dragan in **Croatia**, Patricia and Aman in **Oman**, Saed, and Rayek in **Israel** ...and many others I have met in the world that have touched my heart.

## Other Books by Frank David Cardelle

*Journey to Brotherhood – Awakening, Healing and Connecting Men’s Hearts*  
(English, German, Spanish, Russian, Estonian and Chinese)

*Youth and Adult: The Shared Journey Towards Wholeness*  
(English and Spanish)

*Shadow into Light: Discovering Leadership and Destiny*  
(Spanish, Hungarian, Czech, Russian, Lithuanian, Turkish and Chinese)

*Birth, Death and Rebirth*  
( French only)

*ManSoul: Awakening the Earth Warrior*  
(Spanish only)

*Dying to the World*  
(Spanish and Hungarian)

*Joys and Agonies of Awakening and Healing the Male Soul*  
(English and Spanish) 50 pages

*Men and Women: Towards Alliance, Healing and Wholeness*  
(Spanish and English) 46 pages

*Global Soul: A Call to Citizens of the Earth*  
(Hungarian, Lithuanian, Spanish and Russian)

<p>Those interested in Dr. Cardelle giving presentations, workshops and trainings at your organization, company, campus or conference please send requests to: <a href="mailto:cardellegs@yahoo.com">cardellegs@yahoo.com</a></p>
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See workshops and trainings offered through Four Eagles Programs International  
website: [www.eaglescicle.org](http://www.eaglescicle.org)

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(still pending)

## ABOUT THE AUTHOR

### FRANK D. CARDELLE Ph. D.



- Frank Cardelle is an *internationally traveled group leader, consultant and author* whose career has spanned over thirty years in psychotherapy and the human service community.
- He has completed studies all the way through the Ph. D. in Psychology and an M. A. in Counseling from The Fielding Institute. Plus, additional courses and trainings at U. C. L. A. (University of California, Los Angeles) Center for Integral Medicine, the Sagamore Institute (New York), C.G. Jung Institute (Zurich, Switzerland), Esalen Institute (California), Gestalt Institute of Canada, National Training Laboratories, including graduate studies in Organizational Development through the University of London.
- He is a member of the Organizational Development Institute and past member of the International Academy of Behavioral Medicine, Counseling and Psychotherapy.
- *He has trained in Family Therapy with Virginia Satir, Gestalt Therapy with Dr 's Erving and Mariam Polster, Eric Marcus M.D. and Gertrude Krause and other gifted teachers of various body-mind approaches.*
- He was once a former officer cadet turned anti-war activist and subsequently forced to live in exile for these actions. This caused a dramatic turn in his life whereby he spent many years in aboriginal communities throughout Canada, Northwest Territories and the Eastern Arctic resulting in the re-finding of his own aboriginal heritage. This has come to play a major role in his life and work.
- An earlier visit to the former Soviet Union was another event that has greatly influenced his current life and activities. The lessons and ordeal of a life threatening illness has been another influence. Through his travels the past twenty-five years he *has evolved a highly effective style and approach that is the synthesis of several psycho-spiritual methods* that work well with individuals, groups and organizations in recovering and empowering lost capacities and creative tools for learning, healing and living. He was for fifteen years active and a pioneer in gender work giving workshops for men, men and women and training professionals and others in his method.
- Frank has presented at Conferences, Universities and Institutes worldwide and has conducted workshops / trainings in over thirty-eight countries, i.e. *Canada, USA, Eastern and Western Europe, South America, Russia and former Soviet Republics, Central and Western Asia, Africa and Australia and recently China and Thailand.* He has also given seminars to the staff of the United Nations.
- He has authored several books with his writings *published in eleven languages.* Some of these are: *Journey to Brotherhood, Youth and Adult: The Shared Journey, Man Soul (Spanish only) and Shadow into Light: Recovering Natural Leadership and Destiny.*
- He has recently completed *FLIGHT OF THE EAGLE* – the evolution of his global work published first in Hungarian 2004, Lithuanian 2005 and Russian and Chinese in 2009.
- His present work...*GLOBAL SOUL: A Call to Citizens of the Earth (co-foreword by Dr. Jane Goodall and Chief Phil Lane Jr.)...* is planned soon to be GIVEN AWAY online.
- He has been on radio and television programs in different countries with articles and interviews about his work appearing in various newspapers, magazines and journals. Since 1992 he has given many workshops throughout Russia and other former Soviet Republics. *Since 2004 he has been engaged with Psychological trainings and consulting work throughout the Republic of China.*
- Frank is fully committed towards a more humane, healthy, heartfelt and integrated world community.

# GLOBAL SOUL

## A Call to Citizens of the Earth

Co-foreword: Dr. Jane Goodall and Chief Phil Lane Jr.

THE BEGINNING: Doing The Work Of The World

### PART I AWAKENING TO CONSCIOUSNESS... OR NOT

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*This we know: The earth does not belong to people; people belong to the earth. All things are connected like the blood which unites one family. Whatever befalls earth befalls the sons and daughters of Earth.*

Chief Seattle

*Never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever has.*

Margaret Mead

*Since wars begin in the minds of men, so peace also begins in our minds.*

*The same species that invented war is capable of inventing peace.*

*The responsibility lies within each of us.*

From the Seville Statement - UNESCO

*Modern humans have unlearned how to live together, now they need to learn it once again. It is not just the challenges we are facing which need communication and community, but the health of our souls as well.*

*This demands interconnectedness and solidarity.*

Diether Duhm

*We all have the capacity to do great things.*

President Bill Clinton

## CO-FOREWORD



**Dr. Jane Goodall, DBE**  
**World renowned Scientist**  
**Humanitarian and UN Messenger of Peace**  
**Founder – The Jane Goodall Institute**

I met Frank Cardelle for the first time in 2004, in a restaurant in Budapest. We instantly established rapport: I could sense his quest for truth, his concern for the inhabitants, human and otherwise, of Planet Earth. For in many ways his journey, his search for understanding, has paralleled my own. And both of us have been face to face with human mortality, though in different ways: Frank battled his own cancer and I was a participant in the battle fought – and lost – by my late and much loved husband. Above all, Frank and I share the conviction that, no matter how grim things seem in the world today, there is still hope – provided each of us does our bit. So when he asked if I would write a foreword to *Global Soul* I agreed. He suggested that two voices should precede his in this book, a male and a female, yin and yang. Our mutual friend, Phil Lane Jr. was the perfect choice for the male voice for while he is indeed all male he is also born into the ancient indigenous wisdom – the deep understanding that all living beings are our brothers and sisters and that we all depend, ultimately, on Mother Earth for our survival.

My conservation work in Africa and my extensive involvement with young people through the JGI Roots & Shoots program has made me only too aware of the extent of the destruction that our species has inflicted on the planet. I agree with Frank that disaster looms and that it can only be averted if each of us heeds the call to action that is at the heart of this book. *Global Soul* is an important voice just

because so many people have fallen into apathy, falsely believing that they, as individuals, are powerless.

Studying chimpanzees has helped me to realize how we humans have gone so wrong. These apes are so like us (differing from us in the structure of DNA by only about one percent) that even Western science, for the most part, must admit that we are not the only beings on the planet with personalities, minds and feelings – something always understood by the indigenous peoples, Eastern philosophies and, of course, many ordinary people like me. Yet it is just because chimpanzees are so like us, biologically and behaviourally, that understanding them helps us to pinpoint those ways in which the human animal differs most from other animals: only we (so far as we know) have developed a sophisticated spoken language. It is this that enables us to teach our children about events and objects not present, to discuss the past, make plans for the distant future, and to discuss ideas, drawing on the different mind skills of those in the group. *Global Soul* would be a very different book if Frank had travelled the world without talking to anyone, or reading books, newspapers and so on; without being able to share the thoughts of the people around him.

I believe it was the acquisition of this kind of language that led to the explosive development of the human brain. Our intellect has – unfortunately it seems – put us in a position to dominate almost all other life forms on planet Earth. We have invented amazing technology, and while much of this is used beneficially, some is unbelievably destructive to life on earth. We have been able to mold the natural world to our liking, destroy all that displeases us or gets in the way of “progress”. We have developed machines of war capable of inflicting untold suffering on our fellow humans. The chimpanzees, like us, have a dark side to their natures and are capable of acts of brutality and even primitive warfare, but we, with our superior brains, are capable of deliberate evil, such as torture and creating horrific weapons of mass destruction.

Humans and chimpanzees, it seems, travelled the same evolutionary path until about 6 million years ago. Thus behaviour common to chimpanzees and humans today may well have been inherited from that human-like ape-like ancestor, and it seems more than likely that we, along with the chimpanzees, have inherited our aggressive hateful tendencies from a shared and ancient past. But we can surely take comfort in the fact that we have also inherited characteristics of compassion, altruism and love for these too are part of chimpanzee society. Moreover our brains enable us, more than any other creature, to control our genetic inheritance.

So, what has gone wrong? Why is such a clever creature destroying its home, systematically and relentlessly? It seems that qualities of greed and selfishness, and the lust for power (also found in chimpanzees) have too often been allowed to override those other qualities of caring and love. Is this, perhaps, because there is so often a disconnection between heart and head, between cold calculation and intuitive understanding: The yin and the yang. In other words, those in power, while they may be *clever*, so often seem to lack *wisdom*. At one time indigenous people would ask, "how will this decision, that we make today, affect our people 7 generations hence?" Yet now many major decisions are made for the short term – for immediate financial gain, or to influence the next popularity poll. This is why chemical fertilizers and pesticides – known poisons – are lavished on the agricultural lands of the world so that many people, especially children, are becoming sick from the food they eat, the water they drink and the air they breathe. This is why biodiversity is threatened everywhere as the natural world is desecrated for more and ever more development. This is why economic growth is valued above human need, why the fortunes of the wealthy are continually enlarged at the expense of the poor. This is why corporate globalization is creating ever more poverty and misery – and resentment and anger.

But, as Frank points out, we cannot lay all the blame on the politicians and captains of industry: each of us, as individuals, is also responsible for our children's future. And despite the rather frightening world in which we find ourselves at the start of the 21st century, I share Frank's optimism. Of course there is hope. Our

human brains, when linked with our human hearts, are creating ways that enable us to live in greater harmony with the environment. Nature and the human spirit are truly resilient and can spring back from the brink of destruction and despair. And children, once they understand the problems and are empowered to take action to try to solve them, have the energy, passion, dedication – and often courage – to create true change.

The indomitable human spirit, surely, will prevail. There may be more problems in the world than ever before (or it may simply be that the new age of electric communications enables us to know about more of them), but in all my travelling I have found that every injustice – persecution, discrimination, cruelty, environmental destruction and so on – has attracted a group of passionate and determined people, dedicated to fighting for justice, working for change, often endangering their health, risking and even losing their lives for the cause. The “*global soul*” is awakening. If we all do our share, the time will surely come when human beings attain their true potential. When we can proudly assert that it is our “humanity”, our “humane” qualities – that, above all, separate us from the rest of the animal kingdom.

We are not there yet. We have a long way to go. '*Global Soul: A Call to Citizens of the Earth*' is timely. We ignore this Call at our peril.



**Phil Lane Jr.**

**Hereditary Chief of the Yankton Dakota Chickasaw First Nations  
Founder and President, Four Worlds Institute  
Winner of Wind Star Award  
Year 2000 Award from the Foundation of Freedom and Human Rights**

Since meeting Brother Frank David Cardelle more than twenty years ago, I have always been deeply impressed through the years by his never faltering dedication to the independent investigation of truth. This dedication was empowered not only by an intellectual and spiritual hunger to read and study every source available that could possibly shed light on our unfolding journey as individuals and a human family, but most importantly, was highlighted by a life time experience of travelling and living with our relatives everywhere on Mother Earth. This has all been tempered through the process of overcoming life-threatening cancer. *Global Soul* was truly written by a Global Citizen.

Frank was born in a small town in the State of Washington in the United States. His analysis of the "American Psyche" is based in years of study, travel and experience. His very clear conclusions and solutions are at times, I'm sure, very shocking to some of his fellow Americans and others who have learned to survive in a selfish, materialistic paradigm. From my perspective, Frank truthfully portrays the tremendous damage that past and current U.S. foreign and domestic policies have had and continue to have on our beloved Mother Earth and our human family.

While providing us with a clear analysis of current global challenges, Frank also provides us with clear steps towards transforming the way we understand experience and act on the different related worlds around us. While sharing his own life long journey towards deeper spiritual understanding and wisdom, he beautifully includes, throughout the *Global Soul*, the perspectives of other seekers of truth who he has met or whose thoughts and feelings have touched his heart.

*Global Soul: A Call to Citizens of the Earth* is a very critical read for all Human Beings who want to eliminate blind spots that are destroying all Life and replace them with wise and positive actions. As well, all members of the Human Family who believe that we have entered a "New Springtime", a "New Day", long prophesied by Visionaries and Prophets from Sacred Traditions throughout Mother Earth will find *Global Soul*, to be another critical step forward in their spiritual journey towards love, wisdom and wholeness.

May Frank's heartfelt words of lifelong study, reflection and experience be understood in the depths of all our hearts as an echo of these sacred words found in Black Elk's great vision of the future?

*I saw more than I could understand and I understood more than I could say, for I was seeing the shape and form of all living things as they should live together in harmony, peace and understanding.*

Black Elk Speaks

*Do not follow where the path may lead  
Go instead where there is no path and  
leave a trail.*

Ralph Waldo Emerson

*Love is not the answer. It is the assignment.*

Martin Luther King Jr.

*Most people look at things as they are and wonder why?  
I dream of things that never were and ask why not?*

George Bernard Shaw

## **The Beginning: DOING THE WORK OF THE WORLD**

*An announcement comes from the cabin speaker 'Good afternoon Ladies and Gentleman. Welcome aboard Austrian Airlines Flight 064 from Beijing to Vienna. I am Ingrid Kepler, Head Purser of this flight and want you to know that my crew and I are here to make your flight as comfortable and as enjoyable as possible. Please do not hesitate to let us know what you need. Thank you.'*

It probably seems a bit odd that I'm beginning this book at 30,000 feet while flying over the northern tip of Russia and having just left China's Beijing airport, only a short time ago. However, if we consider the nature of my work and lifestyle now, it makes perfect sense. The truth of the matter is that I tend to spend more time in planes and airports than I do on the ground. At least, it sure seems that way. My friends tell me I should have wings instead of arms for all the flying I do. Some even call me Eagle Man. Another colleague and friend of many years tells me I am like a snail, carrying my home on my back. I suspect all these things are true to some degree or another. This is how my life has been for over twenty years and

I'm so used to it by now, that I simply do not notice some of the things that are more obvious to others. Immediately, people believe that I am a pilot of some kind or connected to the airline or flight industry. I am sure that this is easy to assume, but I am not part of this field at all, not even close.

So, here comes the big surprise. I have been a psychologist for over 30 years now, spending more than half of this period in close to 40 countries throughout the world and visiting over 60. I have given presentations and workshops of various kinds in over 20 different languages. A lot of people refer to me as a 'Global Psychologist'. If there is such a person and practitioner at all, I am about as close to this as anyone can get. Some others have called me a teacher, shaman, vagabond monk and philosopher. No doubt, I am a bit of all these, but truthfully, I do not like labels that confine and put me in a box. I have a 'spirit' that has a sense for adventure and a flair for the different. I like to blaze new trails.

During a 25 year period I have done psychological work in places like Eastern and Western Europe, Russia and the former Soviet Republics, South America, Turkey and the Middle East, Africa, Australia and most recently in China and countries of South East Asia. I was doing psychological work in Communist countries long before its system finally collapsed. I am the author of seven books, translated into 11 languages. Originally, I was born and bred in the U.S.A. and lived in Canada for almost 14 years. There I worked with Native communities for over ten years throughout the country, including the Northwest Territories. In recent years I have lived short periods in Eastern and Western Europe, Portugal, Mexico, Colombia, South Africa, and Russia. Today, I reside part-time between Europe and South East Asia and North America.

Some time ago I went to Vietnam which brought back some life changing memories when I was a cadet officer ready to serve and fight and die for my country. I was a "real super patriot" then and did not look beyond the reasons and causes of war, killing (and dying to), like many young males in those days in the Vietnam War. This changed however when later I made a 180 degree turn about

the whole "War thing" and ended up taking a stand against war in general as a conscientious objector and student activist. This action did not come without its costs as I ended up spending seven years in exile because of it. This change in my consciousness and 'heart' set the stage for my life and a different way to view and to live it. It has stayed with me to this day.

Currently, I am quite involved in my work in China and have been there, four times for two to three months at a time over the last five years. I have given dozens of presentations and workshops at Universities, Institutes and in some companies in Beijing in the North, Guangzhou City in the South, Shanghai and Nanjing in the East and other cities in this very large country. I published one of my books in Chinese, six months after my first visit, and two more books have come out recently. I have been on television, been interviewed in newspapers and magazines, and interviewed on-line as part of a nationwide program, not to mention lots of other psychological activities. The pace of the work there has been demanding, but it has also stretched me as a person, a professional, and as a human being. It also models the kind of person that is moving the country and its people, within such strenuous cycles of development. I suspect that I will be there and in the surrounding countries of Southeast Asia a lot in the next while.

I come well equipped for the unique kind of work I do in the world. I have three degrees including a PhD in my field. I also have training in many additional areas such as individual counseling, group counseling, bodywork, Transactional Analysis and Neurolinguistic Programming, Family Therapy, Gestalt, Jungian therapy, graduate training in Organizational Development through the University of London, and a blend of both Eastern and Western philosophy and practice complimented with a traditional Native American focus. Over the years I have evolved my own method and practice of psychology, drawing from my years of work, traveling, cross-cultural experience and lessons learned. However I draw the main thrust of my work and teachings from the 'School of Life'. I have come to believe that this is always the best teacher for any kind of work that we might choose to do, global or otherwise.

Luckily, I have been able to live and experience things that most people only dream about or wish they could experience in their lives. For this, I feel blessed that I have been able to have these opportunities. I must also confess, here at the outset, that these were not always the easiest experiences and lessons to have. In fact, some of them were deeply painful and at times I did not know whether I would survive them without some form of deep loss of mind and spirit. Over time I have come close to death on at least three occasions. One of these was with the 'granddaddy of life initiations', cancer. Some people think I am crazy when I tell them that cancer saved my life. It was the one event that slowed me down and awakened me to a higher sense of purpose in living. It helped me to make some needed changes in my lifestyle, diet and personal habits. And these changes are still with me today.

I am especially appreciative of the many people around the world who have been mirrors and teachers to me, often without even knowing this. Through them I have come to see things about myself, others, the world and life that we can never understand from just reading books or doing some kind of excursion with a tour group. Learning first hand will always be the best method for a true understanding of people, their culture and history. But of course, I'm probably biased, about this.

Not a day goes by that I do not learn something new about myself or someone else, an aspect of human experience or mystery, or much more. This also depends, however, on what part of the world I may be in at the time. This is always a factor. I could be challenged in one place in my leadership skills, or in another in testing my wits or sanity in responding to some challenging event. Or I could simply have a mind blowing experience when I discover something new about life or people that I thought I already understood. One skill I need to keep practicing over and over again is listening, as it is not only a must for the work I do, but a skill we all need for healthier relationships with others. There is an old Indian saying that tells about waking up one day and not being able to hear the birds singing, meaning we are dead. I suspect that the true meaning of this

saying has to do with the numbing effect of emotional denial which is a common pattern these days in our hustle and bustle, high-tech world.

This is especially true today, when most people have mobile phones glued to their ears and are paying more attention to that little machine of communication than to people. Many people are beginning to see that this is a big mistake because over time we are losing our contact with others, as well as ourselves, as we become more and more dependent on our sophisticated communication toys. Please, do not get me wrong. I am not against technology. But I believe that we need more balance and focus in how we are using this in our real lives and encounters.

I could go on and on about this issue but I choose not to, as this is not the main purpose of this writing. If anyone is interested in more detail about my Global lessons this is all contained in my other book 'FLIGHT of the EAGLE: Lessons and Reflections on the Global Trail'.

Before I bring this part of the prologue to a close I want to add something that I believe I need to share about my work. And that is that I really enjoy it. It is my passion, my calling, my mission. This does not mean, however, that I always feel comfortable with it, but I also understand that the lessons and challenges that come with my mission are simply part of the activity. Sometimes, it really pushes me to the limits... and even beyond. Nonetheless, I try to go where I am needed the most. In most cases, I only go to countries when someone, or a University, Institute or some other organization invites me, but there are times too, when I go to a country to get to know a new culture and the people who live in it.

In order to make this clearer, let me share a paragraph that comes from the text of my book 'FLIGHT of the EAGLE': *'I see now that anyone who does the work of 'Healing and Change' of any form are doing some kind of 'Global Therapy or Psychology': Whereby, they are doing an activity that brings more life back into the world and draws us closer to the greater soul archetype that we all possess inside. Hence, the more soul presence that exists in the world, the greater is our*

*own personal and collective presence in the world. Simply put, we are more 'here' and alive'. I do not think I could say it any better now.*

I have an Hungarian mountain climber friend who tells me that I would make a good climber, because I like to take risks. This is only partly true, because while I do like challenges and risks, there are only certain circumstances where I'm willing to do this. While I am really willing to give my all in healing and transition work with others I have little desire to scale a mountain, just to see if I can do it. Please keep in mind I do not begrudge others their pleasure and challenge in this manner. As they say 'to each his/her own'.

Having said this let us move on to the next phase of my presentation here. I believe it is important at this point to clarify some things about this writing and how it relates to the overall purpose of the book. First of all, in this book, while I do provide a voice for its expression and content, I also have provided a space for others, who do similar work to me whether this be Global like mine or more on a local basis. This will become clearer as I introduce some actual 'Profiles' of these wonderful people from all over the planet, and the important contributions they are making towards a better world for us all.

But, for now, I want to stop just telling you about what I do, as this only gives a limited insight into my work and activities., I want to take the reader to where I, and others really do the work, out there in the bigger and more complex and mysterious world where life is really happening. To accomplish this, I will draw from two of my experiences that I believe will help the reader see up close what I have been trying to explain.

One of these comes from the first experience I had after stepping onto the 'Global Highway' over twenty years ago, after giving up my apartment, car, possessions and friends (remnants of my old life) to begin a journey that I am still on all these years later. The second comes from an event that happened right after the tragic experience of September 11, 2001 and my first experience with the Middle East

Crisis in Israel. They also reflect how my life direction took a big turn after a visit to the former Soviet Union in 1985, which I took as a member of a delegation group of 30 psychologists and professors. Our purpose, as a 'Citizens Advocacy' group, was to build a bridge of collaboration between our two nations and to avert or diminish, the threat of a possible nuclear showdown happening at that time.

This first event occurred in the spring of 1989, just after completing a six month contract with the Territorial Government of Canada's Northwest Territories, training Inuit Alcohol Counselors. I had been invited to a conference in Colombia, South America, to provide some training for Colombian psychologists and asked to visit another city to work with 33 other psychologists. This city was Medellin, Colombia, one of the most picturesque and beautiful cities I have ever seen, but then called the murder capital of the world.

### **1st event: The Colombian Episode**

I have never seen such an example of terror and rage in one human being as I began to help Miguel move through his horrible experience of being kidnapped. How hard it was for him to recall his captors playing 'Russian Roulette' as they pointed the pistol at his head. What made it worse was that he could only hear the 'click' of the trigger of the pistol, because he was always blindfolded in their company.

I couldn't help but imagine that this situation was akin to a scene from the TV show *Miami Vice*, but soon realized that this was not just a scene from a movie. It was real and it was happening right in front of my eyes. I had worked with violence before, such as rape crisis counseling, and other forms of abuse related to alcohol and drugs: I could even recall events that had happened in my own life having an alcoholic stepfather. However, this was my first exposure to kidnapping, something that I would later find cropping up many times in my work in Colombia a country the world always associated with Mafia, drugs, violence, and guerrilla warfare.

Because this was my first time I was nervous and scared myself. I tried to hide this from the others in the group. Remember - I was supposed to be the 'expert' and teacher. I could not let them see that I was really 'flying by the seat of my pants', as they say, and was learning as I went along. I also knew that while I may have been acting the part, I had to be convincing because I sensed that the group needed this. They needed someone who knew what to do, because obviously, they did not even though they were all practicing psychologists themselves. I could see that they had not been trained or prepared to handle such situations. Yet if I didn't know exactly what I was doing, what effect would this have on them? How could they possibly deal with the conditions facing their own people and country when they lacked skills, knowledge and experience of such matters? Moreover, they 'lived' these conditions on an everyday basis and many were still carrying around the inner 'wounds' they had received through the violent and disturbing circumstances of their own lives.

I also realized these professionals needed a lot more than books, methods and exposure to a few modalities of therapy and healing to tackle the conditions their people were facing and that they as psychologists were trying to handle. The situation didn't make sense at all. It was more like the 'blind leading the blind'. These people needed both relevant training that matched their needs and a lot of additional work on themselves.

In order to respond to this need and challenge, I needed to change my whole approach to psychology and therapy. I was also coming to realize that 'therapy' or being a more 'globally oriented' therapist or psychologist was about more than being 'global' in outlook or a therapist/psychologist. Rather, it was about crossing historical, social, language and cultural lines. It had to do with meeting people in a different way and at a deeper place of the heart. It was here that we began to bridge our real differences and create and find a newer meaning for our work.

I could not forget, either, that defining moment in my work with Miguel, which is something that has stayed with me to this day. It was when he let out a scream

and grabbed onto my leg, like a frightened son would do with his father, that I understood something else. As I began stroking his head gently, as the tears of release streamed down his face, I realized that this was probably the first time that Miguel had ever received this kind of fatherly care. I knew then, that if I chose to return to Colombia, I really had my work cut out for me.

I have since returned to Colombia countless times over the years. I have given dozens of workshops throughout the country at Universities in 15 cities. I have conducted three different Three Year Trainings for psychologists and other professionals. I have worked with both local and federal organizations as well as several companies. I have been on National Television and published several books in Spanish through my experiences in the country. I still do work there occasionally, even to this day. I have many dear friends in various cities there and always try to visit them when I am close by. The Colombians are very special people in spite of how the world views them. Of course, there are some dangerous and cruel people there as well but for the most part Colombians are hard working family people who like to enjoy themselves.

### **2nd event:**

The second experience occurred a short time after September 11, 2001. I decided to travel to the Middle East to examine the Middle East crisis myself. I wanted to see its connection, if any, with the September 11 tragedy. Many said there was such connection but I wanted to find out for myself.

I spent the first few weeks in Jordan and Egypt. There I talked to many people and was surprised at how interested they were in the September 11 event, but not in the way that I thought they might be. They were more concerned about finding a way to put food on the table and having a roof over their heads. They were not so concerned about politics. I was also surprised that they really had no problem with most Americans. In fact, they liked most Americans. It was George Bush and his administration that they had problems with. They saw the invasion of Iraq as a 'terrorist act' and mostly about controlling the oil surplus in the country, not to

mention being made to feel that they had to change their way of life to suit the government of another nation. They were not happy about this at all.

In the second stage of my Middle East journey I ended up in Israel. During this time I traveled from one end of the country to the other. I spoke to Jews and Arabs alike. I was present during three bomb scares at bus stations. I visited famous places and spent a few days in Jerusalem. I even met a young Jewish soldier who had just returned from fighting in the Gaza strip. He told me of his deep sadness of losing two friends who were killed there, but was glad to come out alive himself. He told me that it was common for young soldiers to take off to places like Tibet or Peru for six months to a year or even longer in order to make sense of their military experience and to refocus again on life and their place in it. I saw young soldiers everywhere in the country carrying their weapons. The country was tense and at times, being a foreigner and not being Jewish, I felt like a suspect, maybe even a possible terrorist in the minds of some. This was especially so when I asked a lot of probing questions.

The highlight of my time in Israel came about unexpectedly, when I was traveling throughout the country. In a hostel in Jerusalem I met a young American student who told me about a special place where Jews and Arabs actually chose to live together. I was excited about this opportunity and after some difficulties trying to find the place, I finally located it. I found a lot of people did not know about this place, or else they did not want to know about it. Nevertheless, it was not one of the more popular places in the country. It was strange to me that such a community could exist for over twenty-five years successfully carrying on their experiment, while both Israelis and Arabs continued to fight, creating pain and spilling blood on both sides during this same period. Once I was there, I came to understand why.

The name of this place was Neve Shalom/ Wahat Al Salam. In both Hebrew and the Arabic language it means "Oasis of Peace". I will share a portion from an article that I wrote about this Israeli community for a Hungarian magazine some

time ago. The article was titled: 'Neve Shalom/Wahat Al Salam: The Jewish and Arab Community in Israel that is making the impossible, possible'.

*In the Gaza Strip, in March of 2006 an Israeli T5 Stinger missile slammed into the side of a car, carrying five Palestinian militants and their leader's five year old daughter. All were killed instantly, and the car was engulfed in a horrific ball of fire. Soon after, a 15 year old female suicide bomber took revenge by stepping into a crowded street near Tel Aviv, and blew herself up taking six Israelis with her and wounding a dozen more.*

These two events describe the everyday calamity that has been going on in the hub of the Middle East conflict since the war of 1948, when the Israeli's fought and won their independence and declared the territory of Israel the 'Jewish homeland'.

Today, this bloody conflict continues as both sides bring much pain and suffering to one another. It is a conflict and crisis that mirrors all conflicts and crises the world over: country to country, community to community, family to family and brother...sister to brother...sister. Will there ever be an end to this conflict? Can Jews and Arabs learn to share the same land, breathe the same air and learn to co-exist? Some believe 'Yes', and others believe that this cannot be resolved because the conditions and causes are too deeply entrenched in the hearts and minds and souls of both the Jewish and Arab people. A few even believe that this is totally impossible.

Sometime ago, I traveled to Israel to see for myself what I had only read about for years regarding the Middle East Crisis. I wanted to find out what was not talked about and what we only hear through the evening news or the headlines of the daily press, or not at all. During the months of my stay in Israel I was lucky to come across a community that few people knew much about. Its name was 'Neve Shalom/ Wahat Al Salam'. While there, I had the opportunity to talk to many people and observe first hand how they had become such a unique group. Sometimes, I was even invited to their homes and we discussed these issues and

concerns over meals and good wine. I met Jews and Arabs alike who were parents, teachers, and even some young people who had grown up in this bi-cultural community. I was fortunate to befriend a few people there and still have contact with them today. One was the coordinator of Community events, who to my surprise, was neither Jewish nor Arab but English. He was married to an Israeli woman in the community. Another man I met while there was the Mayor of the community at the time. He was Palestinian, but a Christian and not a Moslem. I found him to be a thoughtful, wise and quite intelligent man, and someone for whom I have come to hold great respect.

One of the most striking features of the community is the bi-lingual school where the children are taught in both Hebrew and Arabic. Here, they are taught not only to respect their own culture and history, but also that of the others. Another program that got my attention was 'The School of Peace'. This is a project launched by one of the members of the community, a professor at Jerusalem University. It involves a special kind of encounter method that delves more deeply into the Middle East Conflict. It is a program that was very popular at one time in the country and trained many professors, professionals, students and military personnel both Israeli and Arab. It has become very popular internationally as well; people from many countries have come to Israel to receive the training.

Another quality that captured my interest while there was how the people responded to conflict when it happened. The practice of conflict resolution is an everyday affair in this community. Rather than resorting to guns or blowing themselves up, they sit down together and find out what is behind the conflict. In other words, they look at both sides and realize that it takes 'two' to create a conflict; therefore, this must be taken into account, before they ever hope to achieve anything of value. This does not mean that because of the uniqueness of their community, they do not have conflicts. No, quite the contrary. They do have conflicts like the rest of us; the difference is in the way they handle them. They engage in dialog and exploring others' views instead. These people are 'real',

honest, courageous, human beings, who have taken it upon themselves to find a more healthy way to respond to crises.

As stated in their brochure: *"The Oasis of Peace" is made up of dedicated Palestinians and Israelis who have established a model that they hope others will see the evidence that a new kind of society is possible. One where the State of Israel is sustained, Arab minority owns an equal share, has a legitimate voice, where tradition and culture are an integral fact of the rich history of the Middle East".*

Instead of blaming and complaining, as others do, sometimes at the behest of and criticism from both sides who do not support the goals of the community, this community is attempting to find better and more lasting ways for peace among the people of the Middle East. I believe these people should be applauded by the world, because while they may not have all the answers, they are at least working on some of them. They are serving a dual role as both 'Healers and Change Agents'. They are showing what is possible even when others think it is not. They are proving that we can 'make a difference' after all. We just have to start doing it and not give it up.

In the spring of 2006 the community had the chance to show the world what they stood for by hosting a Pink Floyd concert on their land. Despite fears that having Jews and Arabs together could spark some conflicts or even an "act of terrorism", the concert went on without a single incident other than a problem with parking. This showed once again that the goals and vision of the community were strong and enduring. The world community has begun to take notice of this model community of conflict resolution. Many young people have gone to volunteer their time and energy while learning about the everyday functions and livelihood of the community. Professionals from every field from education, community, and government have taken advantage of the other more streamlined programs and projects. For these efforts Neve Shalom Wahat Al Salam has been nominated for a Nobel Prize at least five times. This is an award that they truly deserve.

As taken from their brochure again: *"In the day to day life and interaction of a small community, we are bridging the gap that leads to lives torn apart by fear, hate, and that which resorts to violence. Neva Shalom –Wahat Al Salam (the Oasis of Peace) stands as a living example of what we can do, if we put our mind to it."* They are doing with their experiment what the great pioneer and philosopher, Telihard de Chardin, wrote about years ago. He reminded us: *"The Age of Nations is past, the task before us now, if we are to survive, is to shake off our ancient prejudices and build the Earth."*

Without a doubt the people in this model community are taking a step in this direction.

I have always tried to be grateful and mindful of the rare experiences I have been able to have ever since I took to the 'Global Highway'. Some of these have touched me in ways that I find hard to describe. Others continue to influence my activities all these years later. The Colombian experience is important because it represents the first real challenge in my professional field that was quite new to me. It has shown me what I need to do if I am going to be successful in handling these conditions, despite this reality. The Israeli encounter became a real gift to me by helping me to understand the relationship between September 11 and the Middle East situation - and this is something that I continue to learn about.

Both of these events make me appreciate more and more the sacrifices that others in the world are making to create a better life for themselves, others, family, community, and their countries. This, in some ways, touches the very heart of the larger world. I am glad to be part of a special group of people who are just doing their best to be of service to the planet. However, we live in a time when more people need to step forward to do their part. In the next section I show why this is necessary.

## **A Wounded and Troubled World**

Do we live in a troubled world? Does this have a connection to our wounds i.e. personally, interpersonally, nationally and internationally? Are these fair questions to pose?

If we pay attention to the state of affairs existing at this time in our lives, the answer is a probable 'Yes'. Considering the Iraq and Afghanistan situation, global warming and climate change, the effects of globalization, poverty, hunger, disease, violence and more, might tell us something we need to know more about.

Some time ago I came across some interesting statistics that might shed some light on this issue. These statistics could very well show us how there may be some truth in the notion that we do live in a wounded and troubled world. Consider these statistics:

- There have been over 250 major wars in the world since World War II. During this period 23 million people have been killed, and tens of millions have been made homeless.
- Three times more people have been killed in the last 90 years than in the previous 500 years.
- There are 300,000 child soldiers in the world.
- 33% of the world's people live in authoritarian and non-democratic regions.
- 1 billion people (one third of the world's labor force) are unemployed.
- 2 million (mostly women and children) are sold and transported as human slaves
- 3 million people live on less than 2 dollars a day.
- The wealth of the world's ONE MILLION MILLIONAIRES equal the total combined income of the rest of the planet.
- 10% of all species will become extinct in the next 20 to 50 years.

So, do we live in a wounded and troubled world or not? No doubt we could add some other and even more startling facts and figures to this list of statistics that

would confirm this. The conditions and the state of our world do seem to getting worse. All we have to do is turn on the TV news or read the newspaper. We can also log into to some websites through the internet and find more disturbing tales about the world's condition. Some believe that our days on this planet are numbered and we are heading for ultimate destruction. This could be caused by both natural and human-made catastrophes. A few have even targeted 2012 as the date when it will happen. This date is supported by prophecies, the Mayan calendar and more and more scientists. Nuclear war has not been ruled out either. It seems that there are those who would like to see how these weapons of 'Mass Destruction' would perform. After all we have created them, so why not use them rather than waste taxpayers money on their development.

Take for example the tensions that have built up between Iran and the former Bush administration about their Nuclear Energy program. Moreover, many Governments now fear that terrorist organizations will detonate nuclear devices in US or European cities It is only a question of time. Psychologist and author Mariam Greenspan has become so bold as to call these times today 'The Planetary Dark Night of the Soul'.

So, if we want to see the doomsday side of things, we can certainly come up with enough information to prove all the facts, predictions, guesses and hearsay as true and substantial. Or we could look at lighter side of things and find that along with more 'shadow elements' appearing in our lives and the world, we are witnessing more and more people waking up to the need to get involved, and become part of the processes and steps to creating and shaping a better future world. We can see this happening in all domains, fields and professions, with all ages, gender and roles, rich and poor throughout the planet.

Some believe, as I do, that sometimes it is necessary to have a period of darkness, in order to bring on one of more light. Let us remember, that it takes a storm before the rainbow can appear. The question we have to ask ourselves is: How

much of a storm do we need before we are ready to receive the rainbow and the lighter side of things?

More and more we are coming to understand that the times we are living in, as troubling as they can be at times, have something to teach us about not getting too carried away with our temporary desires and impulses, and to keep our feet on the ground. There are simply times when we need this. They provide us with certain kinds of initiations that are necessary for taking the next steps of our growth and maturity as individuals, family members, communities, countries and the world itself. It is these initiation rites that awaken the 'global archetype' we all possess and remind us of our higher natures and the larger capacities for living that come with them.

Gandhi wrote of the 7 things that could destroy us as an evolving human society. In closing, I wish to touch on these, as they relate to the theme here of our Wounded and troubled world.

### **Seven Things That Can Destroy Us:**

- Wealth without Work
- Pleasure without Conscience
- Knowledge without Character
- Commerce without Morality
- Science without Humanity
- Worship without Sacrifice
- Politics without Principle.

If we are able to step back and take a good look at these seven traits, we can learn something important. First, we live in a world today where people are looking for the easiest and quickest ways to be rich. Most are willing to work for it, but many are not. They just expect prosperity to come to them'.

Second, people are becoming more and more hedonistic and want to be high on life. They want more thrills, more danger, and more risks. There are many TV programs that give large sums of money to those willing to take the bigger risks and perform feats of daring. Then again, this might demonstrate that we are really bored with life and find little meaning in our purpose for being alive. Do we think enough about the consequences of this? Do we really know what we are seeking? Or is it just to get the 'big bucks' or climb the ladder to fame?

Third, there are so many highly educated people today on the planet: Ph.D.'s, MBA's, Dr. of Laws, etc. People are becoming experts on just about everything from foot massage to brain surgery. People may be 'Know it alls' at a superficial level but they cannot value real knowledge and I dare say, real wisdom.

Fourth, all we have to do is remember what happened with the Enron scandal to see where we are headed with balancing money, power, sex, and love. Our foreign policies are getting contaminated, while we are still trying to find better ways to make globalization work and still reap a profit. Could it be that we are also struggling to balance the extremes of our two selves typified by greed and generosity?

Fifth, Einstein warned after splitting the atom we have to change our way of thinking. So, what happens when some of the greatest minds are the brains behind some of the most horrible weapons of mass destruction? What kind of change of thinking is this?

Sixth, have we been missing something when it comes to how we are using our deep internal resources? Are we in need of a newer understanding of what we believe is right, moral and just? Has our God died again and we have replaced him/her with money and material things?

Seventh, I think the former Bush Administration and others in the higher offices of government need a refresher course in 'principles'. Somehow they have managed

to create a rule of law for others, but one that they do not have to obey themselves. What happens to us when our leaders believe they are above the very principles they have sworn to uphold? Just take a look at the business sector, the justice system, community, halls of learning, and state and national government. What are we finding?

Obvious or not, we do live in a so-called 'wounded and troubled world', but what is our response to this? Are we continuing on as if nothing can be done to change it, or simply going into denial about it, as many have done? Or can we muster up the courage and heart to do something about it? Today we need not only a change in how we think, feel, see, choose, and select our priorities. We need a revolution. We need a revolution of consciousness and heart. As we continue on, it might profit us to take this more into consideration.

### **The 'Mission Thing': How Does It Relate To This Book's Task And Message?**

I constantly meet people who are asking themselves (and others) 'what is my mission?' They come from all ranks, ages, and gender. I can remember years ago when I too was asking this probing question myself.

I can recall over 15 years ago the first time I gave a presentation for United Nations staff and noticed a plaque on the wall near the room where I was giving the presentation, with the following inscription. "I don't have time to blame or complain because I'm too busy trying to make a difference". These were the words of a UN staff person who had dedicated 30 years of her life to the goals and work of the United Nations. I've never forgotten these simple words and try to remember them when I am tired, in a bad mood and find myself in a blaming and complaining place. Sometimes it works and other times it doesn't, but at least it gives me a chance to step back from what I'm doing that is causing my mood or disposition. No doubt this woman believed her work with the United Nations was some kind of a 'mission' for her. For certain, the world could use a hundred more like her. People who are dedicated and look beyond the usual payment of money,

status, and some exalted position are those who are the pioneers and leaders that I have written about in this book.

So, what are some of the views held about the mission idea and how do these match those that I will share in the book? I have come to believe that our 'mission' or 'calling', if we like, or even destiny, begin at birth. This does not necessarily mean that this is a fixed place and pattern and never changing. No, this is not the case. In fact, it is through change and continuous learning and life experience that our sense of mission is revealed to us. In a sense it evolves or grows into a higher level of maturity. Another factor that comes is that it also has a link and deeper connection to the workings of the heart. Emotional intelligence could even play an important role in this, because this is where love and joy come in. Put another way, it has to do with "Doing what we love to do". Of course, other factors are also part of this, such as honesty, commitment, dedication, discipline, choice and trust, to name a few important ones. Our passion, dreams, visions, and inspiration are also part of these and help motivate and give direction and purpose to our sense of mission.

When these vital ingredients become integrated, it does not matter what role we play in the mission drama. We can be parents, a ball player, opera singer, actor, social, environmental and peace activist, book publisher and agent, or CEOs of various companies and organizations. On some occasion, a few politicians who see beyond a thirst for power, prestige and ego can know this place. Take Jimmy Carter, John Kennedy, his brother Bobby, and Nelson Mandela for example.

Undoubtedly, many of the people I talk about in the book, those whom I profile, could relate to the mission thing quite well. Indeed, their beliefs, values and actions are all about making a difference. They are focused on healing and change and want to do something for our ailing human family and planet.

Finally, let us remember that the mission task can have its disappointments. While we sometimes see our mission or calling as some kind of noble task of

service, our mission can also focus us on things that we need to pay more attention to: things like health, family, paying the bills and tasks necessary for our livelihood, and keeping our feet on the ground.

Gandhi said something that deserves to be repeated here as it fits in well with this presentation about mission. His words speak to our greater capacities that sadly we often ignore or have learned to keep buried under addressing the needs of others, expectations, culture and habits. He asks us to look more closely and deeply at what we believe to be true or not. He says: *"The difference between what we are doing and what we are capable of doing would solve most of the world's problems."*

I suspect Gandhi really had a deep understanding of the 'mission factor' and how it serves us in our lives. I believe that Mother Teresa, the Saint of the Poor of Calcutta had an even deeper sense of what this was about. *"God does not command that we do great things only little things with great love."* I think that both Gandhi's and Mother Teresa's spirit resonates quite well with this book. This would certainly be true when we are speaking of our missions to others, the world and the Earth itself.

### **Doing Our Part/Making A Difference**

*It is time to speak your truth, listen to  
the truth and do not look outside yourself for the leader.  
Create your community and awaken to the sacred. We  
are the ones we have been waiting for.*

Hopi Elder Prophecy

Can ordinary people like you and me become healers and change agents? Is it possible to bring change to the world? If I had to provide a quick answer to these two questions it would be 'Yes' for both.

There are pioneers in all sectors of our society. They are the 'pathfinders', the ones who wish to go where others fear to tread; the ones willing to explore those places in our lives where few are interested or desire to know more about. They are the ones, as humans, who desire to break out of the 'boxes' and the restrictive comfort zones. I feel lucky to know some of these fine people. Since I have not included them in the text of this book, I want to honor each of them now by saying a few things about them.

Let us start with two international acclaimed teachers and leaders in their own right. Dr. Jane Goodall and Chief Phil Lane Jr. Jane travels 300 days a year all around the world doing her work of education and peace with youth, in her international organization that has Institutes all over the world, called 'Roots and Shoots'. It is no wonder she has been awarded the title "UN Messenger of Peace". Jane is still going strong and is in her 70's.

Phil Lane Jr. is a full blood Dakota Sioux, Chickasaw Indian who has received international acclaim for his work in community development. He was a former champion wrestler, one time captain of the University of Washington wrestling team, a University professor, CEO, and founder of the esteemed Four Worlds Institute International. Jane and Phil have honored me by writing the co-foreword to this book.

Then there is my good friend Dan Brule. Dan travels the world as I do. In fact we met while we both were at a conference near Moscow, Russia and have stayed in contact ever since. Dan is not a practicing psychologist as I am. His thing is 'breath work' and he is one of the best in this field that I have met. Originally, he was a football star, deep sea diver and a corpsman in Vietnam. Now he travels the world, teaching people about the marvels of their own breath. He studied with Leonard Orr, the founder of the breath method known as 're-birthing', and also studied with a breath master in China.

Next, is my dear sister Brigitte Wingelmeyer. She is Austrian, mother of a daughter, has been a Sufi, went through two 40 day fasts, and survived cancer many years ago. She has studied with various Shamans and an Apache medicine woman. She and I worked together several times over the years in both Austria and Hungary. She is a powerful healer and teacher. She is one I always learn from.

My friend Dr. Esben Esther Benestad is a Norwegian writer, sexologist and physician, University professor, co-director of an Institute with his psychologist wife, Elsa, father of a daughter and an award winning film director son. In addition, he is a 'cross dresser' or transvestite. He is a highly intelligent and creative soul who gives a lot to the people of Norway and throughout Scandinavia.

Lastly, there is my good brother, Dr. Steve Cady, a professor of Organization Development at Bowling Green State University. He gives some of the best international conference presentations that I have been to. He has a knack for getting the 'right' kind of people together and is a great teacher. This is his gift. I have been a guest several times in his graduate classes. Steve and I met at a conference over 7 years ago in Africa and have been good friends since. We are planning some projects together in Russia, China, and South America.

These are a few of the people I know who model what we can all do when it is needed and called for.

Now, let us look at some of the other ones we will meet later in the book and in the chapters ahead.

One is a Correction Officer who has created a program for the sons and daughters of the incarcerated to keep them from following in their parents' footsteps. Another is an Australian writer, poet and youth counselor who has been in a wheel chair his whole life. You will meet an Hungarian Mother who was abandoned by her husband after giving birth to a multiple handicapped child but later went on to found a highly successful rehabilitation community for handicapped people using a

humanistic model of treatment. Then I'll introduce you to an Inuit (Eskimo) youth counselor with artificial arms and legs who teaches hockey to young people in his village of the Baffin Islands, in Canada's Northwest Territories . At one time he was destined for a career in professional hockey, but an accident on his high school graduation night shattered his dreams. The last one is a female Pakistani medical doctor who has been fighting the traditional honor killings, a Middle Eastern custom that allows husbands, fathers, brothers or other male relatives to kill their wives or daughters, when it is believed that they have brought disgrace to the family, father or husband. Often it is a result of adultery, but if a woman is also attacked and raped, she may suffer the same fate. We have to ask where is the justice in this?

These are just a few of the interesting profiles we will look at in the book.

Can ordinary people make a difference? Some may believe these people I have profiled are not ordinary. This is not true. The only difference is that they took steps beyond the usual limits that keep most of us from going forward or changing our situation. This is what makes them both ordinary as well as extraordinary. Let us remember that in our world today there is plenty of work for all of us to do - work that matches our temperament, capacities, skills and personal nature. We need to find out what it is.

## The Book's Main Purpose And Message

*Perhaps the most basic challenge humanity faces  
is to awaken our capacity for collective knowing and conscious action  
so that we knowing can respond successfully to the immense  
social and ecological difficulties that now confront us.*

Duane Elgin

Some say and believe that the times we are living in represent the symptoms of the coming catastrophe that will bring forth the final destruction of our species. Others believe that these times speak of a 'great transition period' that is to prepare us for a different kind of world, if we can survive this event. Still, there are those who seem lost in the choice or sense of direction and which path they wish to take. A few even elect to hide in the more protective world of denial, believing that if they just stay busy enough, everything that brings discomfort and insecurity will simply pass in time.

Whatever path we choose to follow, we are all participating in a CHANGE process, the likes of which we have never known before. Some of this is part of the natural processes the Earth takes in trying to heal itself, but part of it also relates to our negligence, abuse and immaturity in how we have lived on this earth and how we have ignored our deeper and more important relationship to it. We have become childish, greedy and thoughtless and this is coming back to haunt us.

Gandhi said: 'The earth provides enough for everyone's need but not enough for everyone's greed.' I guess Gandhi was able to see things then that we are not able to see so well now. We have heard these kinds of sentiments expressed many times before. This is especially true in the last 25 years when our world has made some destructive choices about how to co-exist on this planet. Need I say more about this? We are coming to see that we can no longer ignore the signs that alert us of our possible peril. We are receiving more and more 'wake up calls', and September 11 was only one of the many yet to come.

It is for this reason that I have written this book and now offer it to a world –wide audience. IT HAS BEEN BORN OUT OF MY MANY YEARS OF TRAVELING, LEARNING, GROWING AND WORKING IN ALL DIFFERENT PARTS OF THE WORLD. In this sense the world and its people have assisted me in the creation of this book. . Therefore, I give back to my teachers what they have helped me to know and understand about each of our places in the world and how we have to start paying attention to the greater connection that exists among us as citizens of the planet.

So, we all have our tasks now, if we are going to survive this period of 'great change'...or Dark Time? In order to assist in this task, I have selected five main goals and tasks that I wish to focus on throughout the book. These are:

- The impact of September 11, 2001 on the World.
- Globalization, hunger, poverty, war etc., their relationship to September 11, and their effect on the world.
- The need for healing and change both locally and globally.
- Provide a platform for those who are active in healing and change work.
- Sound a call to 'ordinary citizens' everywhere to do their part in the healing and change process.

I have provided a loose kind of structure to achieve these five goals and tasks. It is vital that the structure that serves and gives direction for the book must have flexibility to insure that 'creativity can have its space to move and breathe.

The book is divided into three parts. The first Part has to do with 'awakening' to Consciousness. Here we look at September 11 and its aftermath. We also examine some aspects of the Iraq War and its implication for the next steps and processes for the world's future. Then we look more in depth at globalization and how this fits into the larger scheme. Recall that I am a psychologist and not an economist. Therefore I am speaking as a concerned person and a citizen who can see what

has happened to others as a result of some of its effects on people's livelihoods. Towards the end of this first Part of the book I set the scene for the creation of a path that we can use to learn more about our own lives as it relates to 'transition' and other factors as part of the times we live now and in the future.

In Part 2, I propose we can create a new vision and space where all can be more attentive to the tasks ahead. Here we get into some more specific tasks that we can start practicing. In the last section Part 2, we look at our greater responsibility to nature and how this is an imperative, if we are to see the connection with such things as global warming, hurricanes, and volcanic movements. This chapter is a primer for deepening our relationship with the Earth mother.

In Part 3 we face the realm of calling, mission and actively doing our part. Here I offer steps for becoming more global in consciousness. In this 3<sup>rd</sup> part we meet some of the activist and leaders from all parts of the world. Their profiles will reveal why they are considered the 'New generation of Warriors.'

In the Voices of Hope for the Future, I have selected the most precious words of those who share the goals of the book and their hearts and minds resonate with these.

So, who is this book for? Who might enjoy reading it and drawing something of value from its contents? Generally speaking, I believe anyone who is concerned about the state of the world today will get something from this book. More specifically, teachers of all kinds, psychologists, therapists, social workers, counselors, healers, social, environmental and peace activists, lawyers, business people, leaders, parents, as well as young people, grandparents who are still active, community workers, and hopefully government officials who have the position and power to effect meaningful and needed change. This book is for anyone who is actively involved in some cause, project or action that benefits others and the world. Doubtless those who are curious to check out the scene

around global work and travel, not to mention expatriates from various countries, whether in a bustling city or a remote jungle village, might enjoy the read.

The book is about, and for the Teacher, Healer, Activist, and Leader in us all: The one that resides in our own hearts and minds; the one that imagines and dreams of things being different and moves forward to make this happen. The one who knows it is the little things that count most in our lives, such as a hug a smile, or a kind word that can brighten someone's day.

Lastly, the book would also be a good text for a School for Global Psychologists that I may set up someday in my retirement. Who knows what the future can bring.

### **A Message To Us**

*It is my hope that by the time you have finished reading or going through the book you as the reader will have not only a better sense of the need for healing and change in the world but how each of us is part of this. I also hope that the book serves as a call to 'action and meaningful choice' and helps you get started on the path if need be or to have more clarity about it, if you are already on it but have many unanswered questions about it.*

If what I have laid out here makes good sense, then I strongly suggest that we get started with the next step. This is where a lot of people got started in their mission path and for some it was a real 'shock' similar to what most of us felt when the Twin Towers came crashing down on September 11, 2001. It was on this day that the American people understood that they had been attacked and the world also took notice at what had just happened.

## **PART I: Awakening to Consciousness ..... or Not**

*If you wish the world to become Loving and Compassionate,  
become loving and compassionate yourself.  
If you wish to diminish FEAR in the world, diminish your own.  
These are the gifts that you can give.*

Gary Zukav

*Is this dawning of the twenty-first century, with all its foreboding, going to be the  
beginning of a century of darkness and death?  
Or the beginning of humanity's awakening to its own purpose?  
As the moment when we humans finally begin to amass the collective courage  
we need to bring peace to the world.*

Miriam Greenspan

*I say again, what is needed on your planet is a massive shift in Consciousness: A  
change in your awareness, a renewed aspect for all life, and a deepened  
understanding of the inter-relatedness of everything.*

Neal Donald Walsh

*What matters is whether we can awaken ourselves from the nightmare before it  
becomes all-consuming, and bring a measure of peace and justice and hope to the  
world that is, right now, within the reach of our opportunity and our capacities.*

Noam Chomsky

*Let the future say of our generation that we sent forth mighty currents of hope,  
and that we worked together to heal the world.*

Jeffrey Sachs

## CHAPTER ONE

### September 11: "Wake Up World!"

*If a free society cannot help the many who are poor,  
it cannot save the few who are rich.*

John F. Kennedy

ISTANBUL, TURKEY, SEPTEMBER 11, 2001

"Terrorists have just attacked the World Trade Center in New York", my Turkish friend shouted, as he charged into the living room where I was sitting. I had arrived in Istanbul only a few days before after giving two weeks of workshops in Russia. I had come at the invitation of a Russian woman living in Turkey who had attended two of my workshops in Moscow and wanted me to meet some of her friends that were interested in my giving some workshops in Turkey. I was tired, a bit jet lagged and needing to rest from my grueling workshop and traveling schedule. Plus, I was somewhat nervous being in Istanbul because a Kurdish suicide bomber had blown himself up the day before in a busy downtown square of Istanbul, killing 16 people and wounding many others. As it happened, my Turkish friend was in that square at the time and had the surprise of his life when one of the legs of the suicide bomber landed at his feet after the explosion. This had shaken him up and it took him some time to calm down about it.

I can still recall the shock I felt as I looked at the television screen as the first tower of the World Trade Center began to crumble into a heap of smoke and ash

of twisted metal and bodies as the second tower followed some twenty minutes later. I watched in horror as the scene was repeated as my Turkish friend played with the remote control, each time just as powerful to my eyes as the earlier ones. I must have sat there for hours before coming to my senses and finally turning off the TV. The main question racing through my mind in that moment was, "Does this mean war?" This may seem strange, but under the conditions it did not seem like something to rule out, with the Middle East situation having been deteriorating. All President Bush could talk about in the next few weeks was going after Saddam Hussein and Al Qaeda, and his War against Terror.

I also remember the anger I felt when later CNN and BBC showed large crowds in some Middle Eastern cities rejoicing and proclaiming Al Qaeda and Bin Ladin as heroes. While this initially annoyed me, I realized like most Americans I knew little about Al Qaeda and Bin Ladin other than what I had read in the newspaper or seen on the news and was out of touch with what was going on in the Middle East. I did sense that the often one-sided policies of the US government throughout many third world countries had finally taken their toll. And then there were the ghosts of Vietnam, Chile, Guatemala, El Salvador, Indonesia and other places where the US had wielded its heavy hand which had come back to haunt it. Now they were being confronted with a similar bullying, brutality and violence that had caused much suffering and death to others across the world. 'Big Brother' was being held accountable for his actions. It was no longer a question of whether an event like September 11 or something comparable could happen. The attack on the World Trade Center was a clear sign that its time had come.

In the weeks following September 11, I began to think about the implications of that horrible day and what it meant to me personally and my world. Was there something I wasn't seeing, I asked myself? Was it possible that the Islamic people were our enemies after all? I remember the story of the Turkish father who beat his 13 year old daughter to death with a hammer because she refused to obey him. In my mind this seemed pretty barbaric and I am sure it did to many others as well. I was also considering my relationship with my Turkish roommate. I had noticed that he could be quite impulsive at times, and was emotionally high strung yet at the same time he was kind and had a good heart. It was confusing to say the least. My mind was full of all kinds of thoughts and some of these were not pleasant. September 11 and its implications did not make sense to me at all. Maybe I was just paranoid, I thought.

As I listened to the various newscasts about September 11 I saw how biased the information appeared to be, from both sides. But even through this I was trying to understand how all this related to me. How were I and others connected to this event, if at all? And more importantly, what did I intend to do about it? I did know one thing, and this stemmed from what I had learned during the last 20 years of travel and work throughout the world. I knew how clever the United States Government could be in covering up the truth and blatantly lying to the American people about certain events. Think for example about Watergate, the Pentagon Papers, the Iran-Contra Affair, Agent Orange in Vietnam, and all the way back to the first explosion of the hydrogen bomb when soldiers who cleaned up the '

radioactive dust' at the bomb site were told it was completely safe. Later many of these soldiers died of cancer. The sad part is that the average American has always been blind to these lies and twisted facts of their government which go all the way back to the broken treaties with the first Americans, the Indian people.

No, I had my suspicions and sensed that the government had its own 'dirty laundry' someplace which would make it hard to know the real truth behind September 11. Just like the truth about the Kennedy assassination has never come out, so I sensed that the complete truth about September 11 might never come out.

I began to feel a desire to know more about this whole affair. It might even require that I even write a book about it. At least I was going to satisfy some of my own desires and try to answer some of the questions I still had about September 11 and its connection to the world at large.

### Steps To Awakening

As of this writing seven years have come and gone since September 11, many funerals have been attended, wakes given and tears cried. A slew of books have been written about it, along with countless articles in newspapers, magazines and journals. Various TV documentaries have been made with special awards given to their creators while radio and TV talk shows have discussed, argued and analyzed the event from the psychological roots to the social and political: some causing even more heated debates between both sides. Some reports find authors pointing an accusing finger at globalization's blunders and injustices, while others still believe in globalization's principles and practices and are willing to defend their stand at all costs.

Other books and articles focus on the foreign policies of the United States government and its handiwork in far off countries with coups and takeovers orchestrated by the CIA and supporting various dictators willing to protect the economic interests of the United States. The ordinary citizen blames the economist and other financial wizards. They in turn blame the heads of various branches of government: The World Bank, I.M.F., and W.T.O. who in turn hold other political leaders responsible. During International Trade conferences protestors hold all the above at fault. Everyone is afraid, angry, confused and little if any communication happens. This of course does nothing to enhance the more positive stream of the movement and realizing its better intentions.

And on and on it goes, while everyone from politician to retail buyer points the finger at someone or something else. No one wants to see the bigger side of things in how we all play a part in both the creative and destructive aspects of the whole issue. On some occasions a few have had the courage to be honest and transparent, often at great personal sacrifice. But most try their best to stay out of the range of fire. Few of us dare to see the blood dripping from our own hands and the implications that come through the images of September 11's carnage and globalization's effect - the influence in our lives and the world these past years, including high technology information systems, the effects of the United States' foreign policies in the world throughout time and much more. We fail to see our part in all these happenings and without knowing how or why we as ordinary citizens have contributed to the problem. We have failed to see how we must begin to have a global perspective, if we are going to be more truly global in this world and its future. This is one of the goals of this book.

### **The World Waits**

President Bush declared war on terrorism and everything he has done since September 11, 2001, seems tethered to that fateful day's events. Yet it is not terrorism but fear that is the enemy, and in the end, fear will not defeat fear (Benjamin Barber 'Fear's Empire')

The world waits to see what will happen with George W. Bush's declared war on terrorism. The first step was the bombing campaign of Afghanistan after the Taliban refused to turn over Osama Bin Laden, the supposed master mind behind September 11. This bombing campaign caused the deaths of many innocent children and adults and the continuous destruction of a country that had already been ravaged by years of bloody war with the Russians. The Taliban regime fell in just a few weeks to the great surprise of everyone, though many of its leaders escaped across the border to Pakistan and other nearby countries. They were the lucky ones, because those who were not so lucky were captured by American forces and still are being detained with heavy armed guard in a specially designed facility in Guantánamo Bay, Cuba.

It has been many years since Bush and his administration took their second step in their "war against terrorism" from Afghanistan to Iraq to find Saddam Hussein's cache of weapons of mass destruction and bring American style democracy to one of the first Arab nations in the Middle East. Both U.S. and coalition forces have been killed as the resistance has been surprisingly strong and the guerrilla elements keep the invading forces on their toes while hostilities towards the U.S. presence in the country increase. On some occasions Arabs from other countries join in the Iraqis in the fight against the larger and better equipped forces of the U.S. and coalition troops. Civilians have been injured and killed, as well as others from different countries who have been kidnapped by the Muslim renegade fighters. In several cases those captured have been beheaded and the grizzly scene recorded and distributed worldwide through the internet. American soldiers have been arrested in a scandal about abuse of inmates at Abu Ghraib prison although some believe that the responsibility could go to the highest of levels of the Bush Administration. More recently discoveries have been made about the secret CIA prisons set up in strategic places around the world from Iraq, to Germany, and other countries.

Who can tell how it will go. The atmosphere grows more tense day by day and some Americans want their sons and daughters back home while others still want

to see what will happen after the recent election of the first black President of the US, Barak Obama. After all, the "surge" of General David Patreaus shows evidence that it might be working. Still many are skeptical of how George Bush handled the war that he and his administration set into motion. Saddam Hussein was captured, tried by his peers, and after a long trial was hanged. Elections have been held and the Iraqis are on the road in becoming, in some form, one of the first democracies in the Arab world.

The newly formed government of Iraq is having a difficult time getting established as clashes between Shiites and Sunnis continue in a horrible bloodbath. In the U.S. the Bush administration has come to its end and many are waiting to see how the new president, with a "rock star" image will handle things. After all he promised to begin pulling out the troops as soon as possible after taking office. But not only has he inherited the numerous mistakes of the Bush administration, he also has the financial crisis of 2008 that has spread the world over. Some skeptics still believe that the country is not ready to have its first black president. Others want to give him a chance. If he fails to live up to his campaign slogans, "yes we can" and "change we need" it will be easier to blame him, rather than to accept some of the responsibility for how things play out over time.

So, what is the real reason that the Bush administration orchestrated the military operation in Iraq? This is a question that many people around the world, along with other Americans continue to ask. And what about the talk of attacking Iran? Are these policies of the United States backed by the American people? Was it the voice of the man who wanted to be remembered in history as the "War President"? Or does it also reveal the limited view of the world and the naiveté so characteristic of the American persona? I suspect that a lot more broad minded and forward thinking Americans could also offer additional views to this whole scenario. Let us continue.

Some believe that Bush had just taken another step beyond what his father had done during the Gulf War. Others believed little in Bush and his cabinet's claim that

the whole thing was about freedom and removing a dictator from power, especially given that Saddam was once an ally of the United States during his war with Iran and was supplied weapons for this task by the US. He was also supplied by the U.S. with the chemical ingredients his regime used in the making of the gas that killed hundreds of thousands of Kurdish people. There are some people who see the whole thing as really about control of the oil. Let us not forget also the fat contracts that have gone to various corporations and their foreign allies for their role in the reconstruction of the country. Consider Halliburton for a start.

As always, the whole thing about "economic interests", the favorite answer used by the American government, stands out here. We also need to consider reports of soldiers dying of aggressive forms of cancer because of the radioactive chemicals in the munitions that on exploding, still hang in the air that people breathe. There are also more and more suicides being committed by soldiers serving in Iraq and Afghanistan, but I guess this goes with war doesn't it?

So when we get down to it how will we ever know for sure what was behind the Bush Administration's insistence that Iraq was a threat to the United States because of weapons of mass destruction, especially when none have ever been found? The evidence is clear now that they knew this all along and simply lied to the American people.

So, were the Iraqi and Afghanistan invasions about oil or freedom or the protection of U.S. economic interests? Or could it even be something else hidden from the eyes and ears of the people and which the present administration has no desire to divulge to the public? We can only guess. Many believe that all along the Government was lying, a trait they had become masters at over their two terms of office.

In the coming years, we may get some of the answers that many of us are seeking but some of these answers we may never know. Only history will tell us, but some of the things we are beginning to understand now about the policies and practices

of the US government and corporate entities actually do more to hinder and hurt the planet and its citizens than to help it.

It could tell us that September 11 had to do with a Saudi millionaire's 'warrior son', formerly trained by the CIA as a guerrilla fighter in Afghanistan, seeking revenge against America with just another convenient reason for jihad or holy war. Perhaps there is some truth in the belief that his anger was about American soldiers being stationed in the two Holy cities in Saudi Arabia, his home country. It could also tell us what we ordinary citizens failed and refused to do, believing that all we needed to do was give our political leaders the power they wanted to find the solutions to all of our problems. It could also enlighten us about the price we paid for this choice when we didn't want to give up our creature comforts, and by the time we realized this it was too late.

I do not believe we have to pay such a drastic price if we are willing to pay more attention to the messages that life has been sending to us for a lot longer than we realize. We just did not see them or simply did not want to be bothered. It is time that we begin to take a broader and more in-depth look at our choices and actions and to see our part in the whole of what is happening beyond our borders.

I hope that my presentation in this book can assist us, in going to that place inside of us that not only knows about these things, but also knows what to do about them. Again, if we ever hope to understand the real meaning and purpose of becoming more global in our outlook and affairs we have to become more 'awake' in all levels of functioning from the personal and social, to the global. It is time that we began to understand the need to be more responsible and conscious in our conduct and choices about how we live on and with the earth and all those who share it with us. We also need to know that September 11 was only one event and message of many, warning us to do things differently. We would also be wise to heed Chief Seattle's words at the front of the book: *Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web he does to himself.*

## **I Begin to Investigate**

When I started to investigate the lead up to September 11 I wanted to understand things for what they were, not in the way others said they were, such as government, newspapers, television and other public relations organizations that based their reports only on their needs, interests and bias. I wanted to be able to arrive at my own conclusions after being presented with various perspectives. I wanted to know the truth and be able to put it together in my own way. One of the ways to do this was to begin to read about everything I could on the topic. I wanted to be more informed, to hear other perspectives and consult different sources of information. I knew that in the long run everything was connected at some point and on some levels; I was just as connected to its cause and cultivation as the next person, organization or group. So this is what I did. I began reading.

I read books about September 11. Some of these really touched me deeply. The stories of how people became heroes and sacrificed their lives and faced death affected me. I read many books about the pros and cons of globalization. I read books about Bin Laden and Al Qaeda. I came to understand how his organization or network was just one of many similar groups, religious, political or otherwise. Some of these were related to one another and others had no direct connection at all. When we consider the living conditions for many of the world's Muslims it begins to make more sense why they are suspicious about the motives of western governments. I started to see how uninformed we have been about the larger scope of the Middle East and Islam. We still had much to learn, discover and rediscover about our own story.

I began to study Islam and the Holy book the Q'ran. I was surprised that its principles were much like the Christian Bible, that Islam is a religion of peace and not war, but that its principles had been interpreted in other ways and used to manipulate the hearts and minds of others so that certain people or groups could benefit. I even began to understand that the meaning of jihad is more of a

spiritual challenge to oneself than a call to war. This is similar in some ways to other more demanding spiritual initiations that exist in various religious systems throughout the world. I also read many books about the Middle East situation. This gave me a 'birds eye' view of a conflict that existed in this region of the world long before Israel declared itself an independent country.

I read books about the man of the time, George W. Bush, as well as about his cabinet members Colin Powell, Donald Rumsfeld and Dick Cheney. I even read books about previous U.S. administrations from Clinton, Reagan, and Carter back to the policies of Harry Truman and F.D.R. Books on spirituality, business, social activism, psychology, and even some of the newer ideas of physics were included in my reading. Over a period of months I read more than 100 books, at times reading four to five books simultaneously.

A few authors also reminded me that as tragic as it was that many Americans lost their lives on September 11, people from almost 60 other countries lost their lives that day as well. These writers helped me to understand how these deaths, however regrettable, were connected to economic, political and corporate factors and were part of a stream of choices and actions that had historical significance. In short, they were really part of a global chain of events that connected us all no matter who we were, whether we had wealth or not, paid taxes or not, what our beliefs were, religious or otherwise, our political leanings and anything else that gave meaning and purpose to our lives and for being on this earth.

### **Going to the Source**

Another way that I felt led to understand the circumstances of Sept. 11 was to go to where the fire was the hottest, such as to Egypt, Syria, Lebanon, Saudi Arabia, Jordan, Iraq, Iran and most certainly, Israel. This meant that I needed to spend time in the Middle East and experience the people who seemed to be part of the September 11 scenario, one way or another, directly or indirectly. I needed to talk to them, listen to their stories, their side of things and learn how this was relevant in understanding the whole picture. I was also willing if it were necessary and if it

were possible to meet some of the terrorists and find out why they wanted my head on a platter, just because of the passport that I was carrying. I had to risk stepping outside of my comfort zone, my way of seeing, believing, choosing and acting. I had to step into the greater collective domain, structures and processes and see the larger view of things. Only then could I know how it was all connected and how we are all players in a cosmic drama that we also help to manifest and keep alive, however creative or destructive it can be.

Some months later my wish had been granted. I had managed to create a space in my busy traveling schedule and designed the blueprint for a personal sabbatical of two months hoping this would at least get me started on my journey of exploration, learning and discovery. The first countries I intended to visit were Egypt and Jordan. These countries were accessible, and I could more easily get to them from Eastern Europe, where I was residing at the time. Later I would go onto to Israel. After I had finished with this first round of the journey I would include other countries of the Middle East. The plan was not very well thought out, and nor did I have much time to put it together. Nevertheless, it was a start and this was better than nothing at all.

After arriving in Jordan and Egypt and traveling around, I was surprised to learn everywhere I went that people wanted more of my money than my head. I also learned that they had been hurt by September 11 and the Bush administration's policies and relentless war on terrorism because tourism was for many of them their main source of income. As one Egyptian hotel manager told me, with an embarrassed look on his face, "I have no problems with Americans, I like them, but, Bush ... that is another story". He went on to say that many people in the Middle East resented the United States' assumption that they knew how to create a better life for the people. It was one thing to visit another culture but it was another thing to believe you had the answers for them.

A Bedouin shopkeeper in Jordan when asked how he felt about Bush, his war on terrorism and the invasion of Iraq, just raised his brow and looked at me sternly

making sure he had my full attention. Then he replied simply, "Bush and his kind are killers", and he continued on with his shop duties. His statement took me back, I must say. This however, was the attitude that seemed to exist everywhere I traveled in the region. They didn't have problems with the American people. It was our government they were angry with and who they believed was the main source of their problems. Some thought that the Iraq invasion caused more Al Qaeda groups to be formed as well as other extremist ones. In short, the American government's policies and actions actually caused more problems in the Middle East, not fewer.

## **Israel: The Middle East Trouble Spot**

*The state of Israel was born in war and it has lived by the sword ever since.....  
No-one in this conflict has a monopoly on suffering and martyrdom: nor is the responsibility for war atrocities exclusive to one party. In this tragic tribal dispute, both Jews and Arabs have committed acts of unpardonable violence, and both have succumbed at times to their most bestial instincts. What is no less grave is that they both too frequently choose the wrong course, refusing to see changing realities and adapt their policies accordingly.*

Shlom Ben-Ami 'SCARS OF WAR WOUNDS: the Israeli-Arab Tragedy'

## **A Glimpse of the Conflict**

Egypt and Jordan had begun to teach me some of the truths about the Middle East condition. But it was my experiences in Israel itself that helped me understand how this country played a central role in the whole affair historically and culturally as well as on a more personal, social and even global basis.

By the time this book reaches the bookstores Israel will have celebrated its 60TH YEAR OF INDEPENDENCE. For Jewish people, both orthodox and non-orthodox and some Arabs (who have also benefited from having Israeli citizenship) including about a million Russians and a few thousand Christians this will be a time of parties, parades, dancing, being with friends or just a good excuse for having a

break and time off from work. It will also mean another reason to strengthen security all across the country out of fear of a bomb threat in a bus station or some other form of violence. This has become a common routine in the country.

For most of the Palestinian people however this will mean something quite different and the event will be a reminder of how their lives have been impacted in another even more extreme manner and how this still continues to this day. It is what Jewish writer Hannah Mermetstein calls, "Nakaba", the Arabic word for catastrophe.

Six million Palestinian people remain as refugees, some in camps, others in villages close to their original homes, and others spread throughout Europe, the USA and other parts of the world. Jewish immigrants are still coming to Israel and taking up residence, in some of the many settlements that been developed in the West Bank regions of the Palestinian Territories, despite the agreement between the Israeli and Palestinian leaders to desist. But for Palestinians who want to return to their homes, there are none any longer. More than 400 Arab villages have been destroyed to make room for more Jewish settlers moving to Israel. The Jewish celebration is a sad state of affairs for most Palestinians and tends to fuel their pent up anger.

This is obviously a strong indictment about the situation in Israel. Additionally, there are plenty of books and articles on this issue and considerable information on the internet. All we need to do is to retrieve it. Both Israelis and Arabs are willing to discuss their side of the conflict for those interested to hear it.

Each year more and more people from all parts of the world flood into the country in hopes of getting a closer look and understanding of the conflict that has gone on for more than two decades. Some of these people end up becoming supporters and even active in the conflict itself. Others come just to see some of the historical spots like Bethlehem, Nazareth, and Jerusalem and to be a part of the tourist groups passing through the country on a daily basis. Those who do become

involved, risk being thrown out of the country and going to jail for this choice and action. A few have even been killed or injured, during some protests.

An Anthropologist colleague from Canada once told me that the Israeli/Palestinian conflict resembles what happened to the Indian people in the United States long ago. It is about taking their land and putting them on reservations (refugee camps). He said that in the beginning the Arabs were even kind and helpful to the settlers, (similar to the Indians helping the European immigrants coming to America) helping them to survive better in desert conditions that they had become accustomed to even before the birth of Jesus Christ. The Jewish entrepreneurial spirit coupled with their desire to create their Jewish homeland changed all this. Over time the conflict between the two peoples has grown and deepened. Some believe that the Israelis are more to blame and others say it is the Palestinians who are more at fault. Some say it is about religion. Others say it is about history while others blame the leaders and politicians.

I can remember a conversation I had with an Israeli professor some years ago. He told me, "The Arabs hate us and I cannot blame them. If they did to us what we did to them we would react the same way." I have talked to members of the Jewish Peace movement and they describe the events or reasons that caused a change in attitude and consciousness about the conflict. I have read stories about Israeli reserve officers who signed a petition against the harsh treatment of Arabs during military occupation campaigns. I have also witnessed the treatment, both negative and positive, of the Palestinians by Israelis in shops, on the streets, and at the many checkpoints throughout the country. I have also talked to many Arab people and heard stories full of tragedy that left me feeling sad, angry and confused. Some of these stories were not about politics. These were just about the desire to live in peace and to have a better life for themselves and their families and friends.

It is clear that many people caught up in the conflict have grown tired of what it represents but are at a loss as how to bring it to its end. I have friends and

colleagues who are Jewish or Palestinian. They are educated, thoughtful and sometimes even wise about worldly affairs and I learn from them. But when they are in the same room together, and get into an argument about the conflict in Israel, it is both sad and strange to watch educated men and women, who are sometimes also friends, regress to a position of pride and self righteousness, and lose themselves in the process. Once they get started, and the emotions rise and tempers flare there is no way to stop them. I can sense their pain, fear, and anger mixed in with hard-felt memories still lingering from the past. I watch them and wonder how I could possibly assist them in getting back to the point where they can meet as friends again. This is not a very comfortable place to be and can be a test of my wits and heart at times.

Can Jews and Arabs learn to cease the blood letting, share the same land, breathe the same air and learn to co-exist? Can they lay down their arms? Can they forgive the oversight and misdeeds and move on towards a more cooperative and shared living? Can they participate in the needed healing for real peace to come? Some believe it is possible and others not. This response comes from both sides, and from inside and outside the conflict. Others feel that it has been going on for so long that the patterns of the conflict are now far too complicated and established to change things. Many feel that the patterns of hate, anger, and mistrust are simply too deep and have existed too long.

Currently, the leaders of Israel and Palestine are attempting to broker a peace accord that gives the Palestinian people their own state. The Bush administration attempted to support this venture – President Bush stated his belief that peace was possible between the two peoples before he left office. This however, seemed to be an attempt to make a name for himself and to show that he could do some good, after his administration had done so much damage that will take years to repair. This was clearly indicated when the American people gave him an approval rating that was an all time low for any US president. This was not exactly the best way to finish his term of office as president. Now, the new Obama administration will have their hands full in trying to broker a peace in war torn Palestine especially

after the horrible destruction of Gaza at the hands of the Israelis, and the way Hamas used their own people to shield themselves from Israeli attacks while launching their missiles into Israeli territory. Perhaps, having Hillary Clinton at his side as Secretary of State might improve its chances.

I cannot begin to offer any viable solution to the conflict in Israel. I wish I could. I still do not know enough about the situation and need more time and experience to learn more and find the real truth that is always hidden under layers of opinion, judgments, and reactions that tend to slide one way or the other and which is so characteristic of most conflicts. The best I can do at this point is to share some of the experiences that I have had during the many times I have been in the country. Perhaps, some new insight may emerge out of this.

### **Entry into Israel**

So how might I begin to speak about my experiences in Israel? I guess the best place to start is at the beginning. This would be around the time of the Six Day War when Israel declared their victory when Egypt and Syria attacked them.

It was actually about a year before this all started when I attended a two week training with the late pioneer family therapist, Virginia Satir, in the mountains of Colorado. I was just getting started on my path as a budding psychotherapist and had decided to get some training with one of the great masters in the field. This was Virginia Satir. It was there that I met an elderly Jewish lady from Israel, who was a colleague of Virginia's and she invited me to spend some time with her at her Kibbutz community where she lived and practiced as a family therapist. A short time before I was ready to book my flight to Israel I received a letter from her telling me that she had to cancel our plans as this was not a good time to come to Israel. Two months later the war broke out in Israel and I lost contact with her. Over the years I wondered what had happened to her and hoped she had survived the war without any wounds and wished the same for her family and friends.

It amazes me how so often things we just don't expect, or are ready for, such as a war, happen to us. I can also imagine what it must be like to live everyday with this sense of the unexpected, never knowing when someone is going to attempt to kill you or at least injure you. It is this kind of reality, or the imagination of this reality that people in Israel experience frequently. I can speak of this now because I finally made it to Israel and have lived some of this reality although, I must confess, some of these experiences were not the easiest ones to have. After I share about a few of these it will become clearer what I am talking about.

Sometime later after traveling throughout Jordan and Egypt I crossed over into Israel and had my first lesson of being in Israel. I came face to face with Israeli security. By the time the Israeli security agent had taken one look at my passport and seen all the places I had visited (I had stamps in my passport from Egypt and Jordan as well as Colombia, Russia, Kazakhstan and other countries), they had torn through my bags, opened my watch, broken my new umbrella and the zipper on my bag, and body searched me twice. I was beginning to believe that perhaps I could be a terrorist and not even realize it. It was an extremely unnerving experience. I was taken aback by their display of arrogance, the interrogation method and tone of their questions, and their complete disregard for my humanity as well as property. It reinforced the view that they could do whatever they damn well pleased.

I had been exposed to something similar before while changing trains on the border between Spain and France, in South America, parts of Asia, and in Russia. But these did not compare to what happened to me with the Israeli security. It was very clear they were letting me know, right up front, that I was in their territory, and I should not forget it. I learned later that this was a fairly common experience for foreigners. From my point of view, this kind of treatment is not the most effective way of winning friends and supporters of their cause. It just humiliates people and makes more enemies. It also reinforces the notion that if someone shows the slightest reason for suspicion it will most likely lead to guilt. This encounter with the Israeli security marked my first visit to Israel and the 'hub'

of the Middle East conflict. I was an event I have never forgotten. It has taken some more encounters with Israeli security as well as soldiers at various check points to understand the implications of this style of treatment. Some of the soldiers were respectful and others bullying and inconsiderate. This, mixed with other related events and experiences, also contributed to an in-depth understanding of how the people in Israel have learned to make sense of the reality they live every day.

Since that first time visit to Israel I have returned many times. On my first visit I traveled throughout the country as a tourist who came to learn, observe, and better understand the situation there. This turned out to be easier said than done because during my first stay I became even more confused than I was before coming to the country. And despite my desire not to I ended up doing some psychological work also.

I talked to many people, some Jewish and others Arab. I heard stories of pain and suffering inflicted on both sides: the suicide bombings that killed innocent children, the young Arabs who died of gunshot wounds for throwing a stone at an Israeli tank, and other things much worse. After a while, I did not know what or whom to believe. My heart was going out to all those I was talking to. It was a real challenge to me both personally and professionally. I have always been a sucker for a sad story but when someone used aggressive methods and tactics to sway me one way or another, like some of the taxi or bus drivers or security guards at train and bus stations, I usually put up a protective shield around me. This, as we know, is not always the best way to respond because it can also cause us to act the same way as our aggressors and to blot out things we might need to hear. I found it was happening to me at times too.

I rode buses full of armed Israeli soldiers and was present during three bomb scares, one of them at my bus stop. I was told that these were routine events throughout the country. I met a young Israeli soldier who had just finished his three years mandatory service who was on his way to Peru within the next few

days. He told me that Peru was a favorite spot for young guys to go after completing their military service because it provided distance from the situation in Israel and a chance to get their heads straight again. After talking with him for a while I could understand the effect his military experience had had on him. He seemed lost and disoriented about what he was going to do with his life. I sensed a deep sadness in him and one that he was not much in touch with. I could recall earlier experiences in my career when I had worked with returning Vietnam Vets.

When he found out I was a psychologist he began to pour his heart out about losing three of his friends who had been killed in Gaza. I really felt for him and could both see and feel his pain of loss. I could see some of the same patterns and effects that I noticed with some of the Vets that I worked with before. I encouraged him to talk about his situation and that I would just listen. This seemed to help a bit but I knew he need further help. I suggested that he seek professional help from someone who had worked with this kind of thing before. In the meantime, I suggested that he write letters to his dead friends as a way of letting go of some of his grief. I had used this method a lot when working with people who had lost loved ones or friends because of kidnappings or murder in Colombia and elsewhere. It is a useful tool but additional therapy is usually needed along with this. I told him that grief takes time and is just part of our natural way to heal a loss. Again, I reminded him about getting further help, but sensed he would not. Maybe he was stuck in the denial so characteristic of people in his situation. This made me a bit sad but I was not familiar with the mental health system in Israel and knew there was only so much I could do.

On another occasion, I had another experience that left me a both puzzled and sad. This time involved another encounter with a soldier, but it was quite different in a couple of important ways. One is that this soldier was just beginning military service. The other is that while being Jewish this service was from Canada and a recent Law School graduate. What was also striking about all of this is that this soldier was a woman who had volunteered to serve in the military and had asked for combat duty and gotten it. The day I met her she was on her way to Gaza.

I met this young lady just as I was ready to step off the train at the main station in Haifa. I was on my way to visit an old Jewish professor friend who lived there in the upper half of the city. Being new in Haifa I did not know exactly when to get off the train. I glanced around the train car hoping to see someone who might help me. I had used this strategy many times in my travels and sometimes it worked. Since I had already had an encounter with a soldier, and noticed a lot of other soldiers on the train, I decided to give it a try. "Could anyone help me with some directions?" I blurted out. At first nothing happened and most of the soldiers just ignored me. So I said it again, this time with emphasis, "Please, could someone give me some directions? I'm lost." Still no response. A few minutes before I was ready to scrap the whole idea and find another solution to my dilemma, I heard the melodic voice of a young lady, "Sure, where is it you want to go?" This began a conversation that lasted for no more than twenty minutes but I still remember it today. She told me she had only recently finished passing the Bar exam and was ready to begin her legal practice. But before she did this she wanted to do her part by serving in the military.

I was a bit surprised when she told me this. But not as shocked as I was when she told me that she had volunteered, and asked for combat duty. She wanted to be on the battle field. I asked her what would happen if she saw some real action and maybe was shot or killed. She told me she was willing to take this risk and if she were killed she would at least be doing her part in service to her people. I also asked her how she would handle it if she ended up killing someone? "I know I could do it", she replied. Then she informed me that she was an excellent shot and had scored better on the firing range than a lot of the males she had trained with. I saw no point in delving deeper to get behind her rationale for doing what she was doing. She had obviously made her choice and had to live with it. At this point she pointed across the street to a bus stop telling me this was where the bus stopped that that would take me to where I wanted to go. We said good-bye; I thanked her and that was it.

Since that time, I have thought about her and wondered what happened when she ended up in Gaza? Did she go into battle or not? Did she know what it was like to stand face to face with another, flesh and blood human being who could kill her? Did she have a time of initiation and passage that is more common for males in combat situations? Did she experience her first kill? Was she able to handle it as she believed she could? Or even worse, could it have been her that was killed when another soldier from the other side aimed and shot first? Could she live with herself if she discovered that her excellent marksmanship had caused the death of a child? What a senseless death this would be. Here was a young aspiring attorney who threw her life away so early just to have her moment of glory on the battlefield. It also made me wonder what were the older ones in the community telling the young males and females about their responsibilities to God, country, and homeland - Jewish or otherwise? I suspect nothing any different from what young Palestinians are told when asked to become suicide bombers.

On another occasion, while waiting for a bus, I struck up a conversation with a young soldier who was traveling to his home in the southern part of the country. But this meeting turned out completely differently from what I had intended. We got on the bus and were sitting next to one another. I was eager to know what it was like to be in the military in Israel since I too had spent years in the military myself. I began to ask him many questions. At first, he responded as anyone would after meeting a stranger while traveling. But after awhile his responses to my questions became short and defensive. I could sense the tension in the air and had that horrible ache inside my gut, the one we get when we feel we have done something wrong. I squirmed a bit in my seat, cleared my throat and became silent. "This guy is reacting as if I am the enemy and could do him harm", I said to myself. Several times, I caught myself staring at the automatic weapon that he held tightly next to his leg. I could not help myself. I did not know what to expect next.

I sat there quietly, while rerunning the mental movies of all the times when through my naiveté and despite my good intentions I ended up putting my foot in

my mouth. In short, I screwed up. This is how it was for the rest of the ride until the bus stopped at the young soldier's final destination. I had hoped that maybe he would say or do something to break the tension between us. But he said and did nothing and made no apparent gesture to change things. The last thing I remember was looking at the back of his head as he stepped off the bus and onto the sidewalk. After he had departed, I sat there for a moment trying to make sense of what had just happened, trying to retrace the steps of our meeting but could not find any insight into would help me to resolve my predicament.

By the time I arrived at my destination I had come to a conclusion about the whole affair. I decided that from now on I would not attempt to converse with any of the soldiers unless they made the first overture. It could save me perhaps from being rejected or even shot. I wondered too how other visitors to Israel had handled such encounters? I hoped I could meet some of them to compare experiences so that we might be able to help one another in handling these in a better way.

I also learned what it was like to be treated as a minority. I had met people who had commented about this while staying at a Hostel in Tel Aviv but now I knew myself. It was a lesson I was glad to have experienced but it was not the easiest one to learn. It helped me later when I learned of the treatment of the Arab minority by the soldiers and when I saw it with my own eyes.

This opportunity came the first time when invited to mediate a dialogue with Israeli and Arab students at Haifa University. This was held in a very noisy restaurant and I could not believe that the organizers really expected me to work under those conditions. Perhaps they were just putting me to the test to see what I could do. After all I had volunteered, after meeting a professor at the University who encouraged me to lend a hand when he learned that I had a lot of experience in psychological work. I wondered how many other psychologists had offered their skills as a gesture of helping? What kind of a test were they put through?

On another occasion, while staying at a Hotel and Healing Center in the southern part of the country I gave a therapy session to a director of the Center. This happened while we were chatting in the Center restaurant. She asked me what kind of doctor I was as she had noticed that I signed the hotel registration as Dr. Cardelle. As soon as I told her that I was a psychologist she began to tell me about her problem. With tears trickling down her cheeks she talked about her abortion some months before. More tears came as she told of her guilt. This time I did not hesitate and told her I was willing to give her a free therapy session as I saw that she really needed it. She offered to pay me in Israeli money but I refused. I told her she could buy me a glass of wine when we finished. She agreed and we commenced.

I do not want to go into great detail about the session, but only to say that her guilt and pain was also hiding a deep anger and feelings of betrayal about the man involved. The difficult part was that she believed she loved him and wanted to marry him. She was shocked when she informed him about the pregnancy, he disappeared. How many times have we heard this kind of story? I guess we should not be surprised that it happens in Israel too.

Gradually it became clear to me how living in a country that experiences continuous cycles of fear and violence eventually takes a toll on the people. While they do their best to create some kind of life that builds in sanity as well as adventurous living including the pain and disappointment that comes with love and courtship, something is usually missing. This 'something' is a vital part of what brings more richness to our lives. It reminded me what I had been accustomed to with my work in Colombia, South America.

Later on when I went to Neve Shalom/Wahat Al Salam I saw that there were some who were attempting to have a better life, despite the conditions brought on by the conflict situation. I realized that wherever there is conflict, we often can find others who are responding to the conflict in a different, healthier, and creative way if we look closely enough. Let us remember that in this community Jews and Arabs

not only live together but their children are taught to respect one another's cultures. Education is in both languages with Jewish and Arab teachers. One of its founders, Father Bruno Hussar, was born a Jew but converted to the Catholic faith. I suppose this is what enabled the community to become what it is today. Being a convert allowed him to step beyond seeing only one side of the conflict.

Thus far I have shared mostly about my experiences with the Jewish side of the conflict. The lessons I received from this have been very helpful. Even the lessons with Israeli security have taught me much about how to handle situations that tend to belittle and humiliate others. At the same time, in all fairness to both my readers and myself, I feel it is necessary to share something about the other side of the conflict, no matter how brief this might be. So I want to share the Palestinian perspective.

## **Journey Into Palestine**

*When the power of love overcomes the  
love of power the world will know peace.*

Jimi Hendrix

Some time later I was back in Israel, presenting at a conference organized by Russians. As a result of my many years of work in Russia I had been invited to give several trainings over a three year period. Some of these were offered as part of the conference and others were held afterwards at a center in Tel Aviv. To my surprise the conference was held at Neve Shalom/ Wahat Al Salam which was the place I spent time whenever I was in Israel. It was here that I met a Canadian journalist and professor, David Arnold, who was working on a documentary film about the peace process between Israel and Palestine. As soon as we met I felt that this meeting was accidental but very synchronous.

This proved to be correct, for when we begin to share information about ourselves we found that we not only knew many of the same people in Canada, but that David lived just hours away from where I lived years ago when I resided in

Canada. When he told me he was going to the West Bank city of Nabulus to do some interviews and asked if I wanted to go along, I did not hesitate. At that time all I knew about Nabulus was that at one time it had been under Israeli occupation and had received a lot of media attention. The opportunity that I was being offered was just too good to be true. Once again the universe was doing some of its magic! The fact that David had come from a place where I used to live, and that I had just spent time with two people he knew only two weeks before coming to Israel .... need I say more?

One of the unfortunate things about the trip to the West Bank is that it was not long enough. The five days we spent there went too fast. However, it did give me a chance to experience something more than what I had read about or seen on the news. I had a chance to meet flesh and blood Palestinians. I found that they did not have 'horns and tails and sharp animal teeth', as one Israeli had described them to me. While I knew this was a metaphoric description it told me that he did not trust them. My experience however was quite a bit different.

I saw that they were people just like everyone else. They wanted a better life for themselves and their children. They loved, laughed, cried, got angry and became afraid. They had hopes, wishes and dreams no different from the Israelis. Some of them were practicing Muslims and others were not. A few described themselves, as socialists in one form or another. To my surprise I discovered that some even had Jewish friends although they kept this quiet. It was not a good idea to broadcast this, especially around the more radical or militant types. It could even be dangerous. I know this was the case with some of my Jewish friends as well.

On the first day of our visit David and I were invited by our guide to have a sauna and massage in a 400 year old Turkish bathhouse. This was a wonderful gift as my bones and muscles were tired and taut from the many buses and taxis that we took to get to Nabulus. I noticed how proud the owner of the bathhouse was, having foreign guests on this occasion. He was polite and gracious. He made us feel comfortable and welcomed.

The next night the guide took David and me to a small cafe owned by a very charming older man. I am sure that he was in his 70's. This old man had spent time in and out of Israeli prisons over a period of twenty five years for his anti-Israel activities. Finally, after being released from prison the last time, he decided to spend the rest of his years running his cafe. He looked really exhausted from all his rebellion and it was clear that he had paid for it. But in spite of this, there was a sparkle in his eyes. His spirit was still very much alive.

In other meetings I heard stories of the harassment and suffering brought about by the occupation. I met other men who had also spent time in Israeli prisons. Some of them told stories of torture and inhuman treatment by the prison guards. A few of these stories were a bit exaggerated and sounded made up. Others however, seemed to be quite real. I also met one man that I did not want to be around. His presence made me feel uncomfortable. Besides having a terrible body odor, a kind of dark energy hung over him. His face was etched with anger and hatred. I had a suspicion that he had probably been in prison for a lot longer than others I talked with. I also sense a need for some kind of revenge. I had met these kinds of men when I worked with drug addicts while doing a clinical internship for my doctorate in psychology. Many of these men had spent long periods of time in prison. As we know prison is not an easy experience. This is why so many convicts call their prison stay 'hard time'. I sensed he knew something about this experience. He also reminded me of what happens when this kind of dark energy begins to possess people. The end result is never good. This also represents the factions of 'assholes and jerks' that one finds among people on both sides of a conflict. I had run into a few of these types in other cities I had visited in Israel. There were also some Jews who had a dark cloud of hate and revenge hanging over them too. This is a characteristic of those people who have been so deeply wounded by life that their wounds simply block and limit them in a multitude of ways. The sad thing is that these people are like zombies, the walking dead, and unless they do something about this condition, it just gets worse over time.

The highlight of my time in Nabulus was meeting Saed, a professor at one of the larger Universities. It was a highlight because he was such an interesting person. He was not only a university professor but he was also a practicing Sufi. He had spent ten years in the US doing graduate work in geography. In addition he was a radio announcer and ran a radio program through the university called 'Global Perspectives'. In this program he interviewed various people in many fields ranging across politics, education, peace, and conflict and anything to do with the state of the world. He invited Dave and me to be guests on his radio program. So on our last day in Nabulus, the three of us sat in the radio control booth and discussed issues about peace, global warming and some side issues as well. It was a great time and a wonderful way to spend our last day in Nabulus.

However, there was a very sad side to this experience as we learned the tragic story of the killing of Saed's mother six years earlier by a young Israeli soldier during the occupation. During the curfew one evening, while Saed, with his surgeon father and mother were sitting on the front steps of their home, drinking tea after the evening meal, a military jeep pulled up, a soldier stepped out, and began to fire until the dozen or so shells in his clip were gone. When the shooting had stopped Professor Saed's mother was dead, having received three bullets in her body. His father had been shot in the head, and Saed himself had cuts around his neck and face from the flying pieces of glass from the front door. Later, after they had buried his mother and Saed and his father were recovering from their wounds, an investigation was launched to determine what had happened that night. Saed explained that the military authorities claimed that the soldier had mistakenly fired at his family after he had been told to fire into the air. They also said that there had been a report of a disturbance that night in Saed's neighborhood and this was the reason for the jeep and the armed soldier. But Saed said that this was ridiculous because the home of his family was in one of the quietest areas of the city and was a Christian area, not a Muslim one. Eventually the military offer to settle out of court and wanted to give the family a substantial sum of money, but his father and Saed refused this. They wanted to know the

truth about what had led to the death of Saed's beloved mother. Here again, is a situation when money is supposed to cure all the ills brought on by war.

I saw some family photos that included ones of his mother. She looked no more like a dangerous person or a threat to the Israeli army than Mother Teresa. It was tragic that something like this could happen but it is just another reminder of how often innocent people are killed during times of War and armed conflict. I still can recall the pain in his voice as he told me the story of that horrible night years before. It was clear that he was very close to his mother and that she was missed. It would be no different if Saed were Jewish and watched his mother slain before his eyes. I was particularly moved by Saed's capacity to handle the situation in the way he was doing it. Frankly, I do not believe I would have been as calm, if someone had killed my mother or some other close relative or friend.

On another occasion I felt once again the sting of the Israeli security, but this time it was at the airport on my way out of the country. Once again, I was put through the 'third degree' interrogation experience, and once again I did not handle the process well. The fact that it was 3:00 am and I had had about two hours sleep could have had something to do with it. They started firing questions at me, asking where had I traveled, with whom including their names, and where they lived and on and on. I could not answer them, let alone provide a detailed account of my time in Israel. So I fell into the 'guilt by suspicion' profile again, and faced the same consequences as before. The contents of my bags, including pieces of paper and business cards were emptied and passed through high-tech scanners while my bags were checked for explosives. I was taken to a special room and checked for any metal concealed on my body. This really began to irritate me with my lack of sleep coupled with my sense of humiliation. I offered to bend over so they could make sure I was not hiding anything in my bum as well, but this was just ignored.

Fortunately, something good came out of this very difficult situation. The young security guard who turned out to be both my escort and guard, to my

astonishment, actually apologized for the way that I had been treated. I have to admit that hearing this did help to shift not only the negative attitude I was developing about Israeli security, but about Israelis in general. In spite of this I was still too concerned about missing my flight so it didn't do much good. However, with his help through more security posts, I did make it to my gate on time, although it was cutting it close. Once I got there, I asked him, if by chance there had been a full moon the night before. This no doubt struck him as quite strange, especially after what had just transpired. But he responded, as if curious as to what my response would be. When I explained that it was common knowledge that people tended to get crazier during periods of the full moon, and that this is scientifically documented, he seemed satisfied with my response. I thanked him for his efforts and bid him farewell still remembering his thoughtfulness and kindness towards me during a most uncomfortable moment in time.

## **Israel's Future/World's Future**

*The question is to what extent can we participate consciously in this world transformation, conscious both of the effects of these changes on ourselves and the earth and of the source of these changes in our minds and hearts?*

Thomas Hurley

If we are going to see the situation in Israel more clearly then we need to hear this through the voice of someone who lives there and has lived through the conflict longer than most. For this purpose I have selected the words of a young Jewish activist to help those of us outside of Israel understand the situation better. This young girl's name is Netra Golan and it is through courageous young people like her, that others may see some light in the depths of a very dark shadow. I profile her later in the book.

Netra writes...." *There is a wise saying that you become what you hate. My people have gone as far to make sure the holocaust never happens again that we are not*

*aware that we have become racists and elitist and indifferent to our own brothers' and sisters' suffering just like that which made us suffer. I believe deeply that a conflict can only really be solved when both sides in the conflict are happy and safe. That is a victory. I believe that for Jews to be safe and free Palestinians need to have safety and freedom. Otherwise we are preparing our children for a legacy of war".* Each time I read Nola's enlightening words I am left with more hope, not only for the Middle East but other places around the world that have fallen prey to the conditions of a shadow existence. I also have faith that there will be more young and old from both sides that will represent the new voices and spirit that will be strong enough to shift the direction the conflict has been heading for longer than necessary.

If I had to select the most important lessons I have received from my different times in Israel I would have to narrow it down to these few. First of all, being in Israel has given me an opportunity to see the conflict there from a place of advantage. It has taught me how to pay better attention, not only to the situation there but in other places where I work. It has become like a large mirror reflecting conflict on a personal, relationship, community, country and world basis and has helped me to see the nature of conflict with fresh eyes. It has helped me to recognize how important it is to have a holistic view of the conflict situation. In other words, to see both sides of the conflict as deeply as possible and get to the core of the issue. This takes practice and a quality of being and staying centered. But it is not so easily done, when someone you love is murdered or wounded in such a grotesque fashion as during a suicide bombing, or when your mother is murdered in front of your eyes by a young, frightened and confused soldier. Or when a man is held down on the ground to watches his house bulldozed and flattened. Or another time when a missile fired by Hamas technicians lands in the living room of an Israeli family killing the children.

So what is the difference here in terms of what acts are unforgivable, cowardly and contemptible? They all speak to the murder and injury of innocent human beings, whether they are Jewish or Palestinian. I am also reminded of what

happens when people come to believe they are better than others and treat them as if they are sub human. This creates a shadow pattern of violence that eventually gets played out in reality.

I also have to wonder what suicide bombers and those they kill will say to one another when they meet in paradise. Obviously, it is a bit late then to re-consider the hellish act of forfeiting one's life and taking other innocent people with them. I also can imagine what a shock it will be when a suicide bomber discovers there are not 50 virgins waiting for him as he had been told before he blew himself up. I guess we have lessons to learn in the heavenly realms as well as during our earthly experiences. No doubt there are special refresher courses we can take that remind us again of the value of life that we often forget when we come to the earth.

I do not have any pat answers for how to resolve the Israeli and Palestinian conflict. I have not lived it or been part of it. I can only be a concerned outsider. I am sure I am not alone in this response. However, I do know one thing. When people take a stand against some form of injustice perpetrated by Israeli soldiers during occupation campaigns against the Arab people it does not mean that they are being anti-Jewish. It just means that they are reacting to how one group of human beings are treating another group of human beings.

I plan to visit other countries in the Middle East so I can better understand the situation there. This has already begun and will continue over years to come. In the spring of 2008 I was invited as one of more than 30 presenters to an International Conference in Oman. This conference drew 400 people from 45 countries with the theme of 'bridging cultures'. It was hosted by M.I.T professor and bestselling author Dr Peter Senge and included several keynote speakers and workshop presenters from around the world. Speakers included Nobel prize winner Muhammed Yunis, Mary Catherine Bateson, Adam Kulhane and others. The guests from the Middle East came from Saudi Arabia, Egypt, Jordan, Oman, Dubai and Iran. The conference enabled people to meet others from all parts of

the world and to share ideas and discuss common issues and concerns that exist in the world of business, social action and sustainability. I met some really fine people from several countries and learned something more about the Middle East.

I suspect that if there is ever going to be peace in the region it is going to come from inside the people themselves and not from the outside because the conflict was born out of the broken relationship of true family members. Let us not forget that both Jews and Palestinians come from the same father, Abraham. Some of the legacies that still augment their traditional practices are also much the same. So how might members of the same family take the necessary steps to begin the needed healing on both sides? Until this happens not much else can be done no matter how strong the outside assistance. Another thing that might be useful is for the Israelis to pay more attention to what is happening in the unique community of Neve Shalom/ Wahat Al Salam. They are modeling something important not only for Israel but the world as a whole.

In the meantime, if I am asked, I will lend a hand in lessening the tension, pain and confusion among the people who live with this conflict day in and day out. I will work with both sides in heal wounds and find more healthy ways to deal with the situation. This is my commitment not only as a professional but as a concerned human being.

We are all one family and our greatest challenge today is to remember this, and make it a reality in our everyday lives and relationships. How long is it going to take us to learn this? How much longer are Arab and Jewish males (and some women too) going to kill and wound one another, along with countless innocent men, women and children? Is this the legacy that they want to pass on to future generations? This also applies to some other countries that remain stuck in the destructive patterns that lead to conflict or who perpetrate this way of handling disagreements. Are there better ways to do this? Are we really capable of more? They have done this in South Africa and other places. Why not Israel?

*Hope is a state of mind, not of the world. Either we have hope within us or we don't. It is a dimension of the soul and is not essentially dependent on some particular observation of the world or estimate of the situation.*

Vaclav Havel

## **The Shadow Ghosts of the Bush Times: September 11, Iraq and Afghanistan**

Over the last few years I have met many of our foreign cousins who are puzzled about how the United States got into the Iraqi predicament in the first place. Most believe that we really should not be there at all. Others also want to know how a president of such questionable character managed to get into the Oval office. How did he become the leader of the most powerful country in the world, exerting such an influence on what happens globally. I think people of both liberal and conservative persuasion wonder the same thing. However, if we really look closely at the situation we might see that this president and his administration were exactly what was need to wake people up to the need for change in the government and other institutions. In this light, he and his administration may have been a necessary evil to understand a greater one, one that lurks all around us, one that exists in each of us, from the darker sides of our souls as reflected in our shadow choices and behaviors. It is for this reason that I want to address this issue briefly as this first chapter comes close to its end.

First, I will share a few testimonies that I gathered some time ago and which I believe might shed light on some of the issues from September 11 to Iraq and Afghanistan. Some of these will come from well know people like Oscar winner and Nobel Prize recipient Vice President Al Gore, from retired Generals who served as commanders in the Middle East, and from Senators and others. Others will come from Michael Moore's book *Will They Ever Trust Us Again?* These statements are from soldiers and officers that have served in both Iraq and Afghanistan. Others come from another book I came across entitled *Baghdad Burning*. Here a young female Iraqi computer programmer provides her

perspective on what has been happening in Iraq from an Iraqi point of view. I believe these testimonies will shed some light on the darker area surrounding the whole Iraqi war and the policies of the governing administration that have supported them. It is likely some other views about the situation will be revealed beyond the slanted ones that we get in the media. I will conclude with some discussion regarding the notion of war and its relation to conflicts within ourselves, our relationships, and around the world.

### **Personal Note**

Before going in further, I want to go on record as one who has been against the Iraq war and Afghanistan campaign from the onset. I took a stand against the Vietnam War earlier in my life and this resulted in being in exile for many years. My views and about war remain the same today.

These campaigns have cost the lives of many thousands of Americans, over 100,000 Iraqis and thousands of Afghans. Many have been innocent men, women and children. They have paid the price for so called 'freedom'. The war was not well planned or carried out. It was a mistake on the grandest scale as evidence continues to show and more costly than all wars before. I also have to say that while my views may not be supported by others I fully understand this. I encourage these people to find the best way to tell their side of the story. Surely, we can gain from both.

### **Testimonies:**

The first one comes from one of the more popular figures of our time, former Vice President Al Gore, author of *The Assault on Reason*. He writes: *For five years there has been a growing tension between President Bush's portrait of the situation in which we find ourselves and the real facts on the ground. What is left of the Iraqi state is also collapsing with a growing US casualty rate and a multi-sided civil war with the attendant chaos and risk of a failed state that breeds terrorism for years to come.*

Glen W. Smith, former advisor to both the Clinton and Bush Snr Administrations, author of *Politics of Deceit*, speaks next. He says: *We find ourselves in a circumstance similar to that of our forebears, though what threatens does not come from across an ocean but from within ourselves. The tyranny we face is one built upon contemporary political practice that devalues responsibility and participation both personnel and communal. The Presidency of George W. Bush represents the dangerous triumph of the cynical and the manipulative. While claiming to advance the issue of freedom throughout the world, the political practice of the Bush administration is nothing less than a war on freedom and democracy.*

Considering the Iraqi situation from a military perspective, I draw on retired US Marine Corp General Anthony Zinn, a four star general in charge of the Middle East in early 2000. He was considered Bush's personal emissary at the time. *I saw at minimum true dereliction, negligence and irresponsibility, at worse, lying, incompetence and corruption, lack of planning and the unbearable strain dumped on the over stretched military.*

Bob Woodward, author of *State of Denial* wrote of this time: *These words are taken from a speech in the White House shortly after the invasion of Iraq. "There are some who feel like the conditions are such that they can attack us there. (Bush swung his arm across his chest emphatically as he spoke.) "My answer is, 'Bring 'em on'. We've got the force necessary to deal with the security situation"*(p.229)

From Senator Patrick Leahy of Vermont: *The President's Iraq strategy has been a disaster. It was born of deception, fueled by incompetence, and pursued through arrogance and stubbornness.* (Vermont Times Sentinel, September 19. 2007, p2)

And this comment from an American interrogator Tony Lagouranis in *Fear Up Harsh*: *It will be their own doing. America will not be able to take credit from this country's transformation. When it finally comes it will be an Iraqi victory, from which we will largely be shut out. Iraq will never forget that America was the*

*nation that toppled Saddam Hussein but also Iraq will never be able to forgive America for what came next.*

Finally, about September 11, 2001. Robert Baer, author of *See No Evil* writes: *And then on September 11, 2001, the reckoning for such carelessness was presented for all the world to see. Even if no-one could have foreseen those attacks, it is still inconceivable that so many people had to die in order to wake us up to the fact that we have sacrificed a national resource for greed and small minded politics.*

I was in Budapest, Hungary, Lithuania, and later Estonia some years ago, after the Bush entourage had been there. I remember some of the critical remarks people made about this event. In Hungary, one university professor told me, "Our government just rolled over waiting for a pat on the head when Bush was here". In Lithuania many people were angry that Bush had been there and used this visit as a way to gain popularity with the people. Most did not like him, did not trust him and were afraid of his power. It was the same in Estonia. I heard stories of events in other countries when Bush's motorcade was pelted with eggs. I believe this says something about the way people around the world feel about the foreign policies, attitudes and actions of the past Administration.

Now, let us hear from some of the soldiers from the battlefield and their views at the start of the Iraqi and Afghanistan invasions. These testaments come from Michael Moore's book. *Will They Ever Trust Us Again?*

### **Excerpts of Letters from the War Zone**

*"It amazes me how blind people are, especially my fellow soldiers, who suffer at the hands of Bush but still continue to vote for him. Ah, the power of the media and the fear that they instill. I am more afraid of my government than I am of the Middle East and their leaders."*

*"What I wanted to say is that most of my unit wants to quit the National Guard and never pick up a weapon for this current administration again. We left thinking that we were protecting the Iraqi people and the people of the United States from terrorism. When in truth we are the terrorists. Oh, and before I forget, tell me, if U.S. soldiers are escorting over 100 trucks a day hauling oil out of Iraq, then where is the oil going?"*

*"Michael told me that when Rumsfeld landed at Abu Ghraib, he and the other grunts there silently protested Rumsfeld. They went into the Internet Café and sat down. Michael's words about Rummy? He had 10 gun ships pointed at him to protect him, and an armored vehicle, a presidential helicopter, and we all call him a "pussy". You won't see that on the news, but that's where it's at. The soldiers on the ground think Rummy is a pussy. They hate him."*

*"The leadership of this lied to us. We have found nothing! Is it just me or do we realize that Osama bin Laden is still walking the face of the earth? Almost three years later and we still do not have him. We shouldn't re-elect Bush on that point alone. It makes me sick to think about it. "We the people", independents, liberals, and right-wingers alike, want his head on a platter. The world is not, and will not, be a safer place after Iraq. We have most likely created many more Osama Bin Laden's, and will be fighting them long after we have tried to forget about the Bush presidency."*

*"I came home from Iraq in September after nine months with the 101<sup>st</sup> Airborne Division. What I came home to was not the same country I left. I felt betrayed and used. As an officer I am not supposed to show these feelings in front of the soldiers. We are supposed to put on a good face and ensure that the men and women we give orders to never lose sight of the mission and the task at hand. The thing was, I didn't even know what the mission was anymore. Soon other officers and I began whispering thoughts that would make Ashcroft send out the thought police. At first we skirted around it, but after awhile, we began to come out and say it: We had been lied to and used."*

*"This may sound crazy coming from a Naval Officer but most everyone here is just waiting for this administration to leave."*

*"What do you say to the widow of a soldier killed in Iraq, especially when she's a student in your 9<sup>th</sup> period class? Yesterday, a young lady came back to school. Her 19 year old husband was killed in this ridiculous "war". Her life is now upside down. Instead of preparing for the prom, graduation and spending the summer at the Jersey Shore, she can look forward to visiting this young man's grave and trying to figure out how to move on."*

*"Surely, these soldiers who've committed suicide due to the emotional hell that this war has caused are just as much casualties as those who've died from bombs or gunshot wounds. I think my brother would have preferred a quick death due to a bullet to the heart than the emotional hell that he endured for months after leaving the front lines."*

*"My 15 year old summed it up best. He said, "Mom, if they tried to impeach President Clinton for lying about who he slept with, why aren't they impeaching Bush for all the LIES he has told?" I had no answer for him!"*

Some time ago I came across another book that grabbed the attention of me and many others around the world. This book, *Bagdad Burning* is a collection of reports from a 24 year old Iraqi computer programmer who tells it like it really is in Iraq. She calls herself 'Riverbend' and went online in August of 2003. The book is regarded as a 21<sup>st</sup> century version of Anne Frank's Diary. Here are some of the excerpts from the book.

*Someone wrote that I was naive and probably spoiled; And that "not one single American soldier deserves to die for you." I completely agree. No one deserves to die for me or anyone else.*

*This war was started out of a war on WMD (weapons of mass destruction). When those were not found, and proof was flimsy at best, it turned suddenly into a "War against Terrorism". When links couldn't be made to Al-Qaeda or Osama Bin Laden (besides on Fox and in Bush's head), it turned into a "Liberation". Call it whatever you want- to me it's an occupation.*

*Over 65% of the Iraqi population is unemployed. The reason for this is because Bremer made some horrible decisions. The first major decision he made was to dissolve the Iraqi Army. Now there are over 400,000 trained, armed men with families that needs to be fed. Where are they supposed to go? What are they supposed to do for a living? They roam the streets looking for work, looking for an answer. Their eyes shift from face to face, looking for a clue. Who is to answer for this mess? Bremer also dissolved the Ministry of Information and the Ministry of Defense. No matter what were the excuses, these ministries were full of ordinary people with ordinary jobs- accountants, janitors, secretaries, engineers, journalists, operators...these people are now jobless.*

*I'm a computer science graduate. Before the war, I was working in an Iraqi database/software company located in Bagdad as a programmer/network administrator. I loved my job. I made as much money as my two male colleagues and got an equal amount of respect from the manager..... A girl no less- get the picture? ... no matter what anyone heard, females in Iraq were a lot better off than females in other parts of the Arab world. We made up over 50% of the working force. We were doctors, lawyers, nurses, teachers, professors, deans, architects, programmers, and more. We came and went as we pleased. We were what we wanted (within the boundaries of the social restrictions of a conservative society).*

*September 11 was a tragedy. Not because 3, 000 Americans died... but because 3,000 humans died. I get emails constantly reminding me of the tragedy of September 11 and telling me how the "Arabs" brought all this upon themselves. Never mind it was originally blamed on Afghanistan (who, for your information, isn't Arabic). I'm constantly reminded of the 3,000 Americans who died that day...and asked to put behind me the 8,000 worthless Iraqis we lost to missiles,*

*tanks and guns. People marvel that we're not out in the streets, decking the monstrous, khaki tanks with roses and jasmine. They wonder why we don't crown the hard, ugly helmets of the troops with laurel. They question why we mourn our dead instead of gratefully offering them as sacrifices to the Gods of Democracy and Liberty. They wonder why we're bitter.*

*I remember February 13, 1991. I remember the missiles dropped on Al-Amriyah shelter- a civilian bomb shelter in a populated, residential area in Bagdad: Bombs so sophisticated, that the first one drilled through to the heart of the shelter and the second one exploded inside. The shelter was full of women and children. I remember watching images of horrified people clinging to the fence circling the shelter, crying, screaming, begging to know what had happened to a daughter, a mother, a son, a family that had been seeking protection within the shelter's walls. I remember watching them drag out bodies so charred; you couldn't tell they were human. I remember frantic people, running from corpse to corpse, trying to identify a loved-one. I remember seeing Iraqi aid workers, cleaning out the shelter, fainting with the unbearable scenes inside.*

*I remember visiting the shelter, years later, to pay my respects to the 400+ people who died a horrible death... I remember a family friend who lost his wife, his five-year old daughter, his two-year old son, and his mind on February 13. I remember the day the Pentagon, after making various excuses, claimed it had been a "MISTAKE". I remember 13 years of sanctions, backed firmly by the US and UK in the name of WMD nobody ever found. Sanctions so rigid, we had basic necessities, like medicine, on waiting lists for months and months before they were refused. I remember wasted, little bodies in huge hospital beds-dying of hunger and disease; diseases that could easily be treated with medications that were "forbidden." I remember the depleted uranium that has resulted in a damaged environment and an astronomical rise in the cancer rate in Iraq. I remember seeing babies born with a single eye, 3 legs, or no face-a result of DU (depleted uranium) poisoning. I remember the mother on the outskirts of Mosul, who lost her husband and five kids when an American plane bombed the father and his sons in the middle of a field of peaceful, grazing sheep. And are we to believe that this is all being done*

*for the sake of the people? No, we haven't forgotten-the tanks are still here to remind us.*

*A friend of mine who lives in Al- Amiriyah, was telling us about an American soldier he had been talking to in the area. My friend pointed to the shelter and told him of the atrocity committed in 1991. The soldier turned with the words. "Don't blame me- I was only 9 ..... American long term memory is exclusive to American traumas. The rest of the world should simply "put the past behind," move forward," "be pragmatic," and "get over it."*

## **View and Reflection**

Is there a connection between our way of life in first world countries and how this affects the rest of the world? Is it time to make new and better choices that benefit the world and not just the few, the rich and the powerful? In my view, and that of many others, the Iraq situation (and Afghanistan as well) is a mirror of the ghosts of Vietnam returning to haunt the US administration all these years later, not to mention those, as I have stated before, from Chile, Guatemala, Indonesia and other places where the United States government has meddled.

All we need to do is to look back at the Vietnam War and remember what happened at Mai Lai, the numbers of returning soldiers who killed themselves, and those who still harbor emotional wounds. We can already see evidence of this among the soldiers returning from the Iraqi and Afghanistan operations. Listen to the words of a CIA officer, interviewed in the 'Village Voice'. He was responsible for interrogating and torturing prisoners. He says: *When you cross over the line of darkness, it's hard to come back. You lose your soul. You can do your best to justify it but you can't go back to that place without it changing you .*

I suspect that this happens to all men, (and women too) when they find themselves engaged in the horror of war at the moment of the first kill, watching buddies die before their eyes, and even worse when a soldier loses perspective about what they are fighting for. I remember a 20 year Russian veteran

Intelligence Officer I met in Kazakhstan years ago, while giving a seminar to psychologists. He told me what it was like in Afghanistan when interrogating prisoners. They were used to getting dismembered bodies of young Russian soldiers and after awhile they began to take revenge on their Afghan prisoners. He said what they did to those prisoners was not pleasant. So it seems it can happen to just about to anyone, any place and anytime when we come face to face with our dark side.

This has been repeated in Iraq and Afghanistan. Over the course of the war we heard reports of violence towards innocent people and some cases of murder and rape. In September 2007 Black Water Security, one of the many private security companies in Iraq opened fire on Iraqi civilians killing 17 people, mostly family members, women and children. Yet, after the Iraqi government told Black Water to leave they are still there and it is questionable if and when they will actually leave the country for good. How many more times are we going to hear about this sort of thing again before the Iraqi campaign is finally brought to a close and American troops come home? Where else in the world is something like this going to happen next?

Have we as Americans become so blind and complacent that we cannot see clearly, or think critically enough of our government and leaders' practices in how they govern and represent the people as Lincoln spoke of in the Gettysburg address generations ago? What about the Constitution created by our Founding Fathers? What about the Geneva Accords and their purpose in providing humane treatment to the enemy? Have we, in some manner, contributed to our government's foreign policies that hurt and cause suffering to others in the world in the name of democracy and freedom?

If we begin to look at the overall context of September 11 from a broader and more global perspective, many new views of this event are emerging. Several retired CIA officials are talking about a cover-up and demanding a full scale investigation of the whole affair. There are many credible veteran pilots from all the military flight branches pointing to the impossibility of inexperienced pilots

being able to fly huge jets into the Twin Towers and the Pentagon. Also, building engineers, as well as architects, claim that it would take additional explosions, plus the jet fuel heat to bring the two towers down as happened. Some police officers and firemen who survived the event have spoken about hearing some additional explosions at the time of the collapse of the Twin Towers. What could this imply? Throughout the world others believe that September 11 happened differently from what the US government reported. In France a best selling book proclaimed the whole event was orchestrated by the Bush Administration as a reason to begin the war in Iraq. There has been so much evidence of late that is credible that could suggest this could be true. I do not want to be another person who yells conspiracy as we try to unravel the mystery surrounding September 11 and the before and after events connected with it. But more and more the evidence tells us that something is not right with what we have been told.

I do not believe that we will ever discover other evidence that there has been some larger plan that only a few really know about. Nonetheless, we are left with the fact that September 11 was a powerful catalyst for the birth of a war that has made the world less safe than before. This is quite contrary to what the Bush administration tried to convince us. The Obama administration has adopted a new policy of attempting to dialogue with our enemies. Former Vice President Cheney has made it a point to tell the public that this is not the best direction to take to make America safe. He believes that this approach will fail in time. All we can do is hope that the new wave of intent that carries the tasks of the Obama administration will show that their course is the best one not only for the American people but the world as well. Many people throughout the world believe that Obama is on the right path and support his leadership and vision for the world community.

What will it take for the average American (and our foreign cousins) to understand our role, not only in the current and future 'War Games' plan, but how this affects our children's lives and future and the world as a whole? Could there be a reason why the world feared our country with the kind of leadership we had at the helm

previously? It might be time to look at this as part of a pattern that continues to feed the growth of our 'troubled world'.

Finally, if history holds the former Administration at fault for the situation we find our country and world in today, this will happen as it does. If more truths are revealed about the Iraq war as time goes on, then hopefully we all can learn from this. Perhaps we will learn that after all that has happened, the Iraq situation had more to do with party politics, frayed foreign policy, empire building, big egos, arrogance, naiveté, oil, or even good intentions, in a backward sort of way. If history judges George W. Bush's presidency as one of the worst that we have ever had, as many now say and believe, this will also happen. If his legacy contains the causes or related causes of September 11, the Iraqi war and other policies that have set the US government back a decade while poisoning relations with many governments around the world, it will probably come as to no great surprise to many.

I for one would not like to be in his shoes with this kind of lasting reputation in the world. I do not know of anyone who would enjoy this, unless they are a masochist or simply out of touch with what most of us would consider reality. What would it be like to be called what real estate tycoon Donald Trump said about him on Fox news sometime ago, "George Bush is the most hated man in America today". Allan Greenspan, the noted economic superstar, has also commented that economically the Bush Administration's policies during have been some of the worst for the country. As we know, the list of the deeds and misdeeds of Bush and his associates gets longer and longer. It is no wonder there was such a black cloud hanging over George W. and the Oval office in Washington D.C.

However, before we pass judgment one way or another, let us consider what role we may have played as citizens in all of these circumstances. Perhaps the lessons that have come our way have revealed some of the changes we need to make in how we live our lives. A good place to start would be with ourselves, our beliefs, values, commitment and awareness, with family and friends, at the workplace, and

in the community. It might also do us some good to look at how we see the larger world and the people that share it with us. Additionally, it is important that we begin to have a better understanding of how our government works, its policies and how these affect others around the world. Similarly, we should understand the practices of our financial organizations and how they influence the lives of others beyond the borders of the United States, as well as the election process itself, which many believe is in need of a radical change. If we begin to do more such reflection, there is no telling what kind of an influence we can have on the world. When I think back to the beginning of the writing of this book, I think of the powerful message contained in psychologist Mariam Greenspan's book *Healing Through the Dark Emotions*. She reminds us of the need to heal our darker emotions and surface others that have been buried for far too long. Someday we will look back on these turbulent times and ask ourselves what we could have done differently in handling the tragedy of September 11. Could we have found another way to handle the situation, rather than take the course that we did? What would have happened if we had been more emotionally healthy?

War is hell, as we are told, but we still keep having wars regardless of whether they are small ones or full scale world wars. What is the reason behind this? War clearly destroys life and limb and leaves us with wounds that are passed on to the next generation. War turns sons against fathers, and fathers against sons and brothers against brothers. Now we even have children who have become killers. We can only guess what kind of parents, leaders and citizens they will become later in adulthood. So why war? Why do we keep following those who use this as a justifiable means for resolving conflicts? Is there not a better way for our species family to settle our differences? Or are we still not mature enough to accomplish this?

The final words of John Gardner in his book *On Leadership* might give us something to think about as we move on to the next segments of this book. He says: *There is always in some measure, the collaborators of those led. If a leader holds sway by exploiting our greed or our hatreds, the evil is in us too. If a bad*

*leader rules because of our lethargy, we are collaborators. The fault is not in our stars.*

## CHAPTER TWO

### Globalization - Did We Forget Something?

*As to the quality of our economy and ideals today, Hillary Clinton reminded us in her 1993 speech 'the politics of meaning' we now know 'the price of everything, but the value of nothing'.*

Frank Fured, 'Politics of Fear' 2005

*Now that we are over six billion hungry and greedy individuals, all aspiring to a first world life style, our urban way of life encroaches upon the domain of the living earth.*

James Lovelock, 'Revenge of Gaia'

Vaclav Havel, former President of the Czech Republic, warned the West that we exhibit many of the traits of those countries which were once under the former communist tyranny, but we obviously have not paid much attention to this. He wrote, *"The general unwillingness of consumption-oriented people to sacrifice some material certainties for the sake of their own spiritual and moral integrity"* and described this condition as "living a lie".

Globalization has not only been about good or bad economics, politics, foreign policies or business deals done quickly across borders; nor has it been about free trade, although all of these things were important. It is about people, the ones who create the formulae, do the politics and make the decisions about foreign policies and regulations. It has been (and still is) about people-to-people relatedness, trust, dialogue, respect and how relaxed people are in the age old ritual of buying and selling... no matter how simple or complex this can be. It is about the meeting of hearts and minds..... and how best to serve the material needs of others. The rest is overblown ego denial, despair and hype; those things

that do nothing but turn people into strangers and life's most opportune moments into voids of anything meaningful and holding value.

The more I keep learning about globalization I begin to understand the why and how's of September 11. I can see there were some good intentions about globalization's capacities and what it could do, but as always happens with ideas and plans, even the well intentioned ones, we don't take two factors into consideration. One is the human factor, which has to deal with those in charge and running the show. The second has to do with the fact of not knowing whether the ideas and plans will work or not, until they have been implemented and carried out. Well, it looks like globalization has passed those first two gates. It has become a part of our every day lives and sometimes, it has gone beyond the expectations of some of the original economic theorists, planners and developers. But - like any new revolutionary ideas and schemes - it has also shown us some of the gaps and missing pieces that the inventors either didn't see, hadn't counted on or simply didn't bother to consider as possibilities. This realization came hard and strong as one of the important team players of the globalization movement, economist and Nobel Prize winner Joseph Stiglitz states in his best selling book *Globalization and Its Discontents*. As he tells it:

*The barbaric attacks of September 11, 2001 have brought home with great force the message that we all share a single planet. We are a global community, and like all communities have to know some rules so that we can live together, these rules must be and must be seen to be fair and just, must pay due attention to the poor as well as the powerful, must reflect a basic sense of decency and social justice. [1]*

These findings have unfortunately been the factors that created so much uproar in the world. These have been those missing pieces of the bigger puzzle not seen before. They came as a reminder of the American way of doing things internationally and how these policies have their blind spots. This also went for others everywhere, who have participated, benefited from and/or served globalization's stream of activity across the world. It hasn't mattered whether they

were a corporate player or a shopping mall boutique owner or a simple street vendor or a self-employed online retailer. How could we know that in the consumerist ritual of buying and selling we could play a role in adding a billion more people to the dredges of poverty, while helping those who were already rich to become even richer.

Amy Chua, Law Professor, Yale University, explains in her book *World on Fire: In America*, we read about acts of mass slaughter and savagery; at first in faraway places, now coming closer and closer to home. We do not understand what connects these acts. Nor do we understand the role we have played in bringing them about. [2] How could we have know this? We were just one of the game players, like them, and they have and probably never will, meet us face to face. This is just how I was in the globalization game. The real excitement has come through the exchange of goods and services via websites that makes it possible to move goods and services with just the push of a key all across the planet. The steps and processes that were once only a far off dream have, thanks to technology, become possible. The only problem is that we humans are becoming slaves to these machines of efficiency and developing attitudes and habits that speak to dullness, denial and void of real human contact and value. I guess these are the prices we must pay for making a dream a reality; or is it really just a more believable illusion? Could it be that the inventors of this technology also had some blind spots about its effect and influence in our lives?

I shudder to think how many American people possess and share these blind spots and this limited view of the world and our influence on it. They only understand their side of things. To them it's okay to have a McDonalds in every city in the world. It's okay to push our foreign policy down people's throats. Anything we do is okay. We are the good guys, Big brother defending the world from the 'axis of evil'. Before it was the threat of Communism spreading across the world. So what will be the next threat that gives the U.S. reason to flex its superpower muscles? Perhaps, our own blindness, shallowness, naivety and even our complacency could be a greater threat to the people of the US as well as the world.

I remember a conversation I had with a German colleague shortly after September 11. He told of his uncle's brother who had been executed by the Gestapo for refusing to collaborate with them and arrest Jews who had been his friends since childhood. This had been very painful for his family as they were considered Jewish sympathizers and had to leave their country out of fear of death or imprisonment. He went on to say that while September 11 was a horrible tragedy for Americans it did reveal what a greater horror Europeans had lived through during World War II. September 11 was an event that brought the reality of this horror closer to America. We were able to see how our policies and practices had an effect on the much larger world, globalization being just one of them.

Why do others have such animosity towards us? Has this been the intention of globalization? I certainly don't think so. In fact I'm sure many would agree that it was just the opposite. The initial goal of the World Bank was to rid the planet of poverty once and for all. So as we can see the best of intentions have always played a part in the globalization scheme of things. But as we also know and have had to learn the hard way, best intentions are not good enough, especially after the damage has already been done. It is also time we began to realize that in some ways, without knowing it, we have helped create terrorist groups like Al Qaeda. Of course this was not our intention. But I think we are past the point where we can just use the excuse 'I didn't know' because the condition of our times tells us clearly that we can no longer use this strategy. The cost is just too great and dangerous.

### **Another Lesson**

About a year ago I was invited by a professor friend in Ohio to speak to his graduate students about my work. This was an important time for me as I hadn't lived in the States for over 16 years and hadn't even traveled there since September 11. What happened to me while I was there was more important than the fact of being there. It was one thing to go through a sophisticated security operation at the two airports I had to pass through on my way to the campus. I

could handle the special security police rummaging through all of my baggage. I could even tolerate the not so friendly attitude of one security cop passing a scanner over my feet after being instructed to remove my boots. The foot scanning procedure was something new to me. At the same time I could understand the need for such tight security. However, when I saw the giant x-ray machines that I had heard about from a friend who was connected to a finance organization called The Carlyle Group that Cheney, Powell and Rumsfeld have been associated with from time to time as well as Bush Sr, one of their busiest consultants, plus the fact that they had direct links with defense contractors, my ears began to twitch. It was one thing to know that the bulk of the Bush administration and its 'loyal associates' were part of an organization that was linked to big money and 'the shadow government'. But when I learned that this group a year before September 11 purchased a company that conveniently manufactured the many x-ray machines that are being used in airports across the country in the U.S.A., it was clear that these x-ray machines represented only one aspect of the war on terrorism. It also showed that - as always - some people stand to benefit from times of war and civil conflict.

Certainly the Carlyle group has made a lot of money from the war on terrorism. Bear in mind that those x-ray machines were just part of this financial scheme. Seeing those machines brought back the very uneasy feeling I had when I heard about these two facts. A company that specialized in the design and building these x-ray scanners - was this just some lucky inside information or good business sense or could it be something else? After all, war and death always bring handsome profits, especially for those doing business in that area. Could there be a connection between the United States Military Force, and corporation, defense contractors, and the Pentagon? 'War is hell' as we know but if you can be part of it and sleep at night you can make a lot of money. In this case greed can be good.

I read once where the world has a love-hate relationship with the United States. It loves us for our courage to take risks, plot new ground and explore new frontiers. But they hate us for our back stabbing, bullying manner, and interfering in the

business of other countries, some times in a very deceptive way that costs lives and brings more suffering to the people. These are just a few of the things they hate, but what is even more important is how they make a distinction between the ordinary everyday Americans or some of our more talented stars on screen, in the music industry, academia, or the arts. These folks they even admire and respect (even love as we do the likes of Tom Hanks, Whoopie Goldberg, Danny Davito, Meg Ryan, Selma Hayek etc.), but what bothers them is our political 'Washington Circle' who play games with the world.

After all, the United States has the largest defense budget of any country in the world, plus a cache of nuclear and biological weapons. President Bush reminded us of this fact in every one of his speeches. And of course we have to make sure we are always ready to help other countries whose freedoms are being threatened.

But some of the average Americans, who do not know where the money comes from or how we get it, just believe in the American dream and all the possibilities that come with it. They do not consider how this dream can lead to nightmares for others in different parts of the world. What are a few human lives? When we really take the time to look at the shadow sides of our country's development and history we might be ashamed and shocked at what we see.

I recently read a very important book that I believe every American should read. It helps us to recognize our blind-spots on issues that we need to know more about. The books title speaks for itself - *Why Do People Hate America?* by Merryl Wyn Davies and Ziauddin Sardar. Both these journalists have received many awards for their past work and this book has been an international best seller. I hope those who read this book will gain as much from it as I have. It helped me to see things that I had taken for granted before, just as many Americans do.

This is taken from the back cover of the book.

*American corporations and popular cultures affect and infect the indigenous cultures of millions around the world. The foreign policy of the US government,*

*backed by its military strength, has unprecedented global influence now that the USA is the world's only superpower – its 'hyper- power'. America also exports its value systems, defining what it means to be civilized, rational, developed and democratic – indeed, what it is to be human. Meanwhile the US itself is impervious to outside influence, and if most Americans think of the rest of world at all, it is in terms of deeply ingrained cultural stereotypes. Many people DO HATE America, in the Middle East and developing countries as well as in Europe. Ziauddin Sardar and Meryll Wyn Davies consider this hatred in the context of America's own perception of itself, and provide an important contribution to a debate which needs to be addressed by people of all nations, cultures, religions and political persuasions.*

A mid western former teacher and housewife sheds some more light on this situation. She says: *Our eyes have been closed to the suffering and humiliation of certain people just as our eyes have been closed to many centuries to the suffering and indignities that we impose on other sentient beings. It's okay; they're only animals. They're not like us. It's okay; they're only Arabs, Africans, and Indians. They're not like us. It's easy to tell ourselves these things until one day the combination of their long suffering plight and our ignorance or indifference explodes in our faces as it did on September 11. Do they hate us because we are good, as has been suggested? Do they hate us because we are affluent? Or could it have something to do with our exported weapons, our government policies, and our attitude of superior indifference to those who do not serve our present needs that inspires the kind of rage that resulted in September 11.*

We owe a debt of gratitude to Oscar-winning documentary film maker Michael Moore for waking us up to the great costs we have paid to defend ourselves. In his classic movie *Bowling for Columbine* he opened our eyes to the patterns of self-destruction that our young people have inherited from the adult population and are experimenting with today all over the country, but in spite of his powerful message, little has been done to curb these tendencies. The country pays little attention to the fact that some of our youth carry guns to school and harbor tendencies towards self destruction.

I'm reminded of third grader Angelic Gutierrez's tragic story, in People magazine, about an eight year old who in 2002 hanged herself with a lamp cord after jumping off the bookshelf in her bedroom. The saddest thing about the whole affair is that her mother didn't have any insight as to why her daughter would take her own life. She believed that her daughter was a happy child, and really had no reason to kill herself. Even worse, the so-called experts in the mental health field are telling us cases like Angela's may be rare because of her age. This can be warning message that piggybacks on the one that Michael Moore is trying to alert us to also. Our young people are becoming more violent and are taking this out on themselves, each other, and the adult world. This pattern is also beginning to show up elsewhere, not just in the United States. It is even happening in China. Recently, I heard about a young university student in a far off province who finally cracked under the strain of academic life and stabbed four of his classmates to death. I often say to people that if we really want to know what is happening with the adults, just take a look at the behavior of our youth.

Is there a possible linkage between the growing waves of violence, destructive patterns, and acting out with our youth, and September 11 and even the war on terrorism? Does globalization also have a role in this as well? Did the bullying manner of our government policies and behavior come back to bite us with September 11?

I believe there is a linkage between all the factors we have looked in this chapter. We have fallen asleep in our denial and comfortable behaviors, and failed to recognize our role and the need to be more alert and responsible about how things began and have been carried out. Michael Moore reminds us about this in his book *Dude, Where's My Country?* and his movie *Fahrenheit 9/11* where he shows us just how out of touch most Americans are with the issues and events in the rest of the world.

If there are terrorists factions and groups who have elected to wage jihad or holy war against us, we must ask ourselves how we instilled this hatred in them. How have our beliefs, choices and actions or non-actions fueled this hatred in some way? As Amy Chua, Law professor at Yale, points out "Rightly or wrongly, for millions around the world, the World Trade Center symbolized greed, exploitation, indifference, and culture humiliation". [3]

If we can begin to look at September 11 with newer eyes we may see that the world could be headed on a self destruct course without knowing it and because of such a powerful event as September 11, we have been given a second chance to get back onto a better, more balanced, aligned and healthier course that could benefit the world. Besides, wasn't this the original intention of those who set globalization on its track to begin with? The question now is how will we (as citizens of the world) do things differently, given a second chance? What will be our newer choices, beliefs and actions?

## CHAPTER THREE

### Seeing Beyond September 11

*I see a war scenario and I ask myself, "Do I have anything to do with all this?  
Could it be that my way of living and the decisions which I make everyday  
contribute to the continuance of this war?"*

Jose Monteagudo

Spanish Doctor during the Yugoslavian conflict

Aside from the events of September 11, I have also noticed other things happening in different parts of the world. These other things have to do with more and more people voicing their concerns about where our world is headed and fearing that this direction is full of danger and needless destruction. At the same time more people are beginning to ask about their roles and responsibility in all of this and some are searching for the ways to do their part in making a difference. More people are letting go of the pessimistic and fatalistic outlook about our lives, realizing that what happens to us and the world's future is just as much up to each one of us as it is to all. They are seeing that the problems we are faced with today e.g. hunger, poverty, political corruption, corporate greed, environmental issues etc. are everyone's concern. We no longer expect world leaders to solve our problems. We have reached the place in our planet's evolution and development that the ordinary citizen, you and me, must step forward to do our part and take responsibility for the kind of world we want in the future. This is in each of our hands.

Many people have already heeded the call and are creating the vehicles for change to take place, at both the local community level as well as at the international level. Various organizations and schools whether elementary, secondary or university, have stepped forward to do their part and assume their role in bringing

about change in our lives, relationships, communities, and countries. Numerous businesses and organizations have emerged across the planet to handle the action. NGOs are being formed to deal with issues from development to human rights and are spreading throughout the world. In the arts and the media we can see activity as well as many award winning documentaries, concerts, and gatherings to raise money for AIDS research, the homeless, childcare etc. Many people are also becoming more empowered through spiritual disciplines. They are exercising more and eating better. People are waking up, looking for and finding their sense of mission and purpose. But, at the same time, while this apparent awakening activity is happening, there are many people who are still very much asleep or stuck in some kind of consumerist trance, believing that life is about having the most and the best and they are willing to defend this mind set to the death, if necessary. We have both types of change agents amongst us now - those who are connected to healthy and necessary change and those who do not want things to change and are committed to blocking this kind of change at all costs. This duality is inherent in the conditions we face today as our global family attempts to chart the course for our planet's future.

I believe we have had many wake up calls throughout our time on this earth as life attempts to alert us to our blind spots and lessons to be learned. September 11 was one of those. It was a shock to the world psyche (soul) and what we do about this is crucial for the next stages and cycles of both our species and our planet's evolution. We can make it better or worse. It is a choice we all have to make at some point. September 11 and the events leading up to it show us that we have to change our thinking, feeling, believing, seeing, choosing and ways of acting. It also has shown us that we have to let go of our limited and out dated mind sets and begin to embrace more global ones, those that come from the heart. As Einstein reminds us, we can't see the solutions at the same level as the problem.

These times speak to me as much as they do to you and us. They speak to our families, friends, community and countries worldwide. They speak to the Christian,

Jew, Muslim, Buddhist, Hindus, Native American and all others who hold a belief, philosophy or religion as an important part of their lives. These times speak to the grandfathers, grandmothers, to the young people and those not yet born. They speak to the communist, the conservative and liberal, the fathers and mothers everywhere, the gays and straights, etc. Those times speak to both our global and local leaders politically and in the business sector. Let us hope they are learning about leading with a clear mind and noble heart. Finally, these times speak to the US as well as to the billions of people that inhabit this earth and call it home.

Today, we are being asked to choose separately and together the kind of world we want and that we will pass on to future generations. One way or another, our circumstances require that we choose which path we want to go down. This in turn will determine what will offer to the next generations. Our choices will teach them about their own and how best to make them.

During the writing of this third chapter I began to see a certain kind of pattern forming about people's reactions to the events of our time. It alerted me to various conversations I've had in different places while traveling about with the issues so prevalent now on the planet. In the following piece I found a way to address these events in a unique manner. In the closing of this chapter I wish to share the insights that came to me. I call the piece *Who is to Blame, Accountable and Responsible?*

*Who is to blame (accountable and responsible) for globalization's blunders, misdeeds and September 11? I am to blame (accountable and responsible) Put the handcuffs on me and take me to jail. I am responsible for what happened September 11, 2001.*

*I am also responsible for the cold blooded murder of the young man in a Long Island gas station a day after the tragic event occurred. The sad part was that this man was not even Muslim but a Hindu from India and not from any of the Middle*

*Eastern countries. Unfortunately, he lost his life because of his brown color and because he wore a turban which was part of the tradition of his Hindu faith.*

*I am also to blame for the injury and death of innocent children and adults when the United States began its bombing campaign in Afghanistan. And don't forget the soldiers killed at the hands of their own troops. I'm further responsible for the young American who traveled all the way to Afghanistan to fight with the Taliban against the alliance troops.*

*You can hold me accountable for the later invasion of Iraq and the deaths of soldiers on both sides, plus the deaths of thousands of Iraqi troops in the first War who were buried alive during a massive bomb attack after they had surrendered. I am also to blame for Saddam Hussein's first invasion of Kuwait and the slaughter of hundreds of thousands of Kurdish people after chemical weapons had been sold to Saddam Hussein's government by the United States.*

*As for the gross inequities that have been created between the world's rich and poor because of globalization's failure, I claim responsibility for this as well. It's me, I am the guilty party. I'm also the one behind the deplorable working conditions in the sweatshops in Bangladesh. And the damage to the environment, the gaping hole in the ozone, the depletion of the rainforests and the many oil spills in different parts of the world. Yes, and don't forget the Aids epidemic and the recent SARS incident as well as the other killer diseases yet to strike our global community.*

*So, if you have not recognized by now, I'm the one responsible, accountable and to blame for all the problems that exist or have existed in our world. I also take on the burden for every wrongful step, and word that has caused misunderstandings among people from the United States, Middle East, Russia, North Korea, Ireland and Latin America etc., to the corner grocer and parking attendant; for the conflicts that exist between Christian, Muslim, and Jews, between white and black, Chinese and Philippine, Indian and Pakistani and the assorted scandals coming out*

*of Wall street, the Corporate sector, CIA, Interpol, FBI and governments throughout the world.*

*BUT SO ARE YOU..., and everyone else on the planet, from Washington D.C., Peking, Moscow, London, Sydney, Madrid, Dubai and Bogota and Istanbul. As long as we share space together on this earth and participate in its functions and cycles, natural or manmade, we also have a stake in the problems and the challenges that come to us through it.*

*Of course we are not the ones who hijacked the planes and flew them into the World Trade Center and the Pentagon. No, we are not the ones who killed the innocent Hindu man whose only crime was that he looked Arabic because of his color of skin and his turban.*

*No, we are not the ones who made some bad mistakes in managing the World Bank and other international financial institutions that caused an additional billion people in the world to fall into despairing poverty. No, we are not the American 'Market-Mongers' who maneuvered and manipulated other countries' flow of goods so as to free up their own ..... Or some of us are.*

*The list gets longer and more detailed, but I see no reason for this now. We are all responsible, both directly and indirectly for the goings on in the world; some more than others. We can cast blame on to others throughout every region of the world. We can blame ourselves. We can blame the tax-man and the TV anchorman and woman, the politician, corporate boss, schools and the United Nations. Men can blame women and women can blame men. The youth can blame the adults. We can blame our (and others) heritage and ancestry and our family upbringing. We can even blame Mom and Dad for being less than perfect. We can even reach to our higher powers and hold Allah and God at fault while the atheist blames history. We can hide under excuses, we can deny our part and dive deeply into the safety of our unconscious realms and we can simply lie to ourselves and others. But, eventually we realize we are part of everyone and everything, as Chief Seattle*

*reminded us before. We are in this situation which we must face today, together. We are also part of every event that happens no matter the cause or the outcome. With every breath, jerk, or spasm the world takes and makes, we can feel our own and everyone else's too. Until we understand this, our lives are led by shadow and an unconscious sense of reality that keeps us half awake and half alive in our existence on this earth. We can be part of the solution or we can be part of the problem. Either way we will share and live with the consequences of the path we decide to take.*

## CHAPTER FOUR

### Choosing Another Path

*We can read the writing on the wall: the footprint of self centered humanity is everywhere upon the earth and the life it is creating is non- sustainable.*

*Our generation has reached a choice point.*

*By necessity, our new journey must begin and a new path must be created taking all those who choose to evolve to place where the earlier path took only a few.*

Barbara Marx Hubbard

*Life is a path and regardless of whatever path or paths we find ourselves taking, whether it has been inherited through legacy, or through choice, society or culture, by accident or by way of a personal calling, there are times when we must be ready to pay the costs and make the sacrifices that come with the lessons and even the hardships that come with these paths.*

Frank D.Cardelle

In the coming years our world will know about and experience perils that we may or may not be ready for. I believe that September 11 has been a mere warning of things to come if we don't come out of our denial and consumer trance. I believe most people know this, but are afraid to face what is required of us to alter this course in some way. Globalization will become a more heated issue and will at some point begin to evoke more violence. Out of desperation the poor and hungry will resort to drastic means to be heard and to find ways to fill their empty bellies. The rich will continue in their acquisition of more wealth although some will become more generous and philanthropic as the poor fall deeper into the despairing world of poverty and malnutrition. I suspect that violence of different kinds will continue to erupt in various parts of the world. We will continue to be

challenged by events, both manmade and brought on by natural movements and change.

What I have just written may read like my forecast for the future. I suppose that some of what I have spoken of here could ring true and the rest mere guesswork, speculation, or the ramblings of a very imaginative mind. I suspect all of these are possible, since we all have a hand in choosing and creating. It is simply impossible not to choose, no matter what we do. Choice is a part of everything that comprises our life from the simple and mundane to the more complex and difficult. The future of this world and our lives is so much a part of this. What does this require of the ordinary citizen? What does this ask of you and me? How might we prepare ourselves to better meet this task? My intention here is to not only look at some of these areas of concerns I have mentioned and how each of us could be implicated in these things, but also to explore more fully what we can begin to do about it.

### **A Path of Life or Death?**

As I travel the world I'm witness to a half dead world. Half of the people are asleep or locked into some zombie like trances, whether this is emotionally linked, material or self induced. Within this half a large percentage put energy into staying asleep and making sure others do the same. A portion of the other half of what's left, wobble back and forth in a perpetual state of indecision, facilitated and energized by the collective state of duality in our make up and consciousness. They sometimes wish, desire, and actively participate in becoming more awake, so they use all the energy they can muster up to find people to join with who are engaged in some spiritual practice or method or philosophy that gives them a greater sense of purpose for living. They also attend many workshops or retreats to improve themselves, their relationships, or some other aspects of their livelihood. These people have chosen, most often in a conscious sense, to create a better means of existence. Sometimes this choice and action has been brought about as a result of a life crisis; sometimes it is just another important stage of

development. But however how it comes, it has a strong influence on their lives. The others fall into a pattern of the opposite form and program.

I realize my assessment doesn't paint such a rosy picture of the world we live in today but I believe it gets fairly close to a description of the state we find ourselves in as a human family on this planet. If we are able to see this from another perspective we realize that the numbers of people who are conscious and awake are fewer. It reminds us that it has always been the minorities that plant the seeds, sew the ground and prepare for the new futures that eventually come into harvest.

Some time ago I came across the book *Choice or Extinction* authored by the eminent Hungarian scientist and philosopher, Professor Ervin Laszlo. He talks about two distinct paths our world could take in the future: one is a very destructive one, and it is quite apparent that if we continue on the course we have been taking since the advent of industrialization this will eventuate. The other path is a more positive and hopeful one. Our future is dependent on the choice we make. Choice or destruction - both paths involve us. The one of choice asks us to become more involved in the shaping of our futures and the well being of the world. The writer is sending us a very important message: either we choose a less destructive path for our world community as well as the planet or we must face the consequences of our actions, or non-actions and misdeeds. He also outlines some of the possible actions we could take to avert the unnecessary tragedies down the road. He does not give specific dates and events of things to come. September 11 and other events like this are examples of what he foresees could happen, as long as we continue on the same course and do nothing to change things.

A short time later after his book was published, he went on to found the Club of Budapest, modeled after the prestigious Club of Rome where he had been one of its first members and founders. The Club of Budapest was quite different from the Club of Rome whose members were mostly scholars from the scientific community.

Its members came from the fields of the Arts, Humanities and Social Sciences and were concerned about finding better ways to use creative energies to effect changes needed in the world. Some of the members included the Dalai Lama, Mikhail Gorbachev and Jane Goodall, as well as many other international celebrities and figures from all parts of the world.

Recently I read another book by Dr. Laszlo with the forward written by Mikhail Gorbachev, called interestingly enough *You Can Change the World*. This is a handbook for global change. Dr. Laszlo offers ways that we can become agents of change in the world. We no longer can leave it in the hands of the elite and expect them to know what to do. Nor can the elites be allowed to believe that they alone can lead the way and have all the answers. The future is about co-leadership and co-creation. It is about being and acting together.

We are moving to a time when both ordinary people and leaders from every field of endeavor must join forces to handle the tasks at hand. This doesn't mean, however, that we have to create some prestigious organization in order to make a difference in the world's future. It is more important that actions and choices are sincere and honest. Large or small, this counts more towards the value of one's contribution and is longer lasting in its content and results. We must not stop in our efforts whatever they may be. Every little bit helps and in spite of set backs and disappointments, we must be willing and committed to go on, as it is in the practice that we eventually begin to notice the fruits of our labor.

## **CHAPTER FIVE**

### **Personal to Global**

As a boy growing up in the U.S.A. in a small farming community in Washington State the two largest cities Seattle and Spokane seemed a great distance from my home. I never visited either of them until I was out of high school and going to University. In those days traveling to those cities was a big event for a small town guy like me. Back then I couldn't dream of ever seeing much more than this other than perhaps a trip to San Francisco, Los Angeles, New York or Boston. Going to those places was something I might experience in my life time. If I was lucky, I could see some of the world via a stint in the military, or if I was luckier still I might be able to spend a couple weeks in Europe. Looking back over my life today, having traveled to almost sixty countries in less than 20 years, I have to step back for a moment and shake my head in amazement. There are times when I simply can't believe how much of the world I have seen, the experiences I have had, the people I've met and the lessons learned from these adventures. I sometimes wonder how my life would have turned out had I taken another path. I certainly would not have come to view the world in a new way, while gaining a greater understanding about my place here and how this fits with other people.

Being in the world has taught me much about myself in relationship to its people, different cultures, languages, and ways of viewing life. Yet we all seem to share similar traits, like the importance of friends and family, cultural practices, religion, history, and certain events that have contributed to the shaping and development of attitudes and values. The experiences I've had have contributed to the things that have shaped me into a different human being. I am certainly different from the person I was when I began to travel. Many of the experiences I have had while moving about the world have caused some of the views and beliefs I had before to shift, change or disappear altogether.

September 11 was a very important message for a lot of Americans and others who have experienced so little of the world to begin changing their habitual ways of functioning. It has shown us that people everywhere have a different view and experience of the planet and that they are entitled to this just as much as we in America. I see a sad irony about the whole thing because the United States has always stood for the acceptance of people's differences. The very cornerstone of the American way of life is the many immigrants who settled in the country from all around the world. The only true 'Americans' are the Native Americans who were here when the first settlers arrived at Plymouth Rock. We all know this but so often we tend to forget these important aspects of our history.

I can remember many experiences as a traveler when I ran into other Americans. These encounters were mostly with the typical tourist who seems to fit a certain image, wearing a baseball cap, Nikes or Reeboks, alligator brand shirts for the men and up to a few years ago Calvin Klein for the women. There were some occasions when a few travelers were wearing their company caps and t-shirts with logos and mission statements (a walking advertisement). Of course everyone had a camera and the tourist literature that list the best but reasonably priced restaurants, the opera, ballet or some other tourist event that the locals used to attract the tourists to their area. I quickly saw how easy it is to spot an American tourist. They stand out like the proverbial sore thumb. I hate to be one who generalizes, but sometimes people do match the traits that go along with these stereotypes.

Occasionally, American tourists - as my foreign friends have told me and as I've seen for myself - are demanding, arrogant, ignorant, and intolerant. They are often impatient and talk down to others too. I suppose this is because a lot of Americans do not know much about the world and do not take the time to educate themselves. Perhaps this behavior is related to the fact that they often only have a couple of weeks to see many sights, and visit as many countries as possible spending one to two days in each place. What I have noticed the most is that the usual focus of the conversation much of the time is about money. This is either in the form of a story about a challenging business deal or about a proposed scheme

to generate profit. While this may sound like stereotyping, it is the kind of image so many foreigners have about Americans. I have wondered if this trait is connected to our government's foreign policies and its conduct in relation to American corporate interests? An Austrian friend once said to me, "Americans usually speak two languages, English and Money". The unfortunate fact is that many people in Europe and other countries worldwide are beginning to imitate this "American" persona that they despise so much. This goes for clothes, eating habits, (MacDonald's etc) business practice and T.V. game shows and reality programs.. and more.

I remember a woman I heard about who had an obsession with money - everything revolved around making money. The people who knew her said she had "dollar signs for eyeballs". When she died, her casket cost more than some cars, and her gravestone was an exorbitant fee. It seemed to me that after she died it really didn't matter how expensive her casket or tombstone were. When we are dead we can't spend our money, and in the world of spirit, "who in the hell needs it?" On second thoughts, maybe they have McDonalds now in the hereafter? I wonder how much a double big Mac and fries go will cost? This focus on money in the US may have a connection to the 2008 financial collapse on Wall Street. As they say, 'When the US sneezes the whole world gets a cold.'

Following September 11 and the invasion of Iraq and Afghanistan American travelers in Europe and other countries seemed to act differently. Some of them were even shy and quiet. I talked with one American businessman I met on a train trip, who confided that he felt embarrassed to tell people he was an American because of the conduct of our government. When people would ask him, how did the people of America allow the Bush administration to get into power, he did not have an appropriate answer. I can image many Americans feeling the same way. Another man I met in Berlin said that after 9/11 he began to feel there were more important things in life than money, having all the right credit cards, and a membership in his local golf club. Now his family and friends were more important. For a while it seemed that this was a growing feeling among many

Americans. Then, all of a sudden, for whatever reasons, everything seemed to revert to 'business as usual' as if nothing had happened.

### **Stepping Back**

If we can step back for a moment and see through globalization's glare and take time to see the world as it is, we may recall something important and lasting. We may rediscover this world as a place of great diversity, a place where people have different ways of seeing the world and their place in it, with views that sometimes match our own and sometimes not, a place that speaks to thousands of years of evolution and historical events. Some of these events were great strides forward, while others took us back in a more regressive manner to times of war and other dark periods and eras. There were times when the whole planet experienced common pain, suffering and anguish that led to cycles of more pain and uncertainty, until a more stable and healing process took hold. Does this not tell us that despite our diversity we have shared a common unfolding of the planet and evolution into higher and more advanced stages of growth and development?

Some of the bitterness left over from globalization's fury tells us we need a new world view more aligned with the times we now live now in. No longer can we hope to move forward in a mature and healthy manner if we retain old and worn-out views that haven't changed since I was a boy in small town USA. I'm reminded of a report released by the United Nations explaining that the world is much richer economically than it was 40 years ago, but our level of consciousness has not changed much. The worldview that many of us still hold is the one we had in the mid 1960s. If we as Americans return to that time, we are at the dawning of Vietnam, the Cuban missile crisis, Kennedy's assassination, and later Nixon and Watergate. If people in other countries could return to that time what would they find? If, as the UN report suggests, we are still stuck at the level of development of the mid 1960s and this is representative of our world views, we can only guess what kind of future our world is heading toward.

Is it not time to create a new map in our mind's eye about the world, along with a more up to date script to go along with it? This might aid us in seeing the world,

its people, and our diversity from a different perspective. This in turn may help move us toward better communications with others and the means to create better and healthier ways to understand others.

I had to leave my own country in order to learn something I should have learned back there. If this is the case, then maybe the United States needs to recognize that some of the things we claim to know about such as freedom, dignity and human rights, need to be looked at again. If we are going to be leaders in the world, then it might helpful for us to reflect on what we are asking to follow. Are we teaching them that McDonalds and Burger King offer nourishment for their bodies when we know this is a fallacy? Are we teaching them that our way is the best, when they can see the flaws in our foreign policy and trade activities? Are we teaching the American way through our arrogance and self-righteous manner, coupled with our obsession with winning at all costs? Are we modeling our beliefs about human rights when our leaders use military and economic force to get other countries to bend to our will? The time is coming when countries will look at the conduct of America and decide how they wish to respond to this. The bullying behavior of Big Brother will be met with resistance and courage. In some cases it will come in form of extreme behaviors because of inequities between rich and poor, as we see increasingly happening in the world. People feel more insecure and uncertain about the future. It is only a question of time before other September 11's happen. Unless we make some radical shifts in our thinking and conduct, the war on terrorism will not only escalate, but we will see more acts of terrorism closer to home. Remember Bali, London, Palestine, Lima, Istanbul, and Madrid. We have seen what terrorist acts look like. These may be the precursors of more acts to come, ones that will be ten times worse then September 11 and all the other terrorists put together.

As the world continues on its way to global prosperity I hope we don't continue to repeat the same blindness in our limited choices and views. The world will become what we help to make it. As always, it depends not only on our choices. This will have everything to do with the path we find ourselves taking and knowing whether this was the best choice or not.

## CHAPTER SIX

### Dying to the Old Story

*Every unsolved problem and every prolonged illness  
challenges us to alter our life and create the  
connectedness that is the source of healing.*

Dieter Duhm

*Only the wounded healer heals*

T.S. Eliot

We know that transition is part of life. We experience this from birth until the end when we make the biggest transition of all, death. To begin this chapter, I will share two personal experiences that relate to the theme of transition. One experience speaks about the hardest transitional experience I have ever had. It was my bout with cancer. The second describes an experience I had after awakening from a night of dreaming. The first one is called Resurrection's Power and Grace.

*As I arise from the grave and awaken to the world once more, I am grateful for resurrection's power and grace. As my eyes begin to open, I notice things that I didn't notice before or perhaps I did, but wasn't conscious of this as I am now. It has been a long and arduous trek through the underworld dimensions, passing through countless cycles and recycles of life's seasons, touching both inner and outer realms of existence and looking into death's face so many times that I've lost count. I've relived the pain of my blindness and immaturity and now I see how much more I still need to learn and master while here on this Earth. I realize now that we have many angles and views of both our past and future and must learn to see these more and more often.*

*I think a lot of us knew this before but for various reasons had forgotten or even denied it. I've done my best to atone for my past deeds, thoughts, feelings, and choices but this will take time to complete. If I see another movie rendition of my life story as I have created and lived it, this will be too soon. I must confess that I wasn't sure that I would return again and would fail in my attempt to traverse time and space. In the gravest of moments, madness or suicide seemed like a more noble choice: these feelings no doubt, not any less or different than others who have made the passage before, but when we go through our own initiation experience it is not so easy to believe that others have survived such a hellish ordeal too. How can we describe the meeting with the archetypal task master teachers of both dimensions of light and dark? How do we decipher the messages received in the great Void where the wisdom of the ages still prevails? What do we do with what we've been given any way? How do we make the best use of it and apply it where it is most needed? So many questions both old and new, nonetheless, it is a very personal kind of venture, one that we will never forget in this life and most likely other ones to come.*

*I can recall long ago being told of the great effort and sacrifice that it takes to die and to be born again fresh and new in the world in body, heart and soul. Now, after having gone through this I know it to be true. It is really a time of great lessons and for understanding the natural laws and cycles of nourishment: those which govern all aspects and forms of life from the human, animal and plant to the elemental. Those of which our high-tech and overly mechanized world of today bypasses, in its sometimes destructive and mindless haste to get someplace, not fully realizing that there is really no place to go. How long will it take our misguided species to accept this and to join again with the order of things?*

*While I am glad to be back and intact, it is evident that it will take some time getting used to being here again. Clearly, I am not the same person as I was before. Or perhaps I am, but now this is more pronounced. It will take time to find my way, my place, and more of a sure footing. This will come, but only on a moment by moment and step-by-step letting my vulnerability set the pace and*

*direction. I will need to take heed, listen, and pay close attention to signs that come both subtly and in more obvious ways. I cannot rush or push the flow of things. As they say, everything in its own good time.*

*In looking back I feel as if I've been in one too many campaigns on life's battlefield. My thin and bloodied bones ache and poke through what little skin still hangs over them: the demon ghost of stagnation still holding me in its grip while limiting me in breath, movement and expression, but I must free myself from this condition. I cannot be its slave regardless of my exhausted and diminished state. Yet, I feel so empty and naked and like a child learning how to master the skill of walking all over again. This makes me feel even more helpless and uncertain as to what I must do next. In the meantime all that I can do is place one foot in front of the other and hope for the best.*

*As I begin to move slowly again into the earth's domain my mind is flooded with memories of before. I am reminded of various events, struggles and crises precluded by both choices and actions: some of these working for my benefit, others not. Some bringing anguish and great pain and the one that goes beyond of my own to touch a deeper more collective kind. Others bringing confusion and conflict while at the same time teaching me the lessons about human ignorance and suffering. The memory scenes burn my eyes and tear away at my gut and groin. The innate capacity of our species for cruelty and destruction overwhelms my fragile state of mind and condition. I am left with such sadness that I can only grieve to myself for fear that if I dare let my emotions flow as they need to I could not stop and would weep for eternity. But deep inside of me I also know that whatever pain and difficulty I am confronted with during this returning passage, it must be endured as others have done before and still others will after me. For the cycles and lessons of soul never cease and go on endlessly.*

*Continuing on, I am aware of yet another kind of intensity welling up inside of me. It has such a power that I feel it could burn a hole in me trying to get out. This is the hot fire of anger left over from all the times before, when I said nothing or did*

*nothing, when I should have or when I did and said something that wasn't called for or needed at the time. I kick myself the hardest for those moments when I let fear and ego have their reign. But I'm also relieved to know that I'm not alone in carrying this burden and that others know too of the frustrated efforts to turn things around only to end up with a sense of helplessness, futility and being lost. In spite of this knowing I'm still bothered by the state of the world and the amount of injustice and prejudice that still exists, along with the immaturity, pettiness, and self-righteous attitudes that keep us chained to our unhealthy behaviors. However, I also know now that I must find a way to balance action with resolve and discover a greater harmony and peace with myself and the world. I am only one person and can only give so much, no matter my desire or willingness to do or sacrifice more. It will take much more work and commitment on everyone's part to heal the damage we have done to ourselves and nature, and to restore the harmony between the dimensions of light and dark.*

*As I step into the next phase of my re-entry, which is another rite in and of itself, I will need time to reflect, to re-think, to re-imagine, to re-choose and finally to act, but at times these may come in a different order. Then I will need an equal amount of time to digest all of these important and vital processes and to find their sometimes hidden messages and meaning. I will even need to hold time itself in my own hands remembering again that we are co-creators in the making of destiny. Our own and the worlds: as I do I will be alert in listening for the still voice of ancestors long forgotten and the wisdom and care of its guidance.*

*As I go deeper yet into the phases of the re-entry it is vital that I be open to a much needed source of support. From this, I will need to be embraced from the worlds of spirit and matter. I will need to let go, trust and let myself be carried again by the eternal flow. To let what illusions that still remain from social, culturel, and historical wrappings fall away from my being, and to touch again the purity and wisdom of essence and be guided by its focus and rhythm, to the gateway of authenticity and freedom.*

*I will need the support from friends and loved ones, sometimes of a gentle kind, from those who will not judge or condemn my actions, no matter how peculiar or unorthodox they may seem to be at times. I will need their faith and belief in me until I can find what I need to regain my strength and resources and resume my rightful place in the circle of life. They will need to not demand nor ask of me more than I am able to give. I will need some time and space to chart my own course, even if this means falling down and making mistakes. I only ask that they stand with me throughout. Let us not forget that we all have wounds to heal, both personal and collective, and that we are the bearers of new seeds of life-design and purpose that must die from time to time if the final fruits are to ripen. So goes the journey and lessons for us earth travelers and seekers.*

*I will need the contact too with the healing energies of the earth and to become familiar with its many cycles and processes that I once knew. I need to be present when the early morning sun brings the new day and to fall prey to the enchanting spell of the full moon. I will need to take in the earth's breath and smell its fragrance, and to touch the moistness of its womb with my bare feet and to know again my grounding. I will need to be attuned to its grace and rhythm through sound and movement, my body resonating with its body and my heart with its heart.*

*I know that to die to life and the world is something natural and part of the process of becoming more fully alive, awake and responsive to the call of spirit. It is the lesson that comes with the interface of human and earth. It is the means whereby we revive the wondrous state of joy and play that we had as children, and so often lose and forfeit in our meager attempts to survive in the 'adult' world of half-truths, false promises and empty dreams. We need to find again the true values that give us a sense of worth. It also reminds us of our uniqueness in what it means to be human and the kind of quality connection we are meant to have with ourselves, others and the world. It is also another chance to clean the body and soul of the residue collected from life's many affairs and dramas.*

*To do this journey is something that comes with choice and that alone, but once we do make this choice we must remain fully committed to the task and stay the course. Having begun there is no turning back. We must surrender all controls and desires to a source greater than ourselves. We also must understand that there are no easy ways or shortcuts. It is a total immersion experience which can bring great risk and peril. We can get lost and sidetracked along the way. This can even threaten our very existence. The Shamans kind of dying is in this manner. It is a rite of passage as old as time itself. It is about our participation in the healing of the earth and the human family.*

*It is a journey, as always, that begins with the heart and ends with the heart. It has to do with the search for what we seek and need the most, and is the greatest gift we can ever hope to experience on this earth. It is the one thing that gives us our deepest fears and wounds, but propels us to go on and not give up. It is our need to love and to be loved. But the main reason we need to take the journey is to remember again what we have sometimes forgotten we knew when we first came to this life. That is also deserved. Once we have remembered this, we will be on our way again in taking our place in the everyday theater of existence and uncovering one of the greater secrets of the universe. Then we will understand that dying is also a skill that we must learn to befriend and to master in this life (to master what?). It is living that takes the most courage, commitment, and will to achieve. This is our real purpose and mission for being here. [1]*

## **The Second Experience**

I awakened one morning my head flooded with memories of the last years of my life traveling the world. These memories, neither negative or positive, brought back the feelings and reactions I had at those times at both an emotional and mental level, along with a more physical and spiritual one. They came in a mix of anger, frustration, anguish, hopelessness and a sense of being lost, blocked and not being in touch with not only my life, but the life of others around me. I even had remembrances about people I met and/or passed on the street, in bus and

train stations, in sidewalk cafes or in an aircraft en route to Caracas, Africa or Moscow. I remember lying in bed as these memories flooded through my mind and body like a torrid and fast moving river.

Then for no apparent reason I began to take notice of another kind of feeling seemingly hidden, but beginning to emerge more into my awareness. This was sadness, a feeling that I had experienced before, especially during moments of deep vulnerability, the kind that goes beyond the realms of the personal to touch the collective. When we feel both the pain and joy of all, it can take us back to when we were small and felt alone in the world, a time when we wished to escape from everything, but for various reasons could not. I lay there for what seemed like an eternity, but knew that it was only a few minutes, no more than seven or eight, as the vulnerability I was feeling began to connect with some of the memories I had had before. As this began to become stronger so did the vulnerability that was making me feel even smaller than before. I felt captivated by all the force and movement of the energy moving through me. Then came another shift that felt like a large hammer hitting my head. This time the pain was coming from a deeper place of my vulnerability, and it felt as if they both took up residence in that fertile place or they were really the same energy source, just expressed in different ways.

As I looked on, I saw something else that was hidden from my view earlier on. While I recognized some of the obvious aspects that come with the whole experience, I saw that while this was certainly true it was not the entire case. I could see that parts of my own story and pain and all that it comprised were part of a greater collective one, one that we all share throughout this life and the one that has both chapters from the past. Ones we are working on now and those we are beginning to imagine, dream, desire and choose for our future. Ones that we have at times tuned into without knowing and realizing it, others when we are fortunate enough to know that we can experience these moments with others on a mutual basis and with greater depth of intensity. In this place I could feel the pain

of my own existence, coupled with the pain of others such as friends, lovers, family, and workmates.

I felt that which we experience when we touch the collective stream of compassion - the pain that comes with loss, rejection, betrayal and not being acknowledged in this life for who we really are. The pain that comes from the earth when ravaged and wounded by our ill treatment and disregard for its existence. The pain that comes from the mountains being stripped of their minerals and resources and not being given anything back to restore their need for harmony. The pain that comes from the mighty oceans, rivers, lakes and streams being polluted so that their resources and gifts of nourishment to our bodies and senses become less and less. I could feel the pain of the animals cast aside because of our belief as being the superior and forgetting and neglecting our own animal part that comes to us through our instincts. Finally, after experiencing so much of this pain, I needed to cry and release it from inside of me. I needed to take the steps towards healing myself, both my personal and collective sides and parts. So I did.

As the tears began to flow down my cheeks I could taste their saltiness as they reached the corner of my lips. The tears of sadness, partly for myself, partly for the creatures of the earth and those of unseen domains. The pain grew stronger by the minute, but this time more visibly in my body parts. Mostly I could feel the ache in both my gut and groin, and then it moved sharply to my shoulders and neck. I felt heavier, bowled over, as if I was carrying the weight that came from disconnection, being separated from head and heart and feeling that disconnection as the gap that is created through this condition. The more I felt this weight of the pain, the more I could experience the sadness that began to emerge inside of me. It seemed like a circular event with accompanying steps and processes.

Throughout this very intense episode I began to understand something more clearly than I ever had before. I understood that I was not alone. None of us are even when we are physically alone. This is just an illusion. It's a defensive mechanism we create or borrow or inherit in order to block or slow down some of

the mental, emotional and physical incoming impulses that we are flooded with on a daily basis. These are supposed to have brought us closer together, but in many ways they have done just the opposite. Over time they have turned us into strangers to ourselves and our own raw creative potential. We keep forgetting sometimes that we created the machine and not the opposite. I knew it was something to think about more.

This experience went on for some more moments. I'm not sure in what time frames or frequencies the depth of the pain, the vulnerability, the tears flowing down my cheeks and the sadness that was continuing to well up from inside of me went on. Then strangely it all began to subside, in a slow motion sense to finally vanishing entirely from my view and body experience as if it were but a dream and hadn't happened at all in a conscious sense. I even began to wonder if it was just my imagination so fresh or could it have been the remains of a dream that I had in some way or for some reason carried over from the dream time? Or could it have been just a special moment in time, when I could get a glimpse of the collective part of our lives and the relatedness of all things?

Why did I have this kind of experience at this time in my life? Was it a sign, a kind of calling to new understanding, a message for taking some kind of action? Did it have something to do with some new steps I was getting ready to take in my life and this was some kind of preparatory help? Was it real, fantasy or both? What meaning did it have for my life, if any? Did it have a message for others and something I could pass on? I still have so many questions left from this experience.

So, what about you (the reader)? Have you had any kind of experience similar to mine that has given you a glimpse of our personal relationship to the collective? Maybe this has come through some kind of prayer, meditation, drugs, near death experience, a transcendence episode, or a crisis. I believe that many people are having these today, and having them more frequently. The reason for this has to do with the times we are living through now and how each of us are responding to

it. This is about the steps and processes that come from awakening to a higher nature and consciousness. As we continue on throughout this chapter, I will try to bring into more light and focus the messages that tend to be coming to us more frequently. These come to us through our dreams, encounters with others, life changes, crises, near death experiences and other events that cause some kind of shift in our attention and focus. These are the times of life's transitions, the times and moments to let go, to die and surrender to a force and movement of life guiding us to and through new stages and cycles of our growth and development.

### **Seasons of our Lives: Face to Face with Death**

Anyone who has had a close call with death via a car accident, life-threatening illness or through a near death experience, never views life again in the same way. In most cases people report having experiences that awaken something inside of them that had been dormant for a long time before. I have had all these experiences, which I talk about more in my last book *Flight of the Eagle*.

So, I ask, what is the big deal about death and the process of dying? I think it has been over- dramatized and we still have some left-over notions around it, mostly related to fear and the tales we have been told as children, by adults who still had fears about death themselves. These beliefs have no basis in reality and live on in our over- fed imaginations that have not changed since our childhood. Sometimes we give credit and cause to a past life episode, telling us that the cause of certain experiences and events in this life are leftover from before. Therefore we can do nothing about it in this life, right? No, wrong!

It is in this life where we are given the tools and opportunities to change and heal, regardless our fears of death or other notions about life come from our past (in this life) or from past lives. Whatever we choose to believe about death, it is an experience that we all pass through before leaving this earthly existence. We all are going to die and when the angel of death comes to take us away, it does not matter whether we live in a luxurious villa, drive a BMW or Porsche, wear \$300 Gucci shoes, have every kind of credit card , eat at the fanciest of restaurants and

have two kids in college, be liberal or conservative, or live in a shack with a straw roof, use a bicycle to get around on, have one pair of sandals made from a U.S. royal tire, have no credit cards, survive on rice and beans, and not only do not have kids in college, but cannot even read or write. When it is our time, death does not care about who we are and what our life has been while on this earth.

Death does not make any distinctions about wealth, position race or age. In death's eyes we are all the same, a soul ready to make the step to another reality beyond this earthly one. Death is merely the vehicle for getting us there intact.

Some time ago I saw a really good movie that looked at death with both heart and humor. It is called 'Meet Joe Black' and stars Oscar winners Anthony Hopkins and Brad Pitt. It is a comedy-story about what happens when its time for the goodhearted and wealthy people to die. Anthony Hopkins plays the character of a wealthy industrialist, whose company is being taken over by a younger ambitious and greedy associate, about the time he is visited by the Angel of Death played brilliantly by Brad Pitt. As Angel of Death he has become bored with his task and wants to know more about the world of the living. As is typical of Hollywood movies, he goes on to foil the bad guy and fall in love with the daughter of the character played by Anthony Hopkins. He ends up having his first sexual experience and becomes addicted to peanut butter. I liked the story and the acting was top notch as expected for stars like Anthony Hopkins and Brad Pitt.

I believe the movie probably helped a few people to release some of their fears about death and take some of the sting out of it. After all, dying peacefully in our sleep is quite different from being crushed to death with a slab of concrete that has fallen on someone during an earthquake, or being burned alive. Certainly, the drama about death can be quite different as to what happens in those last moments while taking that last breath. I give credit to the actors and how they handled their roles and acted their scenes. I believe that they helped to alter some of the notions and fixed beliefs we all have about death. But even with this, Anthony Hopkins' character walked away in death's company, telling us again that no matter how or when we go with death, it will happen. This we can count on. If

we can learn to accept and live with this truth in a more awakened state, it can ease the tension we hold sometimes around death. In fact, it can even help us to awaken more to another part of our earthy experiences while we are here. That is life. Once we are able to gravitate back and forth from one to the other, life and death are more easily related to and handled and seen as just a natural part of our life experience that is mirrored back to us continuously throughout our lives.

It is here that we are reminded that that we have to die if we are really going to live. All we need to do is to watch how nature lives out this drama every day, in time from one sunrise to the next, a process that never is the same twice. The process has such a beauty and power as part of its mysterious goings on, and is a process that constantly reminds us how everything is and works. This process is something we humans have lost contact with. That's one of the reasons that we have learned to fear death... and life as well in many cases.

### **The Importance of Healing**

Another aspect that comes with awakening to consciousness is healing. Being a practicing clinician for over 30 years I am speaking more about emotional, soul healing. I do not believe we can completely heal until we have healed at the level of soul. To do so, as I have found in my years of clinical and psychological work (Soul Work), we have to heal the wounds that we have received since we came into this world. This has to begin with our very birth, infancy, childhood, adolescence and so on. I believe, however, that our deepest healing has to come through our early childhood years. It is here that we find and create the ground we will use to stand on for the rest of our lives.

Alice Miller, the renegade Freudian, sheds some light on this:

*We are all prisoners of our childhood, whether we know it, support it, deny it, or never heard about the possibility. The realization that we can free ourselves from the consequences of old wounds will gain ground as more people prove it can be done. [2]*

These words were taken from her first book published in 1979. Since this time we have made huge strides in helping people to free themselves not only from childhood patterns that limit and block us as adults. A lot of research and work has gone on into creating better ways to be born into this world, teach healthier parenting methods and uncover numerous ways to heal our psyches and early life traumas. Some of these unfortunately sometimes do more harm than good, but I believe we are on a better track for finding the means and the tools for more effective soul work and healing. It certainly is not perfect, but it is better than what we had during Alice Miller's time. We can only hope that we have learned from our past mistakes and wounds. I am confident that not only can we do this, but I see us taking the steps necessary to go deeper in our exploration and practices.

### **The Art of Forgiveness**

The third and last part of the equation that pertains to this chapter's theme and awakening to consciousness is forgiveness. I would like to begin here by sharing a short piece I found, once written on the wall in a friend's office toilet.

*Forgiveness is the glue of the universe*

*Forgiveness is the might of the mighty*

*Forgiveness is the quiet of the mind.*

If I were to ask who is the author of these compelling words, who would you guess? If I were to ask whether the author of the inscription was male or female, what gender would be chosen? If I were to ask the age of the author, what age would we pick? If I said I was not going to reveal who was the creator of those words for various reasons, what would be the response?

### **What Does it Really Mean to Forgive?**

Many times in my workshops during a very intense moment when people are bringing closure to some left over feeling from a conflict or even back to 'stuff' we all still carry around about our parents, I hear people say "I forgive you" or "please forgive me". In some cases this clears the way for some other issues i.e.

thoughts, feelings and/or memories to come out that are even more deeply hidden or packed away. But there are times when the statement of forgiveness acts as some kind of lid that comes down hard on some feelings or statements still needed to be said, but which need more time to bubble up from that dark place inside of us where we store some of our most fearful words for use towards others. In this case the forgiveness statements are merely words and they are false in that given moment. In this sense they do not match and are not the most appropriate for the situation and condition.

Then there are those times when someone says "forgive me", or "I forgive you" and it just seems to fit like a glove. It is the right moment, the right choice of words and it is what the situation calls for, a kind of synchronicity. If we can take this forgiveness idea and extend it more out into the world what would we find? For example, in South Africa, the Peace and Reconciliation Committees was introduced to put an end to the conflict and blood shed brought on by years of apartheid. It seems that holding people responsible for their actions and forgiving them rather than punishing or taking their lives worked better than people realized.

Another time, I read about a couple who accepted and forgave the man who raped and murdered their 14 year old daughter. Their acceptance of the man transformed his life. Their belief was that through their lessons with their daughter's killer this eased their loss. They also knew that this is what their daughter would have wanted, simply because this is the kind of person she was. In spite of his act in taking her life, she could forgive him. I do not know how many people could do that. What about the loved ones and friends of those who suffered because of September 11? Could they begin to forgive the Al Qaeda members who also died that day? What about others in Bali, Istanbul, Baghdad or Pakistan where people had to suffer because of terrorists' acts? How far can we go with forgiveness when it involves us more personally? There are times when we play mere lip service to the real act of forgiveness. Are there degrees of

forgiveness where in some cases its okay, even permissible, to forgive and others where it is not?

I find myself asking more questions as this relates to consciousness and the times we are living in today. On the one hand I can see more people waking up from the trance of consumerism, but on the other I see those who are becoming almost obsessive about the having more and the best of everything. Having more has become a protection and safety device that goes a long way to keeping up with the Jones.

In some ways we are using our possessions as a fortress that not only keeps others out, but also keeps us captive inside. So, my first question is: How long can we use this strategy for safety before it finally consumes us? Could drowning in our own consumption be the real cost of consuming too much? This brings me to my second question, which also contains a hidden statement. My question is: How can we raise our consciousness to a higher level as long as we have such need for too many material things? This is a contradiction in my mind, because as long as I continue to believe that the cost of my car is more important than the way I treat my neighbor, workmates, or the person on the street, the spirit of the whole thing just loses its meaning and value after a while. Maybe this is where we need to begin to do the real healing and change. This could mean that we need to die to our old ideas and beliefs about both life and death. It would be helpful to reflect about forgiveness too if - and I do mean if - we really want and hope to awaken to real honest to God consciousness. Perhaps it is time to stop kidding ourselves and realize that waking up sometimes requires going into the darkness of our own hell or the hell we have come to believe exists, whether it's here or in some under place deep within our consciousness of shadow and unconsciousness. To do this, it takes readiness and preparation which is more than a weekend workshop, a ten-day meditation retreat, walking on fire, or reframing our beliefs. For the most part, it takes a real desire to serve life beyond ourselves and things. It takes an honesty and trust in life that goes beyond only mere faith. The least it takes is a curiosity and a need to question the validity of a method, belief or action.

Our world today needs a lot more mature choice and action because we have more than our share of the ones born from immaturity. If people really want to contribute to this world and help it to move in a healthier, creative and positive direction then the best we can do is keep working on our growth, healing the wounds of our birth, childhood and adolescence, and step gradually into the shoes of adult responsibility choice and living. If we can make this one of our most important goals and practice both in our lives and in our relationships with others and let this be the maxim by which we live our lives, then we can begin to provide some real substance to the world now and in the future. Do not forget, as they say in spiritual circles, waking up is something that can be done and we all are capable of doing it. But, staying awake is where the real work and commitment comes. As we close this chapter, I hope we can remember this.

By the way, the author of the short piece about forgiveness was Gandhi. Could you have guessed?

## **PART II: New Tasks and Lessons**

*The enemy of humanity is not germs, but the human itself, his vanity, his judgment, his stupidity, his arrogance. No class is immune, no system a panacea.*

*Each person needs to revolt against a way of living which is not his own.*

Henry Miller

*Fear must disappear off the face of the EARTH.*

Michael Gorbachev

*Truth and love will defeat lies and hate.*

Vaclav Havel

*Life is either a daring adventure or it is nothing.*

Helen Keller

## CHAPTER SEVEN

### Visions of a New World

*Being a peacemaker doesn't mean that you were cowardly or timid.  
If we see ourselves as peacemakers, this means preserving the peace  
in our hearts and looking for ways to bring this into our group process.*

Dhyani Ywahoo.

*Our only hope lies in the energizing attraction of a new vision.*

Erich Fromm

If we were to consider different situations that pertain to the visioning of a new and better world, what would we find out? If we could look at some different scenarios relative to this theme then perhaps these discoveries would be even more profound.

Let us begin by imagining a scenario where two young fathers are both holding their first son only just born. Each one is so proud that he has an heir and one to carry on the family name as he, his father, and grandfather did before him. This would be a special scenario, because it would represent a time for both family and close friends to be present and share and celebrate the birth of another son. And, what about the young wives of these fathers? The ones that now can rest after passing through nine months of getting to know their sons, the special kind of bond that goes on between mother and son, that grows stronger each day during the pregnancy, experienced by mothers of every race, the one that precedes the next step when the mother and son join in the shared ecstasy of breast feedings nourishment to both.

This scene is repeated time and again on our planetary home, when the meaning of sharing and being together with others is at its strongest ever. What would happen if this wonderful event of childbirth was experienced quite differently by

these two young fathers, their wives and other family members, simply because of the location where it was happening. For example, what kind of meaning would this hold for these two young fathers if one was Israeli and the other was Palestinian? If this were the case, what kind of legacy would each young fathers be passing on to his son? How might the young wives feel knowing that they had brought a child into the world to become part of the seemingly ageless and bloody conflict that has brought much suffering and loss to both peoples? What would the parents and relatives of these young fathers feel about this birth of another son? The tragic thing is that the two innocent sons born to these warring tribes will grow up seeing themselves and the other one in a completely different light. Perhaps, in different circumstance and through another fate these two could have even been close friends. But because of the way things are and have been for such a long period of time, this possibility will most likely never be realized. This doesn't mean that they will not meet someday, but the meeting will not be the meeting of two friends. When that day does come one of the sons will be carrying a machine gun and wearing the uniform of an Israeli soldier and the other will be wearing civilian dress and maybe throwing rocks, spitting at him and shouting obscenities. The saddest part of all is that never know they actually have something more in common than they realize. They were both born and came into the world on the same day.

Would this fact ever have a chance to become a seed in their lives and some day bear fruit? If we were ever able to ask them what vision they had of the world, would this be shared or be quite different? What would be their needs, goals, dreams, not to mention the fears and anguish they feel not only for themselves, but also for their sons' and daughters' future?

If we are honest what we see is the men who are doing the killing in turn being killed, and the women and children suffering because of it. Maybe it's time to let the women who are the bringers of life become the bringers of peace. Let the words of Professor Ada Aharoni illustrate this more in her poem 'My Sister, Daughter of Ishmael':

*My Arab sister, daughter of Ishmael,  
 Let us build a sturdy bridge  
 From your olive world to mine,  
 From my orange world to yours,  
 Above the boiling pain  
 Of acid rain prejudice –  
 And hold human hands high  
 Full of free stars  
 Of twinkling peace*

*I do not want to be your oppressor  
 You do not want to be my oppressor  
 Or your jailer  
 Or my jailer,  
 We do not want to make each other afraid  
 Under our vines  
 And under our fig trees  
 Blossoming on a silver horizon  
 Above the bruising and the bleeding  
 Of Poison gases and scuds.*

*So, my Arab sister,  
 Let us build a bridge of  
 Jasmine understanding  
 Where each shall sit with her baby  
 Under her vine and under her fig tree –  
 And none shall make them afraid  
**AND NONE SHALL MAKE THEM AFRAID!***

We could go on and on about having a vision and never get to the real core of the issue. We could create other scenarios equally compelling as the Israel and

Palestine conflict such as ones concerned with social justice, equality, the gap between rich and poor, human rights etc. Each one would be just as important as the others. This doesn't mean however, that we just simply ignore the aspects that contribute to the conditions of our world believing that they are unsolvable. No, on the contrary, in fact we have to do just the opposite and keep looking for the best and more effective ways to meet the challenges that these things bring to our lives. We do, however, need to look more deeply at the implication of these conditions and events, and the ways we have handled them up until now. We need to see what has been been the obvious all along but we have not been able to see it. These are a few of the factors accompanying the intentions that come with this chapter's presentation.

So what about Visions of a New World? How does this play into our lives today? No doubt these can be as different as night and day depending on its focus both in the place in the world as well as the condition and circumstances present. The Israeli and Palestine conflict is only one of the many that could be considered. Certainly, the vision of a New World is going to look quite different to a successful Wall Street broker who is involved with billion dollar transactions every day, than it does to a poor farmer in Bangladesh who works 16 hours a day and earns less than \$2 for his efforts. This becomes even more extreme and bizarre if we consider that this peasant farmer has four mouths to feed with that \$2.

Having a cow to pull his plow and provide extra milk for his family would fit well into this farmer's vision of a New World. As for the Wall Street broker perhaps having less congested traffic might fit well into his vision. What is becoming clear is that in a new and better world the Bangladeshi farmer and his welfare will be just as important, and probably more so than the broker's welfare in New York. When it comes to the vision side of issues we are facing, we must allow for this when considering steps to take and the making of plans. If we forget this, the kinds of visions that we birth and cultivate will be lacking in many of the ingredients that make them solvent and possible. In short, they will not be relevant and applicable for our situations. If we choose to go on anyway, the results can be

self-evident, disastrous and in some cases cause irreparable damage to people's communities and the bases of their livelihood.

When it comes to looking at how to better the world the quality of the vision is not only important, it is crucial. If we are going to start creating visions that can be made into reality, we must consider whether they are what we need. They must be a good match and compliment the conditions of our lives. When we are looking at this from a world perspective than these factors should be even more pronounced. The question comes to mind: where do we begin to get these added components that can be used as part of the foundation that needs to be the base that supports the visions in their entirety, substance and value? Do we draw from others ideas and models, true or otherwise, for them? Do we rely on the experts hoping that they may have their head in the right place? What we are looking for most in their visioning steps and process is the heart and soul of the whole venture and intent? Or do we look to ourselves and our own experiences that have contributed to how we are with our lives and taking our place in the world? This is exactly what I have elected to do.

In my last book I wrote about the lessons that I had gained through all my years of traveling and working around the world. I call these lessons my world teachings. There are twelve of them. Although I created and spoke about these years ago in my other book, I can see how they also have some relevance and can be of value for the theme of this chapter. Following the introduction of these teachings I will talk of how I find them useful in visioning a better world.

As I look at these twelve teachings again, I can see that in some respects they are even more valuable now than they were initially when I wrote of them years ago in my book. I hope they can be of as useful now in this chapter. These twelve teachings are as follows:

## **Twelve Teachings of the World**

### ***Each Person Symbolizes A Small World***

James Lovelock, the English scientist, hypothesized that the Earth is a living being. This was not a new thought. He simply rediscovered what aboriginal people and others before have known for thousands of years. When we consider that a planet is a living being then it makes perfect sense to explore the possibility that a person can represent a small world. If we can look more deeply at the intricacies of the human body such as the heart, brain and other organs, we begin to understand how complex the human being can be. Let us not forget that we still only use a fraction of our capacities and creative resources. We also need to remember that every part of our bodies and functions come from and are connected to nature. In this light we are relatives of the trees, rocks, rivers and animal species. When we look at what we are and could be if we were to access these resources, it staggers the imagination.

We are now talking about the person of the future and the attributes they are to have in terms of intelligence and skill for learning and growing. Is not the global human consciousness part of this? Indeed the spiritual philosopher Jiddu Krishnamurti once said: "*We are the world*".

### ***No Two People Anywhere In The World Are The Same***

Years ago I used to ask people in my workshops or conferences to hold up a finger to demonstrate that everyone has a different set of fingerprints. Now I ask people to hold up both hands and feet (if they are sitting) to once again show how different everyone really is. I always tell people not to forget that identical twins have different traits and personalities, no matter how similar they may look and act. Despite people the world over following trends in dress, hairstyle, music, choice of religion or political party, behind all the apparent masks of sameness created and/or shaped by culture is the unique individuality that each and every

one of us possesses. Our finger and footprints along with other traits and qualities represent the codes and maps of the path we are to follow in our lifetime.

### ***We Are On The Same Journey, But Traveling Many Different Paths***

In the early sixties architect and inventor of the Geodesic Dome Buckminster Fuller had us believe that we are all shipmates on Spaceship Earth traveling throughout the galaxies. In his and others view everything in the universe is moving with the earth despite the fact that it looks as if it is stationary and spinning on its axis. However, at the same time the paths for people to take on this journey are vast and quite diverse. It is through our differences and not through our sameness that we get the clues to the meaning of this journey and the part we play in it. Remember, no two people are the same, nor are two blades of grass, animal, mineral or rock.

When the day arrives that we are able to see the truths in all that we know and that exists, then we will understand how the code inside of us works to tell us what is evident and how this is all part of the journey we are on...

### ***We All Have Common Traits, Needs, Goals, Joys, Dreams, and Fears***

I have traveled to many different countries, listened to people speak different languages, and heard people tell the stories of their lives. I am amazed how important and rich our differences are for our lives and how common are our traits, needs, experiences, and lessons. It is in the paradoxical aspects that we find the common elements of our lives no matter where we live where we have been brought up. Whether in Russia, Germany, Hungary, the U.S.A. or South America, at a level deeper and beyond that of culture, language and race we all speak the language of heart and soul. It is through our touch, feelings, seeing, imagination and choice that we find this capacity for meeting one another. We share the same struggles during times of crisis and loss even while we have been taught to respond differently. Most of all we all are sometimes afraid and feel insecure. We also share how to do this better and in a healthier manner by

learning how to love and to be loved. This is the one task we all are being schooled in continuously.

***We All Have Things To Share And Give To One Another That Bring  
Healing and Unity To Our Lives and Relationships***

Blah, blah, blah, blah. How many times have we heard and been reminded of this true to life fact before? How often do we forget it and have to be reminded again? It seems, no matter how lost we become or how far we get off track in our thinking, feelings, imagination, choices and actions, life always manages sometime, somewhere and through someone or some event to speak to us and show us the part we play in the flow of things. Sometimes it requires a harder and more intense kind of lesson to get our attention, such as an accident, crisis whether natural or manmade, or some other kind of loss or suffering. Other times it can come more subtly through a kind word, a smile, a joyful laugh. It can come through the song of a bird or one on the radio, the words in a book or through a scene in a movie. It can come in a dream, a beautiful sunset or sundown. Whether we are in the act of giving or receiving it is part of a collective one that we all share in manifesting in this life. It all depends if we are listening or not and are willing to be both actor and messenger for what life is passing to us and through us.

***We Are All Teachers and Students Of Life***

Throughout my life I have been reminded over and over again how life is a great school and we are both students and teachers in it. Now that I have traveled the world this has been confirmed even more. Even when my role has been to teach and to help people, change, heal, and grow, I've always found that I too receive something back from these people. For the most part, other people have been a mirror for me reflecting the lessons we all are learning through the journey of life, as a very important reminder of what we sometimes have forgotten, ignored or even lie to ourselves about. No matter where I go in the world or what process I may happen to be in at the time, life brings people, events, thoughts, and feelings, to teach me something that I need to know and learn. I have always been grateful

for these opportunities even when they are sometimes painful and confronting. If we are willing, life will in some way show us where we are and what we need to do.

***The World Represents The Record and Unfolding History and Evolution Of Human Life On The Earth***

From the simplest blood cell or gene to the most sophisticated of technological tools, these represent the evolution of the planet, our species and civilization and how we have been part of this creation-process. In every city, museum, park or neighborhood, the remnants of life before our time can be seen in some manner from the ancient church to the smallest piece of pottery or jewelry. While this is more evident in the physical surroundings, it becomes even more apparent in the character and movements of the people. Through them we can see glimpses of what existed before. If we are able to pay attention and see behind the obvious, which is sometimes blocked by our prejudices and stereotypes and supported by cultural and other historical imprints, we can see history come alive in the people themselves. This can come through the way they walk, talk, laugh, reach out (or not) and through their eyes. It is here that the ancestral imprints and inheritance become more apparent, passed on through one generation to the next via the family bloodline or in some other way. Through every person, young or old, male or female, rich or poor, landowner or peasant, the pieces of the life long ago become revealed if we are willing and able to see this with open and clear sight.

***Our Break With Nature Wounds Our Sense Of Belonging and Connection With Ourselves, Others and Life***

In the early 1990's the United Nations sponsored a world conference on the environment in Brazil. This conference was attended by heads of state, scientists, environmentalists, activists, clergy and young people from all over the globe. There was much discussion and many promises to change the course our world is following regarding the care of the environment.

Sadly, the conference and many of the attendees and especially heads of government paid of lip service to the event, but since than very little has been done in a serious and committed manner to bring a halt to the blatant destruction of the environment. The rainforests continue to be destroyed, the ozone layer gets larger and there are more oil spills in the world's oceans.

It is quite clear that our species still is hell-bent on controlling and raping the natural world of its vital resources. We also know that it always has to do with money and power. Today we are told that we cannot continue in this manner or there will be grave consequences. But do we listen? Recently I came across a statement written on a poster in an Internet café in Istanbul, Turkey. It comes from a Cree Indian elder who could see the destructive plight of the white society. I believe it is fitting here. He had written: *When the white man has destroyed all the forests, when he has poisoned the earth, so nothing can grow anymore, when he has killed of all the species of plant and animal, when he has made the air so foul that he is no longer able to breathe it ... this is when he will finally learn and realize that he can't eat money...*

### ***People and Countries Are Always At Different Stages of Growth and Maturity***

Countries have many things in common with people. They possess a history consisting of their birth, events throughout time that have brought forth both gains and losses, certain characteristics that mirror similarities, and differences with other countries. They also pass through stages of development such as childhood, adolescence, adulthood and old age, even some forms of death. Countries can go through periods of change and transformation that tend to add richness and strength to their inhabitants. These also can bring great loss and change of form itself, i.e. war, natural disaster, floods, earthquakes, hurricanes, fire, volcanic eruptions, etc.

The one difference between countries and people, however, is that countries don't create people, but people do create countries. They claim them, name them and

set up countries separating them from other countries that have been named, claimed and possessed by other people. People will erect walls, forms, or other structures that show a particular region to be and not to be inhabited by others without permission from the other. They will even fight, lie, and die to possess their sovereign right and claim to part of the land. Some will even try to take others' claimed land. People through history have done this at great cost and the shedding of blood and causing much pain and suffering. One thing we must not forget and often overlook: Without people there would not be different countries or boundaries of any kind, other than the ones created by natural evolution.

### ***We Must Learn to Live With Our Differences***

World wars, civil wars, conflicts in communities, organizations, businesses, marriages and in families have occurred because of different views, beliefs and choices for how to think, feel and to live one's life. Friendships, marriages and other kinds of relationships have been destroyed or damaged, largely because others have sought to impose their way of being and seeing onto others. Let us not forget the conflicts over time between blacks and whites, Catholic and Protestants, Jews and Moslems and other kinds of conflicts that have erupted in different parts of the planet.

We must ask ourselves when we will stop passing on our wounds of hatred to the next generation. When will we stop this vicious cycle from continuing? The fact that we are all different tells us the processes of conflict we find ourselves embroiled in at times, comes from leftover and incomplete patterns and processes from our earlier times. They do nothing but contaminate our lives now and block new life for the future. Perhaps, when we have shed enough blood, orphaned many children, and have destroyed and caused enough suffering, we will finally realize again that nobody is the same nor should they be forced to be. Nor do they have the right to impose their beliefs and practices on others either.

***Global Doesn't Mean Macdonald's, Coke or Winston***

Let us imagine for a moment that the greatest pleasures in this world consist of three things. These are eating at MacDonalds, drinking Coke and smoking Winston cigarettes. What a boring scenario. Is this the best that America can give to the world?

Frankly, I am both angered and ashamed when I see the Golden Arches spreading all over the world. Who cares whether you can get a Big Mac and fries in a restaurant in Peking that taste exactly the same as they do in London, Moscow or New York? The same goes for Coke and Winston. The world has enough addictions without adding more. I believe it is time to strip away the phony layers that come with gross materialism. We need to stop letting ourselves be manipulated and/or manipulating others just to sell a product, make money and to add some more inches to already oversized egos. When will we stop falling into the clutches of our own immaturity and begin to grow beyond our childish wishes and whims, believing that we can get others to bend to our every want? Isn't it time to begin finding the best and most sensible and mature ways to provide for people's real needs? Then we wouldn't have to spend so much time, energy and money trying to convince others that a product is good for them. Just as we cannot eat money, our lives eventually become sour inside of us as well.

***We Are One Family***

The late author and Family Therapist pioneer Virginia Satir saw the world as a family of nations. Like a family it has conflicts, problems communicating, being understood and simply getting along. The United Nations - formed shortly after the close of World War II - carried a similar view of the world and believed that if countries worked together as do families many problems could be alleviated. Also one of their goals was to stop not only wars, but also the cause of wars. Unfortunately, we still have to learn the lessons that every family must learn to handle and to improve on. These lessons are about patience, tolerance, better ways to communicate and learning how to love and to forgive. Like any families

(countries) these lessons and tasks take time and a great deal of practice. Overtime families (countries) learn better how to get along.

As long as we can see ourselves as members of the same family and related to a larger family context (World Family) the possibilities for empowerment, nurturing and change become more possible. I once heard that genealogists claim that if we trace our family lines back far enough, we find everyone on the planet are our distant cousins.

Our task now is to learn how to move from being dysfunctional families that continue to create more problems, to functional families that have a chance to be more healthy and effective and above all more nurturing.

These twelve teachings remind us of some of the truths we have come to forget and ignore too often in these past years. They show us the cardinal facts that are always present, even when we're not paying enough attention - like we all share in the evolving process of this planet no matter where we are and the kind of life we are part of. And that being different is a fact of life. This is something we still have a lot of difficulty remembering and handling at times. We're also at different stages in our process of maturity of awareness and consciousness. Despite this, as we move on through life, we are still challenged by the events of our time that serve as kinds of rites of passage to higher and more developed states of awakening to this existence and what it means for our earthly everyday experience. Here the world continues in its teaching as it always has, and always will as long as we are its students and have something more to learn. The teachings bring to light the one truth that we are so hungry for in our desperate search for answers, to our unanswered questions and solutions to problems that seems to never come or they do not come the way we wish them to. Yet, we still move forward knowing that at some level we really are one family and earth community. Too often we keep forgetting that global family or otherwise, we will have conflicts and differences, but this is to be expected and is the nature of families.

These teachings also show us so well one of our greatest needs. The global context of our lives is also part of the local context and vice versa. What we choose on both levels has an influence on how each one of us evolves, grows, and heals as does the world. This goes from the persons, relationships with others, nature, communities, country and so on. Hence, if we are growing (and awakening to consciousness) as individuals, so is every aspect of the world, and thus self and world are joined and living the same process, and in a co-creative sense affecting and determining the future of our world. So, like it or not, we create together. We can make our lives richer or full of more difficulty and suffering. Both take the same amount of energy and effort. As we move on, it may be good to keep this in the back of our minds. I don't think we lose anything by doing this. In fact, it could even help us in staying awake and on track, because when it comes to finding the most appropriate visions that can move us on and forward to new futures we need all the help we can get.

### **Visions of a New and Different World**

So what kinds of visions are people of our world creating today? During the course of writing I began to look around at some of the visions that people are coming up with today and would like to share a few of these now. I do so in brief, as the statements are too long for the purpose of this chapter, but I think even in a briefer form the points get across.

If we consider the public sector, the thinking of people of notoriety and popularity and even fame might be of interest here. For example the Dalai Lama has a vision of a better world that speaks to the brotherhood and sisterhood of human beings and the need to be more responsible for one another. Leo F. Buscaglia, American author and former professor at the University of Southern California has a vision of a better world based on the principles of love and basic human rights, i.e. dignity, creativity, freedom, and joy. British actor Sir Peter Ustinov tells us, "The future of our planet is merely the future of us all." [2] The Nobel Prize winner for Peace and President of Costa Rica sees a better world when we stop looking for a single solution to global issues that need collective attention. The former leader and first

president of Poland Lech Walesa, heartily suggests "Without new political ethics we will not be able to create a new world". [3] The former president of the Czech Republic, Vaclav Havel also sheds some light on the global vision notion by telling us before we can make any real headway we need a deep shift in our consciousness as a whole.

After looking at the numbers of statements about the 'how' of creating a better world, I was especially pleased to hear from our youth. Here are a couple of their views about the visioning steps and processes that give credit to the insights they possess at such young ages. A high school student from Australia says: "I may not be able to stop wars and famines or do much to improve the environment, but I can do a lot with my inner environment, like changing my attitudes towards others. [4] Along these same lines a younger student of 14 years of age from Holland adds this: "In his song "Man in the Mirror", Michael Jackson sings that if you want to change the world, you should start with the one you see in the mirror. Well, that is what I am trying to do and hope everyone will try to do this." [5] I must confess that when it comes to the vision question about a different kind of world I believe these two younger people are closer to understanding where the real change needs to take place if we want our world to change for the better. Without realizing it, they are honest in acknowledging that if we want the world to change it begins first with us. I hope as they grow older they are able to sustain this vital belief about living which many adults have forgotten completely or are afraid of the reactions of others if they decide to hold their ground on that issue. We have got to stop underestimating our young people. They may have some things to teach us about how to have a better life and world.

### **Winding down**

As we begin drawing to the end of this chapter, I reminded of a series of other statements that have been given in the name of steps toward change. I recall first the lines from Shakespeare's Julius Caesar, told by Brutus, close friend and later co-assassin of Caesar, Emperor of Romans. "Friends, Romans and country men, lend me your ears". Or when the Dr Martin Luther King Jr. gave his "I have a

dream" speech in Washington D.C on the steps of the Capitol; or when President Abraham Lincoln spoke of freedom and slavery's end in his Gettysburg address. And what about Prime Minister Winston Churchill's pledge to the British people during World War II of their need for sacrifice of "blood, sweat and tears"? Nor can we ever forget John F. Kennedy's message to the people during to his Inaugural address, "Ask not what your country can do for you, but ask what you can do for your country". Throughout history the world has known of the powerful words that have touched hearts and souls and moved people to act. If there were such words spoken to the many deaf ears of the citizens of our planet today, I wonder what they would be? What could be said or done to "light the fire in our heart" that would begin to awaken the kind of commitment the world requires from each of its citizens, everywhere in these times and for the future?

It seems we would need portions from all the aforementioned speeches with some of our own words added. First, we could borrow the essence from Martin Luther King's dream of racial equality and extend this to all parts of the globe. We could take the spirit of freedom from Lincoln's Gettysburg address and let this be a basic right for every man, woman and child on the planet. The element of sacrifice from Churchill's address would speak to the necessary and full commitment of us all worldwide to find the means and path towards unity of purpose and a greater sustaining vision. With these set into place, one word in Kennedy's Inaugural address - country - could be changed and extended to asking what we can do for our world?

If we could possibly create such a forum to be addressed to all citizens of the world, then we would not have to borrow anything from Brutus' address. It would no longer require that we be asked for the lending of our ears as we would already be listening. Nor would we have to give praise to Caesar or anyone else, for we would know and would feel the connectedness that exists within the strength and capacity of our humanity.

If we could generate this kind of relatedness as a one earth family we would no longer need impacting speeches, addresses or other ways to know and hear the voice of our calling - the world and its people would already be as one.

When I step back and look again at what I have written, it takes me back to my old university days in speech class, when we had to memorize speeches and addresses from various times in history. Three of my favorites were Kennedy's Inaugural, Lincoln's Gettysburg address and Martin Luther King's, speech, 'I Have a Dream'. I remember the day I stood before one hundred students and bellowed out King's infamous lines over the microphone. I had practiced for weeks on that speech, talking in front of the mirror and reciting to my roommates until they began plugging their ears or making excuses telling me they had to be some place else when I cornered them in the kitchen or bathroom pleading with them to hear the speech just one last time. Finally, it took the honesty of one of my roommates to break the trance I was in about the perfection of the speech. He simply said: "Listen if you're not ready now, you never will be". He was right. When I finally took the stage and looked out at the hundred students I saw myself as Martin Luther King: I was talking to 100,000 people on the steps at the capitol, I had been clubbed and spat upon in Selma, Alabama, and I had walked in protest marches all over the country and more. As I opened my mouth and said those famous words; 'I have a dream', I no longer felt white, nor did I feel black either, but I could feel the plight of the black people from the horrid days of slavery all the way through the times of Civil Rights. I could feel their pain and anguish, their anger, being part Indian myself and able to resonate with their condition. In that moment I not only was mouthing the words of a dream vision, I was living it, embracing it. It too was part of my dream for a better world and future world for all people, just as King was asking through his speech. This was a time I miss, because people had fire in their hearts and bellies, the courage and spirit to move it forward; a time when people were not afraid to be ridiculed, beaten or even killed to take a stand about the need for truth and justice.

Today, we live in a time when we need that same kind of energy to deal with the multiple issues facing us, as we stand at the greatest crossroads of all time. The time to choose between new life and/or resurrection or to fall back in an even more regressive sense, to a state of diminished and limited consciousness and/or unconsciousness, or shadow living, if we could call this state of shallowness living at all.

I have no illusions about what challenges stand before us today. I'm well aware of our capacity for mistakes, wrong choices that are brought about with the best of intentions'. It is becoming blatantly clear that both the leaders in our world and we the citizens need to find the ways and means to become the architects for the kind of world everyone wants and not just a privileged few. We have to become more mature, or - as they say today -, we have to become of age to meet this task. This, as we have seen in these last few years, stands out more and more. I can share in Barbara Marx Hubbard's vision for the future and as well as others. Clearly, we are living through a great time of transition and awaking, as we can see everywhere. At the same time we can also see the patterns emerging for falling into a deeper place of sleep and denial, leading to fear, uncertainty, anger and more hatred. You don't have to have a college education to see these things happening.

How do we begin to make better sense of what lies in front of us? How do we learn to handle it more effectively and how does this affect and influence our steps into the future? These are some of the issues and tasks I want us to think about, take into our hearts and begin to take a really honest look at what we are really dealing with and how this becomes part of our steps onward to some kind of a real future. For certain, speeches and addresses, no matter how potent and rich they are, no longer seem to do the trick. People are fed up with the lies and false promises of most of our government heads and have less trust in others who have a vision about one thing or another. At the same time many of us know that we can't just stand there and do nothing. However, this adds to the problem because we are trying to find the balanced between our own paths, callings, and our

shared lives and responsibilities. After all, we still have to find the means to put a roof over our heads and food in our bellies, be in relationships, care for our families, our lovers, etc.

Those of us who get carried away with our callings and missions sometimes forget this fact. If we are going to follow a path of calling or service, let us be mindful that while in essence or spirit we have no need for a body, while on this earth we have to live according to the laws of gravity. Hence, we need to have our feet on the ground and know how to live comfortably with a body.

Then knowingly with a body we can begin to do more than just live here. We can even begin to take part in the improvement and healing of the planet and its people. We can begin to join the task with others who have learned about service to the planet and the global family. It is time now to become what I and others call 'warriors of the heart and light' or people who do something in their lives to make a difference. It would also do us some good to be mindful of the message of the late Naturalist Wendell Berry: *We have lived by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives, so that it will be possible to live by the assumption that what is good for the world will be good for us.*

## CHAPTER EIGHT

### People Making a Difference

*God does not command that we do great things,  
only little things with great love.*

Mother Teresa

*Our deepest fear is not that we are inadequate  
Our deepest fear is that we are powerful beyond measure.  
It is our light not our darkness that most frightens us.*

Nelson Mandela's inaugural address

Now, that we have taking the first step as concerned citizens towards a new vision for our world's future, it is time to take the second one. This second step is about action. The choice to stand up, stand out, and take a place and doing our part where it is most needed. If we are lucky, we may even have something that matches our call to mission. For those who are still searching for their place in this life, this could sound easier said than done. This may even cause us to step back from the whole proposition entirely, resist it, or find some way to escape. Whatever we do or choose to do, sooner or later we have to find our line and then step over into a different way of being in this world. There are plenty of chores to take on if we want to have a more active role in being a warrior of action and service to life and the planet. For example, areas of action include the environment, globalization, gender, addiction, human rights, corporate greed, and on and on. The list is very long, but there are a multitude of ways to offer our skills, talents and hearts in service to humankind and the earth itself.

So how do we go about making a difference? How do you and I go about extending this into the global and/or local area? What small or large contribution can we offer for making the community, nation, or world a better place? Is it necessary to do something outstanding? Do we have to be famous or well known?

Do we have to become some kind of hero to make a difference? The simple answer to all of these questions is this: Only if we choose to and want to. These have to come first in order for the others to follow. These represent the second step I spoke of earlier and serve as steps within steps, so to speak.

Like many people I once believed that I had to really do something important to make a real difference in the world. When I began to look more closely at the world around me I noticed that there are many people from every country, gender, age, and position, whether rich or poor, that are busy making a difference in life, ever how small or large their contribution. Oftentimes we hear nothing about them, they don't make the headlines of the newspapers or the evening news reports, but this doesn't mean that what they are doing hasn't been a contribution to the betterment of someone's life in the world. Then sometimes they do make the head lines and their story comes into the public view. Either way we need to acknowledge their efforts with a vote of thanks and in some cases honor them for their great works.

In this chapter I'm going to do just this. While I can't give the space to each of them as I believe they deserve, I at least can take the time to tell the public what these individuals just like you and me have done for the benefit of all. Some I have met personally, others I have heard or read about, but all of them have touched me personally in some way. These people have been examples for us all. They are the warriors of light in some respects and have shown us how we can always find that speck of light in the shadowed darkness to bring about some needed change and healing in life and the world. I'm sure we all can remember people that have also touched us in some important way. If any of those people happen to be reading this book, I want you to know that it is dedicated in your honor and what unselfish way you have given of yourself so that others suffer less and can learn, grow, and find their places in this earthly existence. It is a token of my thanks and to let you know that you count.

I want to focus on two distinct groups. The groups depend on which are more relevant to the times we are living in and to the theme and purpose of this book. It has nothing to do with one person being more popular or more special to me than the other one. They all hold equal value for me. Following this I have created a hints and suggestion list that can be used if anyone has a desire to be of more service locally and/or globally. Use it as needed, but remember it is not a recipe for making a difference. This only can come through our own choices and steps.

The first group consists of three people: one is an Australian counselor and poet. The second is a global activist from San Francisco, U.S.A. The third is a young Canadian who lost both his arms and legs after falling asleep in a blizzard on his High School graduation night.

The second group is represented by a former parole officer from Houston, Texas and by the founder and director of a rehab program and residential treatment facility in Hungary, the first of its kind in the care and treatment of physically and mentally handicapped people.

### **Jacob Baldwin, Australia**

Some of the words I could use to describe Jacob Baldwin include activist, teacher, healer, storyteller, poet, writer, and publisher. Indeed these tell more about what he does. Hopefully I can find the words that would describe him as a person. These might be sensitive, visionary, bright, wise, humorous, creative, compassionate, and free in spirit. Another word that might really capture his essence without putting him in a box (which I know he would hate) is legend. Yes, this man in the early eighties performed a feat that even the most robust Australian cannot do, and which I don't believe anyone else on the planet could match. He took a four year pilgrimage throughout the region of his own country to heighten people's awareness about handicapped people. I don't believe there could have been a more able bodied spokesperson for this task than Jacob Baldwin. You see Jacob who is now close to forty has been a paraplegic since birth. I met Jacob two years ago while attending a World Conference in Australia

and later traveling around the country. It was through an Australian colleague that I was introduced to Joseph and his wife Marian and stayed in their home once during my visit to their area.

Today Joseph stays busy writing. He's working on two books, his poetry, and conducting workshops and conferences through schools and organizations in his community of Lismore north of Sydney. Occasionally he works with young people acquainting them with the traits and character of handicapped people and to counter the stereotypes they have learned about handicapped people. As he told me once, "Young people are surprised when I tell them I still enjoy sex". I still remember the twinkle in his eye when he said this.

I'm grateful for having met Jacob and knowing what kind of people Australia can be proud to call their native sons. I am also glad to know we are friends – brothers who will meet again some day on my return to his wonderful country.

### **Kevin Denaher, U.S.A.**

Kevin reminds us that more and more youth are realizing that there are two basic world views. He says "The money cycle and the life cycle. Under the money value system a 2000 year old Redwood is not a gift of the Creator; it's \$300,000 worth of lumber. That ideology will destroy nature."

He adds, "One of the tricky skills to develop is to take the anger and the pain and transform it into positive energy. In those dark moments of the soul you have to say, do I really have a right to wallow in self-despair because may be we won't succeed? Or do you have an obligation to little kids dying in Africa and have to say, come on, let's get back in the ring". [1] He continues, "I'm thankful every morning when I wake up that I know what my life is about. And it came out of a negative experience of seeing suffering and injustice that we in this country can only imagine the depths of." [2] I think Kevin's own words reveal better than I can what his global activist work entails.

I came across an article about him in a recently published book called 'Global Uprising', edited by Neva Welton and Linda Wolfe. It is a collection of stories from global activists who are sometimes sacrificing their lives to put a halt to various kinds of abuse and injustice done to people throughout the world.

When reading through the book I was touched by the courage of young people willing to make the commitment and take a stand to bring about changes in government policies and to regulate the conduct of corporations still hoping to control markets at the cost of people's livelihood. I have borrowed portions from some of these great stories and have profiled them in my book towards the end. I was particularly drawn to Kevin's piece as it took me back to the sixties when I took a stand against the Vietnam War. I also could resonate with Kevin's story of how he came to be a full time activist through seeing abuse and injustice in other parts of the world and recognizing how the US government and the corporate world have contributed to this. Like him, I have seen this condition throughout the world during my travels and work. My heart has ached and my eyes have burned at the conditions I have seen others subjected to and, because I could do so little at the time.

I'm glad to know there are men like Kevin and others ready to heed the call for the protection of our earth, its people and the life force itself. I feel in good company with these brothers and sisters of an activist and change agent family. At the same time I have my own way for following my call to mission and honor others.

Now, after having finished with the first part of the task it might be good to stand back, breathe and just be silent for a minute or two before going on. After we have done this it may be a good to look back at what has been presented here and ask some basic questions like, what have I learned most so far about making a difference in this world? Do I have some ideas as to how I might proceed with this goal in mind? Maybe I need to change some of my old mindsets about change?

In this second half we will begin with the young Canadian I spoke of earlier.

**Terry Anatonuk, Baffin Islands, N.W.T. Canada**

I met Terry in one of my personal development workshop back in the late 80's in a training center in Yellowknife, the Capital of the northeast territories. Then he was 22 years of age and training to be a youth counselor in his small community in the Baffin Islands and had been picked by his village to come for the training. During the five-day training I had the chance to know more about him and the story of how he came to take the training to be a youth counselor.

He told of how he had always dreamed of playing professional hockey. In fact he was good enough to realize this dream until disaster struck and this changed his whole life.

"It all happened", he told me once "the night I graduated from high school and tried alcohol for the first time." He went on to share that after having a few gulps of whiskey to celebrate with his classmates, the last thing he remembered was falling asleep near a snow bank and later waking up in a hospital bed in Montreal and to his horror minus his two legs. Apparently, it had been brutally cold that night and he was actually lucky not to have frozen to death. He went on to tell of his six month depression and two attempts at taking his life before he realized that the only thing he could do was to accept his fate and get on with life. By then he knew he had to say goodbye to his dreams of ever playing professional hockey.

At the time he came to my workshop he was teaching young people in his village how to play hockey. He also spent a lot of time talking with young people in the schools sharing with them the importance of staying in school and having a clear head about where they wanted to go. He reminded them that even when we lose something important in our lives, we still need to go on and create something new and different.

Terry ended up being a good model and teacher for his village by encouraging the young to stay on a healthier course. I am proud to be one of his teachers and he

taught me something that would always be of benefit for me personally as well as professionally.

### **Marilyn Gambrell, Houston Texas, U.S.A.**

The story about this activist appeared in People Magazine. I tore the article out of the magazine and carried it with me until I began to work on this book. I knew sometime I would find a way to honor this woman. I have found it. Marilyn Gambrell tells her own story as follows: "I know these are the kids society has written off, because they're supposed to turn out like their parents". [3]

Marilyn Gambrell is a former parole officer who started a program for the kids of parents in prison. It is called 'No more Victims.' It is a type of support group offered through a local high school in Houston. The program has given more than 300 students a chance to work out their anger and frustration regarding their parents being in prison. They sometimes visit other prison facilities to give the inmates there a wake up call about their own kids. Some of the group participants have found the help they needed to continue on with their lives and not go in the direction of their parents, which is often the case. Perhaps if this program had been around when these young people's parents went to jail, they might have taken a different path.

Houston needs to thank people like Marilyn Gambrell for her courage to meet the darker cycle existing in the crack community and find a positive way to alter its effects on the young.

### **Erzsebet Szekeres - Budapest, Hungary**

Erzsi, short for Erzsebet (or Elizabeth in English), is a one of a kind woman. She has more guts than I've seen in ten men. She's the kind that never ever gives up, even when it is a detriment to her which unfortunately it sometimes is because she is a workaholic who would make the rest of us look like rookies. She's the kind that goes until she has only one leg to stand on and continues on with that one leg. I can understand how this happens, because I know the lack of consciousness that

still exists in Hungary about handicapped people and their rehabilitation and treatment, the area that she works in. Erzsi knows this better than most, because she gave birth to a severely handicapped son. This was the heart breaking event that got her started in her work. If this wasn't enough, her husband left her with the responsibility for their handicapped infant and blamed her for having a deformed child.

Today she is the Founding Director of one of the first rehabilitation programs and residential treatment facilities for mentally and physically disadvantaged Hungarians in the country. This program has a staff of over 60 serving the needs of more than 300 clients. In its 15 years operation she has touched the lives of thousands of disadvantaged Hungarians that previously would not have received treatment and rehabilitation. Through the years the program has evolved some very innovative treatment methods, drawing from and adding to the cutting edge methods used to treat and rehabilitate disadvantaged people.

The one method I have seen that works is teaching disadvantaged people to believe in and to love themselves by having the staff and counselors do the same. This program is really about healing through the power of love.

I commend Erzsi for her work and contribution, and her courage to realize her dream in spite of being left on her own with a severely handicapped son. She started with nothing and through her efforts she has created a facility that her fellow Hungarians can be proud of. She is indeed a "one of a kind woman". Her country and the world need more like her.

I hope when this book is translated into her language and she sees this piece about her, she will know again what I have told her many times. She also deserves to receive what she so unselfishly has given, namely love. Thank Erzsi for being here in the world and in Hungary.

So after all we have learned about doing our part and learning to become Warriors of Light, are we ready to do something? If so, here are some hints and suggestions about what we can do.

*All the world roads lead to the heart of the warrior; he plunges un-hesitantly into the river of passions always flowing through life.*

Paulo Coelho

### **Steps to making a Difference in the World**

Questions to get deeper into our intentions

1. What is it that I like to give others? What am I prepared to give others now?
2. What is my attitude about giving and service? What needs to be improved?
3. Can I remember times in my life when I like to give and be of service? As a child? Adolescent? Early adult years? Presently? What did I learn from these experiences, if anything?

#### **ACTIONS** – Self

1. Make a list of things in your life that bring you joy. Another list about sadness.
2. Make a pledge and commitment to service.

#### **ACTIONS** – Others, Community, World

1. Volunteer work
2. NGO organization
3. Church, Synagogue or Mosque
4. Become a member of and adopt or feed a child program. Check the internet as well as religious, civic or social centers for information.
5. Become a member of some local or global social activist group e.g. Green Peace, Friends of the EARTH, EARTH FIRST and more.
6. Help the needy – find people who need your help i.e. the elderly, blind, handicapped.

7. Form a parent surrogate organization like Big Brothers, Big Sisters, Uncles, Boys or Girls Clubs, YMCA, YWCA etc.
8. Attend conferences or classes – local universities sponsor classes and programs.
9. Develop a service attitude and mentality.
10. Read books, get informed, keep searching, keep creating, and keep doing.

### **One Final Thought**

Making a difference in life can come by choice, condition or circumstance, as has been demonstrated in various ways by the six people from different parts of the world. It can also come from a call to do this task, as we could see in Jacob Baldwin's case in Australia. He told me one night when I was a guest in his home: "I'm just doing the work I came here to do in this life." From what I could see about him and his life I have no doubts that this is true. I believe we all are born to make a difference in this world, simply because we are different. No one has the same purpose or path, but we all are endowed with the gifts and resources to give something back to this world and add a bit more to it than when we come. Often we forget this basic truth. Some aspire to do more and contribute more. Others give less and do less. The important thing is that we understand that at certain times in this life we are called on to do more. Of course, we always have the choice to turn this chance down and say no.

Today we are coming to understand more about the state of the world and where we are headed. More and more people are realizing this. Some are busy already in taking their place and doing their part. They have chosen to heed the call of service, the highest calling of our nature and purpose for being here on the earth. In this chapter we have met six of these people who are exemplary in tackling this important task. They are not the only ones as we can find them everywhere on the planet, from the big cities to the smallest of villages. They come from all walks of life, from every profession, age, gender and belief system. They are as different as night from day in many cases, but the one common denominator that pulls them all together is the desire to serve.

We have always had these kinds of people throughout time and will always have those who are willing to be givers more than takers. Everywhere the spirit of service is calling our name and speaking to us through the one organ that we need to hear its voice more and more. This is the heart, the place where all voices come together as one, asking us to do our part and get involved. We have a world to heal, to make strong again so we can have the energy to cross over into the next step of our planetary evolution.

"Who? Me?" we say. "What difference can I possibly make? I'm just one person!" We often hear this from people who are afraid and uncertain about taking that next step. So what happens next and what decision you make, is in your hands which is the place where it should begin.

In closing, I leave you to ponder about what we all have to consider repeatedly before deciding to act - as they say when it comes to taking that path towards service, "If not you or me, then who? If not now, when?" The world and its people await your answer, but before we can take the next big step, we need to make the time and effort to get our bearing and to become more grounded on the path. What better way to do this than to look at our processes of belief, choice and goals for both ourselves and how this relates to the world as a whole. It is also good to look more closely at what kinds of deeper dreams and visions we are holding as well. We can also remember the words of wisdom of the great world statesman Dag Hammarskjold, *You have not done enough; you have never done enough, as long as it is still possible that you have something of value to contribute.*

## CHAPTER NINE

### What We Can Do Ourselves: It begins with ME

*The greatest tragedy in this life is that far too many  
die without having been fully born.*

Taken from a poster

*All the negative traits that you spot in others  
are merely reflections of your own negative traits.*

*Only by fixing yourself can you change others.*

13<sup>th</sup> Principle of the Kabbalah

It begins with me.

Who am I? What am I? Why me? What is my purpose for being here on this earth and in this world? Do you know? Can you tell me?

In the beginning of the book I mentioned about the tasks I believe we all need to achieve in this life. One is to learn how to become a responsible and mature leader of our own life and destiny and in turn take our life in our own hands. The second task is to learn how to get along with others.

I have selected Chapters 9 and 10 to achieve this task or at least get us started in this direction (then we have the rest of our lives to work on it and develop this further). Chapter 9 will focus on what I call personal or individual mastery. Here we will explore steps we need to take to arrive at a place where personal mastery becomes a way to be, an art, or even a positive habit or life style. In doing this I draw on many years of traveling and learning in the world as well as borrowing from others who have done the same and can add something more to the knowledge, skill and resource package.

In the second part and in Chapter 10 this will be expanded to include our relationships with others i.e. family, friends, cross-gender relationships (male to male, female to female, male and female and others) organizations, businesses, government, universities and the world. Here we move from the place and activity of the personal to a larger, multi-level circular and global one. By the time we arrive at the end of this second part and chapter we will be able to understand how the personal and the global are really just part of the same context of a larger system and focus, as we are moving faster and faster towards an uncertain future. We must have new skills and resources assisting us in this process and know how to work with them in better ways. In many ways these skills are not new at all, but ones that we have allowed to sink into a more dormant state. This has to change if we are going to be part of the flow of the times we are living.

So let us begin with the first task: What we need to do alone to become the leader of our own life and destinies?

To do this I'm reminded of lessons from the past and the teachers who provided them. When I was in Junior High School the teacher of my physical education class was a former pitcher for the New York Yankees. Yes, believe it or not, this is actually true even though I lived in a small farming community in Washington State with only 6,000 people and a few hundred dogs, cats, a few canaries, rabbits and some horses.

Coach Bethel - as we called him - was also the baseball coach and the best our school had ever had. In our first season we were undefeated champs. It was a big time event to have a former Yankee baseball player as the coach of our team, plus the fact that he was a classy New Yorker having grown up in Bronx. The sad part - but good for us - was that because of a piece of shrapnel that he had received through his hand when a Japanese grenade exploded during World War II, he had to say goodbye to his days of being a pro-baseball player.

Almost everyone liked the coach. He was a breath of fresh air in our sleepy farm town. And for us who were on the baseball team, we had a chance to see this one time pro in action. He was incredible as a coach. The undefeated first season said as much, but more than how he coached on the field, he was a master as a physical education teacher. At least this is how most of us felt who were in his class. Neither I nor the whole class will ever forget the endurance test he put us through, when he first took over as coach and P.E. instructor for the Junior High program. This test was one that pushed us to the max and then some. I was proud to come through this test with an extremely high standing. There was one guy who took the first slot, and he did 1000 sit-ups. I can never forget this, because I had a scab on the crack of my ass for two weeks afterwards, and every muscle, bone and blood cell in my body ached or at least it seemed that way. In fact, everybody who took the test felt about the same.

What was so important about that particular endurance test was that it showed each one of us how much more we could extend ourselves if we wanted to. It showed us that what we believed about ourselves was actually quite different from what we were really capable of. This was a big shock for some of our parents who took part in the test when their sons came home complaining of an aching body from the test. Some of them believed the coach was a sadist and had some words about him with the Principal of our school. For the most part, in spite of the shock and aching bodies, the coach was hailed for doing a good job. This, of course, proved itself later when we were district champs in baseball for our league and region.

The coach had a sign on his office wall that spoke not only to his philosophy about sports, but about life as well. It read: "Winners never quit and quitters never win". I still resonate with the words on that poster. I always remember how the coach seemed to live by those words himself. In short he never quit. I'm sure that's why he went on to play pro baseball. The other factor that also stands out in my mind is that while the coach knew how to win and how to achieve this with sheer determination and hard work, he also knew how to lose. This, I think, is even more

important than winning. He knew the art of surrender and having flexibility. He even could allow his feminine or the more graceful part of his manhood to express itself.

This was so eloquently displayed the day Kennedy was assassinated. The coach broke down and cried. This was such a touching moment to see a 'hard as nails' and 'macho man' from the Bronx not only break down and cry in public, but in front of young people, many of them male and the jocks in the school. Also, to do this in a 'red neck' rural community didn't seem to bother the coach because he was, like so many others, in grief about losing a great president that day and he was not afraid to show it.

I don't know if coach Bethel knew the impact he had on me and others at a time but I suspect not. I also imagine that because of age he has long passed on from this earth and is involved with the lessons that come with life on the other side. I have no doubt that if they have baseball on the other side he surely has a hand in it. I would also imagine that he is most likely involved in some guardian work of the spirit and in helping some coach somewhere win the championship or be a good model for young males. If you can hear me, I say, "Thanks coach for being there, when I most needed you in my life."

I use coach Bethel as an example of someone who knew the importance of commitment to a task with the full realization that this first begins with each person individually. If he taught us anything it was to know the full range and value of our capacities. Yet, for the most part we are content to only use a small percentage of our mental, emotional, and physical capacities and resources. Why is this so? I wonder sometimes why people don't want to move beyond certain safer boundaries. Are they afraid? Or has the will to do so completely left them? I believe this will become clearer as we move on. If the coach were alive today, I wonder what he would have to say about this. Probably, it would be his old customary form for discipline and testing our endurance then "drop and give me fifty."

## **The Next Steps**

In the 30 plus years I have been working as a psychologist, I have seen that some of the reasons that people seek psychological or therapeutic help is to either heal some left over wounds of childhood and/or other life stage periods, or to learn how to bolster their sense of themselves, i.e. self-image, esteem and knowing their fuller range of capacities and resources. The other reason principally has to do with taking charge of their lives, i.e. making decisions, taking action and being responsible. These things really involve aspects of leadership and maturity to become a mature adult. I have found this to be the case in the majority of situations and it is true all over the world.

In the past ten years or so I have recognized that there are three main areas that speak to the steps and processes concerning the achievement of personal mastery for our lives. These are Healing, Empowerment, and Leadership. In the rest of this chapter I'm going to show how these three steps can not only be attained over time with practice and commitment, but these three aspects are part of a natural flow and development process that is already operating in our lives, although we are so often not aware of this.

## **Psychology has changed**

The field and practice of psychology has changed so much from when I started in the late 1960s that now I can not even recognize it. My first teachers of this craft were white mice and pigeons. These were the days of behaviorism and the control of behavior. It was when science had a strong foothold in the field, and human behavior was governed by fixed theories and hypotheses, as well as statistics which I have had very little use for in my career. In fact the definition of psychology in those early days was the scientific study of human behavior. I can remember some of my professors who were mad with Behaviorism. Skinner was their God and the world was their laboratory. I recall one professor who set up his baby daughter on an operant conditioning program so that when she gave him the behavior he desired he rewarded her with a smile, a hug, or a kind word. His wife eventually took their daughter and put a lot of distance between them and his

foolish notions of parenting. Another one of my professors had one of his classes set up on a conditioning scheme as well. In the beginning of the class, when the bell rang, if students had begun to shuffle around books and papers before he was finished talking, he made them feel guilty by telling them how inconsiderate they were. Over time, after being rewarded for more considerate behavior towards the end of the class, when the bell rang no one moved until the professor gave his permission. What control he had and yet he used only a bell and his stern words.

Thank God those days of 'control mad' psychology are over and we have seen the practice of psychology go through many dramatic changes since. First, renegade Behaviorists like Abraham Maslow teamed up with innovators like Carl Rogers and existentialists like Rollo May to give birth to what they called 'Third Force Psychology'. They believed this model was a necessary departure from the classical Freudian domain of psychoanalysis which had had a very important place in the field initially. It was time to move on. It seemed this exit from the orthodoxy of Freudianism was happening everywhere from the clinical, theoretical to the teaching areas. It was time to take our next steps and to see what we would find, re-find and even have a hand in creating.

If I look at my work now with people, it contains bits and pieces from different domains of both eastern and western practices, i.e. individual and group dynamics, family systems, gestalt therapy, transactional analysis, body work and other assorted elements that I have collected over a 30 year period. In many ways, my work now has more to do with the deeper aspect of soul work and less with the usual processes of dialogue, group dynamics and so on. I also do the work and steps of healing. This really is not how I got started in the field, but over the years this element evolved. This seems to be the case for many practitioners. The healing part seems to have found and taken its place in the soul of things.

At the same time, I don't believe this was by accident. What I and other practitioners have found, is that after going deep enough into the therapeutic process, we uncover the deeper layers of pain and wounding that we all learn to

hide over the years, and that come to us long before we can understand their meaning and impact in our lives. This also went applies to us as practitioners. It was only when we got to these places that we came to understand the nature, steps and processes of soul work and this is what we all share collectively, no matter if we are a therapist or a client. These are some of the insights we are beginning to have in our lives today as we attempt to move closer to more awakened state of being and living. More and more we are seeing the link between our histories and life stories by coming to realize how they are really part of the same thing. Hence, we all share the same greater story of creation-evolution and have our own role to play in this cosmic unfolding.

Healing comes into play in all of this because this story we all are part of has many events and moments in time. It has left a lot of scar tissue that still needs to be healed whether left over from the madness and cruelty of war, or from a simple broken heart as a young adolescent, or from an unkind word that never got reversed. At some point these wounds must pass through the stages, cycles and processes that only the deeper healing of soul work can bring. It doesn't mean that this can only happen in the safety of a workshop or an individual session of healing, although these certainly are helpful and necessary from time to time. The real process of deep healing comes from how we live and the choices we make throughout our lives and circumstances. This is when the healing side of our journey and lessons really takes hold and begins to make the most sense. It is here we come to know no one is immune from this process no matter our age, education or how much money we have. The wounds of soul are shared as both a curse and blessing by everyone. The sooner we can grasp this truth, the sooner we are ready to move onto our second step in the process of personal mastery and begin to know the meaning that empowerment can bring to our lives.

### **So, What is Empowerment Really?**

I heard it said once that empowerment occurs when the personal and the collective soul forces merge and become one fully integrated force. This means that every aspect from the histories of our archetypal family, resonating from both

sides of our masculine and feminine sides, combined with every lesson and gain we have had through our passed on gifts of evolutionary expansion, take presence through our body sense existence.

Empowerment means when we come to terms with how powerful we all are and we begin to know how to live and work with this source. Everyday we are finding out something new about our capacities and the resources that we have access to: the ones that can accomplish great feats of physical strength, spiritual know-how, or emotional intelligence and wisdom. Some people are discovering that through the use of our power or source that we can bring calm to our troubled spirits and even heal ourselves from diseases. It goes on all the time as people are recognizing the force for healing that we possess. However, at the same time, we are also seeing how this source can be used against us. It can make us ill and even kill us. To use this more effectively, we must also understand the shadow side or immature aspect of empowerment. Empowerment can be used to heal or to harm. We are the ones that have to choose which stream of guidance we wish to follow. This is when we are ready to move to the third path of personal mastery: the lessons that comes through the art of leadership.

There are so many methods used today it is hard to know where to begin. And just when we are getting comfortable with one or two styles of leadership, someone introduces another approach to the leadership circle. Fortunately, it gives us a chance to learn the tasks necessary to find the leadership style and path that fits and works the best for us. Hence, no two paths of leadership are the same. This cannot be illustrated any better than in the short story I'm about to share.

Some time ago I came across a book about a remarkable woman. Her name and the title of the book are synonymous - Peace Pilgrim. This is the name she chose to go by as she set out on her journey in 1953 at the dawn of the cold war. I also believe she was one who embodied a true practice in the life of leadership principles. Aside from being a remarkable human being - with characteristics and traits of Mother Teresa, Gandhi, St. Francis and even Jesus Christ in terms of

service to the earth and the human family - she went on a pilgrimage that lasted for twenty-eight years. By the time she had finished, at her death, she had walked over 30,000 miles for peace, passing through all of 51 states, parts of Canada and Mexico. In spite of her humble and simple manner she became a legend in her time.

Her life and devotion to the call of world peace put her way ahead of her time. As told in her own words she gave the reason for her unusual pilgrimage as follows: *This is my calling, to open doors of truth and make people think, to arouse others from their apathetic and lethargic state, and get them to seek out for themselves the inner peace which dwells within. This is the extent of my understanding. I can do no more. The rest I leave to a higher power.* [1]

She goes on to tell us more about the purpose of her calling and journey: *To find inner peace or happiness, you must go through the spiritual growing up. You must leave the self-centered life and enter into the 'God-centered' life, the life in which you see yourself as part of the whole and work for the good of the whole.* [2]

This woman didn't just take on a commitment to serve God but devoted her life to bringing peace to the whole planet. I can only imagine if she were still alive today, how her life would be. No doubt she would be traveling to other countries and continuing on with her pilgrimage for peace. We could certainly use more people like her today, but it is also clear that she had her time and did what she was called to do. Now the rest of us have to continue where she left off. We each have to find the path we wish to travel. I don't believe too many people today can do it the way Peace Pilgrims did it. This of course is the way it should be as well. We all have the task and responsibility to chart our own course. This is part of our leadership package and path of calling.

As we come closer to the end of this chapter and completing our task, let us step back and look at the lessons that come through personal mastery and knowing our place in the world. Firstly, as we have learned earlier, the personal and global

have a distinct relationship. Service and personal mastery are born and take fruit from the same source. It is a kind of bonding process that goes on in the early stages when we are deciding which path to take, the one of self or the one of the world. Thus we must answer the question: Do we serve our self or open to a greater calling in the world? This is the calling that gives our purpose something more than just to be born, have children, go to work and school and then die. If we choose this second path, we must be prepared to face many challenges that require more from us. In some cases these might even bring more challenges and even some other lessons of wounding that we didn't foresee or take into account before. These become the risks that also come with a higher calling, as there are never any guarantees that we will know what will happen once we accept the call. Those of us who have chosen the 'World Calling' know something about this risk factor and the challenges that come along with the path. In the long run, it is always about choice, because we still choose whether to heed the call or not. Nobody is twisting our arm to do so.

If we look at personal mastery as it pertains to empowerment, we need to consider the growth factor and whether we have healed deep enough or healed the right layers, and whether we have adequately matured on the level of soul. Unless we do the additional work needed before passing on to the leadership rounds and stages of both our personal and soul development, this can be a retarding factor blocking our progress towards personal mastery.

As for leadership, the more I come to know about it the more I feel that this is something which changes, develops, and shifts its direction all the time. This is really how it should be. As we move farther out and in with the waves of consciousness, we can no longer afford to hinder the developing process of leadership and limit it to just one or a few particular areas. Leadership for today and for the future must contain the ingredients that give rise to its place not only in our institutional affairs of life, but also in our spiritual ones. We still need a lot more work before we can embody the full force of energy and commitment into a more personal focus and intent.

Ram Dass, a modern day teacher and guide to service, reminds us: *Some people work on themselves but give nothing back to others or the planet, while others commit themselves to serve others and the planet but take no time to work on themselves.* [3] So once again it becomes clear that the personal can not embrace the fullness of the global sphere until more attention is paid to the greater domain of the personal and the work to be done has been completed or is seen as a necessary rite of passage before moving on to the global domain. Therefore one of our important tasks while attempting to achieve personal mastery is to recognize the very thin, almost invisible line that exists between us, others, nature, cosmos and world. This line that could be likened to the 'strand' in the web of life that Chief Seattle told of before, showing how each one of us is part of this web. We are in fact, inseparable from this.

## CHAPTER TEN

# What We Need to do Together: It Begins and Ends with US

*This is the time of the world's calling  
 This is the time of kingdom's falling  
 This is the time of the world's dividing  
 Time to heed your call  
 Send you love into the future  
 Send your conscious love into  
 some distant time and fix this  
 wounded planet with the love of  
 your healing. Send your love*  
 from Sting's hit song 'Send your Love'

### **It Begins and Ends With Us**

So who are we? What are we? Why us? Do we have some purpose or calling that we are supposed to do together? Who knows? Can someone tell us what it could possibly be? If so, what is it that we could possibly do together? Shouldn't we just be obedient, do what we're told and not make waves? Or should we find some other ways and means?

This chapter is about togetherness. It also focuses on the second task of the two chapter presentation which is learning how to better get along with others. These others take us beyond the realm of the personal and/or the one and only to that place in consciousness where the dynamic energy of the group resides. It is here where we meet the expanded dimensions of self or the individual and begin to know other selves - those who comprise our families, friends, workmates, communities, country and world, those who like us have needs, joys and fears, and dreams and are doing their best to find answers about certain aspects and to

give them some kind of meaning in life. These are the people we live with, share life experiences with, learn and grow with, work with, and sometimes argue and have conflicts with. We can even hate them. Most of the time we try to find the best ways and means to love these people who share this life and world with us, both locally and globally. This, of course, is not always the easiest task to do and leaves us with many challenges with even more and complicated tasks to perform. These are the realities facing us today in these shadowy times and provides the agenda for this chapter's intentions and purpose.

### **It Begins With Us.**

So who or what is 'us'? Does it have some significance for our lives, our world community today? Is it part of our future?

In order to begin to answer these questions let us look at the kind of world we live in today, especially the routines we have become accustomed to as well as the ones we struggle with in finding a place to be our maternal selves in a high-tech world.

### **The World of Us**

It is a world where high-tech markets rein king and master. We are its obedient and dependent slaves, despite our desires and intentions to still be in charge. It is a world where people constantly talk and say little, other than the repetitious banalities of hear-say and the mundane, though on occasion some chores get done in spite of the disruption.

We talk on line via chat rooms, the Internet, voice mail, answering machines and the mobile phone. We clutch it tightly in our hands as if we must possess it, like to a child, afraid that it won't ring again. We wait and wait... and wait some more testing our patience and weathered capacities for the next supposedly important call, the one that will make our day and give our spirits the freedom to soar beyond the body condition. Much of the time the call doesn't even come. It is all such a great and perplexing mystery, but if and when it does come, it happens so

unexpectedly and at the most inopportune of times that we feel the tension around us hearing the incessant ring of the mobile as we are hesitant to respond, finding ourselves in a crowded bus, trolley, the underground... or in the car in traffic.

We talk and talk, but our ears have stopped listening to what is around us. We listen to the cassettes that play constantly in our heads repeating again and again, what we have heard so many other times before.

The television blares night and day at home, in the restaurants and bars, and on the walls in the shopping plazas, the metro lines and the gigantic screens atop buildings in the Central Square. How often do we find ourselves listening in on someone's private conversation? Did we ask for this? Of course not, but we get it anyway, whether we want it or like it, when all that we really want is some precious silence, and a break from the aggressive and sometimes overwhelming pace of our high tech reality routines.

Our world today is bombarded with numerous sounds, images, and movements that are intoxicating to the imagination, or even addictive over time, damaging to our soul's peace. There are even times when we are enthralled by some of the more masterful and brilliant inventions of the more high-tech mechanics and the apparent interplay that seems to exist between us and them. We are awed by this cosmic drama unfolding. It is simply too much. We cannot breathe, and feel suffocated by the immense burden we carry, because of its assaults to our capacity of being.

We try to find some marker of protection and temporary defense from this onslaught of hyper-electric energy, its imposing rhythm smashing and flooding. We further seek shelter for safety's sake, for at least a chance to pause and find our sense of internal calm again. At best, this is only a temporary reprieve and we look for a more effective means of escape. At first through alcohol or drugs, but when these no longer give us the solace our tortured souls need, we take leave of

the world and reality entirely and find some kind of freedom through the masochistic, anguished type of pleasure within the void of madness itself. While this may not be the optimum choice, it is the best that can be done under the circumstances offered. So goes another sage lived by 'us' today.

Does this scene seem familiar? Do we find ourselves caught up in this routine from time to time? How do we handle it the best way? Does it have an affect on our relations with others? Let us take some time to think about these questions. If we took the time to jot some of our thoughts and feelings down on paper this could even be better.

### **It Begins With Me in the 'Us'**

As Sondra Ray, pioneer in the breath work movement, reminds us: "Relationships don't work until we do". [1] It is always good to remember this, when we find ourselves having to understand a completely different world than our own, although much alike the world of the other. We find family members, marriage partners, friends, workmates, strangers in shops, on the streets, others living in our communities, our states, provinces and rural regions, not to forget those across oceans and continent land masses, those creatures of nature that we so often forget their place when it comes to the world of other. In the future we will also have to widen this sphere of 'other' even more. In time we will learn that to understand the true sense of other we will have to go far beyond that of just our own human species.

So, what about this world of the other and how we find the complement existing between that world and conditions and our own? Is there also a kind of mastery that we need to achieve, as we do with the personal side of ourselves? Does a link exist between the personal and global aspect?

The words of insight from one of my old teachers, the late pioneer family therapist Virginia Satir, will help get us here. She says: *We are the transition people. I see small signs of this everywhere. For the planet and its inhabitants to service, we*

*must develop our ability to live together in harmony. For me, this means learning how to be congruent, and that leads to becoming more fully human. [2]*

Congruence. This is one word from her teachings that I have never forgotten. Although it is a word not used much in the field, it was a word that spoke to the core essence of her work and philosophy. It symbolized the state of health and consciousness, a higher state of our nature as human beings. She saw this as much for one person as she did for families, various kinds of groups, organizations communities and even the world. To her congruence would be today what we call global or planetary, but even empowerment could fit here. She saw and understood the necessity for congruence in all things, not just in people.

This was the necessary step towards becoming more fully human, which was even more important to her than congruence, as she understood that you cannot achieve one without having some connection with the other. They were like interlocking keys although her ultimate goal was the development of the more fully human person, probably the next best thing in her mind to having heaven on earth. Even in her last years she was laying the plans for the establishment of a 'University for the Fully Human'. I am sure she would be pleased with some of the developments in this area today but others she would not. The one thing I always admired about Virginia Satir was that she wasn't trying to be anyone else but Virginia Satir. I will always be grateful for her teachings and hope that as this chapter takes shape I'm able to pass some of these on.

Another point that Virginia and others have made is our capacity to be transcendent. Virginia saw this simply as transitional and something we were born for as much as we were born to become more fully human. The transition part of our lives seemed to be a constant reminder that we were born for change. Others have taken it some steps further and speak to the character of our being that is transformational. We find this to be obvious, if we look at the stages we pass through in our human development. This transitional - transformational factor also comes into play in our relationships with others as it does with our processes and

experiences as individuals. We see this happening as we grow in and through our families and other kinds of groups we take part in. All through our lives such as school, sports, clubs, peer groups and later on through work, family and community life, if we travel to other regions of the world or take up residency here for a time it becomes even more pronounced as a given.

The one thing we begin to draw from all of these opportunities for learning and growing is that we have to remain flexible in our needs, perceptions, choices and actions. This can sometimes be crucial and not only applies to us as an individual person, but to the groupings of others as well. We are not only dealing with the group and its peculiarities which by itself are more than enough to keep us busy for a while, but we are also having to respond to the different individuals who have a negative and positive influence of how it functions. If we are going to better understand this we have to know how to respond to the group from both the individual as well as the group perspective. We can also see how both are related.

If we understand more of the workings of our own empowerment and leadership we can more easily do so with others in the group context where others share many of the same needs, desires, joys, pains and fears. No matter their upbringing or how different their culture or social imprinting, whatever their different layers and masks, they are simply human beings like us. We sometimes lose sight of this and can only see people in the context of their group. This is when we put people in boxes according to skin color, dress, gender, nationality, religious affiliation etc. This is when we lose the ability to see the individual person through all the layers of various groupings.

This was one of the tragedies of the Holocaust, as well as more recently in Bosnia and other places throughout the world. Individuals are no longer seen for who and what they are, but lumped together into one faceless group characterized by a sameness with no other identity. If we ever hope to join together as one human, global family, we are going to have to stop placing both ourselves and others into boxes of sameness and begin to see beyond the limits of our own narrow

upbringing and how we have come to this without realizing or even understanding why we do it. We might do well to follow the advice of a young Australian traveler I met in an airport bar in London. He had completed a travel venture of almost two years, and told me: *We are not just an Australian, Brit, American, Russian, German, Colombian, Turkish or Hungarian. These are merely our passport identities. Why do we insist that we stay in a box that keeps more of us hidden in the shadows of a decaying past? Let us be what we all are: man-creatures and spirits of the future to be.*

What stirred this young man to make such a global statement was that we were talking about identities, culture and language differences. At the same time though, as I remember, we had consumed quite a bit of whiskey by the time he blurted this out and obviously that had something to do with it! Nonetheless, I took his words to heart and they have stayed with me ever since. The one thing I remember learning from the discussion with this young Australian was how important it is not to get lost in one's group.

No matter if the group consists of you or someone else, a thousand or ten thousand, we always need to remember that the group is only as rich and strong as the individuals it is composed of. If we are going to have better experiences with groups, no matter how diverse, then we need to develop skills in both the personal and group domain. This is when the element of practice comes into play.

### **Getting Better at Being Us**

I'm remembering what coach Bethel used to tell us at the end of every game – that we won the game because we had done a lot of practice. There must have been some truth in this because we were always practicing. Before games we practiced extra hours, even on weekends. For the coach, practice and winning were part of the same process. I saw a poster once that adds to this theme. It read: "Practice may not make you perfect, but it will give you a downright better edge than if you had not". If we look at most fields of human endeavor and activity such as the sports arena, entertainment, business, governments, even

including making love, the only way we can improve these is through practice and more practice. It is the same when it comes to our relationships too.

Frankly, I am amazed watching people in my workshops trying a new way of relating to others (and themselves) a few times and then seeing them quit. They sit back discouraged and frustrated believing they cannot change their behavior or way of relating to others and the world around them. In many respects, we get a lot more practice at unhealthy and ineffective relating than we do the other. These are just certain habits we have learned.

Before we can relate better to others we need some useful tools that can assist us. These will come through the lessons I have learned from over 30 years of group work. Many of these will come through the interactions with different kinds of group experiences from the smaller one of a few people or families, to those larger groups in the community, in the corporate arena and others.

If there were a particular package of tools that would help in the improvement of relationships the following could be some of them: respect, tolerance, acceptance, empathy, compassion, kindness, listening, non-judgment, not having to be right, love, maturity ... and others that work when we choose them. These can be anything from the simple to the profound to the bizarre and the ridiculous.

Now that we are equipped with some valuable tools of relating and are ready for the next step, we can meet people in different kinds of groups that we have to deal with on a daily basis. We begin with our families.

What we can do to improve our relationships:

- \*With our families
- \*With our relative and extended family
- \*With our partners i.e.; husbands and wives, lovers etc.
- \*With our children
- \*With our friends

- \*With our workmates
- \*With our communities
- \*With our country
- \*With our world
- \*With nature
- \*With men and men
- \*With women and men
- \*With gays and lesbians
- \*Others

### **With our Families:**

About a year ago I saw the hilarious comedy 'My Big Fat Greek Wedding', the story about a non-Greek guy who falls in love with Greek girl. While it tried to show the idiosyncrasies that come with Greek family culture, I couldn't help but feel the focus was too narrow. In my mind the movie could have easily been called 'My Big Fat Turkish, Jewish, Italian, Spanish (and so on) wedding' and it would have been the same. The movie showed how many families respond to people in love. Somehow the usual resistance and the cultural requirement to following certain rules and customs lessens greatly. The movie reminded me that while my family, has always meant well and although they are far from perfect, their hearts have always been in the right place even when their perceptions and attitudes were not. Yes, like everyone else, I can remember some of the good times when our family had time for one another. This really meant something then, something I've never forgotten. I hope they can forgive me for those times I wasn't so pleasant to be around. Alas, nobody's perfect, least of all our families. How about yours?

### **With our Relatives and Extended Families**

Dr. Ruth, the famous sexologist, has come published her first book 'The Value of Family'. She suggests it is time to pay more attention to the influence of relatives and grandparents in the family experience. This is especially important for the children. Children need contact with uncles, aunts, cousins and grandparents to keep them more connected with their ancestral lines. She believes that when this

is lacking, children seem shallower, disconnected, and not grounded in the world. Might I suggest if people sense this lacking in their lives and their inability to create some newer and richer kind of relationship with their extended family members, they can adopt a Greek family. In this case make sure you have plenty of Windex on hand! If you don't understand what I'm talking about here, just go see the movie.

### **With our Partners, Husbands and Wives, Lovers etc.**

I had a clergy friend who was also a marriage counselor who once told me that one of the best ways to bring life into a dying marriage was to encourage a couple to begin taking the steps to renew their marriage vows. During these steps either the couple brings some fire back into their relationship or they face the painful truth that the marriage is dead and it is better for them to go their separate ways. He found that if a couple agreed to take these steps something immediately shifted for them, sometimes for only one and other times for both. He said it was better to have some life back in the relationship than for the couple to stay stuck in the game of lying, denying and the use of excuses. I suspect this method works for all kinds of partnerships.

### **With our Children**

One thing I learned most when I worked with families earlier in my career is the danger of lying to children. They don't need it. They don't deserve it and most of the times when we do so, they see through the lies any way. The one thing they learn from us is how to express what they feel. This is healthy and helps shape their character. If we lie to them, we are being led by the lie we tell about ourselves and them. We are showing disrespect to ourselves and then passing it on to them. If we want our children to learn to be honest and trust themselves, we have to model this. When we lie to them, we are teaching them to lie to themselves and not trust their own internal processes, natures, and capacities.

**With our friends**

Our true friends are allies to our souls and protectors of our hearts. When I think of my really closest and dearest friends, I can see how true this is. Our real friends are not afraid to challenge us when we get off track. They will tell us the truth. They are always there to support us. Should I fall back, I can't think of any better allies to have in this life than my real friends.

**With our Workmates**

As an O.D. consultant in many organizations, I have come to see that communication breakdowns and the lack of acknowledgement of people is the cause of most conflicts and. The other factors contributing to low morale are a lack of sincerity and poor leadership. If we look at organizations that really thrive, we find that people trust and respect one another because they are treated in the same way. Many other organizational problems flow from these and often act as a form of camouflage for the real issue. When people begin to function in an organization at the heart level, problems that once seemed to be so important simply disappear.

**With Communities**

I once read that the mark of a healthy community is when a neighbor's house burns down and the rest of the neighborhood gets together and rebuilds their house. I wonder how many neighbors these days would be willing to do something like this. I wonder what would happen if your house is the one that got burned down. Could you count on your neighbors to pitch in and rebuild it? What has happened to those neighborhoods where its members got together for a Sunday picnic, a baseball game or a three-legged race between sons and fathers? What happened to those days when it was safe to walk the streets both day and night? Do we just blame it on drugs and crime or do we need to look some place else? Perhaps we need to look inside ourselves again and we may find that broken line that once joined us with community.

**With our Countries:**

September 11 was not just a wake up call for America. It was one for everyone on the planet. It was a message to slow down our pace, stop if necessary, so we could see where the world and its people are headed. From time to time we need these wakes up calls, so that we don't fall completely asleep in our comfort and denial states. It gives us a chance to become more current with the personal, interpersonal, social, political and sometimes, if we need it, the spiritual. Wake up calls provide us with that extra 'shot in the arm' to remind us that we are still alive and moving forward. The important thing is to know where this forward thrust is taking us.

**With the World**

I can remember years ago when Stevie Wonder, Michael Jackson, Diana Ross, Billy Joel, Tina Turner and about fifty others gathered to compose and then record 'We are the World'. While I do believe this was a gesture well beyond its time, I would like to see musicians from all corners of the globe sing it again or simply compose new lyrics. Either way, I think it's time to take this global theme and make it real and just not symbolic. If we are going to create a song with the world in mind, then let's gather singers from this world that the song is about.

**With Nature**

When was the last time we saw a beautiful setting of the sun and said thank you?  
When was the last time we saw a double signed rainbow and said thank you?  
When was the last time we witnessed the first drop of rain after a long and burning dry spell and said thank you? When was the last time we couldn't hear the early morning song of the sparrow and didn't know why?

**With Men and Men**

Men have been hurting, killing and betraying ourselves and other men, even since Cain slew his brother Abel. During the time of the so-called men's movement, men began to question and challenge some of this behavior and legacy that brings so much loss, pain and destruction to male relationships. We have seen some

changes in our relating as men, but there is still a long way to go before men feel they have a complete right to be in this world. I have always believed that when a man can feel no shame saying to another man 'I love you', we are close to a place where we no longer need war to prove that we are alive.

### **With Women and Men**

A woman colleague who does gender work once told me that she believes it will take the male and female species of this planet another hundred years to really begin to meet and know one another. It will take the first fifty years for men and women to stop fighting and learn to trust one another. Then another fifty before they actually began to really enjoy one another. While this may be a bold prediction I still think we need some time to pause and reflect on this idea. Let's not take a hundred years to do it.

### **Gays and Lesbians**

I met a woman once and it was clear that our attraction was mutual. She had just finished a three-year relationship with a guy and was ready for a new relationship. There was one small catch. She had just begun another relationship, a short time before our meeting. This relationship however was with another woman. Another time I met a wonderful lady and the first time we made love was only a few days after we had met. It was a wonderful time. We went out afterwards to talk about how comfortable we felt with one another and not just with the sex. Before I had a chance to begin anything in terms of a wholesome kind of relationship, she informed me that she was beginning a relationship with another woman and didn't want to be with men for a while.

I have had friends and colleagues that were gay, and with some I had to set strict boundaries about our relationship. I have a dear friend who is a doctor and sexologist who also happens to be a transvestite. Although he is happily married to a wonderful woman and has wonderful kids, he likes to dress up in women's clothes.

As far as I can tell about gay and lesbian people, they are just this: people. They have needs and desires, joys and fears just like the rest of us. There are some gay and lesbians not so pleasant to know and be around. No different than some heterosexuals. They are part of our world, contribute their gifts and talents to it and because of this deserve to take part in the joy that comes with this. Their choices and their sexual habits and preferences are completely their business. Just like the rest of us.

### **Others**

If there are any additional areas that have been left out in this activity, then by all means, create your own.

There are many ways we can improve the relationships we are involved in, but nothing will happen until we make the choice to look at which ones need to be attended to the most. Then we make the time in our busy schedules in the 'World of Us'. The rest is very simple: practice, practice, practice.

### **It Ends and Begins With Us: Together**

We are at the end of these two chapters which have tasked us to better know our place in the world. The first thing we need to realize is that we don't have to be a 'Warrior of Light' to awaken to consciousness and begin to make a difference. We simply have to be willing to make other choices and know that others exist that might be better for us. Then we have to act on them.

In these two chapters we have looked at the tools to do this. Let us keep in mind that the next level of consciousness or awakening has a great deal to do with how we choose to use these valuable resources. If used in the right ways they can assist us in having a more quality life in terms of both the doing and being parts. This is doubly so for our relationships - those that include flesh and blood others and those that pertain more to us and our sense of identity. These two elements coupled together give us our sense for knowing and understanding the steps, processes and functions that animate our life activities more fully, such as our

capacity for personal leadership, empowerment, and how better to be and live with others and to make a contribution to their growth, healing and development. This also goes for how we can learn to become more global in our focus, perceptions, attitudes and actions, while not forgetting the importance of our local contribution and how this needs to be improved as well. We can always improve something in our homes, schools, workplace, community and country, if need be.

We are living in a time of great transition which most people know but not everyone is reacting to it in the same way. Some people are taking advantage of the opportunities and lessons that it can bring, despite the difficulties and insecurities which can also come with it. Others seem lost and confused in a kind of trance and either run around helter-skelter, with no sense of groundedness or real direction, or they dig in holding on more tightly to what they know and ready to defend their position. Still, there are some who take advantage of others' vulnerabilities and find ways to feed off this fragile state so as to fill their own pockets and their hunger and thirst for greed, power and control over others. As they tell us, it takes all kinds to make up this world of ours. Certainly we have both kinds: the jerks and the saints.

Today we stand at the edge of a new frontier, the likes of which we have never known before, a new era of human consciousness and existence. At times we are overjoyed and marvel at what is happening and at what we seem capable of doing and discovering. In other moments, when the child inside feels frightened, frustrated and overwhelmed by everything, we wish we could go back to those times when we felt safe and secure and had more of a sense of home.

Fortunately or unfortunately for some of us these are exactly the tasks and challenges that stand before us and our world today. First, to find some aspects that did exist in times before, and that had both value and meaning then and still do today in spite of how things have changed. In fact, we still need them no matter how high-tech and futuristic the world becomes. Second, to cast out of our lives some pieces (the old, more archaic parts), replacing them with something

better which can more easily flow with the rhythm and fervor of the stream of our lives and world now. Our main problem however, is to find the most appropriate balance between these two. I and many others, both lay and professional, believe this has become our greatest feat as we explore our still unknown futures. Let us hope that we are able to uncover more of the truths we need to know and which can perhaps provide us with more steps, processes and tools to work with. Both here on our earth and at the frontiers of space that someday we will probably inhabit, we can use both and more for the journey ahead.

## CHAPTER ELEVEN

### Reconnection with Nature: Healing and Re-finding the Sacred.

*Carbon Dioxide Levels Rise – Mercury Climbs - Oceans Warm - Glaciers Melt - Sea Levels Rises - Sea Ice Thins - Permafrost Thaws - Wildfires Increase – Lakes Shrink – Lakes Freeze Up Later – Ice Shelves Collapse –Droughts Linger – Precipitation Increases – Mountain Streams Run Dry – Winter Loses its Bite – Spring Arrives Earlier – Autumn Comes Later – Migration Times Vary – Coral Reefs Bleach – Amphibians Disappear – coastline Erodes – Diseases Spread – Cloud Forests Dry – Temperatures Spike At High Latitudes .....*

Taken from the National Geographic article in 2004, 'Signs from the Earth'

*To Native people the earth is a living intelligent being.  
It is capable of making the necessary changes for its  
own survival. These changes might not be convenient  
for humans, but the earth will make them anyway.*

Sun Bear, Chippewa Medicine Man

I begin this chapter by sharing the legendary letter written by Chief Seattle. I believe it matches the theme and purpose of this chapter. It is offered in the strength and eloquence of when he gave it the first time on that sad day in 1855.

*Every part of this Earth is sacred to our people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing, and every humming insect is holy in the memory and experience of our people. The sap which courses through the trees carries the memories of the people. The perfumed flowers are our sisters; the deer, the horse, the great eagle, these are our brothers. The rocky*

*crests, the juices of the meadows, the body, heat of the pony and people all belong to the same family.*

*The ashes of our fathers and mothers are sacred. Their graves are holy ground, and so these hills, these trees; this portion of EARTH is consecrated by us. The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors. You must teach your children that it is sacred and that each ghostly reflection in the clear water of the lakes tell of events and memories in the life of our people. The water's murmur is the voice of our father's father.*

*The rivers are our brothers, they quench our thirst. The rivers carry our canoes and feed our children. You must teach your children that the rivers are our brothers, and you must give the rivers the kindness you would give any brother.*

*The air is precious to us, and it shares its spirit with all the life it supports. The wind that gave our grandfather and grandmother their first breath also receives their last sigh. And the wind must also give our children the spirit of life. When we take the wind that is sweetened by the meadow's flowers, we must remember that it is sacred.*

*The animals are our brothers and sisters. What are we without the animals? If all the animals were gone, we would die from a great loneliness of spirit. Whatever happens to the animals soon happens to the people. All things are connected.*

*You must teach your children that the ground beneath their feet is the ashes of our grandfathers and grandmothers. So that they will respect the land, tell your children that EARTH is rich with the lives of our kin. Teach your children what we have taught our children that EARTH is our mother. Whatever befalls Earth befalls the sons and daughters of Earth.*

*This we know: Earth does not belong to people; people belong to the Earth. This we know: All things are connected like the blood which unites one family. All*

*things are connected. Love the land as we have loved it. Care for it as we have cared for it. And with all your strength, with all your mind, with all your heart, preserve it for your children and love it as the Great One loves us all. [1]*

Every time I read Chief Seattle's speech I find something that touches me or turns me around in some way. Sometimes it is a strong and impactful paragraph, other times a sentence or just a single word. I always manage to discover some message I didn't see before, even when it was blatantly obvious and staring me in the face.

In so many ways this speech carries other messages within it. For example, the words and phrases have something to do with or are connected to the sacred. The pine needles are sacred, the shores are sacred, the mist in the dark woods is sacred, the clearing is sacred, every humming insect is sacred, even the sap coursing through the trees is sacred. Another theme that shows up many times in his speech is the notion of family. Here he speaks to all the relatives of the earth. The flowers are sisters, and the deer, horse and eagle are brothers. The rocky crests, the meadows, the heat of both the ponies and the people are all part of the same clan and family. He goes on to include more aspects of the sacred and the family, the ashes of father and mother, the graves where they are buried, the streams and rivers, the air, the animals, the rocks and the trees. To him and the Indian people, everything in existence seen and unseen, above ground, below or in the sky is sacred and part of one gigantic family.

Two other messages are about respect and love and provide lessons to pass on to the young people so that they too value the importance of the link existing among love, respect, and the family within the context of the sacred. This reminder comes out even more strongly when Chief Seattle tells the children to pass on to their children and their children and on and on what they have been taught about these sacred relationships.

When I step back and see Chief Seattle's speech as a whole, I see that it is more than just a speech, it is more than just words. It is even more than just a message to the leader and representative of the white people at that time. It is a gift of love in hopes that the white people will be able to hear beyond his words and listen with their hearts remembering their true connection with the earth and all that lives upon it.

When I step back even farther, I wonder if his message has some significance and relevance to our lives today. Do we still need lessons about a greater sense of family upon this earth? Can we see the sense of our connectedness with the rivers, trees, air, animals and rocks? Can we acknowledge them as family members? What about the sense of the sacredness existing among all things? How about when he tells that we cannot own or possess the earth? In fact, because of our deeper relationship with the earth this would be impossible and/or might create some unforeseen problems in our relationship, not only with the earth, but ourselves as well. This has been a long standing argument within white society and the Indian people for decades. Perhaps, as we consider these things, we may see some other factors that need to be taken into account.

I now include a piece I wrote specifically for this book. I call it 'The Earth is Speaking'. Have you ever heard the earth speak? It does, you know. Have you heard the shriek of the hawk in flight, during one of its hunts? Or the blue jays song, or when the wolf howls at the moon, or when the mountain lion cries through the night? It can be so magical possessing a power of its own, if we are a-tuned to it.

Today in our modern enclave and hubris of horns honking, tires squealing, high pitched radios, harried and anguished voices, mobile phones, talking of mundane and frivolous things ... We hear nothing... (least of all the earth, speaking) except the long playing cassettes in our heads telling us how to listen, how to feel, how to choose and how to be, the voices of societies, culture and all their rigid and

ridiculous rules that are turning us from human beings into non-thinking, non-feeling and non-choosing machines.

When was the last time you enjoyed the setting of the sun, the awakening to a new day, a rainbow after a hard and fresh rain, the first snow fall and the enchanting glimpse of the full moon? These precious gifts given to us, our species, so naturally, and through the earth's stages and cycles, that have no price, for they cannot be bought or sold as they are freely given.

We know so little of this, because we are so dangerously out of touch with the rhythms of nature of which we are a part, and have ignored these basic but profound truths of our existence. We simply don't listen anymore to the earth, one another or ourselves even when we know this has great costs and consequences.

It is because of this that the earth has resorted to more drastic means to get our attention and urge us to listen. Now the sounds and movements get louder and more powerful, coming through earthquakes, volcanic eruptions, hurricanes, floods and other radical shifts in the climate. All of these are signs for us to wake up and take heed as to our misdeeds and destructive tendencies and begin to walk in a sacred way. For the earth is no longer waiting for us to hear its voice. It is beginning the steps it needs to take towards the cleansing and healing of itself and our abuse of its body and soul. Where we go from here is our choice. Our destiny and future and the kind of relationship we end up having with the earth remains to be seen. This relationship will be reflected as a mirror reminder of what that can be. What we do or don't do will have an influence on this outcome.

In the movie `The Day After Tomorrow` this point comes across with graphic detail. Although the movie was the more typical Hollywood sci-fi disaster film its message had a great impact. It reminds us that if we continue to disregard nature's laws and order of existence, we will pay a price.

If there is one thing I have learned in all my years of being alive on this planet, it is this: If we ever hope to awaken to consciousness fully and take the next evolutionary steps into the place of Global Soul, planetary citizenship, and universal humanity, we must begin to pay more attention to what nature and the earth is trying to say to our world community. We must not only stop abusing the earth through our lack of concern and respect, but stop our conquer and control attitude, becoming more responsible in our choices and conduct with nature on a daily basis.

Today, nature is speaking to us through the changes we can witness everywhere, as it is being threatened by our selfish and thoughtless deeds. All we need to do is to look around to see what this is all about. We need not know how to use a crystal ball to see into the future, and nor do we need to be schooled in the whole line of prophesy from the Bible, Mayan Calendar, Nostradamus or others. All we need to do is look at what is obvious. The earth is doing what it needs to do to heal and cleanse itself from the centuries of abuse and damage from our species which has become hell-bent on its own destruction and the extinction of many others; the one species that has done a really good job of messing up the system of harmony and interdependence that has taken the earth millions of years to create and evolve.

If the earth has one message for us today that we need to hear it is that this abuse and disregard for the earth's eco-system has to stop. If we're not willing to make the efforts to do so, then the earth will. This is what the dramatic changes on the earth are about, at least in part. The other side of this is related to our role in the intensifying of these changes through such means as nuclear bomb tests, depletion of the ozone, pollution, strip mining, and the destruction of rainforests. These have caused the eco-balance in the earth's cycles and stages to become more unbalanced and disconnected. There are many books, articles and organizations that have a great deal more knowledge about these subject areas. Those who want to know more about this need only search out the sources. From

what I have seen today, most people don't want to know more about these things anyway.

After saying this, I find that I have one more important point to make. My point is that the apparent earth changes are part of both the earth's and our evolution and spiritual development. This means that they are part of the next stage, steps or leaps in becoming more conscious beings. In order for this to happen we have to go through initiations or rites of passage. In a sense, we have to go through necessary processes of transformation which include the death of old ways and the preparation for new ways to live and states of being.

If we extend this more into the material arena of our existence, it tells us that as the physical environment is passing through many different kinds of shifts, we will experience these as well. In other words, the outer physical environment and our inner human environment are related.

This chapter is one of the most important ones in this book, because it deals with one of the most neglected areas of our lives today. This is our relationship with and understanding of the earth. I'm not just talking about the environment, although I'm not denying the need for concern and activism in this area. No, what I'm talking about goes deeper than this and has to do with our soul connection with the earth. This is where many of us are still lacking, despite more people waking up to this reality. It is here where we still need a lot more work, probing, change and growth. This chapter will focus on some other issues as well, but this one will be the topic I wish to hold under a greater scrutiny. I have tried to figure out the best way to do this chapter the greatest justice considering the space available. I could easily devote a whole book just to this topic, but I will speak to the FOUR AREAS concerning the earth subject and its relevance to our times, today and the future. I will also look at how this fits into the evolving story of our species – family and the steps and process of awakening to our higher natures of consciousness.

These four areas represent a solid and balanced package that can assist in this chapter's discussion and unfolding. The areas are

1. A deeper Earth and human connection,
2. Listening to what the Earth is telling us,
3. Re-finding the deeper earth part of ourselves,
4. Acknowledging that the Earth is a living being, in its own right.

These areas can provide enough focus and stimulus to make for a very interesting presentation. So, let us begin and see what we have gained by the time we have reached the chapter's end.

### **A Deeper Earth and Human Connection**

There have been times in my life when I have tried to imagine what it would be like to be a planet. The choices available to me could come from a multitude of galaxies, even our own. Still, if I could choose which planet I could be, then it would be the Earth. On occasion, I have even told friends, when we were discussing deep topics, such as life after death that in my next incarnation I wanted to give a try at being a tree or rock or even a bird, since I'm one of those by nature who loves their freedom of space and movement. This would give me a chance to get closer to the idea of being something other than a human. Anyway, as I was saying about the planet thing, this might help prepare me better for when I take on the greater role of being the Planet Earth.

This is a task that I really have no idea about I am to be really honest with myself. After all, I don't know how I would feel if I found myself as the earth, having to put up with abuse and disregard from only one species and disrupting and damaging the functions and well-being of a multitude of other species which are not human. Could I also allow this one species to be responsible for the actual disappearance of many of these other species whether animal, plant or mineral? These are part of a tremendous eco-system that speaks to the handiwork of millions of years, cycles and re-cycles, ages- both light and dark - to shape and get into form and harmony. It is a system that was designed to support the life and

maturity – evolution of all beings and living creatures, both seen and unseen. How long would I go along with this gross display of immaturity and - like a parent who has to discipline their child finally reaches that place where they say “enough”?

Well, I wonder how we who are reading this are now feeling. Can you imagine being a planet or even an Earth parent? How would you handle a species that seems to have to learn the hard and painful way sometimes in order to wake up and be more responsible for its choices and actions? Can we begin to feel now some sort of a different kind of connection and relationship with the earth, and how this is related to us in some manner? Have we learned anything new or of value? Or do we just want to shrug our shoulders as many people do these days, not being moved one way or another, believing this is just a bunch of New Age thinking and it doesn't apply to them? Besides, they say I don't litter, and I recycle my bottles and paper and I eat freshly grown fruits and veggies. Plus, I drink a lot of fresh water and don't smoke. So what does this all have to do with me? Or some others respond saying, “Oh it's too late anyway, we have done too much damage to the planet and it is only a question of time before we get back what we have sown”. Then there are others who want to do something different regarding our relationship with the earth, but simply don't know where to begin. On and on it goes, as so many different kinds of attitudes and responses to the same issue that touches all of our lives in one way or another and for some more than for others, depending on where they happen to live on this earth. This is an issue that more and more people will be dealing with in the years ahead. As we move on I hope we remember to take note of this.

### **Listening to What the Earth is Telling Us**

To begin this second part I would like to offer some words from some one who really understands the full meaning behind signs and messages from the Earth. Here again I let Sun Bear the celebrated author, leader, teacher and healer of the Bear Tribe speak: He shares: *The reason that the Earth changes are happening, and will continue to happen, is because many humans are not yet willing to make the necessary changes in themselves and their actions which could prevent them.*

*They are not willing to stop polluting and to start moving in a sacred manner. They will not stop throwing their garbage all over the planet. [2]*

Several years ago I had a chance to experience personally what Sun Bear is talking about. Here's what occurred. I happened to be in Bogotá, the capital city of Colombia as I was conducting a workshop through Javeriana University the well-known Jesuit University in the country. One day during the lunch break I was about to cross the boulevard close to the restaurant where I was planning to have my lunch, when my attention was caught by a middle-aged man near by. He was nicely groomed, and wearing an expensive suit and loafers. There didn't seem to be anything especially striking about this man, until I looked a bit closer, about face level. This is when I realized why he had got my attention in the first place, because I saw that he was munching on a chocolate bar, half of it still in the wrapper.

At first I didn't pay any mind to this, but a short time later I fully understood my apparent curiosity about this man. As both he and I stepped off the side walk and into the street, just as he took the last bite of his chocolate bar, and threw the wrapper at my feet and proceeded on as if nothing were the matter. In that moment I didn't know what to do or say. Frankly, I was in a light state of shock and was finding it hard to breathe, let alone speak when I reached the other side. When I did, the well dressed, finely groomed man who had got my interest and attention for those few moments was no where to be found. He seemed to have vanished. So, if I had something to say to him it was virtually impossible. As I continued down the street I couldn't help but to wonder how this apparently educated and intelligent Colombian man, probably with a good upbringing, had failed to learn some basic skills in respecting and keeping the environment clean. What had his parents taught him about these simple things? Or did he learn from them, perhaps through their modeling that it's okay to litter? Maybe, he had watched his own father one day as a boy, decked out in his suit and expensive shoes, eating a chocolate bar and after finishing it he simply throwing it into the

street. Could this be the legacy that his father had passed on to him? If this could be the case, what kind of behavior does this man today instill in his children?

As I have traveled about the world I have seen that same kind of ignorance and conduct displayed towards the environment in many countries, including the USA, but mostly third world countries (often exploited by first world countries). I suppose the excuse we can accept, when it comes to the very basic disregard for the earth, is "I didn't know better". This may be acceptable when it comes to the ignorance question, but how do we handle the greater kinds of acts of ignorance when it comes to the first world countries and their blatant abuse of the earth, who know better and should set the example to the third world countries in terms of their conduct and attitude towards the environment. Yet they pour tons of poisonous chemicals into the land and waterways, and bury nuclear waste that contaminates land areas and makes them inhabitable for the next few-hundred years.

Or perhaps, if we want to see a complete reversal of this scenario, we should consider that this kind of ignorance is only for the members of a special and elite club, the club that has a basic requirement for all its members not to give a DAMN about the world other than what is of benefit to their own well being. Its membership consists of those people who have completely dulled their senses to what is natural and have become out of touch and unreachable. Rather than having opened eyes, hearts and minds, they have come to develop the mindsets that match their oversized egos.

The unfortunate thing, however, is that while they have found their way to the top, they have forgotten the most important gift of all: their connection with the earth and its importance in providing the deeper roots we need to continue on in this life. It is only through this that we have a real sense of life and its meaning in the scheme of things. Hence, we cannot have contact with this world and its gifts, lessons and wisdom provided for us, if we choose to live in our self-made images and illusions. Nor can we possess or own them as they cannot be bought for any

price. If there was something that the earth is trying to teach us and get us to listen to, this would be one of those things. But how do we begin to listen again to the voice of the earth when we have been conditioned since our coming to this existence not to? Perhaps we can find some answers to this in our third area of focus and exploring.

### **Re-finding the Deeper 'Earth' Part of Ourselves.**

Notice my choice of words in the title of this next part. This tells us something important. The word I'm speaking about now is re-finding. This word tells us that we do not have to find again in life the more natural part of ourselves, because we have actually never lost it, but that what we have to do instead is to recover our connection to it.

So, how do we go about doing this? Are there certain prescribed steps, selective incantations that help open doors inside of us that have either been locked or are so rusted because of lack of use? Is it such a complicated matter? The answer is no. In fact, all that we need to do is look right to the tip of our noses. It is that simple and close to us. Are we getting more curious yet? I say this because when we do look to the end of our noses, we realize that it is our nose itself that is connected to something else also close to us, our bodies. Yes our bodies, the one part of our being that is not only a part of nature which is deeply connected to it. Every part of it whether blood, muscles, skin, hair, bone, breath and movement comes from it to begin with and in time will also return to it, e.g. 'ashes to ashes, dust to dust'.

When we look at this whole idea from some broader perspective we begin to understand that our connection with the earth, and its natural cycles and processes is really nothing new to us. It is something that is basic to life, (and death too,) but something we have become estranged from over time, especially in this modern era when science and technology rule. It is also the one part of our lives that begins to deteriorate the longer we are separated from it, and in time has a detrimental effect on all parts of our life functions and expressions of our

emotion to our thinking capacities and other processes of our psyche. As we continue I believe this will have more clarity as I share an experience I had many years ago.

It was during a time when I was overworked, exhausted most of the time and seemed to need a lot more sleep. When I did get more sleep, it still didn't seem to make any difference to my state at the time. I continued to feel exhausted. I tried other things such as yoga, running, change of diet etc to deal with my problem, but these didn't seem to change my condition either. This routine went on for some time and while I obviously wasn't getting any worse, I certainly wasn't showing any marked signs of getting better. Then one night over dinner with a close friend my luck began to change, but mind you it wasn't though anything earth shaking occurred. Instead it was through observation and what my friend said. She simply told me, "You look sad". This was all it took, because I knew then not only the answer to my problem, but how to bring about the solution. I realized in that moment that what I had been missing all along in my search for peace of mind was contact with nature. I had also tried to substitute this loss, and need by staying even busier, which of course just covered up my deeper need for the kind of nourishment that only being in the woods, and having some distance from the business of city activity and living can bring.

I did go to the woods, spending a week of walking, resting, canoeing and sometimes reading. I even saw some wonderful sunsets and star filled nights. It was fantastic. It did take me a couple of days to unwind and to get into a completely different routine, and I really began to enjoy myself. This, of course, was the healing that I needed, but couldn't find as long as I just kept busy and in the city. I could enjoy life again, but I had to find that more natural part of myself that was connected to the heart and the place where our joy resides. It is for this reason that I had to thank nature for helping me to recover the real me again, my natural self. In a manner of speaking nature had been acting as a kind of teacher, therapist and/or healer for me. Nature acted as the mirror that it is for all of us, reminding us where we really come from (in part) and to whom we are connected.

It didn't cost me a cent, it was all free. All that was required from me was my willingness and participation. Nature did the rest. It brought me home again to myself, my body and soul.

How often do we get estranged from ourselves, feeling more stressed and frustrated as we try our best to cope with the kind of routine we have created for ourselves today? Maybe it is time for us to make some other choices about which rhythms and paces we wish to follow. Perhaps, it is time to learn from Thoreau and begin to march again to the 'beat of a different drummer'. It might be just what our soul needs to be more alive and well in this world. The social critic and author Theodore Roszak put it in another but significant way. *The bridge we need to find our way back to a significant sense of connectedness with nature may lie in that shadowed quarter of the mind we have for so long regarded as "irrational", even "crazy"*. [3] Roszak wrote about these issues many years ago. They are however, just beginning to be reflected in the public's mind today, as being not only important for us, but could be life saving as well.

### **Acknowledging that the Earth is a Living Being in its Own Right**

These are the words astronaut Rusty Schweickart shared with the members of the Lindsfarne Spiritual Community in the summer of 1974, as he described what he learned about the earth during his space flight. *For the first time it gave the scientist in me a way to talk about aspects of my experience in space that I couldn't even articulate to myself. I had experienced the earth in a way that I had no way to describe. I had experienced the aliveness of it all.* [4] When someone asked him later what the experience in space had been like he replied "It was like seeing a baby about to be born". [5]

After I read this over again a few times, I cannot help but feel both angry and sad knowing that it has taken the mainstream culture all this time to begin to understand what aboriginal and other tribal cultures knew long before. The earth is indeed a living being, set on a journey through time and space with lessons to learn, tasks to perform just like all other species, including our own. It is also quite

ironic that it has been when we have found the way to separate ourselves from the very earth itself we begin to understand how we are not separate from it at all, never have been and never will be. It has only been when we have gone into the farther reaches of space that we begin to know things about the home we left behind, and on return can no longer live with it in the same way ever again. A veritable re-connection and homecoming becomes evident.

I begin to think again about my fascination in wanting to experience being a planet. It makes me wonder that if the earth is a living being then so are all the other planets in me wonder again if we as a single species could possibly be the only ones existing in this awesome star system. There may even be races of human others, some like ours, some different, throughout this large galactic community.

I must admit, that it gets pretty exciting when we begin to consider the EARTH as a living being and part of a process that has a more multi-dimensional quality and design and purpose to it. Now we can begin to understand that while it has been a long time in coming, the scientific community has finally arrived at the point where they acknowledge the EARTH is very much alive, as aboriginal people have known for thousands of years, and astronauts during their flights in space are now beginning to discover.

### **Celebrating Gaia's Existence and Return**

Long before James Lovelock, the British chemist, postulated his Gaia hypothesis for the planet, the idea had been growing for two centuries. Plato was one of the first of the followers of rationalism to suggest the need for a bridging between the intellect and the feeling part of our lives. He offered this in the notion of the 'World Soul', or anima mundi drawing together all the archetypes that spoke to a greater synthesis of life as a functional, creative and growing process. This, of course, was nothing new and had been the belief of the earlier human and tribal communities long before Plato's time. Plato and others of his time believed that our race and society needed some belief that spoke to a basis of unity and well as evolution and

destiny for the race and planet. This principle took a long time to find an anchor in the scientific world, until in the early sixties Lovelock and his colleagues, managed to provide a substantial validation that was more acceptable to a rational world.

It wasn't until chemist and researcher Rachel Carson shook the world with her potent book and report 'Silent Spring' that the Gaia hypothesis really began to catch on. We have to thank Rachel Carson for her courage and integrity in coming forward with her findings about the incredible problems on the planet because of environmental abuse. Some even credit her with being the mother of the environmental movement. From what I know about this book and her findings, I could easily agree. I think we also owe a vote of gratitude to Lovelock and his associates who have sometimes had difficulties with how the Gaia return, has affected and impacted the world. If we look at this more closely, we can see some reasons for this for the ways that have been noted in the return to our lives and the workings of the planet. Some people see Gaia as the rebirth of paganism or the earth religions, more prominent in Europe before Christianity eliminated or drove them underground. Others see it as a chance to explore the beliefs and practices of mysticism, while still others see it as a support for feminism's place in the world under the banner of eco-feminism. [6]

No doubt, the reasons and arguments for Gaia's, (World Soul), Anima Mundi or the Earth mother presence in our lives are many and will grow in their diversity and purpose as long as we are faced with the abuse and disregard that we see toward our planet and its eco-system today. More of us are coming to realize and even to experience first hand, that the assault and abuse on our earth parent is also an assault on us and our livelihood and capacity for future survival. The more we are awakening to this fact, the more we are being aroused to take action. We are coming to understand that if we don't take action, the abuse and assault becomes worse and the damage greater.

I'm glad to know I'm alive and the world under my feet and all about me is alive, too. This is something that I can accept, support, honor and celebrate and let this be a daily practice.

### **Conclusion**

In this chapter I have tried to offer some ideas and reflections regarding our current attitudes and relationship with the earth as this pertains to our lives today. I have selected four of the more important areas for discussion and probing that I believe give us at least a more rounded perspective of things and how our lives are touched by these factors, however little or insignificant.

As we move to the last part of the book and take yet more steps towards the newer dimensions of our lives and consciousness, I am thankful that there are people throughout the world today that have become more active in doing something productive to improve our relationship with our planet while helping to stop those who mean to do harm and destruction to it. We have activist groups like Green Peace, Earth First, Friends of the Earth, Earth Watch and many more.

If we look at the main reasons why this abuse is happening to our earth, it is obvious that money, greed, power and control with fear represent the strongest of driving forces. These character traits don't speak well for some of the members of our human family, but as I said earlier, it takes all kinds to make up our world. These people unfortunately represent the ones who are still functioning and acting from the shadow domain, the immature and the darker domain of the unconscious. In some cases, these are the people who have elected to close their hearts and the voice of our souls giving guidance for our journey upon this earth. We all have our work cut out for us, whether we are just beginning to wake up, becoming more conscious in our life affairs or taking to the stage as warriors and servers. For certain, there is a place for us in the scheme of things and something to match our sense of mission and calling, whatever that could be or where that could take us on the planet and/or in the universe.

## PART III: Calling and Mission

*Each individual has a specific purpose for being on this earth.*

*The purpose way contains numerous sub purposes.*

Ken Cary

*I don't know what your destiny will be, but one thing I do know:*

*the only ones among you who will be happy are those who have*

*sought and found how to serve.*

Albert Schweitzer

*The sole meaning of life is to serve humanity.*

Leo Tolstoy

*It isn't enough to talk about peace. One must believe in it.*

*And it isn't enough to believe in it. One must work at it.*

Eleanor Roosevelt

*One does not become enlightened by imagining the figures of light,*

*but making the darkness conscious.*

C. G. Jung

## **CHAPTER TWELVE**

### **Becoming More Conscious and Global Human Beings - Part I**

Today we need more sensitive, aware and forward thinking people from all sectors, ages, gender and walks of life, people who have the courage and are willing to be models and architects for the future to be those who are willing to be more conscious and focus on a greater view of life and the world. The late Jesuit author Anthony de Mello had this to say about being conscious in the times we live: *Don't ask the world to change. You change first. Then you'll get a good enough look at the world so that you'll be able to change whatever you think ought to be changed. Take the obstruction out of your own eye. If you don't, you have lost the right to change anyone or anything. Till you are aware of yourself, you have no right to interfere with anyone else or with the world.* [1]

I believe Anthony de Mello's message still has much to teach us in our rapidly moving and sometimes imposing wave of change that we are experiencing in these times. He's telling us in short to walk our talk.

I have set out three main tasks for this chapter. The first task is to look at the different ways that we have come to block and/or diminish our own capacities for becoming more conscious and global in our focus, and in our actions in the early stages of the millennium. The second task is to look at how to change this and turn it around, so that we are more able to awaken to our gifts and capacities for more consciousness development. The third task is to identify the specific actions we can take towards becoming more attuned to the happenings going on in our world today, and how we can learn to better handle them.

#### **We Don't See What's Missing**

It seems that a day doesn't go by, when we don't get the message to get involved. We see and hear it on the television, on the Billboards, electronic and otherwise, telling us volunteer now. We hear it at work when one of the staff corners us in the hall way and wants to talk to us about the new save the child program or the camp for the disadvantaged adolescents, both sponsored by the company. Everywhere we are being asked to give more, do more, and to open our hearts and wallets to serve others in the community and world. Most of us, unless we are cold-hearted, want to do something to improve the condition in our world. It just seems to be second nature and comes with being a person and human being. It is coded in us at birth.

On the other hand, it also seems that a day doesn't go by that we don't get the message to buy something or invest. We also see and hear it on the television, on the Bill boards, telling us to buy the new lawn furniture, exercise machine or the SUV. At the workplace, we are asked to buy a raffle ticket for the company sponsored trip to the Bahamas and Maui. On airline flights we are encouraged to buy duty free goods. Everywhere we are being asked to buy or pamper ourselves. After all we're hard working, tax payers and put simply we deserve it. Unfortunately, we don't see the connection between our having more at the expense of someone else somewhere in the world having less. This for some people gets confusing at times and leaves us perplexed to say the least.

The problem is that today we have lost contact with the true meaning of giving and receiving. This is especially so in our consumer oriented world, a world that has put things before people and thus has created a vacuum between the two natural tendencies of giving and receiving. This over time becomes filled with a kind emotional deadness that makes it harder for us to be excited about the pleasures come from giving of ourselves to others and enjoying when others can do the same back to us. It also creates a split between our head and heart placing us in a perpetual tug-of-war between our ego images and needs and our heart's desire for more depth of feeling.

All we need to do is look at what has happened to Christmas, the one time of the year when we're supposed to celebrate the pleasures that come from both giving and receiving. Now for a lot of people the whole Christmas season has become a time of stress, frustration and pretence that we are enjoying ourselves, when the truth is we are bored, depressed. Aside from eating some good home cooking and having an excuse to consume more than our share of whiskey and eggnog, and making a fool out of ourselves at the company party, this is just how it is and it does not get any better. I'm not addressing those exceptions that seem to be getting by just fine, or at least they seem to be from the outside. I'm addressing the rest of us who are doing our best to survive in this topsy-turvy world of today and are trying to make sense of everything that is going on around us: from talk of the ozone leak getting wider, earthquakes in Iran and the next killer earthquake that is supposed to hit California or Italy or Japan, or whether there really is life on Mars or not. I'm talking about us, those who are doing our best to really wake up to the times we are living and to find out about how we can fit into all of it. I'm talking about those of us who are trying to be more conscious with our desires, needs, choices and actions towards ourselves, others, nature and trying to create a lifestyle that can sustain this.

If you can identify or recognize or resonate with anything I've spoken to here, than this chapter is about you, and the rest of us, who are trying to find our connection to our hearts again. Our hearts in this round open to the whole world, to everyone and everything in it, both seen and unseen, living and dying and even not of this earth and/or galaxy. This is more about the awakening of Global Soul. Does this strike a cord for anyone?

### **Towards a More Conscious World View**

If we are going to have a more conscious world where people are more aware and responsible towards themselves, others, nature and the planet, then we have to create the space, context, means and opportunity for us to make choices, come together to share our skills and resources, and to support our efforts so that we sustain this on a daily basis. In order for this to be possible we all have to become

more conscious of what's happening around us, how we are part of this in a direct or indirect manner, how it touches and influences our lives, negatively and/or positively, as well as work to be more attuned to the scenario – metaphors, and the rhythms and beats of the times we are living today.

### **Getting the Eagle's View – Global**

If we are going to look at how to create a more conscious world we need to really have a view that is both global and local. When we step back from what is happening today we find that this is a great time of transition or put another way a time of death and rebirth. It could also be called a time of passage or initiation, or even a kind of metamorphosis. Some even believe, as I have shared earlier, that this is a kind of planetary Dark Night of the Soul which is necessary for our continued evolution and the next cycle of our development as souls, human species and family as well as the planet itself. There are many theories, ideas, speculations as well as prophesies about these times and each one seems to offer a piece of the whole of what is happening but no one seems to have found the complete answer as to how and why things are happening as they are. For the most part we have to find the tools and resources that can assist us in finding answers that give meaning to the conditions and circumstances of our lives. Thus, we all are trying to make sense of the activities, shifts and messages that are coming to and through us as part of our transition processes whatever they may be or how they manifest in our lives and the world community.

As we look around and about the world we can see people everywhere, i.e. individuals, families, couples, communities, and even countries at certain points in their greater transition experience or awakening. There are some people just getting started in the process and cycles, while others are well on their way through the journey. There are also those who are getting closer to the end. Then there are some people, families, communities, and countries that have not even begun to feel the ripples or mild shocks that are often part of the transition experience and lessons, and who seem asleep or in some kind of a trance as they go through their daily routines. Earlier in the book I talked about this condition as

fitting well for American society and how September 11 was the kind of shock among others that helped shift people in their transition place and experience.

Then we have the last transition group which we could call the resisters and the deniers. They have not begun their transition journey and steps, and they are finding every means possible to escape and to run and to hide in the safety of comfort and familiarity. They believe and/or try to convince themselves that as long as they don't take part in the transition experience that they are secure and safe. This is the 'if I don't see it, know it or feel it, then it can't hurt me' reaction, and is the typical response that comes from immaturity and not taking responsibility for one's life and actions. But even these people, families and communities find out after a while that no one is immune, nor can they escape the initiatory lessons that come through life and different kinds of transitions, especially the one our planet is experiencing these days. But even here we have to voice the concern about how ready we are for the challenges that come with transitions? This is the important question. How conscious are we of what's going on? How are we responding to it? Is this the best solution?

When I look at my own life and how it fits into these times, it fits very well, like many people I know. Transition tends to be a fairly common state for our lives. I certainly have had my share of deaths and rebirths and the different arrays of other related kinds of episodes in my life.

As the late family therapist and trainer Virginia Satir used to say, "We are the transition generation". I could certainly agree with this statement. These are the times I was born for and I keep meeting more and more people everywhere who feel the same. Most of these people tell of some crisis or great change in their lives that really moved the ground that they stood and walked on. This seems to be the case for most of us. We need a big shaking to wake up to a deeper kind of awareness of what is happening around us.

### **The Mouse's View – Local**

When we look at the transition event from a more local view this takes us closer to our everyday routines, the routines that involve our roles and activities as couples, parents, friends, involve our careers, and our life in the neighborhood, community, state or province and sometimes country. These also have to do with our personal and interpersonal frame of reference. They also have a focus on our very basic survival ones: i.e. food, shelter, clothing, thirst, etc. During periods of transition we tend to feel its affects more internally, i.e. through our processes of thinking, feeling, imagination, and memories. These can be intensified by crises, loss or other kinds of experiences in our lives that make us feel insecure and uncertain about what lies ahead for us.

### **The Conscious World View**

When we are able to step back even further we can see something else happening. We can see both the eagle or global view, and the mouse or local view beginning to merge into another and newer, more holistic or more conscious one. This is comprised of both aspects of the male and female principles and energies, a kind of yin and yang blend if we wish to follow a more eastern view of things. It simply means that we are beginning to awaken to a more collective state of awareness and this is becoming our more natural state as humans. There are countless books in practically every field from physics and biology to psychology, and to spirituality that can support this process I speak of here. It seems as if our species and human family is showing signs of maturity, and we are taking the steps towards a higher level of consciousness. Never the less, some are having their doubts about this as many people seem to be moving very slowly through their growing process. Some, it seems, have even regressed to more childish states and choices for behavior. But, on the other side we can also see others who are moving through their paces with great speed.

So in many respects we see a kind of duality of condition in our lives today. Some people are moving through the transition experience without too much distress in their lives, while others are often in a kind of push-pull struggle with themselves and the excess baggage left over from events and conditions of before. These are

the ones we tend to project out into the world which makes it more difficult to see things as they are. They can also hinder our capacities for healthy choice and action, and limit us in being more responsible for ourselves and others, and knowing our real place in the world. Until we find a way to heal and resolve these remnants from our past histories the difficulty we are going to have in passing through our transitions to the other side will be much greater and take more time. They will also influence our deeper sense of calling to life and service. In short, we will have problems in distinguishing the call from the earth and spirit from our own childish wishes and whims, mixed in with the false images that are born from the new ager's going out to save the world image and practice.

This doesn't mean that saving or being of service to the world is wrong. What it does mean is that the one who has such high goals for the world has forgotten to include the most important part that can at least have some substance of consciousness: he or she. If we want to save the world or to serve it, before we can really be effective, we have to begin with saving ourselves first. This I have found is where a lot of good intentioned and good hearted people get into difficulty when it comes to being more conscious and stepping into the shoes of the world server. They simply believe they are being guided by spirit. The real spirit is here on earth calling us to be here, because this is where we are needed the most if we really want to be of real service to the earth and the world community.

To live more consciously in the world takes more than just a desire to do so. It takes a lot of work, commitment, discipline, determination and will to do the steps, to pass through the cycles and stages, face the challenges that come to us everyday, and to learn from the lessons it brings and countless other gifts and discoveries we might encounter along the way.

If we can grasp what it takes to live consciously in the world as only one person, then we can begin to grasp what it would take for the whole world to be more conscious. This only affirms the kind of work in store for our people, communities,

organizations, and governments if we want to pass through these great times of dying and rebirth and to begin again with a better world. The reason for this is that now is the time and everything happening around us supports and tells us this is true. We can see signs of this in every aspect of our human experience. We see it happening with individuals, family, couples, and communities; it is happening in the schools and university campuses, in the corporate world, government and churches, synagogues and mosques. The world is crying out for change because the way that it is now doesn't work except for a few, and the sense of injustice and denial of human rights and dignity are issues that cannot be ignored or pushed into the deep and unreachable darkness any longer. More and more people are bringing into the light of consciousness the problems that exist in our world. We are being called to serve, to do our part in healing and changing. Are we ready for this task?

This chapter could in some respects represent the real finishing point for this book. I believe this to be the case because the adult-side of our human family can't figure out what to do with the condition of our world today. What can we possibly pass on to our young and the next generations that could be of any earthly benefit to them? No, I believe the time has come for us to join heads and hearts together and begin to see more clearly the work that stands before us to help in the healing, empowerment, and unity of vision and purpose to create a better world. We need to create a world that our young can be proud to inherit because they shared in the tasks of the preparation before it was passed on to them.

Gaylord Nelson, founder of Earth Day, said many years ago, *The ultimate test of humankind's conscience is our willingness to sacrifice something today for a future generation whose words of thanks will never be heard. This is a test we now must take and pass.* [2]

### **A Family View of the World**

The family according to the Oxford dictionary is *a group of people related to each other.* [3] I have always found it interesting how we can sometimes so easily call

other people around us and even in other parts of the world 'family' and not even know what it means. There are times when it is a word lacking substance. We call our species global and human family and designate ourselves as being members of the brotherhood and sisterhood of humankind. Yet in some circumstances we can treat or allow others to be treated as animals or worse. We can walk down the street of any major city in the world from New York to London to Moscow to Mexico City and completely ignore homeless people as if they are not even people. In many cases we have just learned to see them as the homeless and nothing more. Do we even consider that they have or had fathers and mothers as well as brothers, sisters and even aunts, uncles and grandparents just like us? We can also participate in moneymaking schemes not realizing that other members of our human family somewhere else in the world end up paying for our profits. Of course we never see these people and the closest we get to knowing about our effect and influence in their lives is to read about some aspect of globalization or see some special report on the TV News. For the most part these people or family members are just statistics contained in some economic plan and forecast.

I believe it is long overdue for us to change this condition if we hope to gain any real value and meaning of family in our global world of today. We need to create a context of family that gives both meaning and hope on both levels of local and global.

In this last part of the chapter I wish to talk about how we can bring the family context into our lives as we know and live it today, one that gives more breath and depth and relevance with the complexities existing in the world.

### **Healing the Family Locally and Globally**

In her book 'People Making' Family Therapist pioneer and teacher Virginia Satir had this to say about the family in relation to the world: *It is now clear to me that the family is a microcosm of the world. To understand the world, we can study the family issues such as power, intimacy, autonomy, trust and communication skills*

*are vital parts underlying how we live in the world. To change the world is to change the family.* [4]

During the past 24 years as I have been doing therapeutic work throughout the world I have found what Virginia says about the family in the world sense to be true. Everywhere I go from South America to Eastern and Western Europe, Russia, the Baltic regions, Asia and Africa I have seen the issues that we focus on in my workshops to be related in one way or another to the family, if not to the present one then back to our families of origin. I have done this work in over 30 countries and even though there are some apparent differences such as language, culture, history and various life experiences, when it comes to our deepest pain, confusion, anger and sadness in the majority of cases these are born out of the family experience.

Years ago when I was still training in family therapy and was a student of Virginia Satir's I remember the four tenets of her work with families that distinguished a healthy family from an unhealthy and dysfunctional one. These were: a high level of self worth; communication that is open, honest, clear and straight forward; the rules in the family are human, flexible, match the character and rhythm of the family; the bridge to the community and outside world is open, trusting and governed by choice. [5] If we want to understand the unhealthy or dysfunctional aspects of the family then all we need to do is to look at the opposite characteristics to see how families or individuals within the family do their best to survive in such a condition, not to mention how they learn to take their place in the world as a parent, professional and human being.

Often in my workshops I watch people go through change and healing processes after doing some deeper family work that brings them back into the world with a different sense of being here in this life. I watch people come out of a deep pit of despair and sadness and not only have different view of themselves but also their families. They also begin to create a different meaning of family and how this fits

within the greater context of the human family. Hence, the local sense of family takes on a whole different image and persona of the larger global one.

I believe now that after having watched this change process go on many times that the more we can heal the left over wounds from our families in a localized sense, we can strengthen the steps and processes for our development of consciousness in the more collective or global sense. I also believe that the more we begin to develop a stronger sense and meaning of Global Family this will create a necessary re-cycling of the deeper connection we have always had with family, (some countries and cultures more than others) and this will come full circle to the more local sense we have and experience with family today.

So the fact will always be and remain the same whether we like it or not, believe it to be real and true or not. This is that the family is part of who we are as human beings, no matter what kind of family it may be or where we are on the planet. It is part of the shaping of our identities, moods, attitudes, how we make choices etc. and most of all how we learn to become a person and to take our place in the world as another member of the human family. Whether this process or lesson is a healthy one or not, depends on the kind of experiences we had in our own families or some other substitute family that helped us to see and to understand certain things that we needed to know along the way.

### **The Need for a Larger View and Notion of Family**

More and more we are coming to know and realize that native peoples' view of life and the universe has something to offer the world of today and provides an alternative to the more scientific one. This is certainly the case when it comes to the notion of the family and its place in our lives.

If we look at the native view of the family this is what we learn. *The traditional view of family is universal in scope. Family extends well beyond immediate relatives to extended family relative through the second cousin, members of the clan, members of the community or tribe, all other living creatures in this world, the natural environment, and the universe itself. The entire universe is thought of*

*as a family with each and every one of its members having a useful and necessary place in the circle of life, just as each strand creates the beauty and strength of the web.* [6]

When we use this more expansive view of the family and apply this to our world Today, what do we find? For one thing the emphasis we put on nationality and differences in all their many characters and forms no longer seems as important as we sometimes make it. If it is true that we are part of a much larger family we need to change our beliefs and views as this pertains to our orientation to family. This would change the way we understand relationships. It would also change the way we handle conflict. If indeed everyone and everything were relatives as this is understood in a native person's view of the world and universe, we would be faced constantly with a mirror of our real place in the order of things. In fact we would also understand that our place in our own family is merely a symbol of something much larger and more significant and our family of origin experiences and lessons are part of this and helps to prepare us to know better our place in the larger family context.

In both views of the family no matter whether they are local or global or even universal we still are in a world where daily, new offspring are born to take membership in the larger family of humanity as well some kind of family unit - the one that will prepare them to become part of the community and world around them. Therefore, this family will be responsible for the kind of person that will evolve and develop and some day carry on the same process with their families. As I read what I've just written I'm remembering the piece of prose that I have carried with me for years so that I never forget the importance of family on a child's development, no matter what kind of a family unit they grow up in. Are any of us familiar with this old piece?

Children Learn What They Live

*If children live with criticism*

*They learn to condemn*

*If children live with hostility*

*They learn to fight*

*If children live with ridicule*

*They learn to be shy*

*If children live with shame*

*They learn to feel guilty*

*If children live with tolerance*

*They learn to be patient*

*If children live with encouragement*

*They learn confidence*

*If children live with praise*

*They learn to appreciate*

*If children live with approval*

*They learn to like themselves*

*If children live with acceptance and friendship*

*They learn to find love in the world. [7]*

# **Steps to Becoming More Conscious and Global**

## **Part II**

I think anyone who has a heart that feels, a mind that thinks, and eyes that see, ears that hear, and have their wits about them realize that if we want our world to change then we have to be the agents of that change and need a lot of people stepping forward to do their part. The problems before us such as poverty, hunger, injustice, inequality, environmental abuse, dangerous weapons manufacturing and so on, are just too numerous and are not going to vanish because we don't like them.

We need to realize that there are those who seek to gain from these problems both economically and otherwise and will do little or nothing to change the situation. In fact, in many cases, they will use any means necessary to ensure certain conditions and circumstances stay as they are. If this means violence and abuse towards others on the planet, then so be it. There are others who are already active on either a local or global basis or sometimes both to work towards the change that ensures a healthier or just world. These are the ones willing to risk life and limb if necessary to bring these changes about. Then we have the third group who are still trying to decide which side they want to be on - the ones who are working towards change or the ones opposing and blocking it in some manner. Then there is a fourth group that could be called the invisible ones. This is the group that we used to call the silent majority. These are the people that go along, obeying the rules, paying taxes, not making waves and for the most part going through life half asleep, half alive and half existing. These are the ones who at the very end of their lives look back and realize they neglected to live more fully and consciously or more awake so that in the end they can leave this earth with no regrets. Sadly in my travels, I have met more than my share of the fourth group.

It seems however that there are some people who are stepping forward to become more alive and more active in the concerns of the world. There are equally as

many people who are backing away from anything that has to do with change and anything to do with it. They in fact not only don't want to change. They simply don't want to move, nor do they want to even consider the possibility of moving, let alone changing. I have met them in every country. They have come from all education levels, from every profession, age and social status.

### **How Conscious are We Today?**

I told earlier about a study conducted by the United Nations that found that our world has made great strides in terms of our level of prosperity in the past 40 years but that at the same time our level of social consciousness has remained the same. If this study is true it means the majority of people in the world despite all the advances in technology, human development and spirituality in this 40 year period still think, see, and have beliefs about the world as did the majority of people did in the late fifties and the early sixties. This was around the time of the Cuban missile crisis, the early stages of the Vietnam war and Civil Rights in the U.S.A. and apartheid in South Africa to name a few of the events occurring in other parts of the world at that time.

In these times people saw things in black and white, good and bad, and right and wrong. This attitude and perception was reflected in the larger world community at the time. Because of the cold war tensions existing between the two super powers, the world view was also influenced by the fear and threat of Soviet expansion, particularly by the United States which saw a need to protect and defend themselves against the Soviets.

If we look at our world today, 40 years later, we can see some obvious changes that have happened throughout that time in practically every sector of our society. Thanks to science and technology we have managed to build a network of connections among ourselves that has never been equaled before on our planet. We have become more prosperous at least in a material sense. Even the U.N. study substantiates this. But if we are willing to look more closely at other aspects we can also see that in spite of the advances in our world, in some ways things are

much the same as they were 40 years ago. The conditions and game players may be different but the costs are higher and sometimes more severe. We no longer need to fear the communist threat, but now we have the new threat of terrorism. This in some respects is even more dangerous than were the threats of 40 years ago because we are not sure who the real enemy is. In addition, as consumers and players in the new wave of global capitalism, this threat comes even closer to home. Here we have again the attacks of September 11, the military invasion of Afghanistan followed by the Iraqi Campaign.

So if we stand back and view the world now compared to how it was in the earlier 1960s we can appreciate the validity of the U.N. study. We may also begin to realize some things that previously we didn't want to see or admit, namely that while we have tended to grow in a more material sense in the past 40 years our personal, internal and social consciousness require a lot more attention. If we try to apply this in terms of the global arena, this seems to speak for itself. It also confirms more and more that September 11 and similar events like this may be necessary for us to begin to break free of the apparent trance state that so many of us are caught in. Some say it has to do with the sense of being overwhelmed by consumerism, while others say it has to do with the condition of our time. Others tell us that these are merely the growing pains that accompany times of great change and transition.

On one level it really doesn't matter much which belief we wish to subscribe to as to why things are happening in the world as they are. One way or another we have to face them, handle the challenges that come with them, and find the way that works best for us to offer ourselves, our talents, knowledge and commitment to stay through the long haul, or to find the best possible methods to escape from all that is going on and seek the state of our livelihood in the safe portals of denial. Whether we go forward or backward, we have arrived at the place and time of our journey towards higher consciousness whereby life is asking us to choose. If we are not willing to choose, then life will choose for us, and we are left asking ourselves if we agree with this choice or not?

### **A Global Human Being in the Practical Sense**

So what does it mean to be a global person or human being in a more practical sense? Or better yet what does it mean to be a more conscious and more global human being in the practical sense? We have arrived at the third and final task of this chapter which is to identify specific actions we can take for handling the circumstances of our lives and world today in a better and more effective way.

In order to carry out this goal I have selected twelve issues that I believe are important for us to familiarize ourselves with if we want to more fully understand the main happenings in our world today. These are to:

1. have a more complete view and understanding of globalization
2. take a better look at our attitudes such as ignorance, apathy and complacency
3. re-examine our beliefs, religious and otherwise and views concerning cultural diversity
4. have a clearer sense about our governments foreign policies and conduct.
5. have a personal experience about hunger and poverty
6. have more knowledge about the environment and its abuse
7. have a greater awareness of human rights
8. have more knowledge about slave shops and other labor practices
9. check our level of tolerance
10. learn to be better listeners
11. have greater awareness of our communality with others in the world.
12. share in the tasks for building our global future

#### **1. Have a more complete view and understanding of globalization**

During the course of researching and writing this book I have been amazed at many people's ignorance about globalization (including with my own). This is particularly troubling because the ones who need to understand globalization the most reside in the birthplace of this economic wonder-child, America. Yet many

Americans know little about the real core aspects of globalization and its effects in the world and the role they play. Most of what the average American understands is whether they become richer, have more choices of goods in the shops and markets and they can take their vacations to other countries with cheaper flights and accommodation. They don't make the connection between their new pair of Nikes and Gap shirts and pullovers with some sweat shop in Bangladesh where both children and adults work 16 hours a day, seven days a week and make less than three dollars a day for their efforts.

When it comes to the World Bank, I.M.F., and W.T.O. all they know is that these are the financial institutions which play a major role in getting more goods on the shelves and a better quality pair of Nike shoes. I actually met an American tourist in Egypt who couldn't distinguish W.T.O. or the World Trade Organization from the Pontiac super-car, GTO. I found this distressing to say the least.

I strongly encourage the average citizen to find out how the American government and the corporate world operate and run the world today. There are several books and articles dealing with the issues surrounding globalization and these can provide enlightening description about the intricacies of globalization. Some of the better ones are these: Joseph Stiglitz Globalization and its Discontents and Making Globalization Work; Charles Derber People before Profit; Peter Singer One World; David Korten When Corporations Rule the World, and The Post Corporate World; Benjamin Barber Jihad vs McWorld; Chalmers Johnson Blowback; Al Gore Assault on Reason, Bill Clinton Giving; and Naomi Kline Shock Doctrine

We live in a volatile time and it is important that we know more about what is really happening in our world, both locally and globally. It is time for sleepy-eyed Americans to start paying more attention to how the policies of our government and corporate society affects and influences the world.

**2. Take a better look at our attitudes, such as ignorance, apathy and complacency.**

There are three kinds of ignorance. The first kind is what could be referred to as blind ignorance. This is the type that is born out of denial and the desire for whatever reason not to see, feel and know anything about a particular topic or condition. It eventually leads to apathy, dullness and a complacent attitude.

The second kind is what I call half blind ignorance. This is the kind that comes from knowing a little about everything but really not having a fuller base of knowledge about anything significant. The best that one can do here with this type of ignorance is to have an opinion about any subject. The problem here however, is that they believe their opinions are right and this can lead to much conflict, especially with people who possess the same kind of ignorance.

The third kind of ignorance is what I see as an ignorance of biases. This of course comes from having a particular belief or an allegiance to an ideology, group or party that has an influence on how we see a certain person, group, cause, or custom differently from our own.

If we look at our lives what kind of level of ignorance do we find ourselves closest to? Does this match the kinds of choices and actions we need to take in order to arrive at the most appropriate solution?

### **3. Re-examine our beliefs, religious and otherwise, and our views concerning cultural diversity.**

I remember reading about the Hindu man murdered in cold blood one day after September 11 at a local self-serve gas-mart in Long Island, New York. Apparently, someone mistook him for a Muslim because of his dark skin and his turban. The turban was part of the custom of his Hindu faith. He had committed no crime and had nothing to do with the event of September 11. Additionally, he was from India and not the Middle East. What can this murder tell us about beliefs and cultural diversity? As for his killer what level of ignorance was he stuck at?

#### **4. Have a clear sense about our government's foreign policies and conduct.**

Chalmers Johnson writes in his recent book 'Blowback', *We Americans deeply believe that our role in the world is virtuous, that our actions are almost invariably for the good of others as well as ourselves. Even when our country's actions have led to disaster, we assume that the motives behind them were honorable. But the evidence is building that the decade following the end of the cold war, the United States largely abandoned a reliance on diplomacy, economic aid, International law, and multilateral institutions in carrying out its foreign policies and resorted much of the time to plunder, military force, and financial manipulation.* [8]

It is no wonder that the U.S. government is so opposed to the International Court because they would end up being held accountable for some of their actions and policies. Whatever happened to Government by the people and for the people? There are many books on the market now that are disclosing the truth about the U.S. government and especially the Bush Administration who appear to be far from being squeaky clean. No wonder they were called the shadow government in Washington.

#### **5. Have a personal experience about hunger and poverty**

In March 2004 CNN aired a program about hunger. This was a special report because the journalist, an African, had lived for 31 days in a village in Sub-Saharan Africa that was experiencing near starvation conditions. This story touched me deeply and I commend the African journalist for his courage to really find out what hunger is by living through the experience himself. It reminded me of times in my life when I hitchhiked across Canada with only a few coins in my pocket, living on peanuts and candy bars for seven days and sleeping alongside the road or under a bridge. I can also remember when I went to bed still hungry because my alcoholic stepfather spent the money for food on alcohol.

If we are going to fully understand the conditions of hunger and poverty we have to experience them first hand. How can we possibly know what it feels like to live

on a few dollars a day knowing we have a family to feed and the cost of food is becoming more expensive all the time? I strongly recommend administrators and economists who design programs to eradicate hunger and poverty to have a personal experience with it. How can we know what it is like to have an empty belly until we have had the same experience? How can we know what it is like to be poor and experience the indignity that it brings unless we live it ourselves? Perhaps if we did, we would respond differently to other people's less than suitable living conditions in different parts of the world.

## **6. Have more knowledge about the environment and its abuse**

Native people and the dominant culture have two distinctively different philosophies and worldviews. These have a big effect when it comes to how the environment is viewed.

Native peoples' belief is that we blend with nature because we are a part of it. The dominant culture's view is that we are separate from it and that it must be controlled and conquered. The dominant culture also holds four myths about the earth and/or environment that are contrary to those held by native peoples.

The first myth is that man was created in the image of God and has dominion over all the animals, plants, minerals and all living things. The second myth is that we have the right to own and possess the land, to buy and sell it. The third myth is that we can just take what we want with no thought about restoring harmony with the environment. The fourth myth is that the Earth will continue to put up with this abuse from human beings.

Those of us who are members of the dominant culture need to look really deeply to see how we are influenced by these myths, no matter whether we believe we are environmentally conscious or not. Our myths still lie deep within the domain of our unconscious where the real truths are often hidden from view.

## **7. Have a greater awareness of human rights**

We all have heard the old cliché that we don't know what we have until we lose it. If we take this notion more deeply into the domain of our human and basic freedoms such as freedom of speech and religion, then we get closer to the whole arena of human rights. Then again, if we look at the scenario of when we take these basic freedoms for granted, could this represent some kind of a mirror of what is happening in the United States of America? What about the ways we are beginning to abuse some of our freedoms such the election process? Half the people do not even vote anymore. This is a growing phenomenon in other parts of the world as well.

### **8. Have more knowledge about slave shops and other unfair labor practices.**

I recently came across some writing that gave an apt description of the sweatshop scene in Bangladesh. I learned that the average worker, aged 20 or older, is paid eight cents an hour for 19 hour shifts, seven days a week. Often people are beaten about the head by supervisors using clubs or canes. They also have to sleep on the hard cement floors during shifts. Sometimes people often soil themselves because they are not allowed to go to the toilet and risk being beaten when they do. What really upset me was to discover that it is in these factories that they make hats and other garments for U.S. universities and companies.

I try to imagine people being subjected to these deplorable working conditions. I also try to imagine myself having to put up with these kinds of conditions. Suppose I was a father and this was the only job I could get or maybe I was a son having to take care of my family. When I do the math the salary for one month is \$42.56 for 570 hours of work. In these conditions crime and prostitution would be a better choice. This of course confirms why both vices are so prevalent in the country and why other countries that have similar situations.

### **9. Check our level of tolerance**

How tolerant are we really? Let us imagine we are on a crowded bus during rush hour at the end of the work day. As we are doing our best to move about the

crowded bus a large man steps down hard on one of our feet. He looks at us and says, "Excuse me". Then five minutes later he does it again and says, "Excuse me". Then just as the bus comes to a stop to let a passenger off through all the commotion and shifting around the man steps on our foot a third time and says for the third time, "Excuse me." So, what do we do? Do we say anything to the man? How do we feel about the situation? Do we believe by now that someone stepping on our foot one time is certainly an excusable accident, even two times is permissible. But can we tolerate a third time?

Let's change the scenario a bit and imagine everything happened as it did before only this time the man didn't say excuse me. Would this make a difference? Does it make a difference when people say excuse me or I'm sorry? What if this man were blind? Or if he were deaf and couldn't speak? Just how far does our level of tolerance go? What kinds of situations change our tolerance level?

Imagine this scenario. Imagine that Osama Bin Ladin came on television and apologized for September 11 to the American people and the relatives and loved ones who died that day. However, he went on to say that he was still going to keep up his attacks until the U.S. government changed its policies in the Arab world. How would we feel towards Bin Ladin? Would we have a change of heart about September 11? How would we view terrorism? How would we feel if Bin Ladin were a relative, our father or brother?

### **10. Learn how to be better listeners**

Today when I'm working with psychology students or professionals in the field, teaching them methods to use with clients, I present a method of listening that I learned many years ago from a friend who was a half Dakota Sioux Indian. He called it listening with our whole being. It involves learning how to turn our whole body, every organ and cell, into a gigantic ear. Even our seeing and breathing becomes a tool of listening. He told me that in the older times the braves and hunters had mastered this listening skill. It enabled them to hear the movement of game for miles, all they needed to do was to put their ear to the ground. I can

only imagine what this kind of listening ability would do for our world today. Certainly, we would rely less on the prerecorded cassettes in our heads that are programmed to run our lives and everyday affairs. We would also judge less what people say and would trust our instincts more. I think what is happening now with developments in emotional intelligence is heading in this direction. However, Indian people long ago based their culture on the wisdom of emotions and heart. Perhaps, when we westerners and rational people can learn how to think from the heart, then we will realize we can listen from it also. Can we imagine what a world would be like if we listened from our hearts to one another?

### **11. Have greater awareness of our commonality with others in the world**

In my last book 'Flight of the Eagle' I told of an event that I believe bears repeating here. In the spring of 1991 I co-organized and chaired an International Gathering of Men in Hungary in a small village two hours drive from Budapest. This gathering was attended by 52 men from 19 countries, including New Zealand, Russia, South America, Spain, Western and Eastern Europe, USA and Canada. There was one event that was the highlight of the whole experience that I would like to share.

Two therapists, one from the U.S.A. and the other from Germany, had proposed an activity for the whole group. They wanted us to look at our fathers' connection to World War II. After some discussion the group agreed to this. We gathered in the bigger hall of the building where our group usually met to begin our day. Once we were all seated on the floor the therapist from Germany stood up began to cry asking forgiveness for what Hitler had done to the world. Half way through his confession a Hungarian school principal also stood up and placed himself in front of the German therapist with tears still rolling down his cheeks, and proclaimed, "I'm half Jewish and many of my relatives died in Auschwitz and for years I hated all Germans for what they have done, but today I can forgive you. " Then he embraced the German therapist who crumbled in his arms and sobbed like a child. Consequently, there wasn't a dry eye in the place, especially for the dozen

Germans who had come to the gathering. At the end we stood in a circle, all 52 of us from all corners of the globe vowing to never let events like World War II happen again. Here were the sons of fathers who at one time were both enemies and allies recognizing our commonality and how it was up to us to take responsibility in preventing war from happening again.

## **12. Share in the tasks for building our global future**

Martin Schram wrote in his book 'Avoiding Armageddon' *There are six billion people on the planet Earth and this is one of those unique moments of history when their very survival may depend on their ability to lead 200 leaders of nations to act as one, to insure that the planet will be a safer place tomorrow than it is today. Three thousand and twenty five lives ended violently on the morning of September 11, 2001. Hopefully, on that day a new worldwide resolve was born. Some see it, first and foremost, as a new world war: A war on terrorism. Others see it as a new worldwide resolve to get involved.* [9]

In the coming years every able-bodied citizen will have to choose which path they wish to pursue - the path of peace or the path of war. This choice will be determined to a large degree on how we deal with terrorism. Some world leaders see the need to create a framework so that real democracy can evolve. This begins with making sure that the greater problems in the world such as hunger and poverty are dealt with head on and not just with lip service and shallow promises. Others such as the Bush administration and earlier US administrations as well as Prime Minister Tony Blair in the UK saw the answer through the use of military force.

Since September 11 many people have begun to re-evaluate their lives and view of the world. This is especially so in the case of some of those who experienced September 11 the hardest. A sister of one of a women who perished along with her husband and two daughters in the Pentagon, later said on CNN, "I think I'm much more aware of the misery around the world than even before. You know I

understood the importance of sending money to people who needed it, but I don't think I ever felt the pain in quite the same way". [10]

This seems to be the case for many people after September 11. But there are still a lot who still seek revenge. As we proceed into the future we must be aware of what costs there will be if we stay on the path of war, terrorism, or any other kind of violence. We live in a time where warfare either has to be abandoned or we will have to take responsibility for what the next kind of warfare is going to look like.

Terrorism can have two faces. One causes us to live in constant fear of being attacked and the other is the terror that comes from experiencing the perils of hunger and desperation. So which do we tackle? Perhaps if we seek to resolve the conditions of one terror the other will diminish. In addition the tasks for building a future for a better and more peaceful world cannot just be left in the hands of our leaders. The time has come for us as citizens to unite with others worldwide and show our leaders which way we want them to go. We may have to lead our leaders towards the future we desire.

### **Final Remarks**

How do we find the word that represents something final when the truth is we need to just begin? This is certainly the case when we are considering the steps and processes for becoming more conscious and charting the future's path for our people and world which changes so fast at times that we find ourselves having to run to catch up. But on the other hand there are times when we realize that we need to stop running or trying to catch up with anything or anyone, let alone the world. We need to know when to run and when to be still. This is a skill that takes a lot of practice and being awake, and only comes to us from lots of living fully and intensely. There are no short cuts here, no matter how diligent and clever we can be at times. There are just certain things that take time and the following of natural cycles that teach us along the way. This is especially true if we are to become conscious as human beings and moving towards our next step of evolution, global consciousness. This is the state of mind, heart and awareness

that we have been growing towards for decades. But at the same time as we are moving closer to our higher nature we are coming to see more and more that we are part of what this state of being is, will, and can be. We are the co-creators, co-drivers and co-leaders and how and when we arrive at this state of consciousness it will also be determined by our choices, actions and how we participate in preparing the way there. This also depends on how we respond to the problems and challenges before us today.

The future is no longer about just you or me and what we do or don't do. It is about all of us and what I and you do and don't do in relation to this 'us'. All of this has to do with how awake we are and what we do with this condition. Let us always remember that while it takes great effort to awaken, it takes even more effort and challenge to stay awake. This is the main task for all of us today regardless of which path we're taking or how disciplined or committed we may be.

### **Messages From Others**

Yevrah Ornstein, author of 'From the Hearts of Men', former editor of The Men's Journal: *I'm thinking in terms of the evolution of consciousness, where we are as a species, as a race, evolved from tribal communities to nations: Were on the cusp of realizing a global consciousness. The evolution of our species is moving from a narrow concept of self towards something more expansive and inclusive. Our boundaries are expanding; our sense of identity has evolved from caveman, tribe, community, state, nation, and national alliance to what next?* [11]

Petra Kelly, Business Woman, Germany: *The inter-connectedness of everything on earth, of peoples between each other, of nations, even of men and women together, is the most important issue. If people and governments do not see this interconnectedness, then I think we will lose the battle to save the earth and to save ourselves. We, ourselves can make a change. Each person can make a powerful difference. This is the first step towards changing the world.* [12]

Noam Chomsky, Professor at M.I.T., Social Critic and Activist, author of many books: *No sane person would reject the idea of economic integration, often dubbed globalization, least of all the labor movement and progressive community that has long stood for international solidarity and universal human rights. Likewise, no sane individual should embrace the global agenda advanced by the masters of Global Finance, who promote their version of globalization as a project for global democracy while it transfers sovereignty to unaccounted corporate entities that they control.* [13]

Oscar Arias Sánchez, Nobel Laureate and President of Costa Rica: *We live on a planet that is becoming smaller; one in which countries, communities and individuals are becoming more and more interdependent. Today every human being contributes to the fate of every other one of his fellow human beings. No leader of our era can ignore the obligation of knowing what is occurring in every part of the world.* [14]

David Korten, Founder of People-centered Development Forum, author of 'When Corporations Rule the World': *We need to develop a cultural consciousness and wake up to the distinctions between reality and what the culture teaches us about the proper relationships between races and genders, between people and the environment, between people and the economy and so forth. We also need to re-discover our spiritual foundation. Western Science has created a focus on materialism and mechanics, to the expulsion of spirit and the development of a capitalist system plays into a materialist, consumerist culture. Together, these alienate us from our own spiritual nature and form the reality of the spiritual interconnectedness of life.* [15]

Jimmy Carter, former President of the United States, Director of the Carter Center for Democratic Values: *There are many challenges that face our world today. Despite their number or magnitude, there are none that we cannot meet successfully if we wisely tap our tremendous natural and human resources in*

*efforts of global cooperation. Each of us has an obligation to make the world a better place for future generations. [16]*

Johnathan Sacks, Chief Rabbi, author of: 'The Dignity of Differences': *The great faiths must now become an active force for peace and for the justice and compassion on which peace ultimately depends. Can we make a space for differences? Can we hear the voice of God in a language, a sensibility, a culture not our own? [17]*

His Holiness, the Dalai Lama: *The problems we face today – violent conflicts, destruction of nature, poverty, hunger and so on are mainly problems created by humans. They can be resolved but only through human effort, understanding and the development of a sense of Brotherhood and sisterhood. To do this we need to cultivate a universal responsibility for one another and for the planet we share based on a good heart and awareness. [18]*

Hon. Lord Ennals of Norwich, United Kingdom: *Unless we get ourselves right we have little hope for getting the world right. [19]*

## CHAPTER THIRTEEN

### A New Generation of Warriors

*Ultimately you've got to find something that  
You love so much. You're not only willing  
To put your life on the line for it,  
You're also able to draw some sustenance from it.*

Starhawk

*Listen to your heart, it knows all things...  
Because it came from the soul of the world  
And it will one day return there.*

Paulo Coelho

There seems to be a lot of confusion about the role of the warrior and its energy in our lives and the world today. Some see it as the negative masculine trait and equate it with violence, destruction and brutality and something to be feared. Others see it as the embodiment of the ancient traditions and spiritual practice that is about service to others, community or nation although this is still a mostly masculine characteristic but more positive in stature and purpose. Then there is a third group of people that see the role and meaning of the warrior in a deeper, even a sacred sense. Here it is concerned with service in a more complete way - the kind of service that includes the planet and everyone and everything on it. These traits and qualities go beyond just the usual elements of the masculine energy to also include the feminine energies that make up a more holistic containment of the life force. It also has something to do with calling and a sense of mission. It is this third group that represents what I refer to as a New Generation of Warriors and becomes the theme and focus for this chapter.

To get us off on the right track about this new generation of warriors I would like to first provide a kind of image that embodies the hearts that distinguish this new group of warriors from the ones that have been more familiar. An old issue of *Wingspan*, a magazine born out of the Men's movement years ago speaks to this in an interview with Joseph Jastrab, a leader and facilitator of mixed gender Vision Quests. It begins:

*Question:* Joseph, What would you say is the difference between what you call the "new warrior" or the "spiritual warrior" and warrior of the past?

*Reply:* I would say both share qualities of aliveness, courage, and committed action, but they are dedicated to different purposes. The old warrior still believes in the win/lose game, and dedicates himself to protecting the life and values of a particular ideology or nation. The 'new warrior's' allegiance is to the whole planet and to the whole self. And I imagine that the battleground of the self is a well traveled territory for the new warrior. I think another important aspect in our imaging the new warrior is this: The new warrior has a very inclusive definition of his or her "people". This warrior's people include, as the Dakota would say, "the flying people, swimming people, tall standing tree people", "four legged" and the rest of creation as well as the "two legged". [1]

Some of the distinctions between the new and old warriors are about the focus of service. The old warrior's role was to serve the interests of an ideology, group or nation on a win/lose basis. The new warrior's role is to serve the whole planet on a win/win basis. However, the field of battle for both still requires the awakening of courage, discipline, commitment and even giving ones life if necessary. If we look at these aspects from the point of reference of the goings-on of our world today, then we also need to include the change agent and social activist. These workers for change use the lesser form of combativeness or confrontation while also exhibiting the qualities and characteristics of the warrior, or in our case, the New Warrior.

In this chapter I not only want to acquaint us with the qualities of the new warriors but to introduce some of these fine people from all walks of life, profession, age,

and locations. It is through this meeting and knowing them that our own heart connection with them is made deeper and stronger. I have a personal identification with the theme of this chapter because I consider myself to be this new kind of warrior. I can understand fully what is required to embrace this new code of warriorship and what it means to have this as a guiding force in our lives.

I recall vividly the first time the warrior calling came to me. In fact it was at the time when I had let go of the old type of warrior code and was searching for a new one. It was in June 1968 at the U.C. Berkley campus at the height of the Vietnam War. It had been only a short time since I had arrived from Spokane, Washington, to attend summer school and happened to notice a gathering of people on the street in front of the campus and went to investigate. I discovered that I had walked into a full scale anti-war demonstration. The next thing I knew I was running as fast as I could through the smoke and tear gas while a policeman clad in a black uniform, with shield and a hard rubber baton was in hot pursuit. I knew then that whether I was an innocent bystander or not, if this policeman had caught me this would not have mattered to him at all. I was in the wrong place at the wrong time.

I consider this event as my initiation to a new warriorship, although it took me many more years to understand the significance of this for my life. Following that first time event I went on to become a full fledged student and anti-war activist and learning the harder lessons that come with such a choice. These lessons eventually caused my exile and on the FBI wanted list like thousands of others.

Often, when I can look back to those times over thirty five years ago, I find it hard to imagine how a once military cadet officer and patriot of my country could pass through such a strong transformation in his lifetime. But I also know what happens when we accept the calling of the new warrior's path. There is definitely a price we must pay for this calling and we must be willing to pay this even when the price seems a lot greater than we are able to pay.

But this is one characteristic possessed by all the new warriors we will meet in this chapter. They have heeded the call of service to the planet and have been willing to pay the costs that come with this calling. Sometimes this has come with great pain, challenge and the questioning of many things about themselves, the world and their place in it.

It has not been an easy task to select from the many who exhibit the characteristics of the new warriors. Nonetheless, with much thinking, meditating and intuition, I have settled on 14 people including a married couple, ranging from over 50 years of age to one young teen. Most come from the ranks of the social or global activists, including professionals in the fields of medicine, education, science, law, social work, counseling and art. Some are students or former students at both the secondary and university level. Of the 14, six are male and eight are female, plus the couple.

### **Profiles of the New Warriors**

#### Netra Golan

Netra is an Israeli Jewish peace activist and practitioner of Chinese medicine. On many occasions she has turned herself into a human shield to give protection to Palestinian olive growers.

Like most of her peace activist friends Netra had to go through a de-conditioning process that wasn't so easy and it took a long time. This de-conditioning involved letting go of her fear and stereotypes about Palestinian people and to learn to accept them as human beings with needs and desires just like herself. To do this she had to face rejection and ridicule from her own people. Through this experience of change and healing she came to see things she had not seen before. As she shares in her own voice: *There is a wise saying that you become what you hate. My people have gone as far to make sure that the holocaust never happens to us again that that we are not aware that we have become racist and elitist and indifferent to our brothers and sisters' suffering, just like those that made us suffer.* [2]

She also came to realize over time that like most Israeli children she had been taught to see herself and her people as morally superior to the Arabs. It was only after spending time getting to know other Palestinian people that she realized that there was ignorance and negative mindsets in both groups of people as there was brilliance and uniqueness as well. After her many years of being active and working towards peace between the Jewish and Palestinian people she has discovered the following: *I believe deeply that a conflict can only really be solved when both sides in the conflict are happy and safe. That is real victory. I believe that for Jews to be safe and free, Palestinians need to have safety and freedom. Otherwise we are preparing our children for a legacy of war. So I am working on our joint interests, peace and justice, which is a requirement for all of us and for all of our children.* [3]

#### Julia 'Butterfly' Hill

She is a writer, poet, activist and co-founder of the Circle of Life Foundation. Julia is known worldwide for her courageous 738 day tree-sit at the top of Luna, a 180 foot high 1000 year old redwood tree in Humboldt County, California. This act was born out of her witnessing what the lumber companies were doing to the giant redwoods in California. "I fell to the ground and started crying", [4] she tells, and this is when she began her path as an environmental activist. However, not long after she took to this path she began to realize that some of the methods used by the activists were not working well, and were also counter productive to the goals and aims of the movement. This is when she saw that she needed to do things differently. She saw that if she was going to learn the best way to work in the defense of the environment she needed to take her lessons from the environment itself. It was because of this decision that she is still alive today. During the almost two-year tree-sit she developed the kind of relationship that happens between people who evolve a close friendship over time. She learned to understand the special language of the trees as well as the birds, bears and other creatures of the forest. She began to see and to understand that the more she opened herself up to everything around her the more she could feel part of

everything. This quality of openness is what allowed her to survive a very severe snowstorm that before this experience she never could have lived through. The main lesson she gained from this was how important it was to be flexible and just bend and flow with things. Another lesson she gained from her tree-sit vigil was to know about honor. As she concludes: "Money is not honor, doing something of value with ones life is honor". [5]

### Craig Kielbergher

As a youth he founded Free the Children, a global organization of young people which now has over 120,000 members worldwide, all under 18 years of age. Craig was nominated for the Nobel peace prize four times before graduating from high school.

Craig's story is, to say the least, both unique and rare at the same time. His global activism began when he was 12 years old when he read about kids his age in Asia who were forced to work in factories and denied the right to attend school. After traveling there himself to see whether it was true or not, he went onto establish Free the Children which has raised millions of dollars to buy young people out of bonded work so that they could go to school. On many occasions, where there were no schools, the organization built hundreds of them with their own hands. They have also been instrumental in educating the public about child labor and sweat shops and lobbied to bring about some changes in the World Bank, United Nations and other global institutions regarding the treatment of children in industry worldwide.

If we want to see the best way to chart the future we need to turn to our young people to get a clearer sense of what we can and need to do. It seems that given the opportunity and the support our young people have something to teach the adult world. They have a keen eye for the world they wish to inherit from us and are willing to do something to make this real. If there are more young people like Craig Kielburgher than we have reason to be hopeful for our world.

### Vanda Shiva

Dr. Shiva is a physicist, ecologist, activist, author of many books and founder and leader of a bio-diversity and conservation movement in India called Navdanya. She speaks out strongly against the violence in India that comes from globalization and its effect on the small but sustainable food production operations in the country. She is especially critical towards the United States government for its lack of restrictions on US corporations that have come to India and done much damage to the eco-system and the biodiversity cultures in the country. This apparent destruction of Indian agriculture has also had disastrous effects on the livelihood of the people. Because of this people are out of work and women have turned to prostitution to feed their families. She speaks of two possible kinds of survival for the people in India. There is survival with dignity, simplicity and autonomy. And there is the kind that globalization has offered which is survival with violence, indignity and total destitution.

She tells too of how people in India are growing increasingly angry and showing their feelings about American companies coming to India. In one incident she describes how 300,000 people joined hands and circled a newly established Pepsi plant telling them, "Go home, we don't want this for our country and people". [8]

The final message she has for the American people and government deserves a listening audience. Therefore I am going to include it here as part of Dr. Shiva's profile. She says: *I always say globalization can only thrive on the grave of democracy. So we ask the people in the North to discipline their governments and their corporations. Seattle was a start. We are strong enough to fight violence in our own societies ourselves. What we need you to do is stop your companies at home. Create a movement to stop your companies like Cargill and Monsanto from taking over our food system. You don't have to come to India and tell us how our farmers should behave. You need to tell Cargill and Monsanto how it should behave. You need to tell your State Department and Commerce Department how*

*they should behave. The day you resurrect democracy in the U.S.A., we resurrect democracy here. [9]*

### Owens Wiwa

Dr Wiwa is a Nigerian doctor, activist and executive director of African Environmental and Human Development Agency. His story is one of those cloak and dagger kinds. Only this time the mystery has to do with abuses perpetrated abroad by the corporate world. In this case, Shell Oil.

He tells that after many years of abuse and damage to the land and water of his homeland of Ogoni located in the Nigerian delta, 350,000 gathered to demonstrate against these abuses perpetrated by Shell Oil. Shell responded by arming and paying the police and soldiers which resulted in injuries and deaths to the people of the region. Soon afterwards, Dr. Wiwa's brother, one of the main organizers of the demonstration, and his associates were arrested and charged with the murder of four local chiefs. Dr. Wiwa believes these murders were orchestrated by the Government. Dr. Wiwa's brother and his associates were completely innocent of the charge as they were not anywhere near the scene of the murders when they happened.

To make matters worse, Dr. Wiwa and his wife were also accused of murder and were forced to go into hiding. During this time they learned that Dr. Wiwa's brother and the others had been hanged. Eventually, through the help of friends they fled to Ghana and later with Anita Roddick of The Body Shop they escaped to England. Some time later they immigrated to Canada as political refugees. When Nigeria created a democratic government he returned to do the activist work he does today.

Dr. Wiwa has a message for the American people: *At present in Nigeria, we have a democratic government. That is a big change for us. Within democracy there is more freedom of speech, which we need. But structurally and institutionally there has not been a change in the way the corporations behave. They still use excessive force in Ogoni towards those who struggle against the abuses associated*

*with oil. Although the United States condemned the government in Nigeria at the time, it is still one of the biggest consumers of Nigerian oil in the world (since 1958 when Shell Oil first began drilling oil they have drilled over 900 million barrels of crude oil which is estimated at about \$30 billion). I want the youth and people of the U.S. to realize what power they have to stop such atrocities. They (you) can lobby the congress to help raise awareness of human rights issues and show how these abuses are linked to the corporations and the economy. This is where we need your voices and assistance. [10]*

Ka Hsaw Wa (pronounced Kasawa)

He is a Burmese political activist-refugee, currently living in New York City, and co-founder of EARTH Rights International, a school for activists in Thailand.

Kasawa's story is about a young, obnoxious and spoiled boy who was forced by circumstances to grow up fast. This all began when he was 17 years old and was brought in for questioning regarding a close friend of his who had opposed the military government and who suddenly disappeared. Believing he knew something about the whereabouts of his friend they tortured him for three days. This only made him angry and he decided to get even. This is when he became a student leader and took part in a student revolt against the government that became a hard experience for him when he saw his friends and classmates shot and killed by government soldiers. This, however, was only the beginning of a very long painful and enduring journey that forced him to look at many things about himself and the world around him. As one of the student leaders. he was advised to get out of the country as the soldiers would be looking for him. So without saying anything to anyone except his mother he left away one night and took refuge in the jungle. It was here that he would be confronted again by some other life tests.

He told of a scene that completely turned him around and inside out. While walking through the jungle one day he came upon a young woman's naked body hanging from a tree. Her nipples had been cut off and a small tree branch had been inserted in her vagina. After burying her and going on he learned from

people in the next village that this woman was a nurse who had been asked by soldiers to go with them to attend to some other soldiers who were ill. But of course this never happened as they gang raped and murdered her.

This was the event that precipitated the struggle about which path he should take - the path of violence and revenge or the one of peace and non-violence. But it was the incident after the nurse's murder that really helped him to cross the line. Little could he have known then that perhaps in certain ways he was being prepared for the work that he would finally end up doing. The event was a conversation he had with the mother of a boy who had committed suicide. The tragic part of the story is that the boy killed himself after he was forced by a soldier to have sex with his mother. This was when Kasawa realized that he must choose to take a path of non-violence because if he chose to follow the one of revenge the anger and hatred would eventually destroy him too. It was from that moment that he began to do the work he still does today. This work is to investigate human rights abuses, document them and help people to prosecute those involved.

Kasawa has gone through many trials to do his human rights work. He has also had to deal with some losses that came with his choice. Probably the hardest loss has been to not see nor hear from his family for 16 years. Nor can he return to his country as he would be immediately arrested by the authorities. Life has been a powerful teacher for this young and courageous social activist and new warrior.

#### Dr. Riffat Hassan

Dr Hassan is the Director of the International Network for the Rights of Female victims of Violence in Pakistan. According to Amnesty International on average two women a day are killed in Pakistan for betraying the honor of a husband or family. These are known as honor killings and part of the very old traditions of the country. To add to this horror nothing is ever done about these cases. They are ignored by the police and the courts, and the usual reaction is that it's a family matter. [11] The other thing that makes it difficult to deal with is the traditional

belief that women belong to men as property and if a woman causes her man to lose face in his community he can kill her.

Dr. Hassan is one of the outspoken women in her country about this horrible and misguided practice. She has done a thorough investigation of this practice and found many contradictions. For example, one of the arguments that support both the practice of honor killings and the belief that women are men's property is that this is part of the teachings of Islam. She cites 30 passages in the Q'uran that contradict the claim that women are inferior to men and they are the property of men. The good news is that there is a growing movement against honor killings. This is happening in women's groups, among both Muslim and Pakistani women and even some men. Former president of Pakistan, General Musharif, stated that honor killings have no place in Islam. So it sounds like there is some support in the country to put an end to this barbaric and out dated custom. I give my full support to Dr. Hassan and her courageous efforts.

#### Steven Nabieu Rogers.

Steven Rogers is a political activist-refugee from Sierra Leone. He works with Focus on Youth, an organization dedicated to the welfare of young people in Sierra Leone. He currently lives in Pennsylvania.

Despite the dangers involved Steven has always been involved in work with young people in Sierra Leone. He helped organize and participated in many activities, student demonstrations strikes, etc. Later he helped found the 'Movement for the Restoration of Democracy' (MRD) and continued with his activism. In 1997 a coup was orchestrated by a group called the Armed Forces Revolutionary Council (AFRC) and the democratic government of president Kaffa was overthrown. Soon after, Steven and the members of MRD began a campaign against the junta. They held many secret active meetings and planned steps to gain international support against AFRC. This only resulted in severe backlash from the AFRC against the students. Many were arrested, tortured and killed. Steven watched helplessly as his fellow classmates were slaughtered before his eyes. Later he too was arrested

and put into prison with many other students. He was lucky to get out alive from that horrifying experience, though many of his fellow prisoners were tortured (as was he) and some never left the prison alive. He remembers going days without food and being beaten and whipped daily. He still carries these scars on his body.

Finally the AFRC government was taken over and democracy was restored to the people and the country of Sierra Leone. Presently, Steven resides in the U.S.A. while being active with FOY. His plan is to return to Sierra Leone and to work for the benefit of his people.

### Fouad and Joanne Tawfilis

They are the owners and Directors of Culture of Peace Galleria in Vienna, Austria. Both have been involved with top and bottom line action projects for over a decade. Joanne has retired after 30 years with the United Nations, where she was instrumental in providing support in many countries such as to women and families in Bosnia, to diplomatic and peace initiatives in Kenya, to the downsizing of US troops in Europe following the cold war. At one time she was special assistant to the U.S. Ambassador to Austria. She is also a survivor of cancer which disease also took the life of her mother. She has been a driving force behind projects to feed the hungry and to bring peace to the world.

Fouad, originally from Egypt, immigrated to Vienna to complete his PhD and later established his own restaurant. He is also an accomplished photographer and has created a library collection from the many art exhibits sponsored through their work. He also has a reputation as a world class cook. Additionally, his quiet and unassuming and generous manner has touched the lives of many.

Together Fouad and Joanne have been the force behind The Art Miles Mural Project which they founded years ago to foster peace and cooperation in the world through art and other forms of creative expression, especially with children. This project, has taken them to many U.S. states such as New York, Colorado, Connecticut, California, Washington, and others. It has taken them to many

countries such as Mexico, Serbia, Pakistan, Spain, Germany, Canada etc. and their work has resulted in the creation of over 1200 murals touching the lives of people from over 100 countries.

Their vision of social action spirit can be summed up in their own words: *We are blessed to be able to coordinate a project that was and remains a joint effort between my husband and me. It is our love; our devotion and our common grounding that makes us believe so much in the children of this earth. Infinity becomes understandable when we work with these children. And through his eyes (my husband's), he captures their souls on film, making my memories more intense and lasting. For us, the joys continue and with a growing sense of emotional wealth, I look forward to the next twelve or twenty four foot stretch of canvas and the brushes, the paint, the tarps, the children. Yes, the Children!* [13]

Joanne and Fouad represent a special kind of contribution to the welfare of the planet's future. Through art they have found the way to create a bridge among the human family and to the healing and changes needed for a better world, which is what new warrior consciousness exemplifies.

#### Nikola Damnjanovic

Nikola is a member of OTPOR, The Student Movement to Overthrow Slobadan Milosevic. *We did a lot in one year. We did what the politicians could not have done or maybe did not know how to do. I think that we are still unconscious of all the things that we're influenced by our work. We managed to wake people up from apathy, to break their habit or believing in everything that the state TV was telling them.* [14]

If we listen to Nikola's words we hear the voice of youth everywhere and not just in Serbia. Her story is an example of what a few young people can do when they believe in something strongly enough and have the commitment to do something about it. It speaks of the courage to begin something and see it through to its end despite opposition.

OTPOR began with only 10 members, and with no financial support and no place to hold their meetings. But through sheer determination, will and perseverance they became one of the forces that helped to remove Slobodan Milosevic from power. In the beginning they came up with some ingenious schemes to raise money for simple things like paper and brushes and paint to make posters. They even had to find ways to put up the posters once they were made because they had no glue.

Over time their organization began to grow in numbers and they began to receive financial support from people in their own country and also abroad. But this is when the authorities also began to take notice of the groups growing popularity in the country and they started to crack down on the organization's activists. They began arresting and questioning various members. They also began beating some of them which sent several to the hospital. The members began to have secret meetings and create codes in their telephone conversations. They were sure that the government was beginning worry about the influence OTPOR was having throughout the country. At one point they tried to pass a law declaring activities like OTPOR illegal and that those involved could face up to 40 years in prison, but luckily this failed.

When Clinton began the bombing of Serbia, OTPOR had chapters in every city in the country. But in spite of this a lot of people in the country saw them as troublemakers, and terrorists. In the summer of 1999 they organized a protest in the capital city of Belgrade and a march from Novisad on foot, which was a distance of 53 miles. Two hundred and fifty members participated in this march and when they reached Belgrade they were met by 100,000 other people. Following the demonstration Nikola and several of her friends stayed on to help with the elections as it was election time in the country. This came with some risks because Milosevic's hired thugs were in the city looking for OTPOR members. October 5, 1999 was a memorable day. Hundreds of thousands gathered in Belgrade demanding Slobodan Milosevic leave office as he had already lost the elections a short time before ... and the rest is history. I am grateful that Nikola

was able to tell her story and that I have been able to read it. It shows once again what youthful hearts are capable of. This story profile ends with these words from her: *I felt that I was participating in something very important, which gave me the opportunity not to stay just a number but to change the course of events. I think we have shown that hate is not the way to change things, it's only with skillful diplomacy that we can try to do what is the best for us.* [15]

#### Kouther and Marwa Al-Rawi

These two are sisters from San Pedro, California who as junior high students launched a campaign called One Million Postcards against the 1990 UN sanctions on Iraq. Although at the time of this writing American and coalition forces are in Iraq and Saddam Hussein has been taken into custody, some might believe that it is not necessary to tell the story about the work of these two sisters but I disagree. Here again it is a warm and touching story of how young people are taking charge and doing something to make this a better world. I believe their story and cause is deserving of at least of the reader audience of this book.

I will let the sisters begin with their own story in their own words: *The charter of the United Nations says "We, the people of the United Nations are determined to save succeeding generations from the scourge of war". Why then are the children in Iraq not being saved? Are they different from the children of all the villages that make up the world?* [17]

Through their investigations these two concerned sisters found that because of the sanctions against Iraq an average of 5,000 children under the age of 5 years died each month. (UNICEF report) Soon afterwards, with \$82.00 from garage sales and the recycling of cans they started a campaign called Remember the Iraqi Children. This was in 1998. Since then they have lectured, written letters, and published articles in magazines and newspapers about their cause. One organization financed a video presentation about their work which won the Liv Ullman peace prize in 1999 at the Chicago International Children's Film Festival. That same year they traveled to Geneva, Switzerland and presented The Art of Making Peace at the

United Nations roundtable. Later they traveled to Iraq and returned two more times, after learning that the U.N. was rethinking the Iraqi sanctions. Because of the Iraqi invasion they have shifted their focus towards the children of Palestine and Sierra Leone, and other countries where sanctions have been imposed. *Some say it takes a village to raise a child. My sister and I disagree. We believe it takes a world to raise a child..... My sister and I have decided to take responsibility for the world we live in.* [18]

## **Conclusion**

I believe that each of these story profiles speak for themselves. They give testimony to the dark side of the human story, while at the same time revealing people who have the courage to meet this dark side face to face. All the stories speak to the challenges that come to our lives when we make the choice to serve the cause of justice and human rights. They also tell about the pain, loss and sometimes the tragedies that befall us once we have chosen to follow our calling to serve humankind and the planet.

We also learn that those people who are doing things they never believed possible before are just ordinary people who, because of circumstances, end up doing some fairly extra-ordinary things. We all should be grateful that there are many people on the planet who are not afraid to speak out. However, these people cannot do the tasks that they are so dedicated to alone. The world needs more and more and more people to heed the call that is with us all the time. We just have to open first our ears, then our hearts and then our souls in order to hear it. It is a voice that once we hear it we will know what it is and where it comes from. But as always, we need to first make the choice to hear this voice. But once we do, we will know what steps to take next and the other choices that come with this. It is time to listen to the voice and hear the many other voices that are contained in this one single voice, the world. The call of the new warrior awaits our response.

We close this chapter with the words of J. C. Chestnut, a veteran black civil rights lawyer who marched alongside Martin Luther King Jr in Selma, Alabama in the early 1960s. He says: *We need to tell the truth; we need to live the truth; we need to be the truth; and I don't have any doubt in me, that we will change the world.* [19]

### **Other Voices**

*I've shed the illusion that struggling for social and ecological justice somehow makes me special. It only makes me human, Most importantly, I see how doing this work has begun to extricate me from the trappings of consumer culture and helped me to create a more connected life that is based on what I truly value. I am also beginning to shed the illusion that I'm saving the earth and to see that the earth is saving me.* Shannon Service, Activist and Trainer

*Genuine activism begins as a revolution of heart and mind, a shift in perspective that is liberating in it. Central to this is the understanding that individual and collective liberation are inseparable: Rather than browbeating people into submission, trying to convince others that you are right and that they must adopt your views. True activism is that which helps others reach their own understanding and through that understanding, freedom.* GAVIN

## CHAPTER FOURTEEN

### Voices of Hope for the Future of the Planet

*I do not forget that my voice is but one voice, my experience a mere drop in the sea, my knowledge no greater than the visual field in a microscope, my mind's eye a mirror that reflects a small corner of the world.*

Carl Jung

Some years ago Turkish friends gave me a copy of a very unique book called 'Visions of a Better World' published in the early 90's. This text was compiled through the cooperative efforts of the United Nations and Brahma Kumaris World Spiritual University in India. It contains the statements of people from over 100 countries concerning world peace, human rights, environment, values, self-identity, government, family and other issues. It also has a collection of statements about our world's future and how people wish this to be. These statements came from people in all professions and walks of life, all ages, and all education levels from elementary to Ph.D. The common theme is people sharing about the kind of world they would like to live in.

It is a most valuable book and should be in the homes, classrooms, offices and boardrooms in every country. It is truly a one of a kind global text. I have read through it a dozen times and with each reading have found a word or a phrase that I had missed before that gives me call to ponder about certain things more deeply.

As I was thinking about how I wanted to close this book, the idea came to me to share some parts of this wonderful book. I saw that even though years have passed since the text was first published, many of the themes and statements still have relevance to the times we find ourselves living in. After all, I don't think we should ever grow tired of doing our best in thinking, visioning and choosing a

better future and world. I could also see that these statements and themes fit well and are a good match for the theme of this book and its focus.

I did realize too that while I could not use the original text of over 200 pages, I could offer a text for this chapter that could be a smaller version. So that is what I decided to do.

What you have are some of the comments from the original text after many hours of editing and selecting the ones that have caught my attention the most and the ones that I believe need an audience to hear the voices of ordinary as well public people share about their needs, concerns, and dreams for a future world. I hope that I have been able to do justice to the original text and compliment the efforts of those who helped create, edit and bring the book into existence.

I believe it is important to keep alive our global voices and to always have a powerful reminder no matter how far apart we may be from others. We need to learn to be good listeners and really pay attention to what people everywhere have to say. This tells us that the source for knowing how to create a better society and world is merely an ear's distance away. I believe that the text I have prepared here for this chapter can strengthen this reminder. Enjoy the read... Read it more than once and slowly. Remember, these people are from all parts of the world. Their desires and concerns are much like our own as to what we can do to heal and change our troubled world.

### **Peace, Values, and Joy for Living**

Some thoughts and feelings from the people of Great Britain, Germany, Switzerland, Nigeria, Netherlands, Canada, United States, Philippines, Chile, Belgium, Argentina, New Zealand, Zaire, Trinidad and Tobago and Mauritius

*The future of our planet is merely the future of us all. After so many millennia, it is time man learns to live without an enemy.*

Sir Peter Ustinov, British actor

*And is it really so difficult to smile and say "good morning" to the bus driver before you pay your fare? A bit of politeness, of friendliness, a moment shared in a smile, a word of greeting does not cost anything. Quite the contrary: they make your life richer. It is so much easier to be friendly than to be gruff, to smile than to sulk.*

Christine L. Griffiths, Administrator, Germany

*Having got this far and realizing that I wanted to change, I thought to myself, "Now, where do I start?" One day, on the spur of the moment, I invited an 'unreasonable' colleague to coffee. I realized afterwards that he was someone who needed to have that sort of social contact with his colleagues, and he became much easier to work with afterwards. Now there is a greater feeling of working together as a team instead of looking for someone to criticize.*

Chairman Common, Technical Assistant, Switzerland

*Each citizen is the most important one, because that citizen may be the one more needed to make a difference. It is a big step to know and accept that I am an important link in the creation of world peace.*

Doyar Onye Harry, Civil Servant, Nigeria

*I try to respect people, whether they are criminals, foreigners or whoever. They are humans the same as anyone else. This job involves you in a lot of misery. At a certain point you can't help protecting yourself against it. It hardens you. I notice this in many of my colleagues: their world gets smaller and smaller; they become more and more narrow-minded. Not everyone appreciates a positive attitude to life. Some say it's soft.*

Walter Teeamp, Police Sergeant, Netherlands

*And this is where in discovering the true meaning of worth and integrity, this notion of silence comes in. Somewhere in the sea of the mind and in the sea of experience there is calm; somewhere in there, if we are awake enough, perhaps we can catch a glimpse of the truth.*

Anthony Phelps, Advertising Executive, Canada

*Love is the most powerful force in the universe. No chasm so wide that enough love will not bridge. No hate so cold that enough love will not melt. No greed so entrenched that enough love will not dissolve and no ignorance so dark that enough love will no enlighten.*

Dennis Weaver, Actor, USA

*As children, we could be trusted not to lie, cheat or steal, never to betray another person and to love one another openly. However, as we grow older, some of these inborn traits fade, and somehow we are transformed from innocent children into corrupted adults. If we try to keep our "childlike" ways, then perhaps this would be a better world.*

Lea Salonga, Actress and Singer, Philippines

*I believe that it is intrinsic to human nature to have an inner light which makes you see thing clearly in your heart.*

Aureliano Tllo, Diplomat, Chile

*If we had a perfect world*

*There would be lots of fun!*

*There would be love*

*And plenty for everyone!!*

Justin Jagai, Age 9, Trinidad & Tobago

*I wish to see a world of spiritual joy, of solidarity, of harmony, where beauty is true beauty, where there is no selfishness, where someone else's well-being is my own.*

Ana Ines Villareal, Pianist, Argentina

*It is time that individuals, communities and countries proclaimed that the first breakfast on everybody's table each morning is more important than the third car in a few garages.*

Ariel Dorfman, Writer, Chile

*I am dreaming of a world where nobody feels something is missing, where people are like notes out of one song, every note has its own sound on a never-ending theme of human peace and friendship. I am dreaming of a world with a human face, the face of love!*

Phil Bosmans, Belgium

*For Maori people, most of all, we remember that we are the living memories for those who went before and wish for us everything that is good in the world.*

Te Arikinui Dame Te Atairangikaahu, Maori Queen, New Zealand

*In this search of a better world, the woman should not be kept aside. She needs to participate actively in this immense work. She needs to be listened to. No better conception of the world is possible without the woman's participation.*

Long Tshuete, Zaire

*I see a world where the real value of man is fully recognized, I see a world where the urge to progress would not be to accumulate riches, but rather to improve the human condition.*

Roshni Bundhoo, Student, Mauritius

### **Harmony with the Earth**

Some thoughts and feelings from the people of Brazil, Canada, Mexico, Mauritius, Egypt, Zimbabwe, Mozambique, El Salvador, Hong Kong, Denmark, Iran, Belgium, Israel, India

*There is no sense in having reverence for life without having reverence for the one who made it possible for us to live in a healthy body, and in balance with other forms of life such as the planet, the rivers, the trees and the animals.*

Marcos Terena, Indigenous Leader, Brazil

*My vision of the world is one in which man has reached the point of understanding that he is not the owner of nature but forms a part of her. The balance between man and nature is essential to the possibility of life on this planet.*

Emmanuel, Singer, Mexico

*I should not bother the bees,  
I should not damage God's lovely trees.  
Wild flowers should be left alone,  
Nor should I write upon a stone.  
All nature is a wonderful treasure,  
God made it for his people's pleasure.*

Leyla Segal, Age 11, Canada

*There is the growing awareness that we live in one world and if one part of the world suffers the whole world suffers.*

Farkhonda Hassan, Geologist, Egypt

*Blow O wind, blow!  
Blow away our disillusion,  
Our despairs and unhappiness;  
Sweep away the ties that bind us  
To hatred, jealousy, greed, grief  
And to the thirst of power and wealth;  
Carry away our shattered dreams,  
Our bleak and immoral thoughts  
To barren deserts where they  
Will no reach human folk.  
When you come back,  
Please bring gusts of love  
To pour in our hearts;  
Bring hope, peace and serenity  
To our wretched souls;*

*Bring us messages of brotherhood  
From all over the world.  
Blow O immortal wind and  
Fulfill these wishes of mortal souls.  
We shall be grateful if you do.  
Blow O wind, blow!*

Mitra Thumiah, Clerk, Mauritius

*"Oh no! I left my lunch at home!" No sooner are the words out of my mouth than  
"Don't worry, I'll give you some of mine. I have more than enough." "Thank you,  
my name is Kevin. What's yours?"*

Kevin Leliard, Student, Zimbabwe

*We must channel our energies towards building our physical selves. This way our  
healthy body will reflect our happy mind and peaceful spirit.*

Sally Yeh, Hong Kong.

*My better world is the paradise that God promised. In this paradise the old will be  
young, there will be enough food for everyone to eat. Nobody will fall sick but  
everyone will recover from any sickness they have*

Christine Mutefula, Student, Age 13, Mozambique

*Power should be distributed to the extent of giving every urban and rural  
community the capacity to satisfy their own food needs and recycle their own  
wastes. Our lifestyle should not be in conflict with natural laws.*

Ricardo A. Navarro, Technology Planner, El Salvador

## **Education**

The thoughts and feelings of people from Denmark, Belgium, Israel, India, El Salvador

*Today we have the subject 'Feelings.' We will learn about anger and how one  
controls it. Last week we talked about how happiness arises. The lesson begins in*

*the morning and ends whenever we like. In Geography we learn about what is cultivated in different parts of the world. In Behavior we learn how to behave towards others and towards ourselves. We also learn about cooperation and unity, and how to express our opinions. In Biology we learn about animals, plants and nature, and how we can continue to preserve it. In Language we learn to write the common language of the world. In Mathematics we learn how to calculate. In all the subjects we learn about things we can use later on in life.*

Peter Andersen, Student, Age 9, Denmark

*Please, Mr., Mrs., and Miss Educators, consider you're educators and not as the slaves of one science or the other, be it history or chemistry, philology or electronics. What you must bear in mind is that not only do we have to prepare future administrators, economic and other leaders but that in the first place we have to prepare better human beings, equipped with spiritual values.*

Paul Morren, Belgium

*Schools have to know how to make the outside world the laboratory for learning and not think that everything can be learned inside the walls of the school.*

Shlomo Sharan, Professor, Israel

*There should be complete education for every kind of people so that they can understand the value of human life and their duties in the world.*

Jayant Parmar, Student, India

*If you want to be cool go to school.*

Enrique Eduardo, Age 5, USA

### **Respect and Tolerance**

The thoughts and feelings of people from United States, Malta, Kenya, Barbados, Russia, France, Libya, Romania, Cuba, Venezuela, Turkey, Vietnam, Uzbekistan and Germany

*It is now clear to me that the family is a microcosm of the world, we can study the family: issues such as power, intimacy, autonomy, and trust and communication skills are vital parts underlying how we live in the world. To change the world is to change the family.*

Virginia Satir, Family Therapist

*The most important cell in society is the family. If the family is good, the country is also good.*

Edward Camilleri, Malta

*If each individual family unit plays its part in loving, caring and enriching the personalities, then the world can some day work as one big family.*

Ryan Phillips, Prison Officer, Barbados

*The family, as part of the international community, brings up children for the sake of the whole world and all the people.*

Karen V. Issraelyan, Student, Russia

*Love and tolerance are far from being just empty words. They are the instigators of the will for harmony that spreads little by little upon the planet.*

Yves Duteil, Artist, France

*Hickory Dickory Dock*

*The world is like a clock*

*If we tick together*

*We can live forever*

*Hickory Dickory Dock,*

*Hickory Dickory Dock*

Mark Hoskin, 5 years old, Australia

*A world governed by a profound respect for other people, for objects and for nature. In such a world, respect in its Latin meaning of "act of looking back",*

*heeding the other should ban violence, envy and the other traits which now poison human relationships.*

Thomas Kleininger, Publisher, Romania

*It would be a pleasure to see a world full of love and harmony. I'd like to see the number of broken marriages reduce to zero and be sure that children were free from abuse.*

Alice Kingori, Student, Age 16, Kenya

*I would love to see a world with one language. This is why there isn't peace, because we don't understand each other. All newspapers should instantly set aside those lines of accidents and crimes and instead have a column of "goodwill" followed by practical examples.*

Hedwing Fincke, Age 94, Germany

## **Justice**

The thoughts and feelings of people from Greece, Pakistan, Nepal, Morocco, Bulgaria

*We cannot hide in our individual world and forget what is going on outside. What is happening outside our house is something that affects our house.*

Dimitris Moschopoulos, Diplomat, Greece

*As an economist, I believe that world economic systems should be held together by an overarching principle which combines freedom with responsibility and justice with compassion.*

Syed Nawab Haider Naqui, Economist, Pakistan

*It is high time now that we start laboring to be beautiful and make this world a family of nations where every nation can live with peace and security, love and cooperation as members of a family. United we can make the family of nations a*

*living and palpable reality and each individual can contribute to its actualization through his/her own purity of thought and creativity of action.*

Mahesh Kumar Upadhyaya, Vice-Chancellor, Nepal

*I believe the best system for the global future is the system where all individuals create the system collectively. The principles in society give everyone equal opportunity.*

Brahim El Kadiri Boutchich, Lecturer, Morocco

*The policies of governments worldwide should put more emphasis and consideration on general human values.*

I. Sajkova, Professor, Bulgaria

## **Freedom**

The thoughts and feelings of people from Greece, Pakistan, Nepal, Morocco, Bulgaria, Sri Lanka, Romania, Hong Kong, Iran, Latvia, Ethiopia, and Solomon Islands

*I'd like to have peace and freedom in the world in the near future; also equality with other countries. I must be free to speak without fear.*

Thushara Fernando, Flying Officer, Sri Lanka

*There would be responsibility of every human being in liberty for each human being of a people that does not have access to liberty and dignity.*

Georgeta Praisler Ph.D., Romania

*I will respect each person's right of choice. I will recognize the innate dignity of every individual with whom I come into contact by listening. Have fun and never stop discovering.*

Rohini Delilkhan, Hotelier, Hong Kong

*Help people to actualize themselves through more freedom which in itself would lead them to be more responsible of themselves and others.*

Kianoosh Hahemian, Psychologist, Iran

*All people are free – in all aspects. All nations (large and small) are free. Every nation lives in its land and uses its language. Borders between countries are symbolic.*

Aija Zhilewitch, Medical Practitioner, Latvia

*There should be freedom of giving and sharing amongst all human beings regardless of culture, educational background, race and religion.*

Lawrence Foanaota, Museum Director, Solomon Islands

*The freedom most relevant to the peasants in China is freedom from starvation, freedom from lack of the essential needs. Another freedom, which perhaps they don't talk about so much, is freedom from hard labor – they work so hard, harder than animals. They want to find a new way.*

Pat Tung, China

## **Leadership**

The thoughts and feelings of people from India, Malta, United States, Norway, Russia, Mauritius, Chile, New Zealand, Yemen, Costa Rica and Jordan

*Throughout human history we have seen times of peace and times of war. But in my mind even the times of peace that we have seen have seldom really been times when we have been at peace with ourselves.*

Rajiv Gandhi, India

*If we are ready to reduce our selfishness, our greed for power or material things, then we can look at our neighbor as a friend who needs our help rather than as a potential competitor.*

President Censu Tabone, Malta

*Each of us has an obligation to make the world a better place for future generations. We can begin by joining together throughout the world in mutual respect and concern to confront the challenges before us.*

Jimmy Carter, United States of America

*My global vision is one of a sustainable world society in which we have eradicated world poverty and restored respect and harmony with our global environment. It is a society in which the basic human needs of all world citizens are guaranteed. This global vision is not a Utopia. We can create it ourselves, if we act now.*

Prime Minister Gro Harlem Brundtland, Norway

*The future prospect of a real peaceful worldwide policy lies in the creation of one international democratic space where the rights of man, welfare for citizens and assistance in asserting the same rights and such welfare everywhere, will be a priority of the state.*

Mikhail S. Gorbachev, Russia

*The world will indeed be better if: the good which is inherent in every human being prevails over any negative and destructive attitude; the love which is limited to one's own kith and kin is extended to all human being at home and abroad.*

Prime Minister Sir Anerood Jugnauth, Mauritius

*We have learned that if democracy as a form of political coexistence is reconciled with economic growth and with social justice, all individuals will be living under the conditions of freedom and justice that they require to develop their full potential and to make this a better world.*

President Patricio Aylwin, Chile

*I can tell you, simply, that my country and I share a "vision" and a "system" with 182 other countries.*

Russell Marshall, New Zealand

*My dream for a better world is where the earth's resources are shared by all its inhabitants. Indeed, there's plenty of everything to go around. The have should show the have-nots how to produce enough.*

Abdul Aziz Abdul Ghani, Yemen

*Today, every human being contributes to the fate of every other one of his fellow human beings. Today's problems no longer affect just one country or one region. We are all aware that as we confront our common problems and threats we must search for collective solutions.*

Oscar Arias, Nobel laureate, Costa Rica

*Our only hope for salvation lies in preserving, or perhaps, returning to the moral and spiritual values that furnishes us with freedom and love, and direct our path to hard work and fruitful cooperation.*

H.R.H. Princess Basma Bint Talal, Jordan

MAY EACH ONE OF US BE UNAFRAID TO HEAR THE VOICE OF OUR SOULS  
AND EVERYONE ELSE'S AS WELL. TOGETHER OUR COLLECTIVE VOICES CAN  
BE STRONG AND HEARD THROUGHOUT THE WORLD.

## EPILOGUE

### THE CHOICE IS OURS

*On my head pour only the sweet waters of serenity.  
Give me the gift of the untroubled mind.  
Most men are never blessed with it; others wait all their lives,  
Yes, far into advanced age this gift to descend upon them.*

Joshua Loth Liebman

Some years ago in the U.S.A. the Presidential Commission on world hunger estimated that it would cost only \$6B per year to get rid of hunger and malnutrition for good. This is a mere drop in the bucket when we consider that the world spends over \$1 trillion a year on military arms. After September 11, the Bush administration increased the defense budget to unprecedented levels, not to mention the expenditures for the more secretive Star Wars weapons program. I've even heard it said that one of the goals for future space technology is to set up a command station on the moon. We can guess what kind of moon base this would be.

We live in probably the most volatile times this planet has even seen. While Al Qaeda groups and other new terrorist organizations are born, the anti-terrorist units and special kinds of SWAT teams are also being formed to combat them. The temperature in Israel gets hotter as both sides are locked into a struggle that seems to have no end in sight. The body counts mount on both sides as suicide bombers get younger and more Palestinian women are willing to die if through their actions the Israelis have to pay in blood. The whole scene speaks of lunacy on both sides and their 'eye for and eye' remedy does nothing to produce a workable solution.

The Israeli and Palestinian situation as well as hunger, poverty, environmental abuse and terrorism seem to stem from our own mind sets and capacities for

madness as human beings. It also is telling us that either we begin to alter these negative and destructive mind sets or face the consequences of our actions.

We stand today at the crossroads of the evolution of our species trying to speculate where we are headed next. Are we headed for weapons' bases on the moon? Are all headed for more severe kinds of terrorist acts that will make September 11 look like a picnic? What about the countries that are becoming the newest members of the nuclear weapons' club? Could this escalate into some kind of nuclear showdown by act or by accident, given the prevailing view in some quarters that if we have the weapons we will use them?

Finally we have the matter of the earth changes that have been predicted to happen in our time. Few seem to express any concern currently. We're not sure just exactly when this is supposed to be as there seems to be several predictions about when this might happen. The Mayans predicted an event around 2012, and native people's teachings point to some time around the millennium. Others have told of other times. Some even say that those changes and how severe they are also depend on our conduct towards the planet itself. If we begin taking responsibility for our actions then those changes could be lessened. But the one thing I am sure of is that changes are coming. We can see this with the changes in climate, various natural disasters, etc. The real question is how powerful will the changes be and will we be able to survive their impact.

As I come to the end of this Epilogue I'm reminded of the old Chinese proverb "May we live in interesting times." (I use this in the literal sense) If we look about the world, I don't believe 'interesting' is the right word to use in describing the times we are living today on planet Earth. I think words like challenging, initiating or even perplexing would fit a lot better. But people who like challenges may also find these interesting as well. Who can judge one way or the other?

One thing which in principle I have always believed but which has taken the writing of this book to clarify much more for me is the importance of choice. While

writing this book I have come to see these times we are living through now as particularly connected with the issue of choice. For example, Osama Bin Ladin chose to declare war on America and the Western Nations. The Al Qaeda cell members chose to die for their cause. Then the Bush government chose to invade Afghanistan and Iraq. Many of the American people chose to back the Bush government's actions in Iraq. Other Americans chose not to. Other people around the world chose to oppose the Iraqi campaign and so on.

If we take a deeper look at many events happening on the planet we see how much has to do with choice. This however, doesn't mean that children choose to die of starvation or some civilians choose to die, either from a bullet or a bomb exploding. So there are lines about choices that can cause pain, suffering and even death. But, I do believe even with this factor we still can learn a lot from today's condition in the world through the study of choice and how it touches our lives in such dramatic ways. We also see that through our choices we can facilitate changes in our lives and in the world's condition. Through our choices we can make things better or worse.

I want to end this book by sharing a poem by Peace Pilgrim. I believe it has a message for everyone.

#### World without Man

Before me flowed the gurgling, placid river  
Behind me rose the tree-clad, peaceful mountain.  
Man says this is his world, I reflected,  
And yet there was a time when there was  
No man.  
Did this old world exist the same without him?  
I was flowing then, murmured the river.  
I was standing firm, whispered the mountain.  
Man now, I thought. Seems bent on self-destruction.  
A million fiend things he has invented

Each one more deadly than the one before it.

If he succeeds in self-annihilation

Will this world he says is his go on without him?

I'll be flowing still, murmured the river, I'll be standing firm, whispered the  
mountain.

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