

# Weaving a Non-Dual Civilization

## Home Page Text

*sublimewe* is a social technology for birthing new life harmonious human cultures that are deeply entwined with land, lineage and ancestry. It's a we-space technology for creating groups who can tap into the deep resources of their collective intelligence. It does this by allowing them resolve and integrate any differences between the participants whether they are intellectual or coming from the heart.

# Part 1: The Situation

## Introduction

We live in uncertain times. The very survival of humanity [hangs by a thread](#).

In this series, we will explore the question: What is it going to take to shift humanity away from the precipice?

We will give our account of the biggest and most important transition in human history.

And explore how a *new social technology called sublimewe* can play a part.

In **Part 1: The Situation**, we will explore the world we find ourselves in and present a model that attempts to answer the question of why our civilisation seems committed to destroying all life on Earth.

In **Part 2: Righting the Balance**, we will explore how *sublimewe* can support a transition to a life-harmonious, non-dual civilisation and what that could look like.

In **Part 3: Returning to Life**, we will share a narrative of humanity returning to the gifting economy of Life, that we think nicely captures this evolutionary metamorphosis.

# How to think?

How should we think about and respond to the potential collapse of our civilisation?

This is the ultimate question of our time.

But of course, in answering it, we can't help but try to use the same old [master's tools](#), the same old approach, that got us into this mess in the first place.

In our modern culture, when there's something we don't like, we quickly brandish it a problem, try to pin it down and [fix](#) what's causing it before more things go wrong.

This is how many people have ended up trying to respond to the ultimate challenge of our time: that we are killing life all around us and most probably we're going down with it.

They try to pin down the root cause of our problems to a particular area of life. Some say the problem lies in our lack of real democracy or in the dominance of corporate greed or our polluting technology. Others, level the blame at our metaphysical, cultural and philosophical 'stories' or beliefs. Others still, point the finger at our lack of spiritual development. I could go on, almost, ad infinitum.

Everyone has their pet issue to point a finger at as the 'real' problem, while they smile and congratulate themselves on being the only ones 'advanced enough' to realise it.

What we have realised! is that the problem of our civilisation, or what some have called the ['meta-crisis'](#), cannot be pinned down to one aspect of our lives. Instead, it can be seen everywhere we look, within ourselves, in our outward behaviours, in everyone around us and their behaviours, as well as in all of the institutions, systems and culture that make up our society.

In fact, the very attempt to pin it down is one of its many manifestations.

In an attempt to have a more holistic view of what's going on, we could take a complex systems approach that would allow us to look at the whole of our civilisation and how its parts interact to create the predicament we are in.

But even that isn't enough!

Why? Because the meta-crisis isn't purely to be found in the objective world that complex systems science explores. We also need to incorporate the inner subjective world into our model.

That is what we will attempt in this article.

# Hostile Hemispheres

We're going to base this article upon the work of neuroscientist and philosopher Iain McGilchrist.

His books *The Master and his Emissary* and more recently *The Matter with Things* explore the distinction between the right and the left hemispheres of the brain. He lays down the neuroscience behind the difference and explores how much of the world's history and philosophy can be seen and better understood through this lens.

There are many pop scientific theories about the hemispheres. Such as that science and reason only happen in the left hemisphere. McGilchrist points out that in fact, anything and all that it is to be human are served by both hemispheres.


The difference that he does point to is that the left hemisphere allows us to focus on detail, to narrow in and create a map to grasp how something works so we can use it to manipulate the world around us.

The right hemisphere, on the other hand, helps us to get the big picture. It helps us to freshly see the interconnectedness of the complex world around us.

McGilchrist's key thesis is that it is the left hemisphere's dominance within our culture and society that is leading to many of the crises and catastrophes of the world around us.

I will now present a story of my imaginary friend Tim, as well as a model that shows how this hemispheric imbalance flows in its many forms throughout our civilisation.

# Let's Meet Tim

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Hi Tim!

Tim was traumatised by Western Civilization. Maybe his dad was an alcoholic and abused him. Or maybe he was bullied at school. Or maybe he was just caught up in the myriad ways, small and large, that trauma gets passed on from generation to generation. Some have even called our era 'the traumacene', making clear the link between trauma and our environmental catastrophe.

Because of his trauma, Tim's experience of life is one of a sense of lack and inadequacy. When he is actually present, which is almost never, he feels uncomfortable and a deep sense of emptiness and separation pervades his Being. This is his **hole of value**: his very experience doesn't feel valuable, it feels unpleasant. This is why he makes sure to escape his experience as much as possible — finding many ways to numb himself to his reality.

I'm now going to present a model to describe how Tim's Shadow flows out of his hole of value and later how the same patterns show up in our civilisation as a whole. I will look at what's going on in 5 aspects of Tim: his consciousness, his breath or life energy, his intellect, his heart and last but not least, his body. You could see each of the bolded descriptions as the process or the flow through that particular aspect. These patterns are not separate, they are all deeply interrelated and support one another. The amazing thing is that you can begin to spot them all around you in yourself and in others and start to get an eye for what is Shadow and what is not.

## Inner Sleeping

What's going on in his consciousness? Well, as described, he's continually escaping his experience. His awareness is continually on things other than the present moment. Gurdjieff, the Russian spiritual teacher, called this being 'asleep'. You could also describe it as unconsciousness. I call it **Inner**

**Sleeping.** Tim might think he's alive, but he's not really living. He doesn't have his awareness in the present moment because it's too painful to experience. This is the way of life of the average human in modern civilization, numbing themselves out of existence. Take a look at someone on the tube, most of them are not really here. They're lost in their phones, the Metro or thoughts about the fancy restaurant they're going to go to with their boyfriend later. But I can't talk: I'm not really here a lot of the time. No wonder, most of us don't notice the horrors being committed before our eyes.

## **Blocked Flow**

From the perspective of Tim's life energy which is powered by Breath, he is a **Blocked Flow**. His muscles are tense and none of who he really is can move through him and out into the world. He never experiences the joy of creating in a flow state, when the separation between him and reality might start to fade away.

Instead, Tim has many strategies, built up over a lifetime, for numbing himself and avoiding his reality with its hole of value. They are all examples of his Shadow manifesting in the world. They are all ways in which he does unconscious damage to himself and those around him and avoids taking responsibility for his life.

## **Addictive Patterns**

In his body, Tim plays out what I call **Addictive Patterns**. These patterns range from the obvious such as addictions to drugs, alcohol, social media, porn and sugar. To the far more subtle, like the ways that he exchanges [sexual energy](#), keeps himself small, enmeshes himself with his partner or avoids eye contact with others. All of them help him avoid the pain of his experience.

## **Heart Reactivity**


In his heart, Tim hides himself through what I call **Heart Reactivity**. If he were to feel his real feelings and emotions they would be screaming out

about the pain of his disconnection from himself and his reality. Instead, he lives a closed-off life, building walls around his heart to keep the pain out. In practice, these walls are his defences of reactivity, blame and judgement. When someone questions his value or superiority, he responds by lashing out with rage. This makes sure that he never gets in touch with the nerve that was touched — his real vulnerability and pain — his hole of value.

## **Cognitive Defending**

In his intellect, Tim engages in **Cognitive Defending**. He hides behind solidified belief structures, stories and [fantasy worlds](#) that keep him from coming into contact with the mystery: a terrifying place (for Tim) of not knowing. Whenever he meets someone, he projects onto them like crazy, coming up with all sorts of stories about who they are, that are really just stories about him. These stories act as walls that defend him from the terrifying possibility of real intimacy with others and with Life.

Here is a diagram of the full model of an individual in the Traumacene:

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# Tim Heads out Into the World

Now, what happens when Tim heads out into the world?

What he does is try to fill his hole of value with things from the outside. Things he naively thinks are separate from him.

## Extractive Intentionality

His unconscious aim becomes to take from others and from Life herself. I call this his **Extractive Intentionality**. He probably thinks of himself as a nice guy, but what he really cares about is getting his hands on status, money and an attractive partner he can brag about to his friends. These would temporarily make him feel good and give him some respite from his continuous emptiness. This is the ‘instrumental rationality’ that philosopher [Habermas](#) argued was at the heart of Western Civilisation. It’s a rationality that is always in service of gain — Tim can’t stop plotting ways to get ahead.

## Social Influence

How does he achieve this? Well, he uses **Social Influence** to persuade his boss to give him a bigger paycheck and to convince women that he’s attractive and popular enough to think about having sex with. He puts on a show to make people think he’s high status. He buys fancy clothes and a nice car. These are all part of his Shadow facade. He even tries to convince everyone he meets that a low tax, low intervention government is the way forward because he’s scared his wealth, that keeps him feeling safe at night, might be taken away.

## Violent Infrastructure

All of his physical possessions, his house, his car and even his job are based on filling his hole of value in one way or another. Unfortunately, the only way he can have these things is by fucking over other people and the planet. This is what I call the **Violent Infrastructure** that sustains his life. All of it

results in what game theory calls zero-sum outcomes. i.e. Tim might get what he wants but only at the expense of someone else. Here are some examples. Buying his house pushes poorer locals out of town, contributing to gentrification. Buying his new car resulted in the digging up of countless raw materials and destruction of habitats, as well as the slave wage employment of countless people in the Global South. In his job at a hedge fund, he contributes to growing wealth inequality and plays his part in the hierarchies of the corporate world.

## **Shadow Flow**

Each of these ways of interacting has knock-on effects on others. When people come into contact with Tim, his big wallet and the Violent Infrastructure that he supports: they end up getting traumatised themselves. Because Tim doesn't feel valuable himself, he makes others think that they are not valuable. Tim's friends might actually start to believe that he's better than them; that they're no good. The workers who feed Tim's voracious consumption struggle to make ends meet and end up bringing up traumatised children as a result. The really tragic thing is that these people will then go on to traumatise others and perpetuate the very same patterns as Tim. I call this domino effect the **Shadow Flow**.

## **Outer Ignorance**

The result of Tim's preoccupation with himself and his attempt to fill his hole of value is that he has no time, energy or attention left to focus on the problems around him. He lives in what I call an **Outer Ignorance** of the crises besetting our times. He's not even present most of the time, so he has no chance of noticing what's going on around him — noticing that our world is dying. This is the glaze of 'not my problem' that sustains our collective fantasy that everything is going fine. This is the inner mindset of 'Business as Usual'.

## **Settings a few things straight**

Before we continue on our journey to look at how a whole collective of Tim's perpetuates the same patterns, I want to set a few things straight.

While, you might think from reading this, that I think it's all Tim and people like him's fault. Quite the opposite. The real tragedy is that Tim only acts this way because he was traumatised by civilisation in the first place. There is something beautiful within Tim that wants to come into the world. It's just pushed far down within him. While on the surface, he might have the appearance of success, in reality his life is one terrible, painful ride of disconnection. Pity him, don't hate him.

You might also think that I'm saying that the 'real' problem is in the individual's hole of value. Not at all. The problem and the solution is everywhere. It all matters. Whilst, Eastern Meditative paths have helped millions resolve their inner ignorance, we now need a response to our time that includes both inner and outer, both spiritual and political, both individual and collective. We must work at all levels simultaneously.


Onwards fellow humans!

# A Civilization of Tim's

What does a whole civilisation of Tim's look like?

Take a look around you!

We see the same patterns mirrored at the civilisation level.

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## Extractive Intentionality of the We

The **Extractive Intentionality** of our entire civilisation creates what I call a 'value hoover'. This means that collectively, without really being conscious of it, the purpose of our entire civilisation's activity is to suck as much value as possible from our surroundings, to temporarily fill the holes of value of as many people as possible. The dominant narratives of our time — stories of progress, growth and innovation that we have become entranced by — simply justify the whole farce. 'Profit' is the fundamental aim of pretty much every company throughout the globe. What 'Profit' means, is extraction — it means sucking value from somewhere or someone and selling it to make more money. This is the role of Capital that Marx banged on about — it just can't stop sucking.

## Social Influence of the We

What facilitates the dominance of Capital is **Social Influence**. These are the institutions and communication and decision making structures of our civilisation whose primary purpose is spreading the propaganda necessary to keep the machine running. Look at the corporate world, where we are persuaded to buy something literally every 30 seconds. We are advertised at from the minute we wake up, to the minute we fall asleep. Often we don't even notice. Then look at our politics. It's all about persuasion, lobbying and competition. It's certainly not about finding out what people want. It's about manipulating them into serving the value hoover. Then look at our education system. It's about making children turn out a particular way so they can take

their place in the corporate machine. It's about making them believe the 'history written by the victors' that, for example, claims the British Empire was a wonderful thing. What about our justice system? It's the same. Let's not support people in living healthy lives, no that's a terrible idea! Instead, let's punish them when they step out of line, to influence them to get back into their place. Let's make sure to make protest as difficult as possible because we don't want anyone challenging the power of the value hoover. Hopefully you get the picture. More examples abound, all around you. What you can't find anywhere is someone listening. No, they just keep on talking. They keep on selling you on their latest gizmo, their new politics. All bullshit.

## **Violent Infrastructure of the We**

Now let's look at the **Violent Infrastructure** of our civilisation. It's crazy making. You could pretty much pick any industry or any area of human life and what you would find are hierarchical organisations damaging people and destroying the planet. Schools [traumatise](#) us into being adaptive, force us to ignore our bodies and make sure that we spend a life following orders of 'superiors'. The police and armed forces end up killing and traumatising countless millions. The way we produce food for ourselves ends up destroying wildlife and causing cancer. You could go on and on. A less visible aspect of our civilisation's Violent Infrastructure are the structures of oppression that convince whole segments of society that some people are superior to others, based on random genetic quirks like their skin colour. These oppressive systems, whilst traumatising millions, have the purpose of keeping us separate, preventing us from seeing our common humanity and the needs which we might come together, in opposition to the value hoover, to satisfy. It's another cog of the machine.

## **Shadow Flow of the We**


We live in an Empire of Western Neo-colonialism that's spread across the world, pillaging as it goes. This is the **Shadow Flow** of our entire civilisation. The work of [Helena Norberg Hodge in Ladakh](#) in India, shows how companies infiltrate local cultures, persuading young people to begin

taking on Western values thus becoming potentially profitable consumers for Western corporations. Our Empire is a globalised trauma factory.

## **Outer Ignorance of the We**

And what's worse is that our civilisation is totally committed to Business as Usual. It can't even see that any of this stuff is going on. This is the collective **Outer Ignorance** to the catastrophe's evolving all around us.

Here is a diagram of the full model of our civilisation:

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# The 8 Forms of Capital

We can use the [8 forms of capital model](#), which comes from permaculture, to show how these patterns lead to the many crises of our time.

## Financial Capital

Each form of capital is a store of value that the Value Hoover can't wait to get its claws on. It has the ultimate aim of converting whatever value it can find into **Financial Capital**, just so a few people can sleep better at night, tragically avoiding their holes of value.

## Living Capital

**Living Capital** is the natural world that our civilisation depends upon. But because of its very lust for extraction, our civilisation chops off the very branch that it's sitting on. This is the chopping down of trees to make wood. The turning of meadows into supermarkets. The digging up of rare metals and the world's carbon deposits. The ultimate aim is to suck the Life out of the natural world. But the end result is the **Environmental Crisis** of the climate and ecological emergency, that we see all around us.

Another form of Living Capital that ends up being exploited by our civilisation are human beings themselves. How ironic! The machine does everything it can to extract as much value as possible from the human. It puts us to work doing bullshit jobs, oppresses marginalised identities, sucks out our creativity for its own ends. Even our attention is now a resource to be monetised in the growing [attention economy](#). It's no surprise when humans have been sucked dry, that we see a **Mental Health Crisis** of staggering proportions.

## Cultural Capital

What about **Cultural Capital**? This is the songs, stories, rituals and narratives of a community. Often this capital imbues a culture with the wisdom to make healthy decisions. And as we will see in the next post, it's a

healthy culture that helps keeps the Shadow in check. As seen in the example of Ladakh earlier, the value hoover can't keep its hands-off these Life affirming cultures. Instead, culture becomes an arena for Social Influence where the goal is profit. Thus losing its connection to Life. Habermas described a common culture as creating a Life World that allows reality to make sense for it's participants. He says that not only did our civilisation colonise the outer world, it also colonised our collective Life World. This is the Shadow Flow at work. It is the Life World that puts our experiences of life into perspective and gives them meaning. Without life-affirming stories to base our decisions and lives around we wander aimlessly. People start to believe that there is no meaning to life and the result is that we live in a cultural **Meaning Crisis**.

## **Social Capital**

What about **Social Capital**? This is made up of all the relationships and connections in society. And of course, the value hoover can't keep its hands off all the juicy value here either. It's far more profitable to have people paying for things than sharing them with one another, so those relationships have to go. They are destroyed in our isolated one-family households and in our beliefs that stop us from reaching out and asking for help. The Violent Infrastructure of our oppressive systems also breaks down our relationships with one another until we find ourselves isolated in an ethnic, political or identity group, hating the 'Others'. This leads to the **Alienation Crisis** which intersects with the Mental Health Crisis discussed earlier.

I haven't covered all the forms of capital today. There's also Spiritual, Intellectual, Experiential and Material Capital. You guessed it, the same thing applies wherever you look... the value hoover can't keep its hands off.



## Where we're headed

If we continue on this path, and The Shadow advances unseen, we are moving towards the complete extraction of all value from Life. What our world would look like if we head down that path cannot be known. But, I imagine a world where technology reigns supreme. Where the forest has become a concrete jungle. And the human has become a robotic instrument of Financial Capital.

We didn't believe that all Life was inherently valuable. So we lost it all.

In the next post, we will explore an alternative path.

In Indigenous Cultures, The Shadow would be kept in check. In *Of Water and the Spirit*, Malidoma Some from the Dagara tribe in Burkina Faso, describes how sometimes elements of the village would 'go private' by breaking the laws of nature that sustained community life and instead embracing their own Shadow worlds. It was the elders and shamans jobs to "be constantly on the alert to direct and correct these imbalances and illnesses in both communal and individual life".

Our task now is to rebuild a new form of Indigenous Culture that can keep The Shadow in check, even in our modern world where The Shadow has vast new possibilities for 'going private' by exploiting the technological and scientific advances of our age. Instead, these advances could be used to serve humanity and all of Life.

Thankfully, as we will explore in [Part 2](#): the Light has already won.

# Part 2: Righting the Balance

This is part 2 of a 3 part series, exploring the emergence of a non-dual civilisation.

In [part 1](#), we explored the dominance of Shadow in our culture and the patterns that are leading to the devastation of life on Earth.

Today, we will investigate how groups of people could come together and step into a harmonious relationship with Life once more.

This would begin building what I call a **Non-Dual Civilisation**.

It's non-dual because it's a human community that is based upon the deepest wisdom of our spiritual, ecological and mystical traditions and brings it into all areas of life, so that humanity can be a positive force on Planet Earth once more.

It's a civilisation because we cannot, as some claim, go backwards to a prehistoric, tribal world without technology or agriculture. To respond to the crises of our times, we need governance at a global level. The only path forwards is to properly integrate the advances of humanity into a global, democratic civilisation.

Let's get back to Tim.

## **Back to Tim**

Tim's in the gym trying to get '#swoleforthesummer' to feed his insatiable desire to fill the inadequacy of his present moment experience.

Out of the corner of his eye, he notices a flyer on the gym wall.

“Join our Transformative Group and find your life purpose!” it reads.

A part of Tim that has been asleep for many years wakes up and rushes to get in touch with the group.

A few weeks later Tim goes along to an introductory meeting.

# Transformative Groups

The group Tim has signed up for, has been working for some time to build what I call a [Transformative Culture](#).

This is a group dedicated to supporting its members to come into right relationship with themselves, each other and Life itself. To individually and collectively return to the flowing river of Life: a wellspring of creativity and Evolution.

To achieve this, they hold themselves to what I call **The Shadow Veils the Light Principle**. This means that when Shadow shows up in its many forms like suffering, judgement, addiction, pain, conflict and death, the group works to hold it up to the light of awareness, to find the gift within it, and thus transform it into the Light.

It is the Shadow unseen that blocks the flow of Life in ourselves, our relationships and the human race as a whole.

By unveiling the Light, we can become expressions of Love in the world rather than being stuck in unconscious survival patterns that only hurt ourselves and those around us.

Many traditions and modalities have different ways of describing this principle. In [processwork](#): it's called Riding the Horse Backwards, after a Native American wisdom-trickster who did everything differently i.e. didn't treat the Shadow as wrong or bad. In [alchemy](#): it's the search for the philosopher's stone that can convert base metals (i.e. the Shadow) into gold. For a while, I was calling it The Shimmer Domino Principle because if you imagine flicking a domino super fast, you can't tell which side is white and which is black, just as when you move towards the Shadow you find the Light and when you move towards the Light you find the Shadow.

The same principle in permaculture is called: **The Problem is the Solution Principle**. In modern culture, whenever we encounter a problem we treat it as implying that there is something wrong with ourselves, the world or Life herself. We go into a rejection of what is. We scramble around for a way to

get away from the problem. You could see the Shadow as simply this problem mindset passed on from person to person and generation to generation.

The alternative is to see that every problem contains its solution. It's an opportunity for the creative potential of Life to manifest.

For example, if you saw a picture hanging crookedly across the room, you might feel a sense of unease or wrongness but if you stay with it, this feeling contains the solution: walk over there and straighten the picture.

We've got a lot of picture straightening to get on with, let me tell you!

Transformative Groups have developed processes, practices and ways of being together that continually support the remembering of this principle.

For example, the group might have a specialised sub-group who can take individuals and collectives through processes when their flow becomes blocked by Shadow. In Indigenous Cultures, these might have been the elders, shamans, witches and medicine people who could support people to break out of their delusions. In one modality, [Possibility Management](#), they are called [Evolutionaries](#). Their job is to notice someone or a group coming out of alignment, being sucked up by the Shadow without consciousness and to support them to return to harmony with themselves, the group and Life.

These principles are also mirrored in Eastern Traditions with their focus on **non-duality**. They argue that we are stuck in a dualistic world of right and wrong, good and bad but if we can just be with bare awareness itself, the non-duality of things will be revealed. When an individual lives from this place, their suffering ceases because they no longer reject their experience. What would a collective or all of humanity living from this realisation look like?

Well, let's first get back to Tim, then we can slowly build up to the non-dual collective.

## Tim's Transformation

Tim arrives at his first meeting the following week and is warmly welcomed.

But of course, it doesn't take long for Tim's shit to begin to surface. He's barely been in the group 5 minutes but because he's so disconnected from himself, his compulsion to prove his superiority through Social Influence quickly comes into play.

Thankfully Sophie, one of the Evolutionaries I mentioned earlier, sees Tim's disconnection and rather than rejecting or isolating him from the group, offers him a process to begin connecting to himself and working through his issues. She has developed so much trust that behind anyone's Shadow behaviours there is gold, that she's not even triggered by Tim's posturing.

The process proves her right because behind Tim's Shadow was his experience of not being valued or loved as a child. Tim manages to find this feeling of self-love within himself and see's the Social Influence for what it is: a protection, a covering and not really him.

Whilst, Tim doesn't change overnight, every time some of his Shadow comes up, he is supported to process it.

Slowly through time, he can come more and more from his True Self rather than his Shadow and this has drastic effects on his behaviour in all his aspects: Consciousness, Intellect, Heart, Body and Breath.

Whilst the model I explored in the first post was one I developed myself, the model I will now explore comes from a modality called sublimewe whose creator is Sarasvathi Cee.

## Inner Connection

Saras calls the experience of being in contact with one's True Self **Inner Connection**. It is having some of your awareness on awareness itself. This connection contains a knowing that you are not the isolated Self but instead a boundless Being. Gurdjieff called this the 'Awake' state that could be

reached through a process of Self-Remembering — not losing contact with who you really are. Many Eastern traditions have their own terminology for this. In Hinduism, it's being connected to [Purusha](#) \*not [P\\*rakriti](#). In Buddhism, it's [Atman](#). In mystical Christianity, it's Christ Consciousness. I could go on but hopefully, you get it!

In this state, Tim has the experience of enoughness or adequacy. That his experience itself provides everything he needs, he doesn't need to look elsewhere. He doesn't need to protect himself anymore. His priority becomes giving back in honour of the beauty he has been given. Through time he can let the layers of his Shadow fall away.

## **Cognitive Excellence**

When he does this, his intellect becomes a place for **Cognitive Excellence** where his stories and theories about reality can be objective because they are not caught up in his ego's need to defend itself. When reality changes, his map changes. He knows that the map is not the territory. In Buddhism, this is described as seeing the [Emptiness](#) of his stories. That whatever stories he creates are not inherently true — they are just stories. Daniel Thorson describes the state of mind when Emptiness has been seen as [Liquid Mind](#), which captures the flowing, alive, ever-changing exploration and creation that is possible in an unblocked Intellect. When Tim is connected to himself, his stories, though not absolutely true, serve to bring more Love and Beauty into the world rather than serving his own protection and saving face.

## **Heart Knowledge**

His heart becomes a source of **Heart Knowledge** where his feelings contain information about what he most cares about, as well as the energy to create his fantasies in the world. Tim's no longer trying to avoid his feelings and emotions by numbing himself, instead, he's staying present with them to allow them to reveal their gifts. You could think of his Heart as a pattern-matching machine. It's been storing up all of the patterns of experiences of his life and is ready to bring all this knowledge to bear in the present moment. It might reveal itself in the form of an image or a dream of what he

really wants. Deep in his heart, is what Bill Plotkin calls his *mythopoetic identity*, this is an image, metaphor or story that makes the experiences of his life make sense and reveals the unique gift he has to offer the world based upon them.

## **Body Wisdom**

His body becomes a place of **Body Wisdom**. It knows what it needs to be healthy and has an intuitive sense of how, who and what can fulfil these needs. Instead of spending his time in Addictive Patterns, he nourishes his body through conscious food, rest, touch and play. In Possibility Management, the Body is divided into a [physical body and an energetic body](#). It's in the energetic body where distinctions are stored. Having a [distinction](#) is the intuitive knowing of the difference between two things. We have a distinction between red and pink. The most important distinctions highlight the difference between what is Shadow and what is not. When they are integrated into a person's energetic body they become like an inner scaffolding or [matrix](#), that prevents a person from getting hooked when one of their Shadow parts comes up because they have the distinction to see it for what it really is. This also allows them to hold space for others as Sophie kindly demonstrated earlier. They can use their embodied wisdom to set boundaries to prevent others from bringing their Shadow shit to the group, thus holding space for the deepest and most meaningful aspects of each person to emerge.


## **Breath-Powered-Speaking**

When all these parts are working in unison together, Tim has an experience of life energy powered by his Breath moving through him and out into the world. Saras calls this his **Breath Powered Speaking**. When someone gives a passionate speech about what they really care about, you can sense that their voice is charged with life energy and meaning. This allows them to bring the things they most care about into the world. And to share them with others in a way that is inspired by the beauty they have seen in the thing, rather than a sense of being right or wrong or being superior which just ends up shutting the other person down. They can stand up in the collective and say: "This is important!" with sincerity and strength to boot. In Possibility



Management this is often called [Dragon Speaking](#). How much more of a difference could a group of activists have, if they went onto the streets connected to the dragon within?

Here is a diagram of the full model of an individual in a Transformative Group:

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## Facets of the Transformative Group

When a group of people who are supporting each other to live from a place of Inner Connection come together: a whole different set of collective possibilities emerge. It's not that they will always have Inner Connection, quite the opposite, they'll go through periods of being triggered with each other and thinking that something is wrong. However, if they have enough support, each of these periods can provide the exact learnings the group needs to grow and mature, so they can handle these moments better in the future. Often, we think of these conflicts as blockages in a groups movement towards their vision. Instead, they are an integral part of that movement.

Similarly to the first article, I am going to look at the different aspects of the collective and see how they manifest in their non-dual forms.

### Ecological Intentionality

In the intellect, the group has an **Ecological Intentionality**. When you feel like your very experience is nourishing you, this creates the desire to give back. What else is there to do but give? This means that any strategy that the group comes up with to meet their needs, comes from a desire to be of service and to give to Life. In game theory, this is described as the 'Omni-Win' choice. This means that the groups' strategies are in service not just to the individual, the group or to the other but to all of Life. If some aspect of Life is not considered in a particular plan, then someone in the group will get triggered, and through this process, a contribution will form from their Shadow that will allow what they are holding to be incorporated into the groups' plans. At the level of Being or Life, there is no conflict. Everyone's needs can be met and integrated.

In Tantra, there is the idea that our deepest desires are not in conflict with each other or with anyone else. If we can live from the place of those desires then we can experience all things and all life as mattering. Everything inside everyone, and every being is important. This is the **Everything Matters Principle**, which is another manifestation of non-duality. Our minds want to split everything up into categories of good and bad. Useful, not useful.

Important, not important. What if nothing is good and nothing is bad but everything matters. And when we take this stand, a whole other reality opens before us. As [Forrest Landry](#) artfully pronounces, “Heaven opens to those who know all is sacred. Hell imprisons all who think that nothing is.”

## **Empathic Inquiry**

How is the group going to get down to what really matters for themselves and others? Well in the heart, the group practices **Empathic Inquiry** which is a natural outcome of Inner Connection. When you are present and connected, curiosity about the mysterious Other naturally arises, as well as a longing to more fully know and be with them. Practically, it means that in their relationships they try to tease out what is most important to the other person. What do they care about so much that it makes their hearts burst open with love and their soul throb with a longing for more of that which they desire in the world? Empathic Inquiry supports each of them to live from their deepest loves and to bring that love as a contribution to each other and to the world.

Amazingly, Empathic Inquiry works with any behaviour. However, violently someone is showing up, there is always some element of truth that wants to move through them. This can be inquired into to discover something that they Love, which can then become a contribution to the group. In Nonviolent Communication, this is called the **Tragic Expressions of Unmet Needs Principle**. This means that whatever violence someone is displaying, underneath it is an unmet need that they have in common with all of humanity. Empathic Inquiry supports people to be in touch with that need inside of the violent strategy, so they can find healthier ways of getting it met.

We could build a whole democracy based on Empathic Inquiry using our technological skills not to influence and control but instead to aid the flow and integration of information about what people care about. Empathic Inquiry could be weaved into every aspect of our lives together. It could work to build the [Listening Society](#), advocated by the [metamodernist movement](#). What would a world look like if there was enough support for everyone to find and manifest their deepest desires?

Through time, Empathic Inquiry supports a group vision to emerge. This is an integration of each of the member's deepest visions for their lives. What they realise over time is that having each other's support and moving towards their visions together, makes them far more likely to become a reality. So long to modern culture's solo, greasy pole climbing, entrepreneurs.

## **Energised Infrastructure**

In the collective body, the physical creations of the group are **Energised Infrastructure**. Everything they build and create in the material world is alive. It could be the meals they eat in the evening and the kitchen they keep stocked to support them. It's all energised by the energy of Life found within their deepest needs and desires and captured in their collective vision. Every action is a fresh creation in the moment. Addictive Patterns are gradually moved beyond, so that conscious choice can prevail. In a [For the Wild podcast with Gopal Dayaneni](#), he described a shift from capital being in charge of human beings to capital being in service to humans. Our capital projects and infrastructure can be in service not just to all human beings, but to all of Life.

## **Community Consciousness**

What also grows through time in the group is **Community Consciousness**. This comes in two forms. Firstly, it is an awareness of what is really going on in our collective space. Who is suffering and needs support, who is drifting out of alignment? Sophie, gave us a good example of this in her awareness of Tim's Shadow coming into play. Another example, is our growing awareness of the ecological emergency and of the strife and oppression of different groups which show that even now, we are developing this quality. It supports us to really know what is going on in our world, not so that we can blame and judge others or go into a rejection of Life but so we can take responsibility for the deepest pains of our time, which are the places where our responses can have the most meaning and impact.

Secondly, another form of **Community Consciousness** is a group consciousness emerging. This is a Being that encompasses the totality of the group. In moments, members of the group have the experience that they are fulfilling a role in a greater organism. That there are moments when it is their turn to speak up as part of that Being. That when others are speaking there is a felt sense that they are speaking for the collective. That there is really no separation between. This goes even further towards a felt sense of being a part of the entire Being of humanity. Or of Gaia as a whole. Or as taking their place in the choreographed dance of Life. This is the awakening of collective consciousness captured in the phrase: “The next Buddha will be a Sangha (community/group)”.

## **Mem-ethical Integration**

The final aspect is the collective breath. This is how more and more Life emerges in the group. And how as the group interacts with others, they are likewise more and more brought into a harmonious relationship with Life. Saras calls this **Mem-ethical Integration** where the things that are necessary for Life to flourish spread from person to person. In contrast with the Shadow Flow described in my first article, you can imagine this as the flow of Life pulsing through the organism of the group and into the wider world. A meme is a unit of something a Being knows is important. We could divide this up into two types of meme: values which capture the various qualities of Life and principles which capture the structure of Life. If you split the qualities of Life through a prism, you get a panoply of different values. If you explore the Logos of Life, or its structure, you find Life principles which elucidate how to live in harmony with Life. Mem-ethical Integration is the spread of these values and principles through the collective.

Let's get practical! Suppose someone in Tim's group wants to chop down part of a communal forest to start one of their projects growing lovely organic vegetables because they dream of giving them to the community. Tim, who as we are about to discover has a deep connection to nature, would probably get triggered by this. Instead of this triggering leading to a group breaking conflict, it is seen by the group as an opportunity for contribution. It might take some Evolutionary processes to get there but eventually, they would come out with a plan that integrates both Tim's nature-loving wishes

and those of the organic farmer. Perhaps they create a forest garden that can produce vegetables and be a huge ecosystem for many forms of life. This is an example of how the meme of the value of the natural world spreads through the group over time.

Here is a diagram of the full model of a non-dual civilisation:

 [https://miro.medium.com/max/1400/1\\*TDgen3mwJGHBOOhKIw8oA.png](https://miro.medium.com/max/1400/1*TDgen3mwJGHBOOhKIw8oA.png)

## Tim's Contribution

Back to Tim!

The **Empathic Inquiry** of the group works its magic on Tim and through time he gets more and more in touch with himself, what he desires and what he's mostly deeply longing to bring into the world.

Many traditions and modalities have described this deepest offering in different ways. In the group practice called sublimewe that I've been working with, we call it his life purpose i.e. what he came to Earth to contribute. In [Possibility Management](#) it is called your [Archetypal Lineage](#) which stresses that it is your place within the village that you inherit from previous generations. Eco-psychologist Bill Plotkin calls it your soul, which for him is about your ecological niche, i.e. the place that you fill not just in the human village but in the more-than-human world.

The discovery of his life purpose comes about through a supported confrontation with Tim's Shadow and especially his trauma. He realises that the very ways in which he was hurt growing up by his parents and by modern culture provide him with particular gifts and possibilities for helping others. This is another example of the **Shadow veils the Light Principle**, that our deepest wounds and sufferings present our greatest opportunities for contributing towards others, creating a better world and giving back to Life.

When Tim was a child, when he would express his wild, indigenous self his parents would get angry and shut him down. This created a great pain in Tim where he suppressed and subconsciously hated these parts of himself. But when he rediscovers them, his joy is so big and the opportunity for him to take others through the same journey presents itself. It is so core to his identity, what else would he want to contribute? He realises that finally, his life makes sense! His purpose is to support others in connecting with their wild selves and coming into communion with the natural world through practices of bushcraft and foraging.

Whilst he starts as part of the main Transformational Group, once he has been brought into the culture and discovered his life purpose, the next

logical step is for him to go create his own more specific group and welcome others.

So he rounds up a few fellows and creates a Transformational Group focused around wild self-expression, nature connection and bushcraft. They share so much in common that they can go on exquisite discovery journeys together where they explore and research what it truly means for people to re-embody their wild, indigenous selves and how they can best facilitate this in others.

Tim find himself doing his most meaningful work, radiating an aliveness and joy that is infectious and brings other people along with him into finding their own purpose and manifesting it together in the world.



## **An Integrated Inner and Outer Work Path**

Tim following the Path of his Life Purpose means following a unique integrated inner and outer work path. This is a core commitment of a Transformational Group which sees the non-duality and lack of separation between our inner and outer worlds.

Many spiritual traditions have focused primarily on purifying the inner world of the individual. Many activist groups, on the other hand, have focused primarily on challenging the toxic systems in the outer world that we live within.

Neither of these approaches is enough to respond to our situation, as they each have their blind-spots.

The activists ignore the importance of doing the inner work to bring their visions into the world in a responsible, compassionate way rather than from a place of blame, shame and judgement. Often, it is ego squabbles, power-games and dominant culture conditioning that comes up between activists that prevent change from happening. How can we create a new world without challenging the modern culture patterns within us?

The spiritualists, on the other hand, ignore the fact that we live in a system and culture that dictates our every move, that gave us the very trauma in the first place that they are trying to move beyond. It's like focusing on healing a wound when the violence that caused the wound is still happening. All aspects of our culture and system make spiritual progress harder. How is somebody supposed to find the time to meditate when they are working 80 hours a week to put food on the table and keep the lights on. Is it just a middle class privilege that makes us think that the spiritual path could be the answer?

There are some groups out there who have realised the need for both. In Extinction Rebellion, for example, there was a slogan that the aim was to 'get the meditators in the lock ons (activist tools for blocking roads) and the activists on the cushion (spiritualist tools for seeking enlightenment)'.

However, in these groups inner and outer work remain separate. Whilst, they might argue that both are important and that one should spend time doing both they are still two separate paths. The duality between the inner and the outer world remains intact.

What would it mean to truly integrate inner and outer work?

It means that they are not treated as separate domains. Inner and outer work are weaved into each other in one path to contribute to the emergence of a non-dual civilisation. Imagine a thread that each individual is following on the path. And a thread that the group is following. For some periods on each thread, the main focus needs to be inner work. And for some periods it's outer work.

For example, say a group realised that because of their shared family illnesses caused by smog, their purpose was to raise awareness around issues of pollution and its effects through non violent direct action. Whilst an admirable aim, inevitably disagreements would quickly appear in the group about how to make the action happen. These disagreements might turn personal, factions might develop vying for 'power'. These disagreements are a block in the thread of the group where inner work is necessary. This is where you might call in the Evolutionaries, we discussed earlier, who would be able to support the group in turning the 'problem' of the conflict into new creativity and life.

Through time these experiences would connect the group more and more with the non-duality of all things. That whatever Shadow, difficulty or suffering comes up in the group can be transformed into beauty and meaning.

This path would allow groups of people to ongoingly bring more and more of what they care about into the world.

# Creating Networked Groups Beyond Duality

Whilst Tim is fixated on his quest to support people in returning to their wildness, many other groups form, each focused on bringing a transformative culture to a different aspects of life.

Different people's life experiences mean that it makes sense for them to work on different things. In modern culture, we are always looking to find the one and only solution to any problem. In a [Transformative Culture](#), every solution, like every individual is unique and the differences are not only accepted but eventually come to be embraced and welcomed.

These groups are networked together, all giving their contributions to the collective and receiving the contributions of others. This brings enormous [network effects](#).

What has prevented networked groups like this from forming in the past?

Well, in our dominant culture, when we get in conflict with each other, each side in the conflict is usually taking one side of a duality. This split prevents us working together and leads to increasing faction-alisation.

Groups building a non-dual civilisation know that in experience itself, the duality they are arguing about does not really exist. This allows them to use it as a creative tension in and between groups.

They can let go and allow the relational field to guide them in how much emphasis to put on particular aspects. We've already seen one example of this in the duality between inner and outer work.

Another similar duality that is bound to arise is between bottom up organising which is more associated with the anarchist tradition and attempts to change policy and governance from the top-down which is more associated with communism.

Ghandi attempted both of these two aspects. First was his constructive program, to build at alternative structures at the bottom i.e. the systems and

processes that embody the world we want to see. Second, was his obstructive program which focuses on preventing the destruction caused by our current oppressive systems.

This duality would provide a healthy tension between the varying groups in the network. The aim would be to integrate the two poles so that the constructive can support the obstructive and vice versa. I see the obstructive as clearing out and protecting the space in which the flowers of the constructive program can blossom. And the constructive as providing the solid roots for a tree that can block modern culture's destruction.

The [Zapatista Movement](#) is a good example of this integration.

Some people, because of their life experience, would naturally want to work on one end of the poles. The beauty of a Transformative Culture is that they would be supported to bring their Heart Knowledge without judgement by others who might find something else important. They'd be able to express the full life of it to the group without claiming to know best. Through time, the Mem-ethical Integration would allow everyone to see the value of each other's contributions and to find ways for them to build on each other.

At the moment, the progressive movement is in an endless cycle of division and separation. Embodying a Transformative Culture would allow us to turn this around and begin integrating each other's viewpoints once more, supporting us to build collective power despite our differences.

# Rebuilding the Commons

Once a network of groups has formed, it can begin to rebuild the stores of value that make our lives meaningful and support the flourishing of all beings.

Let's check back in with a few of our forms of capital from the last post.

## Living Capital

The group would begin to rebuild **Living Capital** in everything they do, as well as preventing ongoing destruction. This would flow naturally out of the Ecological Intentionality of the group, since every choice they make would include the needs of nature and thus support the deepening of biodiversity across the planet. This would work towards ameliorating the Climate and Ecological Crisis. I imagine local and global projects to re-wild large areas of the planet and to shift our food production into a harmonious relationship with eco-systems.

Human Beings are, of course, also part of **Living Capital** and the Path that I have laid out would support each person to move towards an inner wholeness that allows them to be a unique expression of their value. Everyone would become a never-ending wellspring of value that flows from them and out into the world. You could see each person like a river. In modern culture the flow of their river (or their life energy) is trapped and diverted into many spill-off channels that simply flow value into the Capitalist Empire. People are out of touch with their well, their source of value, this is what they really care about. As described earlier, Transformative Cultures, would through Empathic Inquiry, support everyone to be more and more in touch with themselves, their uniqueness and what they have to offer. This is the rewilding of the human being. Each person taking up their unique place as the weird and wonderful creatures that they are.

## Cultural Capital

A burgeoning non-dual civilisation would also rebuild **Cultural Capital**. Rather than a culture that marginalises the many to support the few, their culture would be an expression of the beauty and meaning of the gift of Life that we have received. Situated within such a culture, Life would begin to make more and more sense, bringing an end to the Meaning Crisis that engulfs our world. This could all be achieved without dismissing any of the findings of modern science which could be integrated into our narratives to create stories that weave us back into Life.

In our present culture, division is rife. We see it in the culture wars. We see it in the varying groups whose ideologies force them to live in completely separate realities. The splits between us are deepening and deepening and we are finding it harder and harder to see eye to eye with one another. Through Empathic Inquiry and Mem-ethical Integration, Transformative Groups would slowly work to heal these splits in human-kind. As Jung hypothesised, individual wholeness comes through a process of both integration and differentiation. For groups, at the moment there is only differentiation. A non-dual civilisation would allow a diversity to flourish without compromising our ability to be with each other and see beyond our differences.

Together, we create our reality. A thriving culture would in all of its manifestations of art, music and story be a reminder of the wisdom of how to live in harmony with Life. It would be a medium for the Mem-Ethical Integration of the values and principles of Life. It also wouldn't forget about any of our cultural heritage. Both our indigenous roots and our religious traditions could be understood through a wider narrative that respected lineages whilst not being bound by them.

## **Social Capital**

A non-dual civilisation would also work to replenish **Social Capital** through time, thus healing our crisis of alienation and disconnection. Working through the conflicts and differences between us and returning to a sense of love for the other, builds immensely strong relationships where each person can give deeply without the worry of being exploited. Individuals who have developed the wisdom to know what is Shadow and what is not, can intervene in each other's lives without upset. They can say directly to each

other what they are seeing without fear that this will destroy the relationship. We can begin to open our hearts to one another once again. We can begin to be with each other without needing to hide or run away when the going gets tough. People could begin to live in community once more, reaping all the benefits of belonging, shared costs and the blessings of one another's gifts.

## **Material Capital**

Whilst our present **Material Capital** is largely extractive and exploitative. A non-dual civilisation, with its Ecological Intentionality, would begin to use our tool-making, technological know-how in service of Life. For example, there might be those who would discover that their purpose is to create an internet that facilitates the spread of life-giving integration, to replace our current attention-grabbing, life-sucking network. More and more of the world could be taken into common ownership. This might begin with people buying land or houses together and holding them in co-operative. But could eventually result in the whole world becoming cooperatively owned.

## Weaving the World Together Again

A non-dual civilisation will not be wished into existence or born overnight — it must be [weaved](#). The only place where we can begin this weaving is exactly where we each are today. We have a possibility to take up the tangled knot of our present world that we have inherited, work to pick apart a thread of something we deeply care about and begin to weave it together with others.

We can entangle ourselves once more in relationship with each other, with the trees and the birds and with all of Life. And before you know it, a magnificent tapestry will appear before your eyes. This is the slow, methodical, birthing of the potential for Love and Light within the human species.

And you can play your part.

Here's [part 3](#) where I explore my narrative for this transition that I call returning to Life.



# Part 3: Returning to Life

In Parts [1](#) and [2](#), I explored a model that describes the civilisational transition necessary to shift humanity onto a regenerative path.

In this Part 3, I will explore my personal narrative for this transition which I call: Returning to Life.

Here's a brief summary.


Humanity has fallen asleep. We have chosen to hide ourselves away in the bottom of the basement and instead of being ourselves, we live a front and together create a fake, dead civilisation. We have chosen to go unconscious to the majesty of Life all around us. **We have chosen a living death.** Together, we have chosen to reject Life and this choice is killing everything around us, it's destroying the incredible beauty of the more-than-human world, whose brilliance we cannot even comprehend.

The heroes of our time will not be individuals. While we need millions of people to take a stand for themselves and for Life: one cannot return to Life alone. Instead, the heroes of this story are groups of people who dare to embark on a perilous journey back to Life together. Even though they have the hardest, seemingly impossible task before them, they will not let each other succumb to the Shadow or [Thanatos](#), which means the death urge. Instead, they will pull each other up by the scruff of their necks, holding each other to their commitments to be servants of Life. Whatever comes up between them and whatever hand Life deals them, they will learn to trust that there is Light behind the apparent Shadow. Life is both the Light and the Shadow; it couldn't be any other way.

If they make it through the labyrinth of modern culture's conditioning, then maybe, just maybe, another being can emerge: **an awake collective consciousness that can take powerful, decisive action in the world.** It is the emergence of many of these Beings that has a chance to shift humanity out of our doldrums and support us to step into our place in the cosmic story once more.

I will now explore this narrative in more depth, beginning with the individual's journey to come alive and then building up to the possibility of the whole of humanity shifting back into alignment with Life.

# Time to Come Alive

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How many of us in our Modern Culture are truly living?

Look around you — Not many.

Most of us spend our time numbing ourselves to Life.

We live from our psychological survival strategies which carry out the automatic, unconscious patterns and behaviours that kept us safe in our childhoods. These strategies are dead trauma tapes — they play the same way they always have — meaning nothing ever changes.

We live inside the norms, values and assumptions of our culture, leading most of us to simply follow the career, relationship and [life paths](#) laid out before us, rather than following what is real and meaningful to us in each moment.

We are stuck in these [prisons](#) but they are not really who we are.

In reality, ‘we’, are a dynamic flow of aliveness and creativity just waiting to stream into the world. We are a part of the cosmic dance of Life and Evolution, on its quest to produce more Life.

I call living from this aliveness [“flowing in the river of Life”](#). In [Possibility Management](#), it’s the journey to live in the [liquid state](#), where you choose to stop relying on your default mechanical, automatic responses and instead choose to fly in the groundlessness of Being. Here, there is nothing to hold onto, so all you can do is consciously create afresh, in each and every moment.

Instead of jumping into this maelstrom of Life, most of us sit on the sidelines wishing things were different.

It is a slow but brilliant journey to return to the aliveness within us. For me, it has felt like coming alive again — And I know that I have a long way to go.

The Transformational Groups, as discussed in part 2, would work to slowly bring its members back to their aliveness, back to their truth and back to Life. They would support each other to work through whatever was blocking them from stepping into their fullness and potential. And whenever conflict came up between them, it would just be another opportunity to take a step back to Life.

It is not just individuals that can come alive again.

Researcher [Samo Burja](#) makes the distinction between Live and Dead players. These ‘players’ could be groups, traditions, institutions, or entire nations. They are ‘Live’ if they are able to create afresh i.e. do things they haven’t done before, not being imprisoned by how they’ve responded in the past. Whereas, ‘Dead’ players can only work off the script of the past and are incapable of doing new things.

Embodying a [Transformative Culture](#) would support any of these ‘players’ to come alive again. By following their individual and collective threads of meaning and transforming any Shadow that comes up, any collective can become a ‘Live’ player once more.

Only these groups of truly alive humans have the potential to regenerate Life on Earth.

## A Journey to Loving Life

This journey of returning to Life would be a quest to learn to love Life once more. It would mean moving towards seeing the beauty and love within every drop of our experience and allowing a sense of gratitude for the gift of Life to emerge.

In reality, we spend most of our time rejecting Life.

We say “No!” to most of what she offers us.

We’re doing it in pretty much every moment.

“It’s not fair — why is Life giving me all this struggle, all this shit?” we say.

We think there’s something wrong with Life. It seems random at best and violent and destructive, with no apparent purpose, at worst.

And when we look around us, Life for many seems to be wall to wall suffering. It seems to be an endless uphill battle, like Sisyphus and his boulder, where whenever someone gets up on their feet, the next thing comes along to knock them down once more.

“There can’t be a creator God” people say, “and if there was, he should be scolded for creating this hell world of pain and suffering”.

Whether or not a creator exists, what we can’t seem to accept: is that the suffering and the struggles are all a necessary part of the majestic choreography of Life.

They give Life the possibility of meaning and push us towards Evolution. By consciously moving towards the Shadow and creatively responding to it, our lives have a purpose once more. We have something to do with our days, a reason for evolving and outgrowing our limited selves.

Life becomes magical when you engage with the Shadow rather than rejecting it because miraculously she’s always providing a next step: a

possibility for creating something new and beautiful afresh.

In our culture, we do quite the opposite. We are death-phobic, conflict-phobic and try to consume our way out of suffering as fast we can. It doesn't work but its consequence is that we end up living in a meaningless universe, for meaning comes from our confrontation with Shadow.

How amazing would it be to have a team of people to support you in consciously moving towards the Shadow, so that you can ongoingly see that underneath the veils, it is Light and that this miracle reveals Life to be a bountiful, wondrous gift?

This is the quest of the Transformative Group.

Simply by working with whatever Shadow is in front of them, through time, its members would come to see the Love that is inherent in all aspects of Life even those that seem like Darkness. Meaning and purpose would flow back into their lives once more.

Through time they would learn that Life is the greatest teacher. That whenever they're in Shadow, it is a provocation from Life to grow up and more fully embody the wholeness of existence. This leads them to have faith in Life once more. To trust that their very experience and everything that is happening to them is a gift. In childhood, we felt like we were being held by our very experience — that it was nourishing and supporting us. Our trauma disconnected us from this ever-present possibility. By moving towards the Shadow, we can reclaim it and feel held by Life again.

Together, we can say “Yes” to Life and slowly learn through our experience that all of it is Love.

What would it be like to wake up in the morning and know from the bottom of your heart and soul, that this Life is a mysterious gift that just keeps on giving?

Maybe, you would want to give back with everything you've got.

Maybe, you would want to create a life and a world in alignment with that truth.

This is the real revolution.

# Confronting the Deep Shadow of Collapse

What is the ultimate challenge to that faith in Life?

Probably, the world and times that we live in.

A world where greed has won, where we live in a White Supremacist, Capitalist, Patriarchal Empire. And a time where our human ways of life on Earth appear to be collapsing.

This is an easy excuse to reject Life. To scream at the heavens, blaming Life for giving birth to us in such a tumultuous world and times.

Instead, for a Transformative Group it is the ultimate Shadow that must inevitably be moved towards. We can shine the Light of our consciousness into the dark places of our world and time, that we would rather not see so that they too can manifest as the love that they are.

There's not a one size fits all way to respond to our times. Different Transformative Groups would come up with their own life-giving responses based on their histories and shared visions and values.

The bottom line is that their response would come out of a confrontation with the Shadows of our world and times rather than an avoidance and rejection of them.

Our greatest gift to the world is to be present to the Shadow: to be present to the suffering and collapse happening all around us.



# Life is a Gift Economy

You might think you live in a market economy.

In reality, you can't escape Life's economy which is based fundamentally on gift.

In every moment, you are receiving the gift of your experience. Everything you eat contains the work and life of many beings. Everything you are and that you do is a gift to those around you and to Life.

Returning to Life helps you to realise and appreciate more and more of what you have received and are receiving. This is to see the magnitude and depth of the full gift that Life is.

The path of a Transformative Group takes you on a journey back to presence. And, it is when we are truly present that we are able to fully receive the gifts bound up in our experience and see them for the miracles that they are.

Another, often unnoticed gift that we have received, is from our ancestors. These are the generations of humans who came before us that allowed us to be here today. They did their best in some pretty lousy situations and carried forth the flame of humanity into the modern era. Many indigenous communities realise that recognising this ancestral gift can bring more meaning and purpose into our present lives and experiences. We are not here just for us. We are here to continue a whole long line of humanity who have been trying to make the world a better place. Our ancestors have given to us — what can we now give forward to the humans of the future?

Another unnoticed gift is from our cultural and spiritual heritage. We stand on the shoulders of giants. We inherit lineages and traditions that go back for aeons, that have carried forward wisdom about how to live in harmony with Life. In our modern culture with the coming of science, we have rejected the value of many of these traditions. We can reclaim the Life that is trapped within these traditions and wants to flow out into our present culture.

Doesn't that make you want to hold these lineages as sacred and work to protect them, so we can also pass them on to future generations?

Currently, we live a life filled with expectations. We expect to be warm. To be fed. To be looked after. We expect the lights to stay on.

What if these expectations block us from realising the magnificent gifts we are receiving in every moment?

How meaningful could our lives be if we learned to stay present and truly receive the Gift?

# Giving Back Your Life Purpose

A gift economy depends on the natural emergence of an impulse to give back when someone realises the depth of what they have received.

A natural response to having seen and acknowledged the enormity of all that Life has given us is to feel immense gratitude, simply that we are alive.

That gratitude creates an immense desire to give back to Life.

How can we pay Life back for what we have received?

For individuals, what better way to give back, than taking up our unique place in the cosmic dance?

This means finding our Life Purpose, Archetypal Lineage or ecological niche that we discussed in [Part 2](#).

It is the gap in creation that Life is waiting for us to step into.

It is the gift deep inside of us that wants to be given back to Life.

It is the place where we have the biggest contribution to make to both humanity and to the more-than-human world.


It ties together all of our life's experiences, both the highs and the lows, and shows that everything was meaningful because it allowed us to become the person who could give this particular, unique gift.

Living life from this place is deeply meaningful.

Who wouldn't want to join the party of thousands of people supporting each other to live from this place?

Together, we can make the most of the limited time we have on this Earth.

# Collectives Serenading Life

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Groups also have their role in giving back to Life.

Collectively, what better way to give back than to come together to create a healthy civilization that honours Life, and makes its very purpose to uphold and revive the sacredness of all things.

It is impossible to generate stable, empowered, non-hierarchical communities within modern culture. Any group that forms gets almost inevitably torn apart by differences, conflicts and the trauma of individuals that groups do not have the wisdom to hold. Modern culture's assumptions and biases also actively work to prevent stable groups from emerging.

Embodying the Shadow Veils the Light Principle and entering a [Transformative Culture](#), allows members of a group to come into real relationship and communion with one another once more.

Then, we can begin the real task of giving back.


Our time together can be about serenading Life and creating ceremonies that remind us of the sacredness of all things.

In everything we do, we can hold ourselves to this principle that all things matter and that everything is sacred.

Anything from washing dishes to taking out the recycling can become an ecstatic opportunity to celebrate and serve Life and act with an intention to bring more beauty, truth and sacredness into the world.

We can create communities that are themselves gifts back to Life — collectives can be art pieces that serenade the beauty of Life, giving thanks for the majesty of what we have received.

# Finding Our Humanity

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What about humanity as a whole?

What would it mean for our species to return to Life?

At the moment we have no idea why we are here. Or what humanity really is. Or what our role is in the grand scheme of things.

Since the dawn of the Enlightenment an argument has raged over the nature of the human being. Some like Hobbes have argued that the natural state of the human being is war, where life is 'brutish and short'. Others like Rousseau, argued that prehistoric 'noble savages' lived lives of dignity and love.

In our era of extreme environmental destruction, we have now become incredibly gloomy about our humanity. Many people see humanity as a blemish on the earth. Maybe we were just one of Gaia's evolutionary mistakes, soon to be wiped out or replaced by the next iteration.

What if instead, we don't yet know the nature of the human being because we have not yet found our humanity?

Our human purpose here isn't written on a stone tablet somewhere. It's inside of us. And can be unearthed if we collectively step into our truth and start living it in the world.

Then we will discover what we are supposed to be doing here.

We will find our humanity.

Maybe our species is just an adolescent, **and this cosmic transition is the step needed to find our true nature as adults.**

Maybe, just maybe, the creation of humanity wasn't an accident after all.

We all have a part to play.

## **Fusing with the Anima Mundi**

Many spiritual traditions and ancient philosophers believed that the world is one living Being with a spiritual essence.

Some have called this the ['Anima-Mundi'](#) or the 'World Soul'.

Even greek philosopher Plato understood that “the cosmos is a single living creature which contains all living creatures within it.”

Humanity is a part of this larger Being.

If we can find our humanity, we can take our place as an organ of this Being. We can come to see that our species is part of the golden divinity and interconnectedness of all things. That we receive beauty from all things and have the opportunity to contribute so much to the larger whole.

Our lives on Earth can be filled with meaning and purpose as we sing, dance and play our way through a co-created cosmic story.

And we don't get there by following some doctrine in the sky but instead by exploring and unravelling the threads of meaning inside and between us.

I've tried to flesh out in these three posts a possible future for humanity.

All we can do now is take the next step.