

A. Sustainability in Our Inner Ecosystems

1) Are you suffering from Justice Burnout?

Sustainability is a more than an environmental concept. It is also applicable to our inner ecosystems and can therefore be considered a spiritual concept as well.

As we work to save our earth's ecosystems, are we still be running on fossil fuels for our emotional engines? Old energy sources such as anger have spurred significant action in the past and fueled many hard-won victories. But are these sustainable?

Many people end up suffering from "justice burn-out" after years of fighting "the good fight".

As we deal with environmental and humanitarian challenges, how do we move forward without feeling overwhelmed, enraged and saddened by it all? Or alternatively, how do we continue if we lose our anger and fire?

2) What is your spiritual fuel?

Are you currently motivated to create change out of anger, pain or guilt?

Or are you currently inspired to create change through hope, love and clear vision?

In either case, your integrity is not in question.

It is simply a matter of ensuring you are using a sustainable and beneficial energy source.

B. Birthing A New Consciousness to Birth A New World

1) The road to hell is paved with good intentions. - old proverb.

(And if the road to Hell is paved, I'll be taking my motorcycle. – anonymous)

We believe we are looking at the problem in order to create a solution. However, this process can become rather addictive. We keep seeing all the problems but are hard-pressed to see clear solutions. This approach is prevalent in our economic, medical, social and political ecosystems.

For example, our medical system is based on the study and treatment of Disease.

This seems to make sense because our habitual worldview says that

- if we obliterate Disease, we will have Health.
- If we fight against War, we will create Peace. Right?

Ah, such is the nearly invisible nature of the paradigms we are engulfed in. Inside this all-pervasive box, we do not see clearly the very walls of our prison...

2) How to Create the World That We Want

We cannot create the world that we want by talking about what we don't want, don't like and don't support. When we say No to something that we dislike, we are still engaged with the energy of the very thing that we do not want.

We create the world that we want by focusing on what we WANT.

When we say Yes to something that we like, then we are connecting to the thing that we want. The Law of Manifestation ensures that "whatever we focus on, increases".

With this in mind, we can create Health by studying and celebrating Wellness.
We can create Peace by understanding Harmony and living this in our everyday lives.

We must embody all these qualities in order to bring them into the world.

That is how we can "be the change we wish to see in the world".

3) Language is a map of consciousness.

Even as we lay down our weapons in the name of Peace, we are still focusing our efforts with the armed concepts of days past.

This is a reflection of our old consciousness:

Anti-War Protest, Non-Violence Demonstration, Anti-Hate Rally...

Instead of pressing hard against what we don't want, we can rise up for what we DO want by choosing our names with awareness: **Peace Gathering, Kindness Celebration, Love Rally.**

Being "against" something is still a war-based pattern: Us against Them!

However, if we choose to stand FOR something, then we are no longer fighting AGAINST anything. We are now building what we want.

4) When the Shift Hits the Fan

"The significant problems we face cannot be solved by the same level of thinking that created them." - Albert Einstein

We can transcend our current level of thinking by shifting paradigms.

We can release the Finite Paradigm and embrace the Infinite Paradigm.

The Finite Paradigm is based on:

Competition, Limitation, Suspicion, Struggle, Shortage, Bondage and Fear.

The Infinite Paradigm is founded on:

Co-creation, Infinite Possibility, Trust, Ease, Abundance, Freedom and Love.

5) The Epic in the Mundane:

A true shift in consciousness affects every aspect of our lives. It influences all our decisions: from what we do for a living, whom we spend time with, to what we eat.

Abundance, Trust and Love are epic principles that will guide us to new ways of thinking, doing and being. Such principles require sustained effort and commitment.

They are meant to be applied in everyday circumstances because your heroism is not necessarily going to be at the helm of a Greenpeace boat that is blocking a whaling ship. Your heroism might involve grabbing the helm of your everyday life and steering it in the direction of your greatest beliefs and most wondrous dreams.

C. The Alchemy of Inspiration:

The Great Turning must happen in our lives on an **individual basis first**. We must pick up the trash in our own backyards before we scramble to clean up the world.

Truly, the biggest Humanitarian work is the inner work of healing the conflicts in our hearts and minds. We create the world in our image. When we transform ourselves, we transform the world.

Here are 6 Alchemy Tools that you can use to transform your world and your fuel source...

1) See Humanity Differently

"We Are The Ones We've Been Waiting For" - Elders of the Hopi Nation.
(Also the name of a 1960's revolutionary song & included in one of Obama's major speeches)

Fundamentally, we must change our dark view of Humanity. Instead of seeing Humanity as a disappointing failure or as a cancer that is destroying its host planet, we must see Humanity's exquisite beauty. We must celebrate Humanity's extraordinary gifts and live this truth in our everyday interactions. We must reconcile our feeling of separation from Nature and know that we can leave a synergistic Footprint. Instead of waiting for the One, you can be the One.

2) Love Inc.

- Let Love be incorporated, integrated, internalized into our very being and into our everyday affairs.
- It is not a feeling that we reserve for close friends, lovers or family members.
- We must expand this love to include all of humanity and all that is on the planet.
- Instead of the expansion of our Corporations, it will be the expansion of our Vibrations.

3) Be Fueled by Inspiration

Let our actions come from Inspiration instead of Consternation. We must honor the Anger that first woke us from this deep sleep but we can now invoke a kinder gentler Muse to call forth our incredible Creativity, our brilliant Intuition and our beautiful Visions. Let Joy fuel our ship as we sail towards our desired destination. It is a self-renewing resource and there is no shortage of it, if we know where to look.

- Seek out people whom you admire, people who inspire you.
- Take note of the innumerable noble efforts that ARE being made
- Wellness and kindness are the norm, not violence and hate.
- Focus on the brilliance and artistry of our species.

- Grow your inspiration by finding events and experiences that uplift you, empower you and support your dreams.

4) True Emancipation

Beyond freedom from political, social or economic constraints, we can seek emancipation from our own internal limitations, doubts and tyrannies... Realize your freedom within, and you will find freedom outside.

We can each become a self-sovereign and benevolent leader.

We can take joyful responsibility for our futures.

We can tenaciously listen to our own loving guidance and inner truth.

5) Follow Your Life Force

When you are inspired by an overwhelming plethora of ideas, you can “follow your life force” to see how much energy you actually have available for a given idea.

- Make a pragmatic assessment of your current energy resources.
- Find the one or two ideas which arise with full backing from your life force bank.
- The other ideas can sit on the back burner until you find sufficient life force to birth them into reality.

6) Become a Visionary

- Practice seeing what you want, even when it is not there yet.
- As a visionary, you will see beyond the horizon.
- As a visionary, you will have a strong vision and you will be able to commit to that dream even if it is slow in materializing.
- As a visionary, you will trust in your vision and not be swayed by the doubt, negativity or fear that others might have.
- As a visionary, you will keep looking toward your destination and your clear sight will be inspirational.

D. Epic Alchemy

The most powerful work you will ever do is the continual transformation and evolution of your own life.

Let your activism become acts of Alchemy.

Apply the epic principles of Love, Abundance and Trust in everyday moments.

You will transform...

...the Mundane into the Extraordinary

...the Profane into the Sacred

...and the Darkness into the Light.

Bring healing to the world by healing yourself

Bring peace to the world, by creating peace within

Bring joy to the world, by feeling joy in your life

Bring Love to the world, by holding love in your heart - Little Woo

Leading questions after the presentation:

- 1) What is your spiritual fuel? What are you currently motivated by?
- 2) What are your favorite sources of inspiration? Who or what inspires you to joyful action?
- 3) What epic principles are you committed to?
- 4) What kind of world do you wish to live in? What is your beautiful Vision?
- 5) What are you ready to do today, to move towards that Vision?