

World Good Will Seminar



A Day of Reflection on the Theme:

IN RESONANCE WITH THE LIVING EARTH



Geneva

Saturday 10 November 2018

Cycle d'Orientation Cayla

Chemin William Lescaze 8, 1203 Geneva

World Good Will

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WORLD GOOD WILL SEMINAR

In Resonance with the Living Earth



A day of talks, discussions and meditations – simultaneously in London, New York and Geneva – on the theme of *In Resonance with the Living Earth*. The vision that the Earth is a living organism has well found its roots in modern thinking – not only in science but more in general too. This Seminar explores the theme of being in Resonance with the Living Earth from various perspectives. Are we living in harmony with our environment, with ourselves, with our communities? What are the deeper meanings of being in resonance with the living Earth?

The afternoon will be dedicated to group discussions focussing on the sustainable development goals in the context of a living earth.

In Resonance with the Living Earth

Saturday 10 November 2018 --- 10:00-16:00

Cycle d'Orientation Cayla*, Geneva - Chemin William Lescaze 8, 1203 Geneva

Programme

10:00 **Introduction**

Mantram: "The New Group of World Servers"

10:05 **Fostering Right Human Relations: A Prerequisite for a Healthy Living Earth**

Vincent Claessens

10:30 **In Resonance with the Living Earth – Past, Present but... what about the Future?**

Vita de Waal

11:05 **Visualisation**

11:10 **A New Ethical Culture - Values and Alternative Projects for a Finite Planet**

María Crehuet Wennberg

11:45 **Plenary Discussion**

12:00 **End of the Morning** --- Lunch ---

13:30 **Introduction**

Mantram: "Affirmation of Love"

13:35 **Introduction Group Work – In Resonance with the Living Earth**

13:45 **Group Work – In Resonance with the Living Earth**

15:45 **Group Meditation**

16:00 **End of the day**

Entrance free

***This event is financed exclusively by donations.
Your contribution is warmly welcomed.***

* Cycle d'Orientation Cayla is not responsible for the organization of this event

For more information, please write to:

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STRENGTHENING THE HANDS OF THE GROUP OF WORLD SERVERS

I. GROUP FUSION

We recognise our place, as a group, within the heart centre of the group of world servers:

**I am one with my group brothers, and all that I have is theirs.
May the love which is in my soul pour forth to them.
May the strength which is in me lift and aid them.
May the thoughts which my soul creates reach and encourage them.**

II. ALIGNMENT

Mentally extend a line of lighted energy towards the planetary heart centre – the spiritual Hierarchy; to the Christ, the “heart of love” within the spiritual Hierarchy; and towards the planetary head centre – the centre where the will of God is known.

III. HIGHER INTERLUDE

Hold the mind focused for a few moments on the planetary role of the group of world servers mediating between the spiritual Hierarchy and humanity, responding to spiritual impression and meditating the Plan of Light and Love into existence.

IV. MEDITATION Meditate on the seed thought:

***The service humanity is to render is that of producing unity,
harmony and beauty in nature,
through blending into one functioning related unity the soul in all forms.***

V. PRECIPITATION

Visualise the precipitation of the will-to-good, essential love, from the centre where the will of God is known, through the spiritual Hierarchy and the Christ, the group of world servers, all people of goodwill everywhere in the world, and finally through the hearts and minds of the whole human family.

VI. LOWER INTERLUDE

**May the Power of the one Life pour through the group of all true servers
May the Love of the one Soul characterise the lives of all who seek to aid the Great Ones
May I fulfil my part in the one Work through self-forgetfulness, harmlessness, and right speech.**

Reflect on the seminar theme working out through applied goodwill in all walks of life by all peoples everywhere

VII. DISTRIBUTION

As the Great Invocation is sounded, visualise the irradiation of human consciousness with light and love and power:

**From the point of Light within the Mind of God
Let light stream forth into the minds of men.
Let Light descend on Earth.**

**From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.**

**From the centre where the Will of God is known
Let purpose guide the little wills of men—
The purpose which the Masters know and serve.**

**From the centre which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.**

Let Light and Love and Power restore the Plan on Earth

OM

OM

OM

Mantram of the New Group of World Servers

**May the Power of the one Life
pour through the group of all true servers.**

**May the Love of the one Soul
characterise the lives of all who seek to aid the Great Ones.**

**May I fulfil my part in the one Work through
self-forgetfulness, harmlessness, and right speech.**

Affirmation of Love

**In the centre of all Love I stand
From that centre, I the soul, will outward move.
From that centre, I the one who serves, will work.
May the love of the divine Self be shed abroad,
in my heart, through my group and throughout the world.**

FOSTERING RIGHT HUMAN RELATIONS: A PREREQUISITE FOR A HEALTHY AND LIVING PLANET

*Vincent Claessens
translated from French*

In recent years, it has become common to hear that “we are going to hit the wall”. Climate disasters are recurring: cyclones, floods, forest fires, and droughts in formerly cultivable areas have dramatic consequences, especially for the poorest populations. The air in megacities is saturated with CO₂, the oceans are warming and rising sea levels are threatening the habitat of millions of human beings. Not to mention the fact that in just 30 years we have lost half of the world's living species. By the time this speech is delivered, an animal or plant species will have disappeared. Yes, there is no denying the obvious: a cycle of destruction is at work.

How did we get here?

What is our share of responsibility?

What can we do to limit the damage?

What vision of the future is lies ahead?

To understand more clearly the framework of the present events, it is necessary to look back and discern the various stages of human history.

In the Paleolithic era, the human being was a nomad, a hunter-gatherer. He lived in harmony with nature. He was looking for his food and never accumulated more than he needed for his survival. He migrated long distances as the seasons changed. He simply adapted to the cycles of nature. His world was not segmented by private property. There were no fences, no borders, no walls to limit his movement and vision.

It was the time of shamanism, the oldest religion in the world (it is said); the time when Culture and Nature were not dissociated. Humans moved in small groups in an environment from which they did not feel separated. In their eyes, each stone had its place in space; each plant had its secret and its power; each tree was a living pillar and in some cases, a Totem, symbol of the axis of the world.

Then came the Neolithic revolution. Some groups settled at a certain place to cultivate a field and domesticate a few animals. They also invented tools to harvest and transform the fruit of their work. The architecture in development allowed the appearance of the first villages, then towns, cities and finally empires. In this technical boom, writing appeared, first as an accounting method to estimate harvests, then to establish the first rules and laws of the city. What we now call civilisation was born. And with it, culture, the arts and all that makes up the richness of humanity.

Paradoxically, it was also at this time in history that human life was made more difficult. He worked hard in the fields, but was never sure of the crops. His life expectancy was staggering; disease could quickly spread in cities because of promiscuity. That was the price to pay for civilisation.

In addition, the social classes that had been formed tended to crystallise, creating a sense of inequality, frustration and envy, a breeding ground for conflict and revolt. Human intelligence had enabled civilisation to come into being, and at the same time it was already sketching the end of it.

The greed for wealth, the desire for territorial expansion, excessive ambition and selfishly monopolised power, triggered repeated wars, sometimes marking the end of entire civilisations.

Between these human tragedies, there were periods of peace, trade and the exchange of knowledge. The market economy flourished according to the plans of an aristocratic elite. This whole system was organised until the Middle Ages when kings and feudal lords ruled.

Later the flourishing period of the Renaissance appeared with its artistic genius and great continental discoveries, but once again there is a shadow on this picture since during these expeditions, massacres and lootings occurred.

Then in the 19th century, the industrial revolution emerged. It is at this moment that the idea of progress and growth appears. Until then, human desire had little consequence, because it was limited to an elite: Kings and emperors lived disproportionately, while the people had to be satisfied with an austere life. The 20th century would change the course of events.

From 1900, increasing industrialisation made it possible to feed millions of people and above all to keep them busy, as labor work had become the rule. We have moved from agricultural work to line work in production plants. The new masters of the world were no longer kings, but big industrial bosses.

Mass production has fed billions of people and progress in medicine has reduced mortality rates. So the demographics exploded. We have grown from one billion human beings in 1800 to seven billion today. This has never been seen before in history and explains, in part, the extent of our problems. I said “in part”, since we know very well that the budget spent on arms would be enough to put an end to malnutrition in the poorest countries. So there is a political issue behind the inequalities.

What makes inequalities so glaring today?
What opposes right human relations?

Let us go back to the thread of our history from the post-war period, a period that is now considered as “the 30 glorious” years. The 1950s and 1960s provided access to mass consumption in the West. A period of growth, abundance and carelessness, all lulled by the dream of material comfort and technological innovations.

I was born in 1975. My childhood was marked by the 1980s, a decade in which the glamour of consumption was still very strong. I remember the television shows interspersed with commercials that we watched just for fun. Yes! We found it entertaining, even comical. Later on I even studied communication, with a specialisation in advertising marketing. I had been captivated by the abundant and spectacular creativity of advertising in the 1980s. During my studies, I began to perceive the workings, the manipulation, the subtle conditioning. It was only after I graduated that I realised that I didn't want to prostitute my imagination and creativity for commercial purposes.

It is the same awareness that animated these young revolutionaries at the end of the 1960s, opposed to this consumerism whose only god is money; its churches are the shopping centres; its cardinals are the financiers (traders) who create the ultra-capitalist mechanisms generating exponential profits. This tendency to “always want more” without being really satisfied should be clearly identified as a mental illness; the “psychic cancer” of our time.

The revolt movement against the consumer society has been revived with the alter-globalisation movements demonstrating at each world economic forum. It sometimes expresses itself in a violent way against the symbols of capitalism. But in this confrontation with the pillars of the system, is there not a cry for a fairer, more humane society and a more equitable distribution of resources?

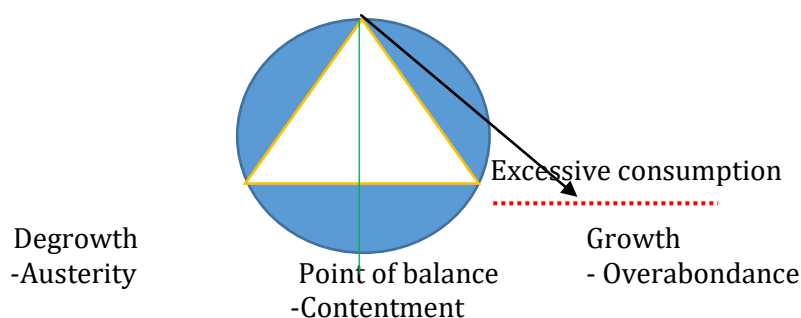
In the 1990s, the movement for the occupation of public buildings appeared in France in order to give a roof to those who did not have one. Albert Jacquard, a French scientist and humanist, was part of this citizen movement. I remember reading his book, *Concern for the Poor*, in which he predicted the migratory movements we see today. It was not a prophecy. He had simply predicted this in view of population statistics, economic inequalities between Europe and Africa and the abandoning of the underdeveloped countries by the rich countries; all these factors would lead to massive migration to Europe. This was a warning to Europe to wake up and really support Africa by collaborating fairly at the economic level. But unfortunately, equity is not part of economic laws. It is the law of profit above all, and the law of the strongest. On the stock market, when a bank shows some signs of weakness, it is immediately attacked. The bankruptcy of one benefits others.

The 2008 financial crisis caused a first surge of lucidity that showed us two dimensions: that of real values based on real market products and another speculative, and totally virtual, dimension of artificially created values based on false information. To describe these illusions, the image of the “speculative bubble” was very relevant.

Ten years later, what has changed? Not much, just a few regulations. The *sub-primes* are back in the United States. Now they are called “alternative loans”. The same financial elite continues to grow richer and the gap between rich and poor widens. In short, inequalities persist. The myth of economic growth and hedonistic individualism is not dead. We continue to climb the modern *Tower of Babel*, to desire and touch coveted objects. Those who climb to the top of this *tower* believe they have won, “have succeeded in their lives”, but they lose the essential. They get lost, and often the fall is even faster than the ascent. This *tower* of inordinacy, where everything is privatised, individualised and exclusive, enhances the inequality of human beings with respect to essential resources.

If I insist on economic inequality, it is because it is the revealing symptom of the global crisis. It is the major obstacle to the establishment of right human relations. Its main cause is selfish desire, excessive materialistic greed. The problem, already foreseeable given the consequences of climate change, is that the world's poorest people are the ones who will pay the most bitter price. The rich will have the material means to limit the damage and preserve a minimum of comfort.

As materially privileged populations, we therefore have a duty to change our behaviour, to be leaders of the energy-efficient transition, and to learn to live as responsible citizens in *a happy sobriety*. This expression by Pierre Rabhi defines a new model of society based on voluntary simplicity. This way of life consists in voluntarily reducing our consumption. It is a model of de-growth that is debated, even among ecologists where some find it too radical. And yet, given the limited resources, we must reasonably apply it to the point of equilibrium where natural regeneration will be in harmony with overall consumption.



The point of equilibrium corresponds to the state of contentment where true and lasting happiness is possible. Satisfaction is *based upon the recognition of the laws governing life and primarily the law of karma*¹. Until now we have neglected the consequences of our actions. We have vampirised the planet by drawing on its resources excessively. To have the right to take, however, we have to give back. The Amerindians had integrated this principle: They never cut down a tree or killed an animal without making a spiritual gift to Mother Earth.

Recovering the broken balance requires developed countries to make a radical change in their way of life and consumption. So far, the concept of degrowth has not been well received in political programs. Each country continues to be evaluated according to the growth of the Gross National Product (quantitative) and not according to the Gross National Happiness which reflects the quality of life of its population.

I don't want to overreact or create a sense of despair. It is not our feelings that will offer solutions. Roberto Assagioli, the precursor of transpersonal psychology, said this powerful sentence: "You must not follow your feelings, they must follow you". It challenged me, me who sometimes succumbs to despair. So I thought to myself: It is the will that must guide us. Will can mobilise the energy of feelings in a chosen direction. As the dynamic energy of the soul, will can lead us to realise our purpose based on a fraternal vision of humanity. It is then that competition will give way to collaboration, and sharing will offset any selfish attitude.

In fact, Brotherhood goes beyond the relationship between human beings. It is a spiritual law. It encompasses the relationship between the different kingdoms and implies our responsibility towards the planet and its myriad lives. It is not a question of returning to the Paleolithic way of life. Nevertheless, we can reconnect to this animist vision that is part of our ancestral heritage. We might even say that it is an instinct of the soul to perceive all things as unified, living, interrelated and energised by light. Our mental capacities can nowadays rise to merge with intuition, and the heart can collaborate harmoniously with the head. Natural resources are limited, but our creative intelligence is unlimited. So why not use it in the sense of harmony?

Over the past forty years, a new vision has emerged in all fields of human activity, building bridges between science and spirituality. This vision is at once scientific, mystical, creative, humanistic, ecological, universal... It is affirmed by pioneers who, in their own way, bear witness to the fundamental energy that connects us and underlines our intrinsic interdependence.

¹ *The Light of the Soul*, Alice A. Bailey, p.189

Internally, we are all *trees of life* on a vibrant planet, sparkling with variety and wonderfully beautiful. We need to connect with our deep roots in order to be better grounded in real life to reconcile Nature and Culture. We have lived long enough as “uprooted”. We need a vision based on spiritual ecology².

It is necessary to bring light and harmony into ourselves. It is therefore a question of redirecting our desires; otherwise we will cause even more suffering. From this “inner ecology” will emerge a viable and sustainable environmental model.

The vital energy from the sun nourishes our Earth. This powerful Ray is like an “umbilical cord” that connects the Earth to the matrix of the solar system. Our planet is in gestation during a long cycle at the end of which it will have become a so called sacred planet.

As human beings, we are the active cells of the planet. We can choose to participate together in this creation. In this spiritual work, we must walk the nourishing cord, that is, align ourselves with the creative light.

Like the child in womb of the mother needs to be precisely oriented before birth, the planet and humanity are undergoing a reorientation. These adjustments are visible in the multiple tensions experienced at the global level in all kingdoms. Suffering is created by the many resistances to the changes necessary before the new birth.

Humanity that refuses a paradigm shift is still exploiting the natural environment excessively, without respect and without the responsibility that comes from a conscious attitude. What results is a toxic atmosphere that suffocates living beings and slowly kills them. We know that the foetus that refuses to leave its comfortable world after nine months is at risk of asphyxiation because the discharge of its waste into the placenta makes its environment toxic to itself. This makes us see that behavioural changes must take place within a defined period of time that does not depend on our desires but on a higher purpose.

What obstructs the new birth is inertia, attachment to the past and fear of the unknown; what happens if you break the old ties....

If humanity fully accepts to live its birth to a new world, to a new Era and a new Earth, it can find itself, like the newborn, in a situation full of fragility, but so rich in potential and creativity.

*May we by our creative imagination
build the new world
and make it a reality in the present!*

* * *

² See : <https://www.ecosfeeria.org/>

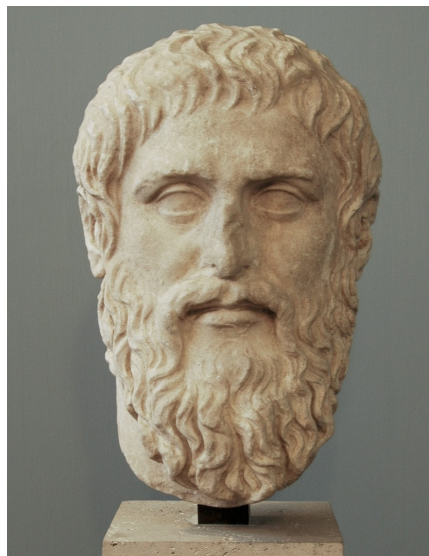
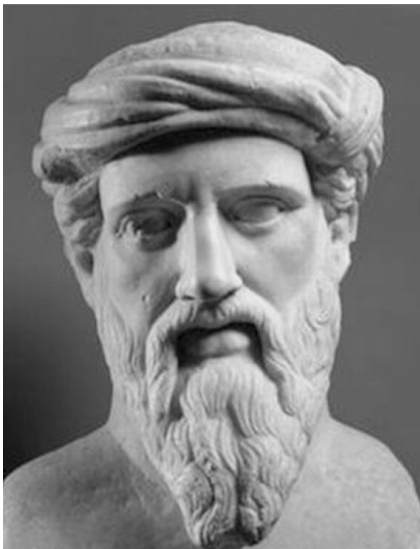
IN RESONANCE WITH THE LIVING EARTH PAST, PRESENT BUT... WHAT ABOUT THE FUTURE

Vita de Waal

Our theme is *In Resonance with the Living Earth* and I wanted to give a perspective that takes in the past and our present. Most of you will have heard the news a few days ago that in just over 40 years (1970 to 2014) humanity has managed to decrease populations of our wildlife by 60%. Add to this the decline in biodiversity, the effects of pollution, the earth's climate patterns and natural tectonic plate movements and there is now a big question mark about our future.

We tend to forget this, but the mere fact that we are born on this planet, live on this planet and get our sustenance from this planet, points to our specific and unique biological and dimensional imprinting. Our bodies, while they are our vehicles of experience and learning, are made of earthly substances. We are of this Earth. This is well reflected in the Genesis 3:19 quote *By the sweat of your brow you will eat your bread, until you return to the ground -because out of it were you taken. For dust you are, and to dust you shall return.*

As this theme is about the Earth, I want to start with the physical dimension we inhabit, the space through which we experience our inter-dependence and inter-relatedness with each other and with our living environment and through which we can know that Oneness of which all sacred traditions talk.



Pythagoras and Plato taught us that this physical 3D space, that all we see in nature, is made up of five (5) three dimensional geometric shapes, each with unique characteristics, which we call the Pythagorean or Platonic Solids. Plato paired each of these solids with an element.

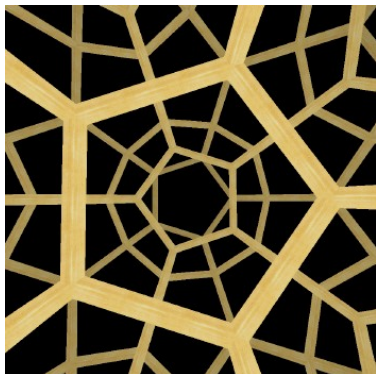
However, the concept of the 5 geometrical shapes antedates Pythagoras and is in fact *much* older and stones in these shapes have been found in archeological sites the world over, even in Scotland and dating back over 5000 years.



When depicting the nature of reality, traditional spiritual Elders and shamans have for millennia attributed an element and a colour to each of these shapes, e.g. ether or space is depicted as a dodecahedron, also symbolised

as a swirling wheel set in time through which all creation experiences and evolves, like a universal womb birthing life and evolution of all its life forms.

Let me quote an example of a Vajrayana Buddhist Ceremony I attended. The officiating Tibetan high Lama was dressed as a woman/mother 'inhabiting' a dodecahedron (space) and showering blessings sequentially through openings in the form of a yellow hexahedron (earth), a red tetrahedron (fire), a blue icosahedron (water) and a green octahedron (air).



Interestingly, in 2003, accurate maps of the cosmic microwave background – the radiation left over from the Big Bang – suggests that we live in a universe (or multi-verse) that is shaped like a dodecahedron.

Jean-Pierre Luminet of the Observatoire de Paris and colleagues show that the predictions of a model in which space consists of 12 curved pentagons joined together in a sphere agrees with the WMAP observations. Their 'small', closed universe is approximately 30 billion light years across!

It was either Socrates or Plato, who wrote around 370 BC that *the earth, viewed from above, resembles a ball sewn from twelve pieces of skin*.

These 5 geometrical shapes can be considered as the building blocks of the whole of nature. Every visible thing is also made up of the elements of air, fire, water and earth or some combination thereof, and the space is the 'location', the womb, where it all happens. We, as humanity, are an integral part of this make-up.

5 is also linked to a ratio, the Golden Mean, the *phi*, the Fibonacci Sequence, which also relates to the fractal and holographic aspect of nature and of reality, so well reflected in the saying *as above so below* and shows this to be a fundamental characteristic of the Universe.



While the Golden Mean was known since antiquity, let me give you here some recent findings:

- In 1991, several researchers have proposed connections between the golden ratio and human genome DNA.
- In 2010, the journal *Science* reported that the golden ratio is present at the atomic scale in the magnetic resonance of spins in cobalt niobate crystals.

The theme this year is *Resonance* with the *living* Earth. What is resonance? In simple terms, resonance in physics is when one vibrating force affects another. If we take as example the Earth moving around our Sun at a speed of over 107'000 km per hour, then we can already understand

that this creates a resonance upon *every* being and thing on this planet. Life here has been shaped by it, over eons of time. I am sure that many in this room have heard the sound of the Earth, and for those who have not, you might recall the sound of strong winds howling in a forest.

It is said that Pythagoras pondered for several years upon the laws governing consonance and dissonance. All movement generates a sound which has oscillations, waves, frequencies, speed and direction. Movement can be upward or downwards, inner, outwards, spiral clockwise or counter clockwise, be yin, yang, hot, cold, light, dark, creative, separative, generative, degenerative, attraction, opposition, birth, decay, sickness, health etc. It creates turbulences, currents, orbits, time, sound, sound, harmonies, rhythms, colours, diversity, continents, regions, root races, seasons, days, nights, and everything in between. In 3D change is the norm, change is law, but there is order in that law.



Johannes Kepler (1571-1630), a German mathematician and astronomer focused on the five Platonic solids, their harmonic ratios, and how these shapes correlated with planetary orbits and sound frequencies. He found the musical tones of individual planets, and the musical scales of planetary movements.

We have already mentioned the 5 geometrical solids and the 5 elements to which we now add resonance, sound.

Since it seems that there are immutable constants in all of reality, there must be immutable laws that govern these. Therefore, to Pythagoras music was related to the divine science of mathematics, its harmonies regulated by mathematical proportions and thereby demonstrated that music ratios and harmonics was based on mathematics.

Adolf Zeising wrote in 1854 of a universal law ... *in which is contained the ground-principle of all forms... in the realms of both nature and art, and which permeates, as a paramount spiritual ideal, all structures, forms and proportions, whether cosmic or individual, organic or inorganic, acoustic or optical; which finds its fullest realization, however, in the human form.*

However, the basic belief that geometry, proportion, mathematical ratios and harmonics were found in music was already known by ancient civilizations and used in the building of prehistoric temples. This *re-discovery* has opened up a new field of study, archaeo-acoustics, which analyses the acoustic properties of ancient megalithic sites and Neolithic caves.

Evidence of hominid use of the prehistoric El Castillo cave site in Puente Viesgo, Spain, dates back at least 40,800 years. Simulated audio tones were emitted at a location which is thought to have been used by shamans in ritualistic ceremonies.

The sound was recorded within the same cave at a position where individuals individuals



would have observed the ritual. Subsequent analyses identified a frequency-dependent amplification of recorded sound intensity for frequencies approaching 100 Hz, with the greatest effect observed at 108 and 110 Hz.



Archaeo-acoustics show that sound at Newgrange in Ireland which was built during the Neolithic period more than 5,200 years ago and the 5,000 year-old Hypogeum in Malta resonate at 111 Hz. Bone analysis on location showed the Maltese to be a healthy population.

Today mindfulness meditations are not only used for relaxation but also for healing and a study showed a reduction of inflammatory genes and also a lengthening of telomeres (strands of DNA) that with age tend to shorten, leaving chromosomes vulnerable to deterioration. Telomeres are shorter in people with chronic disease and high stress and longer in young, healthy people. Researchers correlate a lengthening of telomeres with meditation.

Pythagoras created his musical scale starting with note A that resonates at the frequency of 111Hz. Recent findings of MRI research shows that the brain switches off the prefrontal cortex, deactivating the language centre, and *temporarily switches from left to right-sided dominance*. This frequency range around 110Hz stimulates a certain electrical brain rhythm associated with intuition, creativity, holistic processing and inducing a state of meditation and tends to induce trance-like states. Already more than 5,000 years ago this was known, and special places were built for sacred rituals.

In order to confirm such findings, a random selection of megalithic chambered sites in England and Ireland were tested for their natural (primary) resonant frequencies. The findings surprised the ICRL researchers as all the investigated chambers were found to have a natural primary resonance frequency in the 95-120 Hertz band, with most at 110-112 Hz – this despite variations in sizes and shapes of the chambers. Some chambers seemed to have been ‘corrected’ by adding length, heights or being shortened in order to achieve the required resonant frequency.

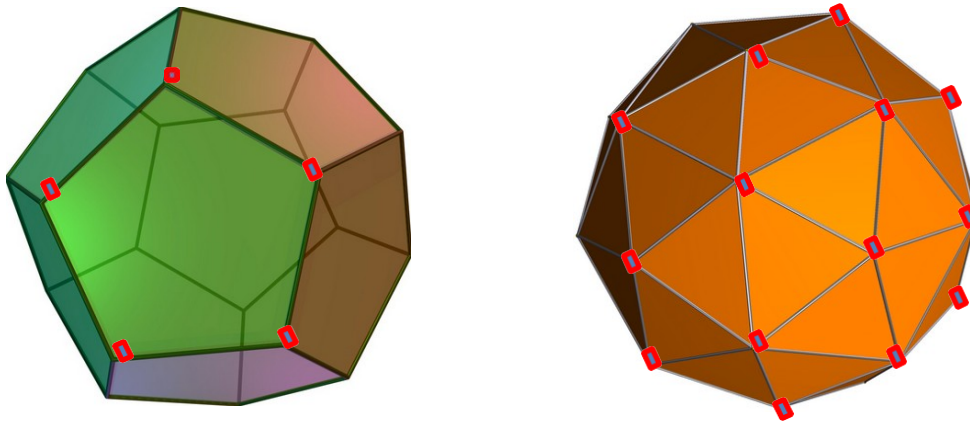
For millennia people and communities were aware of the resonance and its effect on living matter and behaviour. Pythagoras, who lived around 500 BC, certainly must have visited these sacred shrines, known of their resonances and of the knowledge of their builders. Plato believed that music was the strongest of all life's influences and called upon his students to activate the ancient shrines and sacred temples of the earth with sacred song.

The importance of the moon and the sun on nature and on the motion of oceans has been known since antiquity. Today we add knowledge of solar coronal mass ejections releasing large quantities of electromagnetic radiation and computations on the natural electric field of the earth which is caused by a complex aggregate of geophysical phenomena observed in the solid body of the earth, in the oceans, in the atmosphere and magnetosphere. All this has profound but subtle effects on plants, animals and humans.

We are aware that the body of the earth is pulsing, with constant change and movement, that the tectonic plates are adapting to the in- or out-breath of the planet. All these movements of land, sea, air and diverse forces, be this from the earth or from the cosmos, create a sound. This collective choir creates what we call the hum of the earth. Everything has its natural frequency and speed at which it vibrates and which in turn is associated with a vibrational pattern. The same is true for humanbeings.

Energy patterns and energy lines are recognised by traditions and cultures the world over and have been given different names, be these Dragon Lines by the Chinese, Dreaming Paths and Song Lines by the Aboriginal peo-

ple, Spirit Lines by the Andean people, ley-lines for the Anglosaxons, Fairy Paths for the Celtic people and Heilige Linien for the Teutonic race.

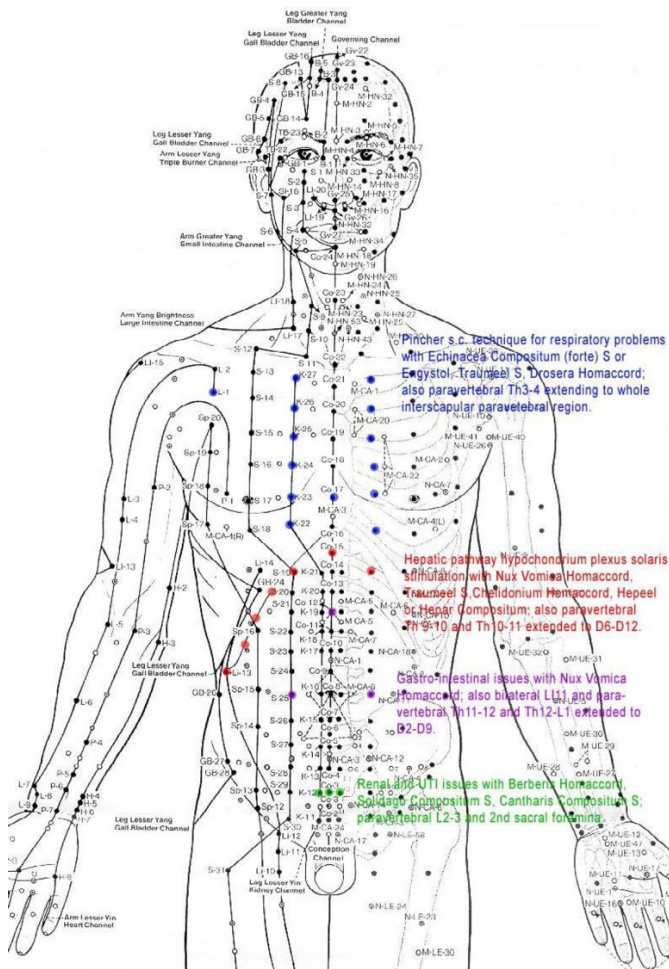


If we take as example the dodecahedron-grid then we see that there are intersections where a number of lines/angles come together. It is common to find that prehistoric or sacred sites are often located on these energy lines and on such 'intersections'

Such spots often have a specific quality, e.g. healing, calming or vitalising, affecting specific organs or have a yin quality linked to fertility and birth rituals. Some such locations might be considered an energy vortex, areas of concentrated energies, that either emanate from the ground or enter into the earth. In view of the fractal nature of reality, landscapes, countries, continents might have such vortexes which can be equated as a heart centre, a throat centre, or a solar plexus.

In the case of the human race such energy lines are called meridians and the swirling centres of energy are called chakras. If the flow of these lines is blocked our health is affected. What we do not realise is that if any of these lines and centres in the earth's body are blocked that this affects the health not only of this planet but of all life upon it. Let us take the example of a person throwing a stone in water. It will create ripple effects. However, if various stones are thrown in the water it will create a disturbance in the ripples that bounce against each other, creating enhanced ups and downs. We can also see this in extreme weather events resulting from atmospheric currents through enhanced (and hotter) areas. In more technical terms: the condition of a body or system (e.g. weather) when it is subjected to a periodic disturbance of the same frequency as the natural frequency of the body or system. At this frequency the system displays an enhanced oscillation or vibration.

We can also look at cancer, where a *disturbance* of some kind has created an enhanced, abnormal peak in the growth and multiplication of cells. And considering the fractal nature of reality, we see that our current toxic economic system based on unlimited growth, at the cost of all else, our environment, our wildlife and biodiversity, even life on earth, can be likened to a cancerous system.



Humanity has lived in harmony with the Earth since most of its existence. Humanity resonated to the earth and with the earth and of consequence to the sun, the moon, to other planets and our universe. As such the saying *as above so below* also symbolizes the fact the we are from the heavens as well as of the earth, that we embody a divine and a terrestrial heritage.

Ley lines, sacred sites, our own meridians and chakras also respond to energies beyond this earth. The Vedic and Tibetan systems of healing are based on this knowledge as is the theosophical system inspired by Rudolf Steiner.

May East said yesterday that *there is a convergence of multiple crises and that we cannot solve the problems with the same mindset that created these*. May also mentioned *the edgeworkers*, those that

work on the intersection of systems or eras by recognizing what from the past can help birth the new, the future. Today, the whole of humanity stands at this edge. Today we stand on the threshold of evolution and at a cross road.

If we are to consciously build a bridge to our higher expanded destiny, we need to resonate to and have a grounding in the earth, which is a part of who we are. The human antahkarana is built by connecting ALL chakras. The antahkarana is about connecting the 'lower' with the 'higher'. If this planet is to become a sacred planet it is because an awakened *humanity* will transform it into one. It will harmonise and pull up the vibrations, but to do so it needs to resonate to that part of its being that is from the earth. From an electrical perspective, if there is no grounding, there is a risk of a short-circuit. This is where we stand today.

Life on this beautiful earth is a precious gift and a classroom, so that through our failings, our tribulations we may understand, learn to resonate to all of life and realise that we are indeed one family and that we are one. Like all schools there is a risk of failing our exams, of having to stay behind, of seeing our companions getting ready for new adventures, while we have to repeat our lessons, so that we may finally understand. Humanity has reached a critical point and each one of us needs to wake up and make choices. One road leads to healing and the other to destruction, one to integration, the other disintegration, one to separation, the other to union.

Today we stand on the threshold of evolution and at a cross road. We need to reconnect and remember that we are of the earth, divinely of the earth. In Italian the word *ricordare* means retuning, like tuning an instrument, to bring sounds back into harmony. That is precisely what we need to do, ricordiamoci! We need to bring back harmony for all, not only to all of humanity, but to this planet and we need to do it NOW as the IPCC has given the world 12 years and the SDGs are a 2030 Agenda. Are we ready?

And what about the future? There has been a comment from parents about our young people who embody today's realities and contribute to the necessary solutions. I fully agree with this statement and would like to add an observation related to today's speech, that of being in resonance with the living earth. The examples I presented showed that movement and change are the norm. Since everything is interconnected and interdependent, this movement and this change affects everything and every living entity. Each new generation is not only

embedded in this new energy matrix, but it also inherits the problems of the past, of non-aligned and chaotic realities, at all levels. As such, each generation will have new tools at its disposal, different visions, new values and approaches. Each new generation will experience times in which they are not at ease with outdated patterns and values and feel the need to change these. This new generation, our young people, are what May East called the edge-workers, those operating at the intersection of different realities or systems, with the mandate to keep the best of one system, of one reality, and transplant this in a new environment, often creating something completely new.

Today humanity's future is called into question because of the havoc and massacre that has been inflicted by the human race upon all of life on this planet. Not all of the old is useless. Pythagoras and Plato rediscovered and reformulated the knowledge on sound and form that had already known for thousand of years. Today we are rediscovering, understanding and using such knowledge again.

Our young people were born into this reality to redesign the matrix on energetic and biological levels. The higher the vibrations the quicker the speed with which this change is being accomplished. The future is already here.

Thank you for allowing me to share this with you!

* * *

VISUALISATION THE LIGHT OF LOVE

1. Make yourself comfortable and breathe regularly.
2. Sound the Sacred Word, the O.M., audibly, breathing it forth from the head to the heart.
3. Then visualise a golden sun, slowly rising above the horizon.
See yourself standing before it and slowly being absorbed into its beams.
Then imagine yourself acting as a lens or transmission point through which the "light of that radiant Sun which is the light of Love" may pour forth upon all whom you contact.
4. Meditate upon the following words:

The light of love

5. Focus then on the work of service which you may care to do.
6. Close with a dedication of yourself and of all that you are to the work of service.
7. Come slowly back to the here and now.

* * *

A NEW ETHICAL CULTURE VALUES AND ALTERNATIVE PROJECTS FOR A FINITE PLANET

María Crehuet Wennberg
translated from Spanish

Good afternoon. In the program the presentation of this talk says: *We are witnessing a world in crisis and change, a world that wants to inevitably penetrate into a new consciousness. In the near future the knowledge society will make its way to becoming the society of the new ethical culture, a place where we will all be in a position to host the seed of generosity, the only engine capable of positively transforming everything we know.*

But what do we need to become that new society? Where are we now?



I propose to start with a visualisation exercise. We imagine that we are driving a comfortable car. We have programmed the route into the GPS. The radio broadcasts cheerful music. We answer some telephone call, because we have the “hands free” device. The landscape that surrounds us is beautiful. We drive carefree, perhaps with the automatic pilot, if you have it. Maybe also with the “automatic pilot” of our personality. The car seems to be going on its own ... At one point the route takes a turn and faces a downhill – a long downhill with a steep slope. There is almost no traffic and we do not feel that we should reduce speed, but the slope become steeper. Suddenly we are struck by a series of newly placed signals that, warning us of danger, put us on alert. We react. We look at what the signs say: Road cut because of falling rock!! It must be recent because the GPS continues to indicate the correct direction, although we know that the GPS is also often wrong. We ask ourselves what will happen at the end? Should we stop now and change direction? Impossible to stop suddenly at the speed we are going, we would cause an accident. But we must start to reduce speed. How much time and distance do we need for the vehicle to stop completely? Are we able to stop it completely?

In mid-September, European scientists and politicians met in Brussels for a key conference. The aim of this meeting, organised by members of five political groups in Parliament, together with trade unions and NGOs, was to explore the possibilities for a “post-growth economy” in Europe. The meeting was prompted by an open letter written by more than a hundred scientists whose headline read: ***Last call. Europe, the time has come to put an end to dependence on growth.*** In other words, we must slow down and change direction. But why?

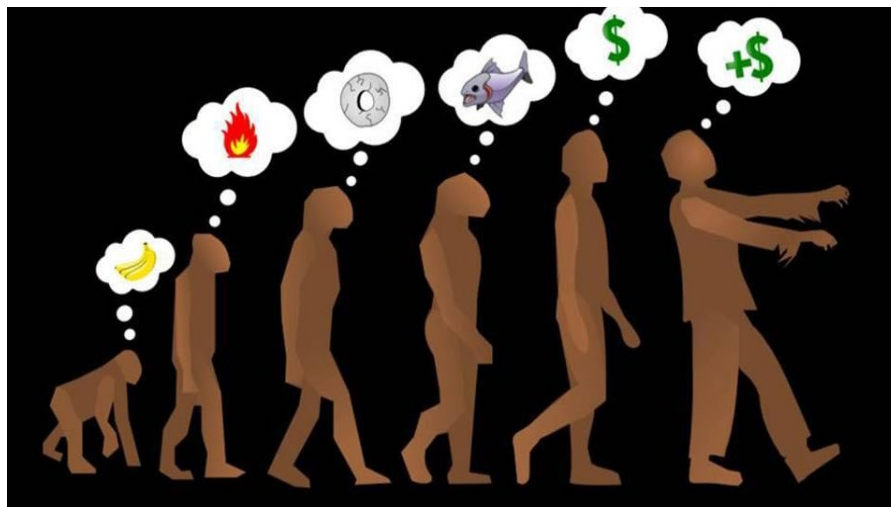
These scientists have raised the point that: *Growth is becoming increasingly difficult to achieve due to falling productivity gains, market saturation and ecological degradation. If the current trend continues, there may be no growth in Europe in a decade. Right now the answer to this problem is to try to activate growth by expanding debt, dismantling environmental regulations, extending working hours, and social cutbacks. This aggressive pursuit of growth at any cost fragments society, creates economic instability, and destroys democracy.*

So they propose four actions, to start slowing down:

1. Set up a special committee in the European Union Parliament on the future of Post-Growth.
2. Incorporate alternative indicators in the macroeconomic frameworks of the European Union and its member states, indicators that should have greater importance in decision-making processes than

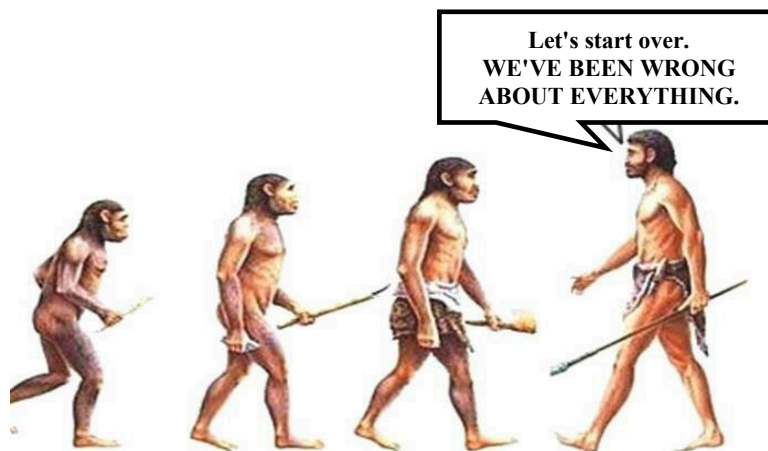
those currently held by GDP. (The Chinese government has just reduced environmental protection laws in order to favour GDP growth).

3. Transform the Stability and Growth Pact (SGP) into a Stability and Welfare Pact (SGP).
4. Create a Ministry for Economic Transition in each of the member states. A new economy that focuses directly on human and ecological well-being could offer a much better future than one that is structurally dependent on economic growth.



EVOLUTION?

But this written document by these scientists does not only appeal to parliamentarians, it appeals to all of us. What do we do to reduce the speed of our vehicle? Humanity, all of us, are descending at full speed down a steep slope whose end is cut off. Will we have time to slow down, stop and change our course?



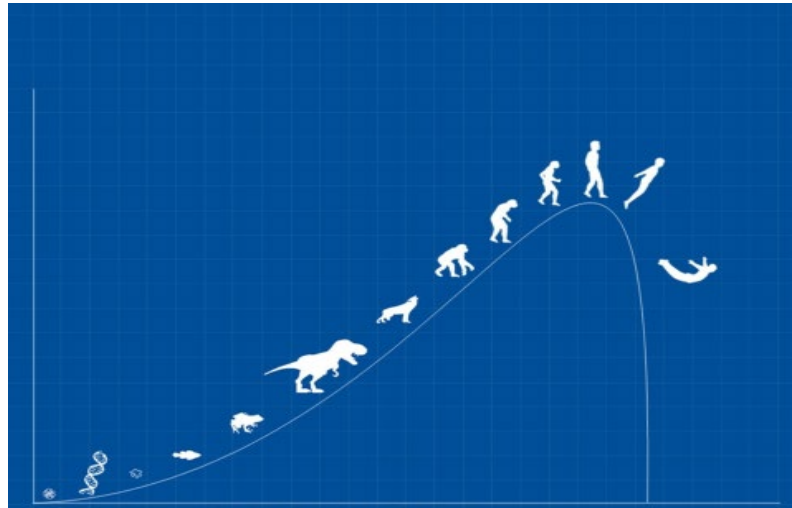
We don't know, but the good news is that post-growth movements have emerged from civil society and the academic world, which propose a new culture based on the values of ethics versus shamelessness, of sharing versus accumulating, of collaborating versus competing.

There is, for example, the participatory movement "*Transition Network. Building resilience in your community*" (*The European Day of Sustainable Communities was commemorated on 22nd September*) which is found all over the world. On the Spanish website they say: *Transition is a manifestation of the idea that local action can change the world. It is an attempt to create a supportive, enriching and healthy context in which practical solutions we all need can flourish.* This is how teamwork, permaculture, consumption at 0 km, shared transport, local currency, alternative education, renewable energies and other activities are born - or reborn.... Explaining everything that is happening, this movement has made the wonderful documentary entitled "*Tomorrow*", which is a glimmer of hope for the better world we want.

There is also the movement for a new economy based on the idea of the economist Christian Felber, embodied in the book "*The Economy of the Common Good*". The objective of this economic philosophy consists of a good life for all living beings and the planet based on dignity, solidarity, sustainability, social justice, democratic participation and transparency, with a local action of global effects. On their website they define themselves as

promoters of *"an alternative non-partisan economic system, which they propose to build on the basis of universal human values that promote the common good. We place our focus of action on cooperation and not on competition, on the common good and not on the motive of profit. From this place we become a lever of change at an economic, political and social level, a bridge between the old and the new"*.

And there is more, but the ideas of all these movements that are already penetrating the minds of at least part of society are also being manipulated by the big lobbies that take over the discourse in order to continue selling whatever it may be, and now it is trendy to do so under the labels of *"ecological", "green", "sustainable", "alternative"*... Do we fall into the trap? Do we see the signs that warn us of danger? Or do we continue to drive carelessly and at full speed towards the abyss?



One of the most important cultural changes that we must make and one of the brakes that we must activate is in the field of energy use. Apart from the fact that the whole universe, including ourselves, is energy, are we aware that everything around us - for example in this room where we are - has been produced, transported, built and installed thanks to the use of energy? What have we moved here to this place thanks to the use of energy? Are we not suffering from cold in winter or heat in summer thanks to the use of energy? What are we communicating by telephone, internet, radio or television thanks to the use of energy? And are we also aware that a large part of the climate change problem we are beginning to suffer is due to the misuse and abuse we have made and are making of energy? With the discovery of the steam engine came industrialisation and the massive use of coal. When oil appeared, a great variety of possibilities arose, and perhaps the most visible has been that of facilitating the mobility of people and products. It is impossible to think of a society without this movement... or should we start thinking about it? Surely we should. And also how many objects of daily use are built with oil derivatives and how and in what way we use energy every day. For example, and without going any further, in the food we eat, energy has been used - mostly from oil - to work on its production, for its packaging, for its transport and also for its cooking... and speaking of food, are we aware that more food is despised and wasted in the world than would be necessary to supply all hungry people? 1,300 million tons of food a year! A fact to ponder upon deeply. Another example of an oil product is plastic, apparently so harmless and yet posing so many pollution problems. Electricity, which is essential everywhere, comes to us in many cases from the power stations with combined cycles that burn oil to obtain it... And it turns out that we have made such use of this natural source coming from the transformation -over millennia- of the remains of living organisms that, apart from their polluting factor, we are told that it is being exhausted too.

So it turns out that now, in the face of such a prospect, we are putting our hope in the use of energy captured from the environment by sustainable methods, such as windmills and photovoltaic panels that transform it directly into electricity. But we must ask ourselves whether the energy that we capture and transform for our use should serve to continue with the same rhythm of life that we are leading. And if the answer is yes, we must ask ourselves again if there will be enough raw material for the construction of wind turbines and solar panels without continuing to exhaust the planet. Surely the answer is that, if we only change the form but not the substance, we will continue down the slope without anything being able to stop us.

The culture on which society has been based and which has served us to live until now no longer serves us. It is a cushion, on which we cannot and should not fall asleep, but neither should we despise it, but we should see it as a lever for the new culture that we must begin to practice. Let us imagine that this new culture is like dancing a waltz, with its three beats. The first must be based on the fact that this new culture must be interesting and

fun (using the word “fun” in its noblest sense). The second tempo passes because we must be clear that dancing this waltz will not be easy, but neither will it be impossible. And in the third tempo we see that perhaps we are going round and round, but that, in any case, we are still moving forward.

This new culture must change many things, and let us see some of them:

- the social framework in which we move from a system based on individualism to one based on engaged and active citizens;
- technocracy must give way to real democracy;
- the secrecy that hides so much picaresque - to put it mildly - must perish in the face of real transparency;
- the “hard” economy that lives at the expense of the weakest must be replaced by a “soft” economy that knows how to share;
- that attitude of ours of acting only thinking about this generation needs to make a turn towards a deep respect for the environment and to think that any action has an impact, and that this must be beneficial for many generations (the American Indians said that we should think at least until the 7th generation before deciding on an act);
- we must also rethink globalisation which, although in itself a good idea, has only served to benefit the big lobbies by impoverishing local economies, so we must rethink producing and consuming 0 km products;
- the laws that, necessary in the beginning, have become a rigid corset that oppresses us and that we should learn to accept flexibility, yet being strict at the same time;
- change the monologue of a single actor that is the State for a choral work whose actors are the entire society.

But to build that kind of society it is absolutely essential that its components, all citizens, be responsible and inter-independent.

That is why this new culture must be based on an individual change, knowing and understanding that no change is really strictly individual: if a person changes, that change ends up influencing the family, the neighbors, the neighborhood, the municipality, the region, the nation and the Planet, until it reaches the entire Universe, in the same way that, they say, the flapping of a butterfly in one part of the planet can provoke a hurricane at the other end. And even if we feel insignificant like a small larva, we have to think that this larva becomes a worm, and that if this worm is capable of dying in itself, it ends up becoming a beautiful butterfly.

individualfamilymunicipalityregioncountryplanetuniverse

The question is how much time do we have left and how much distance do we need and still have to be able to stop the crazy race we are in? Will we manage to reach the end of the descent having reduced the gear and stopped the car? Let's hope so, and then we will surely find some alternative road that, although it seems narrow and full of curves, can lead us to a wonderful place. But to drive on this new road we must change the way we drive and behave, and we know that this new way, this new culture that we must begin to learn and practice, must be based on understanding, respect and affection. Nothing is impossible.



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GROUP WORK

IN RESONANCE WITH THE LIVING EARTH

In many situations in life we have to use our *imagination* and *visualisation* skills. In the group work we are proposing to you this afternoon, we will also need *imagination* and *visualisation*. Yesterday we were at the United Nations where we discussed the Sustainable Development Goals (SDGs) or “Agenda 2030” - a huge challenge not only for the United Nations but also for humanity as a whole.

The theme was: “*In resonance with the living Earth: Global Governance and the Sustainable Development Goals*”. The United Nations is the main actor in this process to ensure a future of prosperity and happiness for our children and future generations. Because there is no “plan B”, whether we like it or not, it is time to act.

In the group work of this afternoon, this is exactly this situation that is proposed to you to imagine: for the time of the group work, each group will embody a *country*. The *purpose of the discussion* is for each group to formulate a project (or possibly several) to advance one Sustainable Development Goal for your country. Although you choose only one SDG, please remember that many, if not all, SDGs are interconnected and none can be seen as isolated.

As in human beings, also in countries one can distinguish a *personality* and a *soul* specific for that country. The personality of a country is mainly focused on its own interests, without worrying too much about other countries. The soul of a country is much more aware of the interests and needs of other countries in the world; it is linked to a global vision, in full awareness of the characteristics of its own country.

Each group will represent a country of the world. The countries and characteristics of their soul and personality are:

Country	Soul Quality	Personality Quality
Austria	Intuition, Harmony, Beauty, Art	Concrete Knowledge or Science
Brasil	Intuition, Harmony, Beauty, Art	Love-Wisdom
China	Will or Power	Active Intelligence or Adaptability
France	Concrete Knowledge or Science	Active Intelligence or Adaptability
Germany	Intuition, Harmony, Beauty, Art	Will or Power
United Kingdom	Love-Wisdom	Will or Power
India	Will or Power	Intuition, Harmony, Beauty, Art
Italy	Abstract Idealism and Devotion	Intuition, Harmony, Beauty, Art
Russia	Ceremonial Order or Magic	Abstract Idealism and Devotion
Spain	Abstract Idealism and Devotion	Ceremonial Order or Magic
United States	Love-Wisdom	Abstract Idealism and Devotion

Per group (ie per country), you will discuss one of the sustainable development goals for about 1.5 hours. And this, having in mind to *evoke the soul of the nation*.

To help you focus the discussion, we provide flashcards for each SDG - as we saw them yesterday during the talk of May East on Gaia Education at the Palais des Nations.

On the next page we show an example, SDG 4 concerning education. For each SDG there are 3 cards with information about that SDG. These cards serve as *inspiration*, through the *images* and *texts* on each card. The image side can give you a feeling of the heart; the text side presents you with intellectual or mental information. You are not obliged to follow such a card: if you know the SDG under discussion well enough then you are entirely free to take your own path without consulting these flashcards. The flashcards are provided as an inspiration, to give you ideas for the discussing of your project.

Each flashcard has 4 white and 4 coloured fields (red, blue, burgundy and green). The white fields are informative and are the same on all 3 SDG flashcards. The coloured fields contain questions related to the SDG, but different on each card.

- The red field concerns *social* issues.
- The blue field concerns *economic* issues.
- The burgundy field concerns questions about *worldview*.
- The green field concerns *ecological* issues.



Once you have selected your SDG, we distribute the related flashcards. These cards are only available in French and English. In the centre of each card you will find 4 colourful suggestions. One with a *social* aspect (red), an *economic* aspect (blue), an *ecological* aspect (green) and one with a *world view* (Bordeaux). You can be inspired by these suggestions. On the border of these cards there are four informative texts, the same on each of the 3 cards. The images on the front side of the cards can give you a feeling of the heart. Obviously these suggestions are often dedicated to the development of local communities and then it will be necessary to adapt these suggestions - if possible - for your country. It is important to take into account the different factors (often in competition, sometimes in synergy) of *social, economic, ecological* and *world view* aspects.

Once you are settled, equipped with your country, its intention of the soul and its personality as well as the sustainable development goal, we advise you to take a few minutes of silence before starting your thoughts. Then do the suggested visualisation as a group, without disturbing the other groups too much. Perhaps one person, for example the reporter, can lead the visualisation while the others follow.

Visualisation

In your imagination observe the world of humanity. Think of this world as a world of light with light intensifications here and there in certain centres, localities or regions.

- a. Imagine then this network of light with its centers of force that radiate in rhythmic pulsation with global aspiration.
- b. Imagine your country as part of this network of light with its centres of force.
- c. Consider yourself as part of the group channel, among the many channels of spiritual energy.
- d. Then meditate on the following seed thought:

Love is the light and the freedom for all creatures

- e. As you do this, imagine that the energy of love flows through the network of Light, stimulating each of its many centers into a greater radiance.

After the visualisation have a close look at the flashcards, the images and gradually engage in your discussion as a group. You will have approximately 1,5 hours for your discussions so that we can have a plenary session of about 30 minutes to share our projects and thoughts.

* * *

In Summary

- ❖ Each group represents a different country in the world.
- ❖ Each country has:
 - An intention of the soul
 - An intention of the personality
- ❖ As a theme for discussion, the group chooses one of the 17 sustainable development goals.
- ❖ The goal workshop is to formulate a project (or several projects) in order to advance the chosen sustainable development goal.
- ❖ Depending on the selected goal, the group will receive 3 flashcards from Gaia Education to inspire your discussions taking into account the *social* aspect, the *economy*, *ecology* and a *world view*.
- ❖ A few moments of silence followed by a visualization before the exchange of thoughts.
- ❖ At the end of the discussions we share in plenary.

Now it is up to you!

***In any case try to evoke the soul of the country
seeking solutions to global problems
(Sustainable Development Goals).***

* * *

Plenary Session sharing group thought from the group work.

* * *

***We heartfully thank our translators without whom
this review would not have been possible.***