

# **New Earth Rising**

by Carrie Arlah Burr

Millions of us came to planet Earth at this time to help the Earth and humanity rise.

We came here to clear the karma that has for so long kept us shackled. To bring light to the darkness and breathe, breathe, breathe through the pain until something lighter can arrive.

We are emerging out of millennia of pain, war, tragedy, trauma, subjugation, tyranny, and all the old forms of heavy illusion that have kept our family in a state of nightmare.

And now we wake. We stretch our long arms open and yawn and begin to look around us with conscious, present eyes and become increasingly able to make new choices.

No longer do we sleepwalk through life, unconsciously and obliviously repeating the heavy patterns of the past.

No longer do we accept things as they have been, disempowered and stuck.

Now, we rise.

We envision the world we came here to build together and we begin step by step building that reality into life.

We make all of the choices large and small, personally and collectively, that support us in living the dreams we have in our hearts of a gorgeous Eden on planet Earth.

Many many millions will continue living versions of what has been because they are not ready yet to lift and rise, and that is ok.

Our job is not to convince them or to shift the old behemoth systems to ones of peace and life. They will continue as long as they can because that is what momentum and entrenchment does.

Our job is to embody our vision of the new ways of life we will bring to this planet fully, and to create this version of reality right alongside the dying old ways.

The darkness will eventually run out of energy when we stop giving it our own.

Now we must give our energy entirely to our New Earth. Our thoughts, words, prayers, actions, living affirmations, and everything we spend our energy on must be what we *want* to exist.

Our collective energy will birth the new right here, right now, living and then thriving as a beautiful forest in the middle of the old ways. It will offer much lighter pathways of being here on this planet for those of us who choose to ascend while still being in these magnificent human bodies.

The planet is ready. We are ready. Now, we create.

## **Many Visions**

There are many visions of the New Earth and how it can be. The one I offer here is part of my vision and is open and allowing for co-creation with other's visions.

One of the great hallmarks I see for our New Earth is a flexibility and willingness to try new things, and continue evolving and refining as we go along. It contains a "let's try it!" attitude that has implementing something, trying it out, and having every option from scrapping the hypothesis completely to continuing forward exactly as we started (because it is working so well, not because of momentum or rigidity) as it's modus operandi.

There are infinite possibilities to how all of this can go, within every system and structure of the cultures we move forward creating together.

The core values will likely be very similar, though, with Universal Love, Oneness/Unity, and something like the Common Good leading our way forward.

Having fun and trying new ways of being together, and continuing to improve as we go along, will keep things light and nimble enough to support us in rising together.

## **Vision of the New Earth**

All of life is verdant and thriving. Everything is exploding with life, color, vibrancy, aliveness, song, dance, expression, and joy to be alive. There's a palpable humming, thrumming, of life force energy that is tangible and wonderfully overwhelming.

Everything looks and feels bright and light, like the air is crisp and alive and carrying a very high-vibration energy that permeates all with infusions of lightness and buoyancy. There is a felt sensation of infinite possibility and excitement for what we are experiencing and creating together that bubbles everywhere joyfully.

The buildings are organic and earthen and made of many shapes. Circles and spirals seem to be made most often because of how well the energy moves and therefore makes the building feel. The organic materials feel warm and full of life, very conductive and supportive of contentment, relaxation, higher thought, art and music, and every pursuit we endeavor. There are also windows and skylights in all of our buildings to bring in brilliant sunshine so the need for man-made illumination is minimal.

There are many-storied buildings yet all are the right height to feel livable and human-sized. There are also many elevated walkways connecting the buildings that are covered in plants and flowers that drape down like botanic waterfalls over everything below.

Everyone gets where they need to go in-town by walking or biking. Our designs have intelligently clustered things so that travel times are minimal. The spaces between our buildings are therefore living spaces with gardens and fountains, fruit trees and natural pools for swimming. Beautiful meandering walking paths wander through it all, also finding their way past gathering spaces and small amphitheatres for our nightly performances, song and dance nights, and all the other communal activities we regularly co-create together.

Everyone is getting along so beautifully. There is joy and peace in all of the harmonious and synergistic relationships happening: between people, people and the Earth, people and animals, and all of life's creatures. There is a felt sense of harmony and balance, where every being is supported in thriving within their own unique expression and desires for their life.

All needs are met seemingly effortlessly and joyfully. The Earth provides abundantly and happily and we as humans receive with gratitude. We easily co-create what is needed for all and much time is left for pursuits of learning, fun, creativity, adventure, play, development, imagination, and anything else we feel inspired to experience.

We celebrate uniqueness and the perfect specialness of each being. We love both what makes us different from one another and what we share in common. There is always a felt sense of our unity, our collective oneness, that permeates our awareness and helps us feel connected and important to one another. We understand that what affects one affects us all and that we are truly one large organism sharing the experience of life together.

Every person is seen, heard, cared and accounted for. No one gets left behind or lost in the cracks, unless that is what they want to experience for some reason for a period of time. Our support networks for caring for each other are robust so that everyone has the loving care and presence they need at any given time of their life. Everyone feels seen, felt, and lovingly supported.

Well-being is ubiquitous. Physical, emotional, mental, and spiritual health are all flourishing in everyone. If anything starts to get out of balance we have amazing ways to get everything back into a healthy and harmonious state with ease.

Gorgeous healthy food and pristine waters are in plentitude. Daily physical exercise is natural and fun for us. Singing, dancing, playing, and moving our bodies in joyful and even exhilarating ways, is part of our normal lives. We thrive on feeling great in our bodies.

Everyone puts daily energy into supporting our living in ways that feel enlivening and aligned for them. Some are drawn to working with the Earth and creating food for us. Others are drawn to creating magnificent buildings for us to thrive in. Others are delighted to imagine and manifest wonderful clothing for us to wear. Still others thrive by creating art, theater, music, and more for us to enjoy while others invent new wonderful ways for us to explore this world and others.

Everything we do is in synergy and harmony with the Earth. Every choice we make is done with thriving for everyone - including the Earth, plants, and animals - in mind and heart. No one can be forfeited at the expense of others. We remember fully that everyone can thrive, and that the best choices create well-being for all.

Tasks that support our living that are less desirable we share the responsibility of so that everyone contributes and the load is made lighter for each.

There is art, music, song, storytelling, and other communal activities every day and everyone shares in the joy and fun of it.

Balance between together time and independence is celebrated and everyone is supported in whatever amounts feel right for them.

It is recognized that every person needs their personal space to feel connected to themselves so there is also a balance between personal and collective spaces and both are honored.

We live in food forests. Everywhere you look there is something edible growing. Fruit trees grow abundantly and attract myriad gorgeous songbirds. The air is alive with happiness and song.

Other feelings come and go and we tend them like we tend our gardens, with presence and loving care.

There can still be experienced difficulties like loss and disagreement and we support these challenges as a community. Grief is recognized and moved through more easily with kindness and allowance. Disagreements are supported through healthy discussion and natural problem solving. We allow the inherent intelligence that is within all things to guide us to healthy compromises and solutions.

School is mostly about understanding the Universe, oneself, and developing healthy interpersonal skills. There are schools for various areas of interest too but those are all optional if someone becomes interested. Everything beyond the solid working knowledge of self, relationship, and this Universe is for those who feel a calling.

We take care of our bodies first and foremost as they are the physical vessels we are working within in this lifetime. When we need to move, we move. When we need to make noises, sing, sound, or otherwise express ourselves, we do so. We let our bodies move and express themselves when they need and honor the wisdom inherent within them.

Freedom is Truth within our lives, our society, and our expressions. We feel entirely free to be who we are, pursue interests that call to us, imagine, express, create, adventure, and expand into the fullness of who we are in our seed-truths. We are also sensitive and thoughtful in our communal nature. Individual freedom and communal sensitivity are balanced as needed since both are important and thrive together.

Work happens when it needs to and occurs naturally and easily. We are happy to contribute to our community and share in the tasks needed to thrive so well together. There is ample free time to play, rest, create, adventure, invent, imagine, and enjoy life fully.

There are fountains and natural pools we can swim in everywhere. Everything is organic, fresh, and alive and we make it all in synergy with the Earth. Anything that harms the Earth or her creatures we do not do. We have found ways to create everything we can imagine in ways that are life-supportive and harmonized with nature.

The sounds of water and birds and happy humming life activities are everywhere. Singing and music occurs spontaneously and freely. It is a pleasure and joy to be alive.

Children contribute to our communal tasks as soon as they are able and naturally weave into our social fabric. They are fully supported in exploring what interests them and in following their heart's calling. They are also encouraged to adventure, explore, invent, express, dream, imagine, and be wild and free while also cultivating their awareness, greater well-being, and intelligence.

Our energy needs are met through a perfectly clean and easy process of harnessing the life force energy that is within all things, extracting it from the ether around us. Our needs as a community are minimal as we designed our buildings to be extremely energy efficient, naturally thermally regulated, and all of our industry is entirely synergistic with the health of the planet.

Vehicles for traveling farther way also use the energy harnessing technology our cities use that is entirely clean-burning, infinite in supply, and requires no mistreatment of the planet. Long distance travel is fast, easy on the body, and enjoyable so that we can voyage as often as we like to learn from each other, share cultures, cross-pollinate ideas, work on projects in-person with people far away, and generally expand our worldview. We greatly encourage our youth to travel regularly as part of their formative education.

We generally live long, rich lives well into our hundreds because of radiant good health, advanced harmonizing technologies, and each of us continuing to have significance and purpose within our communities. Elders are regarded as wisdom-keepers to us and play meaningful roles in every part of our society as much or as little as they wish. We find their presence and contributions invaluable to the health of our social fabric as well as instrumental to us in making good decisions. Our elders are the very best storytellers and they help us remember who we are and why we live the way we do.

Our communities govern themselves much like the cells of a body. Each cell has autonomy whether that be a work group, school, the gardener's guild, artist's collective or other groups and yet all work together synergistically, being cohesively orchestrated by organizing bodies. No one has power over another. Decisions are made together through a process of asking good questions, listening, and crafting workable solutions that can be changed at any time after a period of testing an idea out.

If disagreements ever arise, which they rarely do because everyone is workable, willing, and values healthy connection over conflict, there are many relational tools at hand and community members skilled in facilitation. Because everyone is educated in their early years in relational

skills which includes healthy communication and finding workable solutions together, most people are able to work everything out well between themselves before anyone else is asked to facilitate resolution.

If someone ever acts outside of our community agreements, such as causing harm to someone or something, we have an integrated process for reparation. It usually involves a reflection process, deepening understanding, and time and actions for reparation for all parties involved including the person who acted outside the agreement. We know that punishment only leads to dysfunction and that reparation leads to health so we work with reparation always. We also know that people acting outside of agreements are outside of their own center so we support them in coming back to themselves as fully as possible. When we come back to our center all goodness is possible.

There are places for people to harmonize themselves if they are feeling out of wellness for any reason. These are the most beautiful and serene environments that help people come back to their wellness easily and naturally. We also have many people called to the skill of supporting harmonization and balance in others that can assist if someone is needing or wanting support in their process. We remember that every person contains the power within themselves to be healthy and well and that the inherent intelligence within us can always guide us back to our natural state of perfect health.

Because of our healthy, clean, and energetically charged food and water, regular exercise and time in nature, loving relationships, clean environment, and enjoyment of all of our activities, we rarely find ourselves out of perfect health. When accidents happen that require medical support, we have beds we lie in that can repair tissues, rebuild anything broken, and otherwise help our physical bodies come back to perfect health when needed.

The first five to ten years of schooling all focus on learning about the uniqueness of self, developing conscious awareness, emotional intelligence, working well with our bodies so they are healthy, vibrant, and strong, and practicing the skills of relationship. It is important that each being understands oneself, and lives from their center of truth, beauty, and their own unique expression. We are all so different and yet so wonderfully similar and we explore these differences and similarities with wonder and delight.

When we understand ourselves we can lean into our growth edges with confidence and skill as well as bring attention and kindness to any shadow aspects within. Whole-being development happens easily and naturally. When we add the wonderful challenge of relationship, all of our practices amplify. We are taught that you cannot know yourself in a vacuum, therefore healthy practice relationships are needed to further development.

Communication skills are taught to us from the very beginning of our lives. We learn how to acknowledge what's going on for ourselves while also getting inquisitive about what's going on for others. We practice feeling our bodies and emotions and being able to speak from that honest, self-aware and self-loving place. We are also able to express what needs we are having and ask others what they are experiencing and needing. From that place of self-connection and loving openness to others, we ask good questions and co-create understanding and possibility.

The fundamental values of our culture are Love, Truth, Oneness, and Joy. In all that we do, we aim to be fully in alignment with these core principles.

Love means to live in our hearts and stay in the current of the Universal compassion, kindness, acceptance, and goodness that we are.

Truth guides us to speak always in honesty, be authentic to ourselves and transparent with what lives within us, and to remember always the absolutes of this Loving, Intelligent Universe living within every cell of our being.

Oneness is our remembering of the interconnectedness of all things and to remember that all are family. It helps guide us to treat everything and everyone with kindness, respect, care, and value, and lead us in our choices so that all are supported in thriving.

Joy is a way of living that is fully aligned, purposeful, and connected. It is a vibratory state that is very light and alive and arrives when we are living connected in our hearts.

Within our culture, everything we do is within these values. If somehow we move away from them, we are lovingly guided back. Living from Love, Truth, Oneness and Joy feels easy for us because we have remembered that it is already who we in our center place of being.

No one is in charge. Everyone is in charge. All of our systems work through cooperation, contribution, and the desire and willingness to live in Love, Truth, Oneness, and Joy. There are roles we all take turns playing that facilitate ease of decision making, support organization and order, and help every system synergistically work together. We are a highly efficient and healthy communal organism.

Everyone is empowered equally and our systems are flexible, adaptable, and focused on meeting needs. All of the communal roles are valuable whether they are highly specific and task-focused or they are broader and more organizational. Every person who is affected by a decision is encouraged to be part of discussion, imagining, and co-creating joyful paths forward that are changeable as needed.

Every day, our nature areas between buildings are filled with children playing, people reading, gardeners tending our food forests, fun physical games, swimming in the natural pools, dancing, singing, movement practices like qigong and yoga, art, meditation, and so much more. Every evening there are organized activities like storytelling, music concerts, and celebrations that everyone is invited to attend.

Sexuality is understood as sacred and is chosen thoughtfully and with intention. As part of our value of Joy, pleasure is celebrated. As part of our value of Truth, discernment and wisdom are practiced. Sexual union is seen as a divine act of deep sharing with another and partners are chosen with care.

Young people are taught just before puberty about the changes their bodies will undergo. They are also taught deep wisdom about fertility cycles, herbal allies in both contraception and increased fertility, as well as what sexual union with someone actually is on all levels of energetic being including physical, emotional, and spiritual. They are emphatically encouraged to be thoughtful, discerning, and responsible with their choices both for themselves and for the well-being of others.

The raising of children is very communal in nature. We all help and take part in the daily tasks as needed. Everyone is deeply connected to one another so children are raised within a rich and robust web of support from everyone around them, becoming aunties, uncles, and cousins all.

The size of our community is the perfect amount of people to know everyone at least a little, have enough hands to get all that needs to get done accomplished, be interesting and have variety, while everyone is provided for and amply supported.



Other communities that we can easily reach with our excellent transportation provide even more variety and increased opportunities for growth, learning, and development.

If our city ever begins getting too big to know everyone at least a little, new community offshoots are formed and supported in getting off the ground.

We are a culture of deep spirituality and connectedness. We acknowledge the life-giving principle within all things and honor that Source in everything, everyone, and in all that we do. We see ourselves as life springing forth from that place of Oneness and honor each other in our sacredness.

We celebrate each of our unique selves, unique pathways, and individual ways of connecting to and remembering who we are. We also celebrate that each of us has Source within us and only needs to go within to connect with that well-spring of goodness, profusion, and plenty.

All of us endeavor in earnestness to become ever-greater conduits of the great good by practicing excellence. In our personal development work, we cultivate high-level choices like kindness, intelligence, discernment, wonder, honesty, feeling, breath, wisdom, and moderation. We also develop others like generosity, self-discipline, order, enthusiasm, and fortitude. There is much we learn, work on, and practice together to grow as beings.

There is no money in our society. Everyone is taken care of so there is no pressure or need to accrue wealth. Some bartering happens when people wish to exchange items yet in general ours is a gifting and sharing culture where everyone is happy to give and share freely the skills they have and the things that they have made.

A lot of the things we have are shared together as community resource including tools, equipment, and vehicles as there is no need for each person to have their own. We are a responsible and diligent culture where we take very good care of what we have so that it lasts well and is easy to share with each other.

We remember that the how of how we do everything is as important as the what we choose to do.

Our goal is to have fun doing whatever we're doing, which aligns with our value of Joy. We don't believe in hard, onerous work, and if something is overly laborious we share the load and/or invent new technology, aligned with nature, that makes the work easier. We affirm lightness and play, enjoyment and collaboration, and often sing while we are working. Heaviness is worked with until it feels lighter and more workable. We are diligent and excellent at what we do and are light, easy, and having fun while we are doing it.

In general we are peaceful and relaxed all of the time. There are games and other activities that can get our energy up in enthusiastic and excited ways and yet our general resting state is relaxed and happy. If anything is not feeling that way we go through processes of inquiry and creating shifts that support our well-being. We truly are content and easygoing most - if not all - of the time.

Having our needs met, living in such an idyllic way, and being fully supported by loving friends and family builds relaxation and contentment within us and contributes greatly to our vibrant health and long lives. If ever we feel a need for increased excitement or expansion, we can travel, study new subjects, engage in good-natured physical or mental competitions, invent something new, go on an adventure, or challenge ourselves in other ways. Being peaceful, relaxed, and happy does not mean that we are bored, it means that we are healthy and able to truly enjoy our lives.

Within our value of Truth, we are careful and diligent with the thoughts we think and the words we speak. We remember that we create with our thoughts and words, and then with our actions, and are taught at an early age to be very careful with how we direct these energies so they are aligned with our values and build what we want to build. We align our whole selves with the expanding good of this living, intelligent Universe and contribute to the well-being of all with every thought, word, and action.

Truth is remembering that we already are the Source-qualities of kindness, intelligence, order, love, abundance, generosity, goodness, peace, power, and more, and that we only need go inside ourselves to find these qualities and give them our energy to grow them even more. Because we live from this place of Truth, all things are good, and everything is possible.

## **The Bridge Between Here and There**

This New Earth will not magically appear. It will be co-created by you and me, and all of us together that hold this, or a similar vision, in our hearts and are willing to put it into action.

Here are some of the overall concepts that will need to shift both personally and collectively. We will do this work internally as well as together, and instead of putting our energy into shifting old systems, we will build our new ones based on our New Earth principles.

Scarcity → Abundance

Fear → Love, Empowerment

Blame, Shame → Personal Ownership, Empowerment, Living Righteously

Power Over or Under → Freedom, Personal Sovereignty, Empowerment, Equality

Ownership → Stewardship, Sharing, Giving

Materialism, Consumerism → Spiritual Fullness, Freedom, Enoughness, Excellence

War Mind → Peace Mind

Pharmaceuticals/Chemicals → Healthy Lifestyle, Natural and Organic Living

Personal Gain → Communal Well-Being, Prosperity For All - including self

Government → Sovereignty, Personal Responsibility, Shared Responsibility, Intelligent and Orderly Systems based on Natural Principles (an example is Sociocracy)

Punishment → Reparation and Restoration

Negativity (being destructive) → Positivity (being constructive)

Money → Wellness

Dysfunctional Relating → Healthy and Loving Relating

Emotional Underdevelopment → Emotional Health and Intelligence

Repeated Trauma → Healing and then Thriving

Mistreatment of the Earth → Working Harmoniously with the Earth

Either/Or → Both/And

Part of our healing and then thriving will be getting out of our programmed either/or thinking and moving to both/and expanded capacity where two seemingly opposite energies can exist and even thrive together.

One of the biggest examples of this will be the synergy between individualism/sovereignty and togetherness/community. Both being healthy are necessary for optimal functioning of the whole.

The Western world has driven independence and individuality to it's extreme, forfeiting communal integrity along the way. In contrast, communal living that has forfeited the autonomy of individuals has also lost vitality and necessary functionality. Both live well together with balance and the path forward will include interesting adaptations in finding optimal harmony between the two.

## **The Current Systems**

What has been built on a large scale so far in this era is wealth and power for the few, everything driven by profit, exploitation of the Earth, little care for destruction or pollution, chemical assault poisoning us to fuel giant medical power-conglomerates, top-down government masquerading as democracy, war, isolation, disease, dysfunction, trauma, intense stress, and a disconnected, technology-focused, depressed and anxious society.

That creation, which we might call disease-culture because it creates and supports disease on every level of being, is big and strong and the ones who profit the most from it will keep it going as long as they can. People who are entrenched in the current ways, afraid of something else, believe in it or like parts of it will also keep it going because it is what they know and also what they have been taught.

Whenever we want to make different choices it is important to first identify what we feel isn't working, then why it isn't working, and next propose alternative choices that feel better. Let's do that here with the current systems of this culture.

## **Money Systems**

- Everything costs something, even basic needs, so that one must participate in the money systems and therefore the current disease-culture in order to exist
- Affording the cost of basic needs can be expensive so that to live decently well one must make a fairly large amount of money, which creates pressure and stress on the fundamentals of living
- Programming for the last centuries pushes materialism, having more, and has made money and physical possessions the ultimate aim
- In the push to not only have what we need but to possibly have more, debt-culture has arisen with credit cards and loans that make it easy to spend money and difficult to pay it back, so that most people are living in considerable amounts of debt
- The current structures have created an increasing consolidation of wealth by a tiny minority while the vast majority of us are living below poverty levels
- This profit-driven culture has made increasing profits surpass all other values including the well-being of humans, animals, and the Earth, so that health for the majority - including the planet - is decreasing while profits for a select few are increasing

## **Alternative Choices**

- Create cultures, communities, towns/cities where:
  - Basic needs don't cost anything, they are created and maintained by the community itself, shared with everyone, and contributed to by everyone
  - Everyone thriving - including the plants, animals, and Earth - is the ultimate aim

- Every decision made and action followed-through supports all of Life being vibrantly healthy
- The enjoyment of being alive within everything we have created and are creating together is more than enough for us; there is no need for materialism
- Debt doesn't exist
- Everyone shares the value of living in equality and is happy with the bounty of enoughness and not needing to have more than others
- Everyone contributes to the common good by giving and sharing skills and other things they have to benefit the thriving of the whole
- Everyone acts from the guiding principles of Love, Oneness, Truth, and Joy

## **Governance Systems**

- Top-down government where a select few are in charge of a vast majority
- Laws that take money, time, and a lot of energy to change
- Large, complicated, opaque, and rigid bureaucratic structures that make it difficult to understand and feel personally empowered within
- Power-over dynamics with incarceration and violence forcing compliance
- Huge nations and states where common agreement among the populace is impossible
- Huge populations so that knowing each other and working together for common solution is impossible
- The idea that someone outside each of us in our own Sovereignty has the power to tell us what to do, take our resources, and threaten us with violence if we don't do what they say

## **Alternative Choices**

- Create cultures, communities, towns/cities where:
  - Our population is the right amount of people where we can know each other and be able to create workable solutions together; large enough to be interesting and have people for all the roles needed to thrive, and small enough for each person to be accounted for, seen and heard, and included in our processes
  - We make agreements that form the guidelines of our society
  - The agreements we make are easily able to be discussed and revised if needed
  - We have agreed-upon processes that organize us and help us be efficient with determining our agreements
  - We are consent-based and consent from everyone must be given for an agreement to be made; consent is different from consensus - where everyone has to agree - or majority rule - where the majority rules over the minority; consent is an agreement to try a proposal if it seems reasonable and there are no significant objections
  - There is never a threat of violence
  - There are consequences for breaches of agreements that we have discussed and agreed upon as a community, which can also be revised if needed
  - We live in a healthy synergy between individual sovereignty and communal well-being

## **Criminal Justice Systems**

- Used to enforce the laws of the government
- Laws are made in the top-down structure of government where most of the populace is completely disconnected from the making of the laws yet is entirely subject to the enforcement of them
- Fighting prosecution well takes an enormous amount of time, money, and education that most people don't have and don't have access to
- Punishment is used as enforcement of the laws and is named as "correction"
- Correction includes physical domination, force, and violence, incarceration, embarrassment, humiliation, removal of personal identity, complete subjugation, and lowering of standards to an inhumane level
- These systems are based on the ideas that brutality and stripping someone of their value and humanity can correct aberrant behavior, as well as that fear can hold someone to higher standards of action
- Most prisons are now privately-owned, having for-profit systems in place that prioritize making money over other concerns

## **Alternative Choices**

- Create cultures, communities, towns/cities where:
  - We all contribute to and co-create the agreements and consequences of breaching those agreements that we live by together, having direct influence over creating, maintaining, and editing them as needed
  - Both agreements and consequences are discussible and editable at any time as practical application informs us and evolution grows us
  - Consequences of breaching agreements never include prosecution or dehumanization, they include discussion, deepening understanding, and exploring reparation
  - Everyone is held in high value and dignity at all times
  - Everyone maintains their personal identity and is even encouraged to deepen their self-understanding and strengthen their healthy expression, utilizing this process for personal growth and development
  - When someone acts outside of our agreements, we address them always with care and compassion, curiosity, and the desire for understanding
  - Reparation is our process for breaches of agreement, which includes thoughtful discussion and inspired ideas for how a breach can be repaired through words and actions over time
  - The implementation of reparations are consented to by all parties before they are enacted



- The entire process is supported by the community and encourages everyone to emerge healthier from it

## Medical Systems

- One of the largest industries on the planet; huge profit-driven systems that are supposed to be about human welfare but are really focused on making money
- The pharmaceutical industry has become entrenched in our medical systems so that prescription medications have become the principal choice in treating patients whether they are the most healthful options or not
- Healthcare has become so expensive that most people are either excluded from treatment or go into large amounts of debt in order to afford it
- Health Insurance has also become a billion-dollar industry and some people are required to have it in order to live where they live
- Most medications that are prescribed cause many side-effects that cause more problems that often require even more medication or surgeries to alleviate, and all of this creates a self-sustaining system of cyclical disease and treatment
- The current system doesn't focus on the whole being or on truly healing disease, it hyper-focuses on symptoms, specific parts of the body, managing complaints, prescribing medications or surgery, and on making money

## Alternative Choices

- Create cultures, communities, towns/cities where:
  - We see health as our natural state and make every choice aligned with our greatest health and vibrancy, including how we grow our food, interact with the planet, and live our daily lives
  - All of our lifestyle choices, including alive and nutrient-rich food, pristine water, healthy and loving relationships, clean environment, daily activity and exercise, and everything else we do naturally supports everyone in being radiantly happy and healthy
  - Dis-ease is rarely experienced and yet when it is, people are supported in balancing back into their natural ease through whole-being care including emotional, mental, and spiritual health
  - All needs are met, including healthcare, so when support is needed people are cared for in all the ways that are needed freely
  - Healthcare is barely needed because everyone is so naturally healthy in body, mind, heart, and spirit
  - People are seen and interacted with as whole beings and everything is accounted for when addressing dis-ease
  - Our treatments promote ease and harmony within the body, heart, mind, and spirit and often include music and sound, energy work, talking/feeling and resolving any mental/emotional difficulties, and helping restore someone to their inherent vibrance

## Food Systems

- Another one of the largest industries on the planet; huge profit-driven systems that are supposed to be about nourishment but are really focused on making money
- Made up of vast networks of growers, distributors, and sellers so that the consumer becomes very disconnected from the Earth and the growers, and everything is globally spread out, creating transportation needs and therefore more exploitation and pollution of the Earth through the burning of fossil fuels
- The drive for profit supports poor decisions on every level, including soil health, Earth organism health, how workers are treated, how animals are treated, and the large amounts of chemicals, processing, and packaging that are used at every step of the process
- Chemicals have inundated the food industry from growing to preparation and packaging so that everything we eat has traces to large amounts of inorganic materials that affect our health in harmful ways; these chemicals also harm the Earth and her creatures
- Most of what we call food these days are highly processed, highly addictive products that taste good to most people yet are low nutrient and very difficult for our bodies to process, which cause or contribute to many diseases and health issues
- Minimally processed, fresh, alive, and truly healthful food has become expensive to make and buy so that many people are priced out and/or it doesn't even taste good to them because they've acclimated to the low-food-value high-flavor-added processed products
- All of these factors have contributed to a greatly diseased and overweight population because the food itself is compromised

## Alternative Choices

- Create cultures, communities, towns/cities where:
  - Our great health is directly created by the vibrantly healthy, alive, and nourishing foods we grow, prepare, and enjoy together
  - Most of what we eat has been picked or dug up that day by ourselves or other community members as we take turns helping with the food
  - Every one of us stays connected with the Earth by helping plant and tend our gardens
  - We give thanks to the Earth daily and sing to her, listen to her, and work with her according to the deep wisdom and cycles of Life, therefore producing all of our food organically and in great harmony with everything
  - Our soil is rich, fertile, and grows beautifully healthy and nutrient-rich food
  - Because of the high nutritional and energetic value of our food, we don't need to eat very much and our weight maintains itself perfectly with ease

## Energy Systems

- Another one of the largest industries on the planet, especially oil and gas
- The vast majority of our energy production has significant negative consequences including harm to natural environments, pollution in extraction, production, and burning processes, and volatility and danger to life
- We are changing the planet dramatically with our extraction and use of fossil fuels
- Petroleum also makes plastics which have also dramatically changed our world
- The high demand for fossil fuels has created volatility in politics and wars over resources
- If someone wants to live a comfortable and modern life they become dependent on the current energy systems because of how this world has been built
- Energy costs can be very high which prices people out and leaves people in inhospitable living conditions

## Alternative Choices

- Create cultures, communities, towns/cities where:
  - The energy we produce is 100% renewable, clean, good for all creatures including the Earth, and easy to make and use
  - Everyone has access to this freely shared resource
  - All of our buildings are built to be comfortable naturally with great thermal efficiency and lots of natural light
  - We don't use plastics
  - We can walk or bike everywhere we need to go on a daily basis and where longer-distance transportation is fueled by our clean and renewable energy
  - Resources are shared
  - Everyone has what they need to live a comfortable and happy life

## Educational Systems

- Extremely standardized and unable to support very large differences in learning styles and individual needs
- Focused on external subjects that may never be used in daily life, in contrast to internal subjects that apply to each person and help them live their daily life with skill
- Based on memorization and testing which can be vastly different than true learning and growth
- Largely tedious and uninspiring for students
- Creates workers who can sit quietly at desks, behave according to rules, and perform specific tasks adequately
- Teaches children to obey, take in someone else's required information and regurgitate it, not listen to their own body, heart, mind, and spirit, and to think and act rigidly

## Alternative Choices

- Create cultures, communities, towns/cities where:
  - Everyone receives foundational learning in understanding and growing their own self, healthy relationship skills, living well with the Earth and being able to meet one's own needs, and basic language and mathematics skills; beyond that learning is optional and learner-driven
  - Education is fun, enjoyable, and tailored to individual needs and wants
  - Time for schooling is only a handful of hours a day and includes community contribution and learning hands-on skills
  - Other than foundational learning, school is based on interest and inspiration, and into adolescence young people are encouraged to study subjects that call to them
  - Critical thinking, asking good questions, great discussions, and thinking for one's self are all encouraged
  - Healthy movement in class is supported
  - Foundational learning includes body awareness, physical skill and competency, emotional intelligence and being able to share one's feelings, mindfulness, meditation, self-responsibility, and identifying personal growth edges so they can be expanded into
  - Foundational learning also includes healthy and loving communication skills, ability to circumvent and/or resolve conflict, ability to listen well and honor others, navigate compromise, and be flexible and imaginative within relationships
  - Adults who are vibrantly healthy, self-responsible, intelligent, sensitive, emotionally rich, purposeful, and joyful are created from educational environments that support them fully in whole-being development

## **Personal Shifts Needing to Happen**

In order to co-create and experience the New Earth together, the structures of our society will have to shift as well as our internal, personal structures. The culture we are born into programs us, our parents and family program us, and the very DNA within us codes us into behaving and acting certain ways. All of these create very strong structures that live within us, guiding our thoughts and decisions, mostly without us even being aware of it.

Here are some of the major ways that we will have to personally shift in order to co-create our New Earth together:

### **Scarcity and Competition**

This one runs so deeply for most if not all of us. It is a cornerstone holding up this current world. It says things like:

“There isn’t enough.”

“There is only so much to go around.”

“I won’t have what I need unless I work hard and beat the competition.”

—> We have to remember that lack, scarcity, and not-enoughness are a lie. They are a fabrication of fear that keep us small, scared, disempowered, and willing to live the story of competition so that we are against one another in contrast to being for one another, which is where thriving can actually exist.

This current culture has been structured so that scarcity and competition seem to exist. We can point to countless examples of how they are true and why we have to live this way, when in fact it is not Truth, it is a fabrication disguising itself as reality.

When we declare that the Truth of this Universe is Abundance and Love, everything starts to shift. When we increasingly remember the oneness of all things and that Life is profuse - there is more than enough for everyone - we can dismantle the structures we’ve allowed to limit us for a very long time.

Therefore, we shift our personal and collective mantra to:

*We live in a Universe of Great Abundance and Love*

Which says things like:

“There is more than enough for everyone, including me.”

“Life is verdant and overflowing with goodness and so am I.”

“I am taken care of and we are taken care of.”

“We are born to share the goodness that is, and the goodness that we are.”

## Negativity

There is so much negativity on our planet right now. If we want something different, each of us has a personal responsibility to shift our thoughts, ways of being, and actions to ones that are constructive, positive, and full of uplifting possibilities.

Remember, where our mind goes our life goes.

Also, what we ingest we manifest.

So, for those of us on this path of New Earth Rising, we have to be extra careful of how we think, what we think about, what we say and how we say it, and also what we take into our being including what environments we are in, what we watch and listen to, and everything we ingest as food, water, substances, and more.

If we give our attention to something, we give our energy to it.

Negativity is all around us and shows up like:

“This is never going to work.”

“We are doomed.”

“Humans are lazy, selfish, destructive, and untrustworthy.”

“The planet is better off without us.”

Anytime we feed negative beliefs, thoughts, images, and ways of relating to each other, we help co-create more of what we don't want. This includes watching media that affirms negative ways of being and relating.

—> Shifting to constructive thoughts, beliefs, words, actions, and ways of being is essential to us in building a world we really want to live in.

Healing, growth, and improvement are processes that often begin with being fully honest about things that didn't or don't feel good to us. It can include feeling feelings that feel really heavy and painful to us. This can easily turn negative, yet if we work within the context of creating something better, full honesty can be a liberating and healthful part of rising. Both how we express ourselves and what we direct our energy towards are keys to whether it becomes a destructive or constructive process.

It's ok to not feel great about things and healthy to express what doesn't feel good and isn't working for us. It's also really healthy to express these things in self-responsible and thoughtful ways so that what we create with our expression is actually healthier than what we started with.

Also, on this bridge from Old Earth to New, it is very normal for us to continue having negative thoughts, feelings, and residual behaviors. How we relate with them is also key to creating constructive processes for ourselves and others.

Here are some of the old ways of interacting with negative ways of being:

- ignoring
- avoiding

- denying
- giving our energy fully to them
- feeling guilty or shameful
- adding even more negative energy to the negative energy by dwelling, punishing, believing, and/or agreeing with it
- getting defensive, protective, and/or attacking

Instead of:

- maintaining conscious Higher Self while working with thoughts, feelings, and behavior in a present and loving way
- being self-responsible and able to see self clearly and honestly
- being fully honest and open about what's going on for us, even and especially the most difficult stuff
- being compassionate and kind to everything that shows up
- getting support from skilled community members for healing and growth
- having clear intentions with the direction of our energy and inviting the negativity to join us on the path
- allowing for negativity to exist, possibly take it's time, and run it's course all the while Loving Presence continues inviting it Home to peace, rest, health, and feeling better
- being on a path that is consistently more loving, more constructive, and healthier because of our practice and patience
- remembering that everything is Lovable and that Love is what's required for anything to heal
  - Love being the quality of Universal Compassion, Care, Acceptance, and Goodness that is able to flow through us whenever we invite and allow it to
- affirming what's possible in lighter and healthier ways of being and guiding all of our energy towards our positive creations through constructive affirmations

Therefore, we shift our personal and collective mantra to:

*We shift all of our energy, increasingly, to constructive affirmations of Life.*

Which says things like:

“I say yes to uplift.”

“I say yes to everything getting better and better.”

“I allow for my shadow to come up so that it can be filled with more and more light.”

“I build goodness with my thoughts, words, and actions.”

“I give my energy to positive and uplifting images, visions, and stories.”

“My environment and relationships support me fully in being my brightest and lightest self.”

“I communicate with kindness, empathy, and Love.”



## Personal Gain

This culture has taught us to look out for ourselves and to be hyper focused on what we can get out of a situation. We've become isolated islands of self-centeredness because at this point, who else is going to take care of us? Even if we have good family support, which a lot of don't have, would our family be able to financially support us if needed?

We have been stripped of our communal webs, where we all help look out for and take care of each other when needed. Instead of working towards our common good, contributing to the wellness of all, and then receiving support as needed within a healthy symbiosis of give and receive, everyone has become separated and must take care of themselves.

Independence is a wonderful and healthy experience, as is autonomy and self-reliance. They are cornerstones of a thriving organism, yet when they go too far, disconnection and isolation result. We live in an interconnectedness of individuals, an ecosystem of autonomous beings, and when the interconnectedness and healthy ecosystem parts diminish to almost nothing, much of the dis-ease we are experiencing ensues.

A big shift will occur when instead of thinking "what will I get from this?" we think "how does this impact everyone and everything else?" and instead of focusing on personal advancement we focus on having what we need within the interconnected web of our common good.

Personal gain says things like:

"What can I get out of this?"

"I have to get ahead and stay ahead."

"If I don't look out for myself, who will?"

—> So much of this comes from the pain of isolation and the fear of not having or being enough. When we also work on healing our isolation and scarcity it will be much easier for us to shift from personal gain to living within the common good.

Therefore, we shift our personal and collective mantra to:

*I contribute to the common good of all of Life with every breath, word, and action.*

Which says things like:

"There is more than enough for everyone, including me."

"What can I give to this?"

"What can I share here?"

"I am a healthy individual while also living in a thriving interconnectedness of Life."

"When we have a thriving ecosystem, I am also thriving."

## Conflict

We have lived on a planet with war for as long as we can remember. Every story we encounter has conflict, whether it's inner turmoil, arguing and fighting in relationships, countries at war with each other, all the way to planet Earth fighting hostile aliens. At this point it seems we can hardly imagine an existence that is peaceful, loving, and highly functional.

Within ourselves, conflict usually shows up often, as well as in our personal relationships and ways of being in the world. Most of us are quick to get aggressive or defensive as well as to prove who's right and/or argue for what we need or want instead of communicating clearly and advocating for the common good.

There are always ways to find harmonious solutions, especially when everyone is working within the field of the common good. As with everything, it begins with the desire to release dysfunctional ways of being and replace them with functional ones, the willingness to learn new skills, and the desire to live peaceably and well.

Internal conflict is often multiple parts of self disagreeing or not getting along well with one another, just like external conflict. And just like external conflict, it often involves name calling, negativity, blaming, shaming, guilt, and not being able to move forward well because certain parts feel stuck, judged, and unmet.

Healing conflict within ourselves and in our personal relationships are major steps forward for healing larger conflicts as between states and nations.

Conflict says things like:

“Someone has to be right and that is obviously me.”

“I need to be heard so I'm going to get louder.”

“I need to be seen so I'm going to get bigger.”

“I'm not being acknowledged so I won't hear anything else until I'm validated.”

“Only one person wins here and that's going to be me.”

“I want what I want and I'm not backing down until I get it.”

“You're wrong and bad.”

“I'm wrong and bad.”

Conflict is often reinforcing negative points of view and ways of being, as well as affirming there can only be one winner and getting frustrated and angry when things aren't seeming to go well. It is mostly repeating historical beliefs and attitudes that are dysfunctional and outdated.

—> Remembering that everyone can be thriving and that highly functional relating is not only possible but easy and natural for us once we remember how to do it is important in our shift from conflict to well-being.

It's possible that some of us are getting our needs for excitement, passion, and interest met - even somewhat dysfunctionally - with conflict. Consciously shifting our choices so that these needs are being met by other healthier options, like adventure, travel, learning, exploring, trying new things, and getting fired up in beneficial ways, could be ultimately much more enjoyable for us.

Working with Love - the Universal stream of awareness, compassion, acceptance, and wholeness that we are always connected to - can also soothe conflict so that healthful resolution can occur. So often, conflict is a result of past wounds surfacing that have never been seen, heard, felt, acknowledged, and brought home to Love. Bringing Universal Compassion and Loving Presence to the painful parts of conflict can dramatically ease the dysfunction experienced and smooth the path for healthy relating.

Therefore, we shift our personal and collective mantra to:

*Everyone can thrive and harmonious solutions are always available.*

Which says things like:

“I choose peace.”

“I affirm the common good and that everyone can have their needs met well.”

“I honor myself and others through all of my communications.”

“I direct my energy towards goodness for all.”

“My needs for excitement and passion are met through adventure, growth, exploration, and trying new things.”

“Peace can still be adventurous and fun.”

“I see myself, know myself, honor and Love myself, and work peacefully within myself so that I am relaxed and able to communicate well.”

“I work with Love to acknowledge all and help each piece work well together towards our common good.”

## Ownership

Once, the land and everything produced by the land belonged to all and there didn't even exist a concept of ownership. Everyone shared what is here and worked together for the good of the all. Everyone had what they needed and was well supported by the abundance of Life itself.

When we started to have the concept of ownership, a deep divisiveness and separation occurred. Much of our conflict was born out of the idea of someone being able to possess and lay claim to something as their own. Defending, protecting, aggressing, and accumulating ensued.

As a concept, ownership lies in direct contrast to Universal Truths such as freedom, constant change, oneness, sovereignty, and flow and is in many ways a disease that creates and supports many symptoms of disease such as war, violence, greed, and hoarding.

We have gone far down the path of ownership to the extent it might be impossible for some of us to completely release the concept altogether, although making shifts towards affirming Universal Truths in how we think and act can go far in healing ourselves and our world from this painful divisiveness.

Ownership says things like:

“This is mine and therefore I can do with it however I like.”

“If you try to usurp my claim to this I have the right to harm or kill you.”

“What's mine is mine and what's yours is yours for us to do with as we see fit.”

“Don't cross this line or else.”

—> Ultimately there are much healthier ways to go about all of this, including remembering the Oneness of everything and that the common good supports everyone in thriving.

Most of us have learned that we can't own people i.e. slavery because it goes against our fundamental rights of freedom, individual sovereignty, and honoring everyone equally. When we continue working with this concept of non-ownership of living beings it begins including animals, natural resources, and the land itself. What being should be allowed to own another living being?

Shifting to an understanding of stewardship and right relationship with caring for another being can go far in us lifting to much lighter and healthier ways of being. Supporting an animal in thriving, communally working together with a piece of land for the benefit of all beings including the earth, and tending personal spaces and items that we care for because they are needed, important, and special to us, can all be ways that we think about and work with everything around us.

It can be important for us to remember that:

- everything is temporary and constantly changing
- being in the current of life and going with the flow is healthful for us and the concept of ownership keeps us stuck and sticky
- Freedom and Personal Sovereignty are basic Truths of this Universe and all beings are included
- Oneness is a basic Truth of this Universe so that

- what hurts one hurts us all and
- all must be thriving for any of us to truly thrive
- Right stewardship and responsibility are important in the absence of ownership
- temporary tending, caring for, and being a part of a place can help us work towards right relationship with Life

Therefore, we shift our personal and collective mantra to:

*The common good supports us all and I embrace freedom, sovereignty, oneness, sharing, and being in the Flow of the Universe.*

Which says things like:

“Ownership is a false concept that causes divisiveness so I shift to Oneness, flow, stewardship, sharing, and Love.”

“I shift from ownership to temporary stewardship, sharing, and living freely within the common good.”

“Personal freedom and sovereignty comes with responsibility - to be good to oneself, honorable to others, and always remember the Oneness of Life.”

“Both personal freedom and loving interconnectedness are necessary to thrive.”

“I am fully reliable and dependable within all of my agreements and tend well that which I care for.”

“I enjoy being in the flow of life and having all of my needs bountifully met by the common good I contribute to daily.”

## Seeing Humans as Bad

There has been so much programming that humans are bad, destructive, selfish, and not to be trusted. Whether we believe it about ourselves, each other, or some of both, it has worked its way deep into our psyche so that much of what is possible seems impossible because we have so little faith in the basic good of humanity.

What is fundamentally within us can be seen in small children who are raised in healthy environments. They are naturally sweet, kind, helpful, empathetic, generous, happy, loving, good, giving, sharing, and wanting everyone to be happy and taken care of. They laugh easily and well. They trust each other and operate from a place of everyone having good intentions. Humans are all of this naturally until we are taught that we are not.

Seeing humans as bad says things like:

“I can’t trust anyone. Everyone is out for themselves.”

“Humans are selfish and greedy and will always do what is best for them and not for others.”

“People don’t care what happens to anyone around them as long as they are ok.”

“Humans are naturally violent and destructive.”

—> From this place our New Earth can never arrive because we’ll be too busy mistrusting and judging each other while staying distant and separate out of fear.

Remembering who we are in our core, and that everyone is fundamentally good, helpful, generous, kind, and trustworthy will help us move forward with each other and build a much different experience of life together.

Of course there are people who have been harmed, traumatized, or otherwise brought out of their core of goodness and as long as they are in that state cannot be fully trusted. Everyone is in varying states of rupture, healing, and/or wholeness and must all practice discernment with each other. States of rupture do not make a person bad yet they do compromise integrity.

Therefore, we shift our personal and collective mantra to:

*Humans are fundamentally good, kind, generous, empathetic, and trustworthy.*

Which says things like:

“I practice discernment with my trust and move forward with general faith in the human species.”

“I practice Love with others and invite them to practice Love with me in turn.”

“Humans are at their core benevolent, desiring of goodness for all, and loving.”

“I believe in the power of Good and that humans, as a species, can rise into great expressions of that Good.”

“I trust people until given a reason not to. I also allow people to learn, grow, and evolve into higher expressions of themselves.”

“Humans are naturally kind, generous, and empathetic toward others.”

“Most of us want what is actually good for everyone, including the planet .”

## **Isolation, Numbing Out, Distracting**

We spend increasing amounts of time in isolation, inside our homes, on our screens. This has not been a healthy trend for our species since we are communal beings by nature.

Yes, everyone needs alone time, and some of us need more than others. This essential alone time isn't what we are looking at here.

We thrive when we are around people we know, trust, and love, sharing meals and stories and worthwhile exchanges with them. Spending evenings with our community watching plays, enjoying live music, dancing, being around children laughing and playing, having meaningful conversations, and feeling deeply connected with the web of life.

Medications and substances have also increasingly kept us numb and disconnected.

Isolation says:

“I'd rather be alone. It's easier that way.”

“I don't feel like going out.”

“I had a busy day, I'm just going to rest.”

“I have a show I'm watching.”

“There's a new video game I want to play” or “I bet I can beat my score.”

Numbing Out and Distraction says:

“This is too much.”

“I need a break from life.”

“I don't want to feel any of this.”

So much of this is coping with a stressful world or hiding from real interactions with real people.

—> Balancing alone time with meaningful and fulfilling community interaction is essential here. Noticing when we might be isolating, numbing out, and/or distracting ourselves and choosing instead to connect with others in rich ways can be very healthful for us.

Being willing to be present, without distraction, is a major step forward. Allowing ourselves to feel and be honest with ourselves and each other is another major step forward.

Instead of avoiding and checking out of life, moving towards healthful and loving interaction with others is essential to our New Earth.

Therefore, we shift our personal and collective mantra to:

*I engage in-person with people regularly in fulfilling, enjoyable, and meaningful ways.*

Which says things like:



“I enjoy loving and healthful relating with meaningful people in my life.”

“I release substances and other ways I numb out or distract myself so I can be fully present and honest with myself and others.”

“I am willing to feel, heal, and ready to thrive.”

“I rest when I need to rest and spend alone time with myself when needed, and the rest of the time I get out of my house and interact with people in person.”

“I am only on my screens when I need to be and a little for enjoyment. Otherwise I am interacting with people in fun and enjoyable ways.”

“Every week I do activities I love with other people in person.”

“I regularly go places where there are children playing, people talking and laughing, and surround myself with the energy of communal life. I feel connected to and a part of life.”

## **Fear**

This current culture is in many ways centered around fear. The world powers use it to direct us where they want us to go, controlling and manipulating us into doing what they want us to do.

Fear makes us weak and easy to manipulate. It is a main contributor to our current epidemic of isolation which makes a large population easy to govern because everyone is disconnected, afraid of each other, and fighting amongst themselves.

Fear is not who we are in our core. It is something we are taught, and then reinforced with images and messages repeatedly so that it becomes who we are being.

Fear says:

“The world is dangerous and people are dangerous.”

“This is on the verge of collapse.”

“Annihilation is imminent.”

“People are violent, contagious, and/or dishonest and I can’t trust them.”

“Everything is getting worse and worse.”

“What if?...” (with worst-case scenarios)

“We are all doomed.”

All of this makes us shrink away from each other, untrusting, unloving, and completely disconnected from our power source which is Goodness, Connection, and Creation.

—> Remembering who we are at our core and what makes us strong, beautiful, empowered, and thriving is key here to shifting our energy away from fear and moving it towards Love.

Love is who we are and what we are made of. We are infinite, powerful, limitless beings of pure light potential that actually glow when we remember who we are. Universal Love is kindness, awareness, goodness, compassion, acceptance, and wholeness and when we land in these qualities as our Truth we are filled back up again with the Light and Power that we Are.

Therefore, we shift our personal and collective mantra to:

*Limitless and infinite Love is who I am and who we are, and this Love makes all good things possible.*

Which says things like:

“Every moment is new. We can create anything.”

“Goodness is alive and well and I feed that with my every thought, word, and action.”

“I am the Love of this Universe and with this Love all things are possible.”

“Everything is getting better and better.”

“People are good and together we can create our dreams.”

“The Universe provides and I am well taken care of.”

“New ways are emerging that are lighter, better, and so much healthier, and I say Yes! to this happening and give all of my energy to the uplift.”

“I get off the sinking ship of fear and step solidly on to the rising boat of Love and Goodness.”

“I see...” (with your vision of how good things can be as we co-create it together)

“We are rising and it feels great.”

## **Anxiety, Stress, and Worry**

Akin to fear in many ways, anxiety, stress, and worry are pervasive in our current culture. They are taught and learned and driven forward by constant negative programming and pressure from all around us.

With no safety net and nothing for most of us to fall back on, each day can feel like a battle for survival with no one to support us but ourselves. The future can also loom heavy over us as we stress over if we will have enough.

Pressure to fit in, be the best, succeed, get everything done, look good, be liked, pay the bills, and so much more is a constant strain on our well-being.

Everything can feel like too much and easily become overwhelming.

Anxiety, Stress, and Worry say:

“I have to....”

“Just keep going otherwise I’ll fall behind.”

“What if?...” (with negative forecasting)

“This is too much.”

“I can’t.”

This causes much tension and contraction in the body and heart and can cause shut-down or hyper-activation that over time creates disease.

—> It helps for us to remember that none of this is our natural state, and when we remember who we are and how this Universe works, we can calm down, relax, and get back into the Flow.

We are powerful and connected beings working with the infinite peace, Love, and goodness that IS. Our natural state, when we are relaxed and in Flow with the Universe, is peaceful, happy, and fully supported.

Remembering that when we are tense and contracted we get out of flow with the Universe can help us direct our energies to relaxing and expanding so we can connect more fully with the goodness that is all around and within us.

Therefore, we shift our personal and collective mantra to:

*I relax, breathe, and connect with the Universe to affirm everything I want and need is already within me flowing.*

Which says things like:

“I am fully supported by the All That Is and affirm abundance for all.”

“There will always be enough as I flow with the Universe and affirm it as so.”

“I relax to receive.”

“I relax to create peace within me, and within that peace everything needed exists.”

“I flow all that I need from the inside out.”

“I release any future forecasting and breathe right now in the present moment, allowing all good things to flow through and to me.”

“Everything will be just fine, all is divinely and perfectly in order.”

## Emotional Dysfunction

Almost none of us have been taught how to feel our feelings in healthful and constructive ways, and react unconsciously from feelings we're not even aware we're having.

Our emotional bodies are a whole world of their own that we are often barely conscious of, and since so much of our lives are lived from unconscious emotionality, without practice and skill, our emotions often wreak havoc on our lives.

In our "modern" society, great emphasis is placed on rationality, intellect, and thinking. Our mental life is overemphasized while our emotional life lives barely understood in the shadows.

Because of all of this, our culture often behaves like adolescents due to emotional underdevelopment.

Emotional Dysfunction shows up like:

- Having big feelings but having no idea what to do with them
- Reacting instead of responding
- No skill in expressing feelings, needs, and wants
- Lack of self-ownership
- Drama, chaos, and conflict
- Contributing to outcomes that are less than desirable
- Pretending to not have feelings
- Lack of empathy
- Minimized ability to meaningfully connect with others

—> Our hearts and emotions are a critical part of who we are as they are the gateways to fulfilling and meaningful connection to ourselves, each other, and Life itself.

Learning how to feel our feelings healthfully and own our full emotional selves is a massively important piece of our healthy communal ecosystem. When we are able to consciously acknowledge our feeling self, name what we are experiencing, self-own and self-love, and also healthfully communicate with others, massive leaps forward in thriving connection will occur.

Therefore, we shift our personal and collective mantra to:

*I feel all of my feelings consciously and with Love for myself, and am able to express myself healthfully and with full Loving consideration of others.*

Which practices like:

- Being consciously aware of and open to all feelings
- Owning every feeling that arrives with compassion
- Expressing with full self-ownership and self-Love what feelings are occurring
- Able to breathe deeply and remain in a responsive, non-reactive state
- While being honest and self-responsible, also being compassionate for impact on others
- Being connected to Love for everyone, including self and others
- Being heart open while expressing self and listening to others
- Allowing feelings to guide yet able to merge them with other streams of wisdom like intellect and conscious intention

## Personal Ownership and Responsibility

Our current culture has not taught us healthful personal ownership and responsibility, it has taught us blind obedience to authority, dependence on others for the necessities of life, blaming others for problems, and looking for solutions outside of ourselves. All of this keeps us in states of adolescence, where our power lies somewhere other than within our own center.

Radical self-ownership and loving personal responsibility are required for us all to grow into our maturity, developing our own personal agency as well as understanding that our life outcomes are mostly dependent on our own choices and actions.

Instead of blaming others for outcomes, looking earnestly to see what is in our own power and making shifts within ourselves to create different outcomes is necessary. Instead of relying on others to solve problems or give us answers, listening to our own inner guidance and making good choices to create our own solutions is also necessary.

Creating our own food, water, shelter, clothing, and other necessities of life including the ability to defend ourselves from aggressors, brings the ability to live well on this planet back into our own hands and out of the hands of others who would control and dominate us.

Lack of personal ownership and responsibility says things like:

“It’s their fault”

“We need the right person in office”

“I am completely dependent on others for food, water, shelter, clothing, defending myself, and all the other necessities of life.”

“The authorities know the answers and I do what they tell me to do.”

“Our government needs to fix this.”

—> Whenever the place of power in your own life lies somewhere outside of yourself, problems will always emerge.

Remembering that you are your own best authority for yourself, and that all the power you will ever need to sustain and uplift yourself is within yourself is key.

Developing all the skills you need for full self-empowerment including emotional intelligence, healthy interrelating, being true to yourself, being able to create the necessities of life yourself, owning your thoughts, words, and actions and being fully responsible for outcomes, and bringing the locus of control back to your own powerful center is necessary in this growth.

Therefore, we shift our personal and collective mantra to:

*I know myself and own myself, am my own best authority for myself, make choices that are fully aligned with my own inner guidance, and am able to sustain myself directly with the necessities of life so that I am personally supported and fully empowered.*

Which says things like:

“I know best for myself.”

“I do what feels right to me while also upholding love, care, and respect for others.”

“I am fully responsible for my outcomes.”

“I work to know myself and own myself so that I can fully align my thoughts, words, and actions with my intentions.”

“My skills support me in being able to thrive on this planet completely with my own abilities.”

\*There is a distinction here between dependence and interdependence. Being dependent on others is a disempowered state. Interdependence is a thriving state that requires individuals to be fully empowered and autonomous within themselves, and then choose to co-create with other fully autonomous beings in a mutual, collaborative, and synergistic way where the whole becomes greater than the sum of it's parts.



## Daily Practices for Uplift

Ascending while being in a human body can feel challenging. The body itself is relatively heavy and dense, especially compared to spirit which is light and vast.

Uplifting to higher ranges of being requires steadiness and consistency, so that the body itself can vibrate higher and lighter. This often takes time and requires persistence.

Our choices either support or undermine our ascension process, and these are particularly important:

**Food** - eating clean, fresh, “alive” foods are particularly helpful to uplift. Heavy foods such as animal flesh and products and ones that are highly processed and have chemical and artificial additives are particularly difficult for the body to process in a light and easy way. They bog our systems down and this slows our lifting and lightening process.

—> focus on eating foods that are straight from the earth and as fresh as possible, without any alterations or additives, including cooking. Raw fruits and vegetables are as alive and highly vibrational as food can be and they support our uplift dynamically.

\*\* remember to be gentle with your systems and gradually shift your choices over time so that your body can acclimate, experience less unpleasant symptoms, and therefore stick to positive shifts in long-term, sustainable ways

**Water** - drinking and bathing in clean, non-processed water without additives is essential to our health. Our bodies are made of a large percentage of water, so we can view it as one of the foundational building blocks of good health. Highly processing water denatures it and our body also denatures from drinking and bathing in it. Additives including chemicals act like poisons to our systems so that our bodies have to work to process and eliminate them.

—> drinking clean, fresh water from natural sources is a shift we can make immediately that will help support our whole-being health dramatically

**Media** - everything we take in, including music, videos, TV, conversations, thoughts, images, and ideas wants to be LIGHTER. It wants to help us feel vibrationally uplifted and to help affirm our positive thoughts, feelings, and visions.

—> be very mindful about what you are consuming energetically as it is just as powerful - maybe sometimes even more powerful - than what you are consuming as food and water. Make choices that energetically *lift you up* and support your lightness and positivity.

**Daily Exercise** - doing activities that get our blood pumping, sweat falling, and heart thumping daily is essential to our well-being. Not only does it help us process and eliminate whatever needs to be released from our systems, it also strengthens and vitalizes every part of our being. Staying still for long periods of time contributes to heaviness. Interspersing positively-challenging physical activities every day keeps us lighter, fitter, happier, and much healthier.

—> add physical activity every day to your life from energetic walking in a beautiful place to lifting weights and doing strength training. Dance, yoga, Crossfit, hiking, skiing, and all the other wonderful activities we can add to our lives keep us dynamic and thriving.

**Meditation** - there are many different forms of meditation. Everything that helps us center, be fully present in the present moment, and still our minds so that greater presence and awareness can arrive within us are greatly beneficial.

Physical stillness during meditation can be powerful so that all energy is directed to beingness/ awareness, while moving meditations can also be powerful so that awareness can be directed within the body through movement.

Silent and guided meditations can both be supportive and helpful, depending on what intentions are present.

Adding the intention to connect with, channel, and flow Source energy during your meditation can be highly nutritive as well.

—> spending at least twenty minutes meditating either once or twice daily, especially in the morning to set the tone of your day, is important for the quality of your presence, connectedness, and centeredness.

**Earth Grounding and Sun Bathing** - our bodies are electrical and they need to recharge. The Earth and Sun both have significant electrical fields that can enliven our bodies. Putting bare feet and/or sitting or laying on the Earth can charge us up. Bare skin receiving solar rays for even short periods of time can also charge us up.

—> get your bare feet on the earth and receive some sun into your skin at least 20 minutes a day to recharge your energy body.

**Time in Nature** - surrounding ourselves with plants, trees, earth, and waters that have been as minimally tampered with as possible for extended periods of time is massively beneficial to all parts of our being - body, heart, mind, and spirit. One of the greatest reasons for this benefit is the level of coherence that is in these environments, and how that coherence tunes our whole being into greater states of peace, ease, wellness, and harmony. The living intelligence that vibrates in an intact natural environment creates increasingly greater vibrancy within us the longer we immerse ourselves within it.

—> spend time in nature daily, and in deep nature weekly, for hours at a time to receive all of the benefits nature immersion offers us.

### **Decrease War and Increase Peace -**

Within ourselves, with each other, what we give our time and energy to (including media, conversations, attention through our thoughts, words, and actions):

War = violence; conflict; chaos; drama; negativity; antagonism; defensiveness; hatred; fear; judgment; meanness; isolation; pain; unhealthy power dynamics

Peace = loving kindness; gratitude; generosity; forgiveness; positivity; allowing; calm; ease; order; harmony; stability; serenity; goodwill

—> with every thought, word, and action we clear out war from our personal and collective systems and replace it with powerful and loving peace that permeates and radiates goodness through all.

**Choose Supportive Relationships** - surrounding ourselves with people we love, who are good for us, and support us in making great choices can be paramount to success. Also having people who are actively choosing uplift and vibrating in an elevated state themselves can be super helpful as we most often vibrate similarly to the people we're around.

—> surround yourself with positive, loving, supportive relationships as well as people who are actively choosing uplift and vibrating at an elevated state themselves so that your human environment is also positively benefitting your ascension

**Choose Joy** - as one of the highest and lightest vibrations, joy is one of the best aids in lifting us up and sustaining us in a higher state of being. Play, fun, adventure, laughter, excitement, and more can lift us up and keep us up. Find and choose activities, people, and environments that are joyful to you.

—> choose joy as often as possible in every situation and with everybody. It is addictive, contagious, and highly beneficial to all.

**Love as a Practice** - every moment is an opportunity to practice love, as a smile, a kindness, a warm embrace, as the choices of patience, forgiveness, and mutual respect. There are so many ways we can practice love and being available in every moment for love to arrive in one or many of its myriad expressions is a gift to us all.

Remembering that love is a verb and is more than a feeling is powerful. It is a choice, an action, a way of being, and a path of development. It is a strong growth catalyst and can help us heal the deepest of wounds.

Let love teach us all how to be with ourselves, each other, the plants and animals, and the Earth herself.

## Personal Thoughts

New creations emerge all of the time. Our New Earth will rise out of the Life-giving principle right alongside the current disease-culture and flourish and prosper anywhere and everywhere, just like life itself. We will create communities and cities where we practice, learn, and grow together, trying out new systems and ways of being and having fun refining them until they feel just right to us.

We don't have to agree on everything. Finding people that are most closely aligned with our own values and vision and then building something with them will produce the most ease-filled experience for all of us, and having different communities and cities with different paradigms will ultimately grow us all through experimentation and development.

Some of the themes I see the most variance on right now are carnivore/vegetarian, guns/no guns, ownership/stewardship/sharing, money/no money/capitalism/trade and barter, individuality/cooperation/sovereignty/mutuality, rural/urban, organization/free for all, technology/no technology/some technology and there are many more.

One of the main tenets of living well on this Earth together is the non-aggression principle, so one group is not forcing their ideas on another or attacking or harming them in any way. We can all live on parallel tracks, learning from one another, trading with each other, cross-pollinating in wonderful ways. Diversity is a major part of abundance as well as all thriving ecosystems and so can be our New Earth with many different cultures and ways of doing things.

We all have to get on the same page though about pollution, deforestation, extraction of goods and exploitation of the Earth, chemicals being put in our waters, earth, air and sky, and other planet-changing choices that different groups are making which ultimately affect us all. We must protect our natural environment and get the people who are harming us and destroying our natural ecosystems and resources to stop.

The question of how to stop them becomes central. I believe there are many answers to this question including legal means, defunding current power structures, providing alternatives, and getting creative in our actions together with many different people and strategies involved. I know that if we put our collective minds and capabilities to any task all things are possible.

My vision for the Earth is loving, peaceful, and a place where all beings are thriving, including plants and animals. Therefore, killing plants and animals does not fit in my sphere. There are so many plants that offer food willingly and abundantly without the need to kill them such as fruits, vegetables, nuts and seeds and it is possible for humans to live well solely on these foods.

It is very clear to me that many people are committed to being carnivores. It will be interesting to see how this uplift affects those inclinations and belief structures. Ultimately, I do not believe that true peace can exist with any killing.

Many make the argument that the natural world can be ruthless, violent, savage, and has carnivores and scavengers throughout. We also see benevolence, mutuality, consideration, and synergy throughout the natural world. Could this not be a parallel to what we as a human species, and the Earth herself, have been wrestling with for as long as we can remember?

I believe the New Earth Rising is all of us - including the Earth and all of her creatures - coming out of a long, nightmarish, unconscious sleep and awakening to a brighter, more beautiful, conscious awareness where we create everything in our reality from our higher states of being.

In our awakened dreaming state all things are possible and we choose to support each other and work together in loving, collaborative ways.

There is a passage from the dark to the light, from the old to the new, and from the nightmare to the dream.

Many bridges are needed on this journey, and one will probably be in the area of protection/defense for New Earth Communities and for natural environments that are attacked and devastated by human aggressors.

To believe the aggressors on this planet will immediately stop aggressing is most probably improbable. The question then becomes whether New Earth Communities are willing or not to defend themselves, and if so, how. All answers here are valid and ultimately personal.

I love the idea of living in a New Earth City where every person is strong, fit, and able to defend themselves capably. Where sharing a culture of loving collaboration also includes being willing and able to physically stand up for one's self and others that are being aggressed upon. Where the entire city has highly intelligent, well-thought-out defenses that are hopefully never used and where the emphasis of our culture is on our creative and peace-making faculties.

Based on our lived experience, almost - if not every - time a bully discovers that their intended victim is highly capable of defending themselves, they will back down and disengage from the fight. Often times embodying the ability to fight well precludes any kind of attack.

I would hope that my New Earth City embodying the ability to defend itself expertly would stop any attack before it even started. We would have to be willing, of course, to live with the consequences if someone did aggress against us and we implemented our defensive measures.

I would personally be ok with arming ourselves, not necessarily with guns although I am open to the idea as a short-term solution, individually and as place. My greatest hope would be that we could phase out all armaments with time and that our peace-culture grows so strong to make any thoughts of defensiveness obsolete.

Many visions of New Earth communities are more rural, with each family owning a farmstead of an acre or two and then coming together at times with other families for trade and fellowship.

My vision is of cities because cities are naturally more collaborative and social. They haven't been done well in the past hundreds of years but when done right, cities can be absolutely magical. The energy of creativity that happens when many people are together sharing ideas, inspirations, imaginings, good questions, music, dance, craftsmanship, and more is a blessing and gift to all. Cross-pollination happens faster when we are the right amount of closer together and the bounty of advancements proliferate within communal incubation.

We must know each other for any community to function well, therefore determining the maximum number of people for a city is very important. This number will need to be experimented with to find the right amount, and that number might vary from community to community. Maybe, too, a city could have multiple communities connected together within one larger whole.

There are so many ideas of how this could go and ultimately the whole thing is very exciting and full of possibility. It will be good for us to keep relaxing any rigidity in our thinking or notions that we already know what is going to work and what isn't. The best will be for us to

come up with really good ideas, implement them, see how it goes, and adjust and adapt as needed.

Part of why cities have not been great places to live includes packing too many people into too tight a space, layering them on top of each other, surrounding the buildings with concrete and pollution-emitting vehicles, having everyone stressed about making enough money to live and needing lots of money to live well, food costing a lot, probably not knowing one's neighbors, social and community fabric being spread out and not well integrated into life, no real collaboration or synergized activity, and not knowing if there's shared values or not. This whole recipe creates a lonely, disconnected, congested, stressed people and is missing out on most of the reasons cities can be magical, deeply supportive places.

New Earth Cities want to be reimagined from the Earth up. They want to be felt first in the heart and then from that deep well of wisdom and connected intelligence birthed into conscious, intentional existence. Every part of a New Earth City will probably be quite different from current cities including layout, functionality, aesthetics, energy systems, food systems, waste systems, transportation, solitary spaces, communal spaces, indoor venues, outdoor amphitheaters, materials, greenery, the healthy waters flowing everywhere, and more.

The first ingredient for thriving cities is thriving community, which consists of knowing, loving, and caring about the people we are co-creating our lives with. Having shared values and working towards common aims strengthens our fabric. Making agreements together and upholding those agreements, collaborating together for our shared abundance, each of us contributing to the whole in recognizable, needed ways and creating an interdependent web of communal resource with each other strengthens our community even more.

Next, not packing people in and giving everyone enough space to feel themselves and not constantly be bombarded by everyone else's energy is crucial. Spaciousness supports health. Capping the building height to three or four stories for human-sized, relatable, buildings that don't stack people's energy one on top of the other is important.

Surrounding the buildings with lush greenery, fruit trees, beautiful fresh ponds to swim in, meandering paths and ample gardens to get lost in provides the natural environment that humans thrive in. The fresh air, abundant clean water and food readily available, and verdant ecosystems provide the nutrients that support our whole being to greatest health.

Daily work wants to be immediately and tangibly meaningful, with inherent value that directly benefits the person doing it as well as benefitting others. Some of our time will be spent contributing directly to the community and some can be spent in whatever activities that feel most rewarding, inspiring, uplifting, and nourishing to our unique person. Being able to take our time to create real excellence and extraordinary things will be a boon to ourselves and to our communities.

By having our core needs met well by being a contributing part of our community, we feel relaxed, happy, supported, useful, resourceful, abundant, and generous with our time, energy, and abilities.

With all of these characteristics and more built in to the designing and creation of New Earth Cities, the experience of being together in a semi-urban environment will be quite different than it is today. I look forward to being a meaningful part of my loving, creative community that co-creates a specific, intentional space together while celebrating and upholding the beauty and sovereignty of each individual.

I know that a spirituality will need to be at the center of every New Earth Community, with a deep felt sense of sacredness of all life and Creator/God/Source as the core principle that sustains and animates everything. Without these fundamentals, anything we create will end up in a similar state to what is here now.

A great healing must take place on planet Earth at this time, of all the ravages and enemies religions have made. This division was intentional and malicious, made to sever the loving human from our loving Source by making the idea of God mean and petty, vengeful and war-mongering, evil and destructive, which any loving being would ultimately denounce.

Religions have also pitted humans against humans in brutal and significant ways. It runs deep within us now that any differences in faith could lead to violence and even death, whereas at certain points of time and places on this Earth differences in faith were not only tolerated but even celebrated. Turning love into fear, and even hatred, is what millennia of religious war has intentionally done.

So many of us have run from faith because we don't agree with religious dogma or doctrine, millennia of ruthless sieges to gain converts or kill opposing believers, and might not know what we do believe in but strongly feel that we don't believe in any of that.

All of this was intentionally done by highly intelligent people who wish to rule the world and know that the most powerful way to divide and conquer us is to drive deep wedges of pain and fear between our sense of self and that which created and animates us.

When we feel cut off from our creator-source we feel increasingly lost, depleted, depressed, anxious, and weak, and often make terrible decisions because we are not operating from our own inner connection to Source which is inherent love, goodness, beauty, intelligence, order, and more.

Those of us who have found God again, after years of denouncing, have discovered that this pure loving intelligence is far different than what most religions have made him/her/it out to be, and that a solid, loving relationship with God/Source/Creator/The All-That-Is is actually required to be whole.

For our communities to be whole, they must also have a solid, loving relationship with God/Source/Creator and allow this healthy relationship to flow through all decisions and actions, informing everything with strong connection to Spirit. Before anything is done, first, we listen to Spirit.

Let us get back to embracing differences in faith and embracing each other with great Love in our hearts. Each of us has our own path back Home and so much of our beauty is in our unique ways of seeing, feeling, and experiencing everything.

Earth will also need to be center in our New Earth communities, recognized as the sentient, conscious, highly intelligent being that she is. She will be honored, celebrated, asked questions, listened to, learned from, and made a central figure in our communal cosmology. Every choice we make and action we take will include and uphold her.

Natural ways and technology must find their balance and synergy. Most of us appreciate a lot of the technology we currently have and would not want to give it completely up. I imagine that each community will find it's own balance and will probably invent ways to make technology even safer and better for our bodies and environment.

I know that these communities can pop up everywhere around the world. We will need to create sovereign nations within current nations where we can write our own rules and do what feels ethical and right to us. All of the resources exist to be able to do this, we must now gather and direct them so we can begin building within our own jurisdiction.