



The Transformer

Inspiration and News

from the Center for Transformational Presence

Volume 1, Issue 4

www.transformationalpresence.org December 2009—January 2010

Imagine A World... by Alan Seale



Late November, December, and January bring major holidays in many traditions. Holidays can be times of celebration and joy, yet they often also bring times of reflection and contemplation. They give us the opportunity to look back to “this time last year” or a significant event that

happened to coincide with the holiday, noting how much something has changed or how our circumstances are very different now than then.

This holiday season I find myself reflecting on the many places I have been since this time last year, the many things that have happened, all I have learned, and how quickly things are changing on so many levels. Rather than pulling me back to the past, however, those reflections are actually propelling me forward into new opportunities, new responsibilities, new forms of service, and a constantly evolving picture of where my life and work are headed.

Perhaps things are also changing for you on many levels. As one year comes to a close and a new one begins, the energy shifts. With that shift come new opportunities, challenges, and perspectives. Whether you are in a cycle of expansion, growth, and discovery, or a cycle of pulling in, reflecting, and simplifying—or perhaps both in different aspects of your life—this time of the year offers an invitation to reflect on the past and hold a vision for the future. That vision will be more impactful when it addresses both your

personal world and the greater world in which we all live. Appropriate questions to ask are: What have I learned in the last year? What opportunities and challenges came my way? How am I different than I was a year ago? Who will I be and what vision will I give energy to going forward, both for myself and for my world?"

We each contribute to the shaping of our personal and global realities through our thoughts, attitudes, dreams, perceptions, choices, intentions, and actions. While you may not feel that you alone can make a significant difference in the world at large, together with others you certainly can. In cultural anthropologist Margaret Mead’s famous words, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” As more and more people hold similar visions for a world we wish to live in, the stronger that energy becomes in the mass consciousness. And as the mass consciousness shifts, so does the world.

Some of the things that I hold a vision for are:

- A world where every person is treated and treats others with dignity and respect
- A world where every person has the opportunity to discover their soul mission or life purpose, and then to create a life that allows them to live that soul mission fully
- A world where “stewardship” of land and resources has replaced concepts of “ownership”

- A world where, when we find ourselves in conflict and challenge, we look for the common ground shared by all parties involved as a starting point in dialogue
- A world where governments and politics are truly based on a foundation of serving the greater good rather than serving rigid ideologies and the interests of only a few
- A world in which being in service of the greater good is recognized as the highest calling
- A world where patriotism means celebrating the unique gifts that your nation offers to the greater world community, and recognizing that every nation and people has its own unique gifts to share
- A world where all people recognize that “we’re all in this together” for better or worse – that “us and them” ultimately will not serve anyone
- A world in which education calls forth and nurtures the development of individual creativity and innovation, discernment, personal responsibility, and consciousness awareness

We can make our greatest impact in the world when we focus first on ways of being, letting our actions decisions, and creations then flow out of that powerful being. Our governments are very busy taking actions and creating complex legislation. The same can be said much of the time about our personal lives. We stay very busy creating complex and often complicated lives. However, before our actions will truly make a difference or our legislation and lives will be sustainable, there must be clarity, alignment, truth, and integrity in who we are, both individually and collectively.

As you reflect back over 2009, take note of how you are different than you were at the end of 2008. What has shifted over this past year in your thoughts, perspectives, attitudes, beliefs, and intentions? Are those shifts serving you and are they sustainable? If not, what do you choose now?

Then, going forward, what is the world that you imagine? As we wrap up 2009 and head into 2010, who are you called to be going forward? What is the vision you are called to help steward into reality for the greater good of all?

I invite you to find some quiet time during this holiday season to reflect on the past year and create a vision for the future – a vision for your personal world and for the world at large. Imagine the world you would like to live in and make your own list of qualities and characteristics that describe that world – what that world might look like in terms of who we are and how we relate to one another and to the earth and its creatures. Then give energy to that vision every day and become one of “a group of thoughtful, committed citizens” who can indeed change the world.

Many blessings,

Alan

© 2009 Alan Seale

transform@transformationalpresence.org
www.transformationalpresence.org
(585) 473-9793

Soul Mission Profile—Yvonne Bryant

Fostering Personal Transformation at Home and Abroad

by Johnathon Pape



When Yvonne Bryant retired from a successful 40-year career as a District Manager for the Social Security Administration, she knew that she needed to keep active.

Her management style had always combined a real love for her employees with a strong sense of service to them, which yielded a highly effective office. She had also been very engaged with the

community – writing a weekly educational column about Social Security, serving on the boards of a couple of important local charities and organizations, and heading up an HIV-Aids advocacy ministry through her church called Love Force. “I really loved my work and it was a hard decision to retire,” she explains, “but I made a shift and decided that retirement would be the start of the next part of my life.”

It was about this time that someone on one of her boards asked Yvonne if she would be interested in creating a mentoring program for a high school in Jersey City, New Jersey. “That was completely new – I had never worked with young people before, but I looked at it and it really grabbed my heart. I created an outline of what I thought a mentoring program for young people should be and proceeded. It was challenging, and some things didn’t fall into place like I had thought they would. So that was when I contacted the people I knew – my former colleagues and my friends – and got them interested in sharing their knowledge and expertise as mentors in the program.” That was when things really took off. Yvonne found a Mentoring Supervisor Certificate Program through Fordham University and Big Brothers/Big Sisters of NYC. She attended the program and got certified in 2006. In 2007 her program in Jersey City won an award as an outstanding new mentoring program.

Johnathon Pape: Thank you for sharing your story with us Yvonne. You do so many wonderful and meaningful things – we’ll talk about all of that in a minute – but one of the important things about these Soul Mission Profiles is that they honor people not just for what they do, but more importantly, for who they are at the most

fundamental level.

Yvonne Bryant: This is very different for me. I’m used to people knowing what I do, but not so much who I am. I want them to see that what really calls me to *be* is making a difference. For many years, I have been a spiritual seeker. I’ve done workshops and self-development classes. And what this has really been about is the journey into understanding who I am and why I’m here. When I got my soul mission, I could really tie it back to many years in my life. It is *being* in such a way that I can support people and coach them into their greatness.

JP: *You certainly have been facilitating a lot of transformation through the mentoring program. Tell me more about it...*

YB: The program happens at St. Anthony’s High School in Jersey City. It’s a co-ed Catholic high school. About half of the students live at the poverty line. The school is pretty famous for basketball. They have a coach there that has taken the school to 2 national championships and numerous state championships. He has been offered various college coaching positions, but he stays with St. Anthony. There was a book about the school called *The Miracle of St. Anthony* – it had been on the NY Times best seller list. But I really knew nothing about the school when I took on the mentoring program. And now I love it, I love their mission, I love working with young people – they’ve become a part of me. We are in our 4th year now and we have served 120 young people in the mentoring program. My heart tells me when I’m in the right place.

JP: *Just like the basketball coach!*

YB: As I’ve become more involved with the world of mentoring, I’ve come to understand that it is about guiding young people to a better sense of who they are and why they’re here. That creates an internal shift in self-esteem and confidence. That, in turn, will have a positive impact on their grades and relationships. I think back to my own life, and I first started doing

internal work on myself when I was in my late 30s. Now I work with kids age 15-18! It's so important to start that transformation earlier.

JP: *And what do you see as the difference between change and transformation?*

YB: For me, change is just when we try to do something differently with what we've already got. We take what's there and try to do it in a different way, do more of it or try to do it better. Transformation is really about a shift – a shift that takes us to a whole different level of being, a different level of who we are. There's a quote that I use in the mentoring program. It's our mantra. It's excerpted from Nelson Mandela's Inaugural Address, but he actually is quoting Marianne Williamson in her book *Return to Love*.

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves:
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people won't feel insecure around you.
We are meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It is not just in some of us; it is in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others.*

JP: *That's such a powerful statement, and so important for young people to hear.*

YB: The mentoring program just gets better and better and stronger and stronger. I feel unstoppable, even when a particular part of it no longer fits the picture of my original vision. I can let go and let it happen.

JP: *You work with what wants to happen...*

YB: Yes. Then I can see that the outcome may not be what I intended, but it's right. The underlying thing is to make a difference. I'm expanding now to get some more support and I'm looking at how I can bring the program to the point where it can live without me. I want it to be strong and stable so if I decide to leave it can go on without me. It's like my baby. I also have the

goal of creating other mentoring programs in other high schools – being a mentoring program consultant.

JP: *And how has your Life Vision evolved from the first time you wrote it?*

YB: It now has global components. I mentor a young woman from South America using Skype to communicate with her. This is through a wonderful organization called World Pulse – a **media enterprise** covering global issues through the eyes of women. It was founded by Jensine Larsen and gives women in third world countries a voice. This particular project is called Voices of Our Future. Thirty correspondents from different countries were selected and they were given assignments to write feature stories. They were each assigned a mentor. The woman I was matched to was from Bolivia and she won an award for her article. So she is one of 3 women who will come to the U.S. in the fall of 2010 for the launch of the magazine connected to World Pulse. I'll get to meet her in person!

JP: *How exciting for you. And if our readers want to know more about World Pulse?*

YB: The website is www.worldpulse.com/pulsewire. And the other global component of my life vision is an initiative in Ghana. My church – the First Baptist Church of Lincoln Gardens in Somerset, New Jersey – has formed a partnership with Ghana. A Ghanaian man named Osagyefuo (which means Redeemer) attended the church while he was living in the United States. In 1999 he was called home to Ghana to become the King of the eastern region of the country, which is home to about 2 million people. Since then he has founded the University College of Agriculture and Environmental Studies in Burso, Ghana. He wrote back to our pastor and asked the church to be a partner with him on several initiatives in Ghana. Our church is very active in community work. So in October, I was part of a delegation from the church that went to Ghana to explore this partnership. It was a wonderful opportunity to be with the people and experience that country. We had a debriefing meeting a couple of weeks ago and we're planning what's next in how to serve the people. Several of us from the delegation recorded our reflections of the trip for the church website. My reflections are from Day 5, and the link is: <http://www.fbc Somerset.com/Ghana/2009/Reflections/Day5.htm>.

JP: *It's amazing how your vision has expanded. What else are you currently manifesting in your life and how does it relate to your soul mission?*

YB: One of the things I like most about retirement is that each day I have the opportunity to create my own day. A friend of mine that I do coaching work with has joined me in putting together a transformational workshop on anticipating retirement and how to create your day. It's still in the planning stages, but we're working through it on the Manifestation Wheel. The Wheel has been a very useful tool for me.

JP: *What has been your greatest challenge to living your soul mission?*

YB: Making sure that I include self care. I have a lot of projects and sometimes feel overwhelmed. My inclination is to not take the time to exercise, relax, and do special things for myself. I'm learning to build a support network to help. And I've made a real effort to include time for myself in my calendar. When I was working, I had a routine based on my schedule. But when I retired, it wasn't easy for me to transfer those management skills into my personal life. When I had a blank day, it would suddenly get filled with lots of activities. I took time to learn that I had to include myself in that calendar. It's always an inspiration for me to look at Alan's calendar. How does he do it?

JP: *When you have encountered challenges, doubts, or setbacks, how has knowing who you are at the soul level gotten you back on track?*

YB: When challenges or familiar obstacles come up – mine is feeling overwhelmed – knowing who I am and what I'm up to keeps me in the game and gives me power. I know who I am. I'm here as a facilitator for transformation. My soul mission is my purpose, my reason for being on the planet. It is my motivation. And being a facilitator for transformation includes my own life. My own transformation is ongoing and it's never finished.

JP: *I know that you recently brought Alan in to work with another organization that you are part of. Can you tell us about that?*

YB: The [Visiting Homemaker Service of Hudson County \(www.vhshc.org\)](http://www.vhshc.org) is an agency that helps the disabled or elderly continue to live at home with dignity. We have various professionals who go into people's homes and assist them with all kinds of tasks. This can involve nursing or other health care, as well as housekeeping, social work, and even companionship or accompanying the client on errands. I used to be President of the Board for the organization, but now I'm just on the board. I brought Alan in to help the organization find its soul mission. And he's coming back in January to help us create a vision for

how we want to live that mission.

JP: *What would you say to someone who is considering doing Soul Mission * Life Vision?*

YB: I would say that it has transformed my life and I recommend it highly. Participating in the Transformational Presence Coaching program, Mentor Coaching, Soul Mission * Life Vision, and now using *The Power of Your Presence* book for daily meditation is making a powerful contribution to my life, the youth I mentor, the clients I work with, and the organizations and people in my life.

JP: *I'm glad to hear that you are enjoying The Power of Your Presence. It's quite a wonderful little workout for the soul.*

YB: Since I've been using it, I've noticed that I'm more peaceful and centered, and when I feel like I'm "all over the place," I'm able to get back into a place of peace. It helps me settle into the present moment.

JP: *Thank you again for letting us honor who you are, and celebrate all that you do to facilitate transformation!*