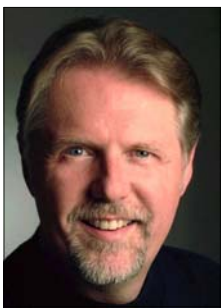


The Bubble Has Burst

When New Creation Is the Only Viable Option

by Alan Seale



On Wednesday, November 26th the leading article on the front page of The New York Times began:

Washington – The Federal Reserve and the Treasury announced \$800 billion in new lending programs on

Tuesday, sending a message that they would print as much money as needed to revive the nation's crippled banking system.

The message of “print as much money as needed” certainly gave me pause, but the key word in this announcement that captures the consciousness behind our leaders’ current bailout approach is “revive.”

In times like these it is important to consider the distinction between “curing” and “healing,” and to choose with clarity and intention which approach we will take to our significant national and global challenges. To cure an illness or dis-ease is to make things the way they were before. It’s all about getting things back to the way we are used to them being – getting us back in our “comfort zone” as quickly as possible. Our modern-day word “cure” comes from the Latin *cura*, meaning “care, concern, trouble.” To cure something is to give it care, approach it with great concern, to go to whatever lengths are necessary to in effect “fix it.” This has been our approach to our current challenges and it reflects where we are in our mass consciousness. Our financial portfolios have lost half of their value,

our houses may currently not be worth what we paid for them, jobs are being cut everywhere, and many people are afraid of what the future holds. In times like these, the mass cultural awareness contracts to a perspective of “how will I and my family survive.” We easily lose sight of a bigger picture. Therefore, from a place of fear and limited awareness, the obvious approach is to “revive” life as we once knew it – to get it back to how it was. In these moments, we can forget the fact that “how it was” wasn’t working very well and that things have, in fact, been crumbling into dysfunction and held up by false facades and manipulations of truth for a long time.

To heal, on the other hand, is to create wholeness. The word “heal” comes from the Old English *hælan*, meaning “to make whole, sound, and well.” Healing is truly about creating anew. Healing is not about fixing. It is not about reviving. It is about listening to the essence of “what is” and discerning what is trying to happen as a part of an ongoing evolutionary process. Sometimes we reach a place where conditions have collapsed to a point where there is nothing to fix, nothing to cure. We are in such a place according to Vandana Shiva [www.vandanashiva.org], world-renowned scientist, environmentalist, and Time Magazine’s “Hero for the Planet.” In a recent address to the International Coach Federation annual conference, the essence of her message was: the bubble has burst, there is nothing to fix, and furthermore it was only a bubble to begin with! We are beyond “reviving” or fixing now.

Could this be exactly what needed to happen? Could it be that we had to reach a place of very few options in order for breakthrough to occur? Our only viable option now is to create anew, and in that new creation bring our life conditions into a state of wholeness – to create new structures and systems that are sustainable and sound – to create an authentic sense of well-being, balance, and harmony as stewards of a greater potential.

So what does this mean? As we look ahead to 2009, how do we as individuals and organizations create a new awareness in the mass consciousness that will support our leaders to make decisions, set policy, and guide us into a new and sustainable way of being in relationship to one another and to the Earth?

Mass consciousness is the place we must start. Those who hold the responsibility for national and international decision- and policy-making are in the most difficult positions in the world right now. Imagine being in their shoes. They can't take a breath without feeling the literal weight of the world on their shoulders. They are doing the best that they know how to do based on the knowledge, training, and experience that they have, and, of equal or perhaps even greater importance, *the mass consciousness that creates our current reality*. Leaders in government and business are making admirable commitments to technical and environmental change, and they are critical for our creation of a new relationship to each other and to the Earth. Yet according to Peter Senge [www.solonline.org/PeterSenge/bio/], management guru and Senior Lecturer at the Massachusetts Institute of Technology, our governments and corporations don't really know how they are going to meet those commitments. They just know that they have to start somewhere and these commitments seem like steps in the right direction.

The decisions being made at the top of government and business may or may not be the right ones. They don't know. We don't know. To say that we have created an immensely complex and complicated set of challenges is the greatest understatement. In the best of all possible worlds, it would be time to press pause and breathe for a

while – to reflect and expand our awareness to access a greater wisdom and a greater potential – to ask intuitively, “What is trying to happen? What is the piece we're not seeing? What is our next step?”

I have no doubt that those leaders are asking themselves those questions every day. The key, however, is from what level of consciousness the questions are being asked. If we continue to stay in an attitude of fear and crisis, we ask the questions from a contracted awareness. Therefore, we are compromised in our ability to hear answers from outside our current knowledge, experience, awareness, and circumstance. If, on the other hand, we first get quiet, go deep within to the place inside ourselves where we can open to the vastness of the Greater Consciousness, we stand a good chance of finding a new approach, gaining greater clarity, and aligning with a higher potential and forward evolutionary flow to carry us into a new place of balance and stability that is sustainable.

One way of doing this is through a process my colleague Devin Wilson and I call Enlightened Dialogue. Enlightened Dialogue is a form of intuitive dialogue between two or more people and a “topic” or “concept.” It is a simple process that can bring powerful insights, understandings, revelations, and new perspectives to situations, circumstances, and opportunities. The process begins with all participants taking a few moments to get quiet and centered and open and expand their awareness. You then invite the “topic” to float out in front of you or in the middle of the circle as pure energy. Participants will perceive the energy in different ways – some may see colors, shapes, or forms, while others may simply feel it as energy or a texture, hear it as a sound, or even perceive a fragrance or a taste. From there all participants are invited to allow the “topic” to speak through them to the group, opening up an intuitive dialogue between the group and the topic. There are some important guidelines to follow in order for this process to be successful:

- someone assumes the role of steward of the dialogue and ensures that the principles of Enlightened Dialogue are followed

- all participants open themselves to receive information or guidance intuitively, suspending judgment about anything that is said, what is possible or not, what is viable or not
- no opinions are to be stated nor advice given from participants – everything said must be an expression of the “topic” itself, not of opinion or personal preference
- this is a completely intuitive process, recognizing the intuitive mind as the greater mind, of which the rational/intellectual mind is just a small part
- participants agree to expand far beyond problem-solving into a higher awareness where they can tap into the greatest potential of the moment to discover what wants to happen for the greater good of all – it is understood that everyone will have varying degrees of ability to do this at first, but the more it is practiced, the more facile everyone becomes with the process
- participants don’t have to understand what they are about to say – they are just invited to report what they perceive
- this process is all about creating a way for the wisdom inherent within the topic, as well as the collective intelligence and Greater Consciousness to speak
- participants are dialoging with the “topic” and the greater potential rather than with each other – there is no cross conversation between participants during this process
- as the “topic” speaks through participants, participants are encouraged to ask further questions of the “topic,” to be curious and to dig deeper in order to gain greater understanding about the application of the information in practical terms
- no consensus needs to be reached during the Dialogue process – this process is just for discovering and giving voice to new ideas and perspectives, as well as possibly reinforcing ideas and perspectives that have already been expressed prior to this Dialogue
- one of the participants serves as a scribe to write down everything that the “topic” says or reveals

In a recent teleclass for the International Coach Academy, I introduced Enlightened Dialogue as a

coaching tool. Because the 18 participants were from at least eight countries, we chose the topic “Global Economy.” We imagined “Global Economy” floating out in the center of our virtual circle and began to listen to it. Our primary questions to Global Economy were: What do you need for us to know? What is the greatest potential of what could happen in ten years? What must be some of our first steps today?

There were many insights and directions that came through that day, including some very clear directives:

- when leaders of any level speak to one another, they must look one another in the eye, opening up honest and authentic communication and the greater possibility of soul-level communication
- every decision and policy must mean that everyone wins – if any decision or policy is at the expense of any group of people, negotiations are not yet complete and must continue until everyone feels good about how it will impact them
- there must be mutual respect among all players
- farming must become more localized and organic farming practices adopted globally

This is an example of what can happen in a 10-minute Dialogue session. Longer and repeated sessions would have brought more breadth and depth to the Dialogue as the group became more skilled at using this tool. In using this process with individual as well as organizational clients, I have seen huge shifts in awareness and possibilities. Imagine what could happen with experts from related fields coming together to participate in such a Dialogue if each participant were willing to set aside their personal and organizational or national agendas and adhere to the Enlightened Dialogue guidelines.

While it would be great if this approach or something similar was utilized today by our leaders, it is critical that each of us meet our personal, family, and community challenges in the same way. In large measure, our leaders operate in the same mass consciousness as the rest of us. If fear and panic are driving our thoughts, actions,

and decisions, our leaders can easily be caught in the same level of consciousness, especially in their great desire to serve us and solve our problems. We must listen to our challenges rather than jump immediately into “figuring out” solutions. In “figure-it-out” mode, we never get to the greater possibilities. We are caught in our pre-conditioned possibilities or preconceived notions of what is possible and what isn’t.

In the June 2008 newsletter I wrote about Four Levels of Living [www.alanseale.com/pdf/June2008newsletter.pdf]. Those four levels are: Drama, Situation, Choice, and Opportunity. “Printing as much money as we need” and throwing huge sums of money at problems are reactions that arise from the first two levels of awareness, Drama and Situation. In order to discover what is really trying to happen and tap into the greatest potential for us all, we must as a culture shift to Choice and Opportunity as our default levels of living. This means recognition that we have a choice as to who we will be within any moment or situation and how we will respond. Furthermore, it means making that choice with clear intention, and then recognizing that in every situation or circumstance there is a potential waiting to emerge – an opportunity to take the next step forward in our evolutionary process.

As 2009 looms on the horizon, I’m holding a vision that by the dawn of 2010 thousands of people will have shifted out of Drama and Situation and into Choice and Opportunity. I’m holding the vision that so many people are living in Choice and Opportunity that critical mass has been achieved, assuring that the same shift will then happen in the

mass consciousness. We can choose to listen – to tap into the greater potential, perceive what wants to happen for the greatest good, and then act, becoming stewards for that emerging potential. I hold this vision for all of us. As the mass consciousness shifts, so too will our leadership.

This is my vision for 2009. In these challenging times, it is easy to let our visions contract to the personal and family level. However, it is in these challenging times that it is crucial for us to hold big visions – visions for healing on a large scale, for wholeness, harmony, and balance that is sustainable and serves the positive evolution of our mass consciousness and the creation of new ways of living and being in relationship to one another and to our world. When this happens, our personal and family conditions and circumstances will shift as well.

May your holidays be filled with choice and opportunity, and may the new year ring in with hope, anticipation, and collective commitment to realizing the greatest potential for all.

Many blessings,

Alan

Copyright © 2008 Alan Seale

info@alanseale.com
www.alanseale.com
(585) 473-9793



Soul Mission Profile—Gabriella van Rooij

Love in Action

by Johnathon Pape



After thirty-five years working in the bakery and restaurant business in the Netherlands, Gabriella van Rooij decided that it was time for some changes. She and her husband had started the business when they were very young and poured all of their energy into making it a success. A few years ago, they sold the business and Gabriella

retired at age 50. “I had worked very hard at the business for so many years,” she explains, “but when we sold it I thought I would like to do some non-profit work.” In the Netherlands, there is an organization called PUM – Netherlands Senior Experts (www.pum.nl) that allows pensioners to register for volunteer work in developing countries. The idea is to bring their expertise in a particular field to people who are trying to make a similar career path work in their own country. It’s an exchange of expertise, rather than money. The volunteers work in the country for two weeks or more, and then there is a program to help those that are mentored come to the Netherlands to see how their type of business operates there.

“I started out in Peru, working with another Dutch agency called the HoPe Foundation, which stands for **HollandPeru** (www.stichtinghope.org). There was a Dutch couple there who had done a lot of work with raising Peruvian children. They built a little hostel in Cusco where those people, the children they raised, could find a job. My job was taking care of the hostel, which gave the Dutch couple the opportunity to work on their other projects – building schools in the highlands.”

“A lot of my volunteer work is helping people who are trying to start or to develop their own business – particularly with restaurants and hospitality services – since I did that myself for so many years. So far, I’ve worked in Russia, Kaliningrad, Belarus, and Kosovo. It was very hard working in Kosovo, but the people were so grateful. I try to do this volunteer work twice a year.”

Gabriella heard about Alan’s work from Swedish friends that had also been to Peru. They put her in touch with Alan and she arranged to bring Alan to the Netherlands for a *Soul Mission * Life Vision* workshop. It was at that workshop in the spring of 2007 that Gabriella discovered her own soul mission – *I am love*. Gabriella went on to participate in the *Manifestation* workshop in Sweden that fall, and then brought all of Alan’s workshops to the Netherlands during 2008. The sense of her mission as the embodiment of love informs her own journey as she continues to introduce Alan’s work to the Dutch audience, embarks on new global volunteer efforts, and learns how to fully *be love* in her relationships with friends and family, and most importantly with herself.

Johnathon Pape: The transition you made when you sold the business and moved into volunteer work was quite extraordinary.

Gabriella van Rooij: Many things changed. It was at that time that my husband and I also decided to go our separate ways. We had concentrated so much on our business over the years, but not on our relationship or each other. We raised our two sons and ran the business, but our relationship wasn’t always on equal terms.

We were a very good team in the business, though. He was the “idea” person and I was the

one who implemented the ideas. I used to work with the customers and the employees. He didn't particularly like working with people but I did, and this gave me the opportunity to learn and grow in the business.

But when we let go of the business, we knew it was also time to move on from the relationship. We decided to live on our own, but we still see each other once or twice a week. We both have other people in our lives now, but on an energetic level we are still pals. In a way, we were able to stay in each other's lives by *not* being in each other's *daily* lives. It was a matter of being honest with ourselves and having respect for each other instead of just trying to stay together but being unhappy or fighting.

JP: *That is an amazing way to "be love."*

GvR: Sometimes it was challenging, but the more I meet him from a place of love and love myself as well, the more we both can blossom and be who we really are.

JP: *And I imagine that level of honesty and commitment to what is best for each of you as individuals has had a positive effect on your other relationships.*

GvR: Yes, it was a wonderful lesson for our sons. And this is really unfolding with my new relationship – his name is Peter. We respect each other. There is never any feeling of servitude or anything like that. And we know that to honor that in each other we have to honor that in ourselves first.

JP: *How else has knowing your Soul Mission changed your life?*

GvR: I have become quieter and more restful. It helps you be at peace with yourself and the world around you. I realize more and more that I used to have less time for people – I was always in a hurry. In business you always have to be the first one there and very hard working. I was always hard on myself. I hardly gave myself anything – it was always the business, business, business. Doing *Soul Mission * Life Vision* helped make me softer. The

ego is more in balance. Now it is not so important to be first, but to understand why. Now when I meet people, I give more attention to them. I meet them at a deeper level.

The hard part is remembering to do that for myself. I can still do too much for other people and other organizations instead of being there for myself. And when I do that I know that I'm not really loving myself. But the balance, joy, and happiness I feel when I go deep down inside of me gets me back on track with my soul mission.

JP: *That process of going deep, of constantly looking at what is below the surface is so important.*

GvR: I learned that from working with the Manifestation Wheel. Whenever something would pop up, like fear or hesitation, Alan would have us look below to see what was there, and then look below that, and then look below that. This helps all the time. And when you go deeper the pain gets less and less too, because a lot of the time, the pain is really about what is on the surface. The truth is at the bottom. I think of how I used to struggle all the time, working hard and stressing instead of listening to myself deep down to see what I needed. Now I lean back and see what wants to happen!!!

JP: *The question "what wants to happen?" is a wonderful tool, isn't it?*

GvR: Oh yes.

JP: *What are some of the other tools from Soul Mission * Life Vision that are most useful to you?*

GvR: Understanding how the ego and soul work together. And seeing that there is a gift within everything that comes up for me. When I approach challenges in that way, I'm able to change myself. It's getting easier to find the gifts now. As Alan says, the more you go inside and practice that, the easier it gets. It's about using discipline with yourself to learn that skill. Not discipline like punishment, but like practice. It makes it easier.

JP: Where do you want to go next in your volunteer work?

GvR: Sometime I really want to go to Africa to work. But this summer I will be going to Mongolia.

JP: How exciting!

GvR: I would normally go someplace in the winter too, but in three weeks I must have knee surgery. I have very bad knees. It comes from standing in my business all day for 35 years. I also used to play field hockey for many years – just for relaxation – and that was also hard on my knees. I've already had 3 operations on each knee. So this time they will put in artificial knees.

JP: Good luck with the surgery and I hope you're up playing field hockey again soon!

GvR: Thank you.

*JP: And thank you so much for being our Soul Mission profile this month. What would you say to someone who is considering doing the Soul Mission * Life Vision and/or Manifestation workshops?*

GvR: I would tell him/her that since I know my Soul Mission my life has changed in light and love, and my surroundings (including my family) have changed with me. The sooner you know your Soul Mission, the sooner you can give your life its real direction, with less energy and less stress, but with much more joy and laughter. The Manifestation Wheel makes the things you want to create in your life so much easier to do. It helps you see the big picture of what you want, your creation of the whole. Alan really talks with his heart and walks his own talk. There is such equality within the workshop circle. It feels like you are all creating these things together.



Two pictures of Gabriella working with the HoPe Foundation in Peru. On the left, she watches as Peruvian women are taught to sew on the sewing machines that are donated by her service club Zonta from Holland. On the right, she is with schoolchildren outside the new school that is being built for them.