



HOW

TO CHANGE THE WORLD

IF WE ALL TOOK A MOMENT TO SIMPLY OBSERVE THE
WORLD AS IT IS, THE EVOLUTION OF OUR SPECIES
WOULD HAPPEN OVERNIGHT

ELINA ST-ONGE

Author's Note



I'm not an economist, an environmentalist or a political expert. I don't have any of the credentials that would help make this book appear more credible. So what do I know about the world? Who am I to claim knowledge of what it takes to change it? I may not have letters after my name, but we live in a world full of Ph.D.'s and experts of all sorts and still we destroy the planet, kill each other at war and have yet to end poverty. Do we really need more authorities to rely on or can we finally trust our own ability to observe our society and think critically about what is needed for change?

This book is the result of what I have come to understand through my own observations and with the help of other thinkers. When we take an observer perspective, we do not look at the world and think to ourselves "that's just the way it is." We instead ask, "why is it this way?" This is the approach I take throughout this book. In the final chapters, I also connect dots between mind-bending scientific discoveries that altogether bring clarity on our true nature and purpose on this planet. If you are interested in understanding human society without filtering it all with political and economical jargon—and if you often wonder about who we are and what we are here for, yet are not satisfied with conventional belief systems—you might enjoy the perspectives shared in this book. My aim is to assist in seeing the world with a fresh pair of eyes, which is what I feel we need in order to open our minds enough to create meaningful change in our world.

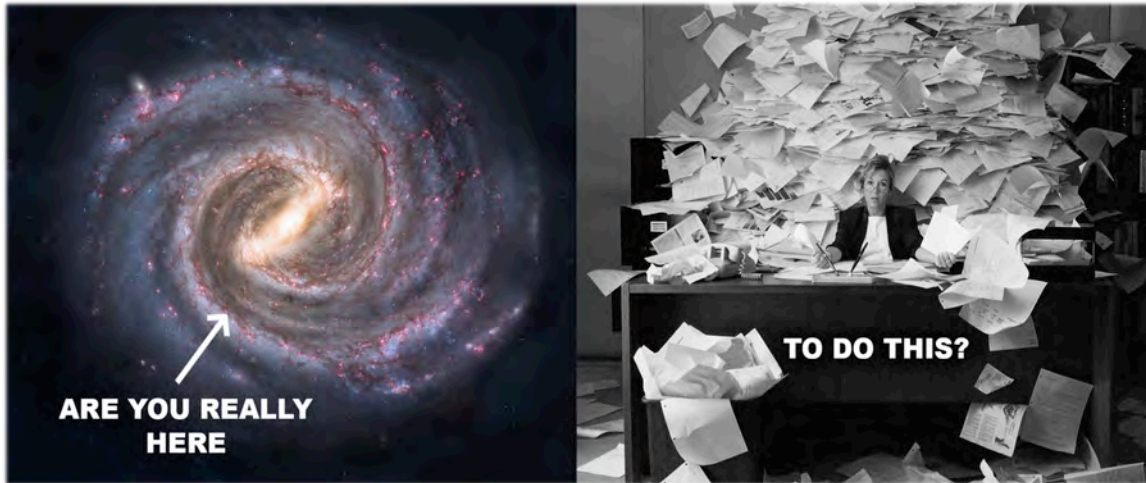
Introduction

Have you ever stopped for a moment and asked yourself “*who are we? Why are we here? What is our purpose?*” Have you ever gazed at the stars and wondered if there is more to life than what we have been told? Perhaps you have once taken a moment to observe human society and thought to yourself “*do we even know what we are doing?*”

These are called existential questions; the most basic and fundamental questions one could ask about our human existence. Yet interestingly enough, they are not a very popular subject. The media would rather talk about stock markets or gossip about celebrities, while schools would rather focus on getting us to memorize names, numbers, places and dates. There may be a variety of religious belief systems and hypotheses offering different takes on what our purpose on this planet is, but very few of them seem to put in perspective the overall state of humanity and system by which we live.

Is this all there is to life? Can we live without war and poverty? Is the destruction of our planet inevitable? Will greed and inequality always be a part of life? If you have asked such questions to a parent or a teacher, you have most likely been told, “*that’s just the way it is*” or “*that’s just human nature.*” Perhaps you have heard others defend the status quo by insisting that the way our society functions is the only way order can be maintained in the world. In the end, such inquiries are deemed irrelevant because we should all be focusing on what is “important,” such as surviving, working, consuming, paying taxes, watching the news, going to church, getting the house, the car, the family and the pension plan... right? If you are planning to read this book however, you are most likely a part of the growing number of people who feel less and less comfortable settling for this. Even though following the rules is all that is asked of us to be “functional members of

society,” many of us are feeling that there is something off with the world—something unanswered. But what is it?



Instead of trying to answer this question by intellectualizing or referring to any ideology or concept of this world, let’s simply step back and observe our society like an ET from another planet would. Let’s look at the concepts and routines we take for granted as a part of life, the things we think we should be doing and the things we believe will never change. If we never question the way things are—or more importantly the way we think—how can we ever look at ourselves and the world objectively?

“

You go to school, and try really hard so that you can get into a good college, and then you try really hard at college to get a good job, and then you try really hard at your job so you can make money. And then your kids do the same thing. And everyone just keeps on doing this and no one even stops to think WHY they’re doing it anymore...

- Dylan, 12 year old

”

Below is a brilliant story revealing the value in questioning and revising the way we do things as opposed to simply doing things because “that is how we have always done it.”

The Pot Roast Story

A newly wed husband noticed that every time his wife cooked a pot roast she would first cut an inch off either end before putting it in the oven. When he asked why, she said "Because that's how you are supposed to cook pot roast." Unsatisfied with her answer he pushed until she admitted that she had learnt it from her mother.

Waiting until a visit with his wife's mother, the husband asked "Your daughter tells me you taught her to cook pot roast by first cutting an inch off each end?" To which the mother replied, "well of course, that's how pot roast is cooked." But the husband was not to be deterred, and after pressing his mother-in-law on the subject she finally admitted that she'd learnt it from her mother.

This meant the husband had to ask the wife's grandmother. When he finally got his chance he asked: "Your daughter told me you taught her to cut an inch off each end of a pot roast before cooking. She swore it was a requirement, but I'm dying to know why? Is there any sane reason to throw away two inches of perfectly good meat in order to cook a pot roast?"

Laughing, the grandmother said "Oh, heaven's no! You see in those days we were very poor and didn't own much cookware. I cut the ends off the pot roast so it would fit in my only pan!"

And so ends the story...

Are we ready to observe our world from a refreshed perspective?

1

That's Just The Way It Is ?

As young children, we don't have a clue as to what life is "supposed" to be like. We are simply open, not yet defined by a culture, a religion, a social status or a conventional worldview—not even by gender. We simply are what we are, while being **open to all possibilities**. The primary instincts that can be observed in a child are not about survival, hoarding materials or thinking about a choice of career—they are about exploration, curiosity, play and boundless creativity. We are born much like blank canvases; ready to play, learn and color our path in any way the moment inspires us to.



Art is older than production for use, and play older than work. Man was shaped less by what he had to do than by what he did in playful moments. It is the child in man that is the source of his uniqueness and creativeness, and the playground is the optimal milieu for the unfolding of his capacities.

– Eric Hoffer



A child does not “deserve” his right to be born; it is a freedom. A child does not have anything to give in return once out of his mother’s womb, yet he is nurtured and cared for freely, simply because his life is valued. It is only natural to feel that life has value—not because it’s worth gold, not because some official-looking piece of paper says so, not even because this value could ever be taken away. Simply because life—when unfiltered by artificial concepts—evokes an innate sense of wonder and awe. A feeling that emerges when you realize the freedom, purpose and creative potential in the statement: “I am alive.”

But with the human society we have created, it does not stay that way forever. A few years after we are born; our child-like nature of freedom and playfulness is interrupted by the need to train ourselves for the “real world”: when life suddenly becomes something we must **earn**.



‘Earning a living,’ an expression so commonly used that we have become desensitized to its meaning: we need to ‘earn’ our right to be alive.

- Anonymous

EDUCATION

We may be born free and without a concept of limitation, but to survive in this day and age, we cannot draw outside the lines too much. Playing and creating all day long is not what is going to get us the job and the money to pay for the basics of life. We need to adapt to society; which is a very busy, competitive and survival-oriented game. The education system is here to help.

The education system—as our modern world describes it—is what allows children to learn what is necessary to lead a successful and secure life. It is considered to be the sure-fire way to attain valuable knowledge, good morals and to be able to find our rightful place in the world. Sounds great! But instead of simply leaving it at that, let us dig deeper. What exactly is meant by “success?” What knowledge are we talking about? How exactly are we being taught? In order to gain a more objective view of our education system, we need to revisit what the average schooling process is like.



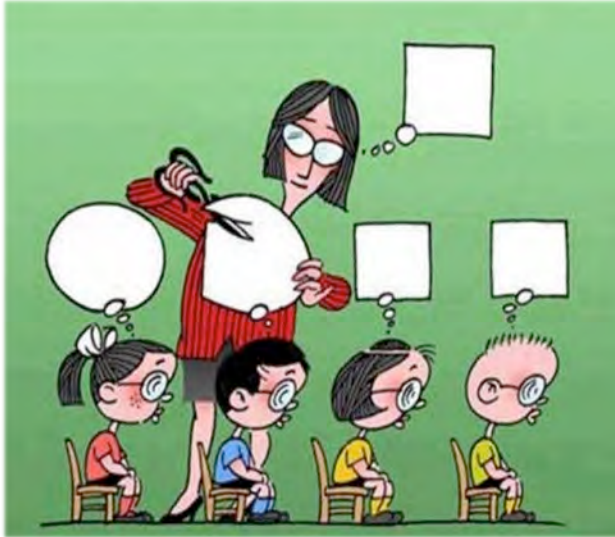
A true bubble is when something is overvalued and intensely believed. Education may be the only thing people still believe in, in the United States. To question education is really dangerous. It is the absolute taboo. It's like telling the world there's no Santa Claus.

– Peter Thiel



School usually begins around the age of 5 when it is considered time to start shaping children into functional members of society. 5 days a week and all throughout our formative years, we are taught reading, writing, mathematics and a variety of pre-selected academic subjects. But most importantly, we are taught **how to perceive reality.**

- “If you follow the rules and obey authority, you will succeed”
- “If you do not do as you are told, you will face consequences”
- “If you conform, you will be supported”
- “If you do not conform, you will be left out”



These concepts and perceptions are generally reinforced through the schooling process. While success could mean something unique to every individual depending on their respective interests, gifts and talents, the version of success most valued in the education system is the ability to keep in line and score high

marks in exams. How is this done? Mostly by memorizing and repeating what we are being taught on a sheet of paper. To put it simply, academic success is widely associated with the ability to absorb and repeat prescribed information and worldviews. On the other hand, supporting every student’s uniqueness, independent thought, interest and freedom to contribute with new ideas all seem to be low priorities within the education system.

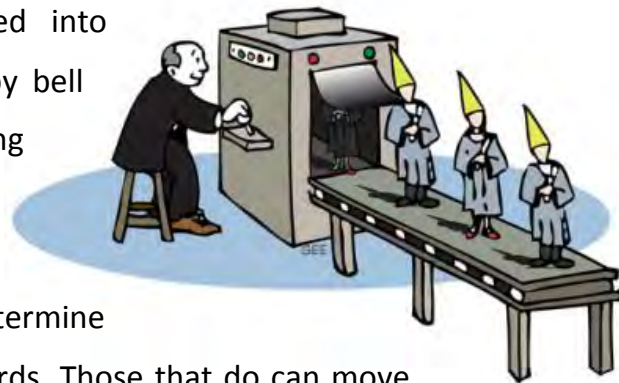


I suppose it is because nearly all children go to school nowadays, and have things arranged for them, that they seem so forlornly unable to produce their own ideas.

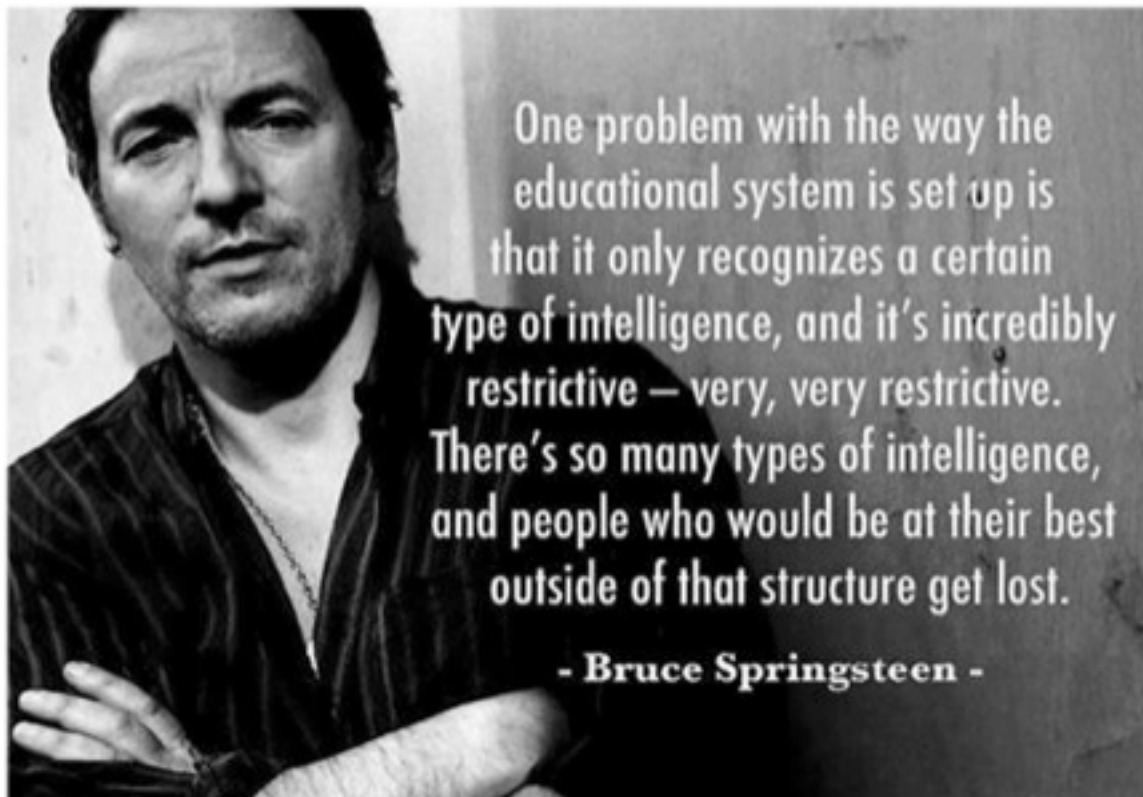
- Agatha Christie

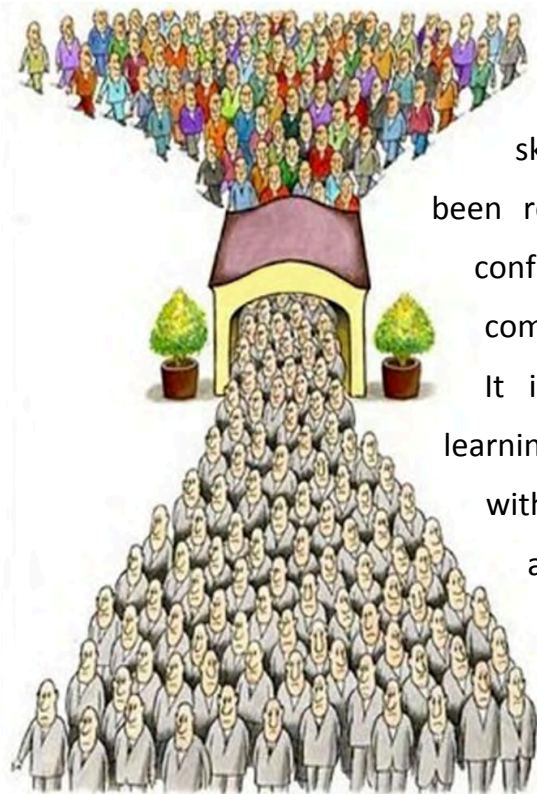


The context in which we are educated resembles that of assembly lines. Days are segmented into standard units of time marked out by bell rings, much like a factory announcing time shifts. Students are educated in batches according to age, and are given standardized tests to determine



whether or not they meet the standards. Those that do can move along the lines, to finally receive their stamp of approval (diploma) before being sent out into the market. This depiction may not address all subtleties of the education system, but in a general sense, it is the standard model that we have adopted. Is this the best way to expand creative and innovative thinking, or are we manufacturing our children to fit a preconceived mold?





What could potentially be a system that would allow the unique talents and skills of each child to flourish seems to have been reduced to a factory-like place in which conformity, memorization, repetition, competition and test scores are the highlights. It is actually considered normal to dislike learning. Most children now associate learning with stress and boredom, instead of curiosity and the desire to expand in knowledge and creativity. When school is cancelled because of snow, kids celebrate! And on Friday, everyone is in a better mood because the weekend is arriving. So

who is defective: the students or the education system? According to authorities, the students are the problem. Individuals whose interests and attention lies outside of the standard educational protocol are often diagnosed with an attention deficit disorder or learning disability. Drugs are even prescribed by doctors to “help” students stabilize their minds enough to focus on the tasks at hand. Would it not be fair to make sure our children’s environment is supportive of their specific learning needs before putting chemicals into their brains?

It is among the commonplaces of education that we often first cut off the living root and then try to replace its natural functions by artificial means. Thus we suppress the child's curiosity and then when he lacks a natural interest in learning he is offered special coaching for his scholastic difficulties.

- Alice Duer Miller

DID YOU KNOW?

There is no ADD/ADHD epidemic, but an epidemic of diagnoses

"They made a list of the most common symptoms of emotional discomfort of children; those which bother teachers and parents most, and in a stroke that could not be more devoid of science or Hippocratic motive – termed them a 'disease.' Twenty-five years of research, not deserving of the term 'research,' has failed to validate ADD/ADHD as a disease. Tragically – the "epidemic" having grown from 500 thousand in 1985 to between 5 and 7 million today – this remains the state of the 'science' of ADHD."

- Fred A. Baughman Jr. MD (Neurologist, Pediatric Neurology)

PONDER THIS

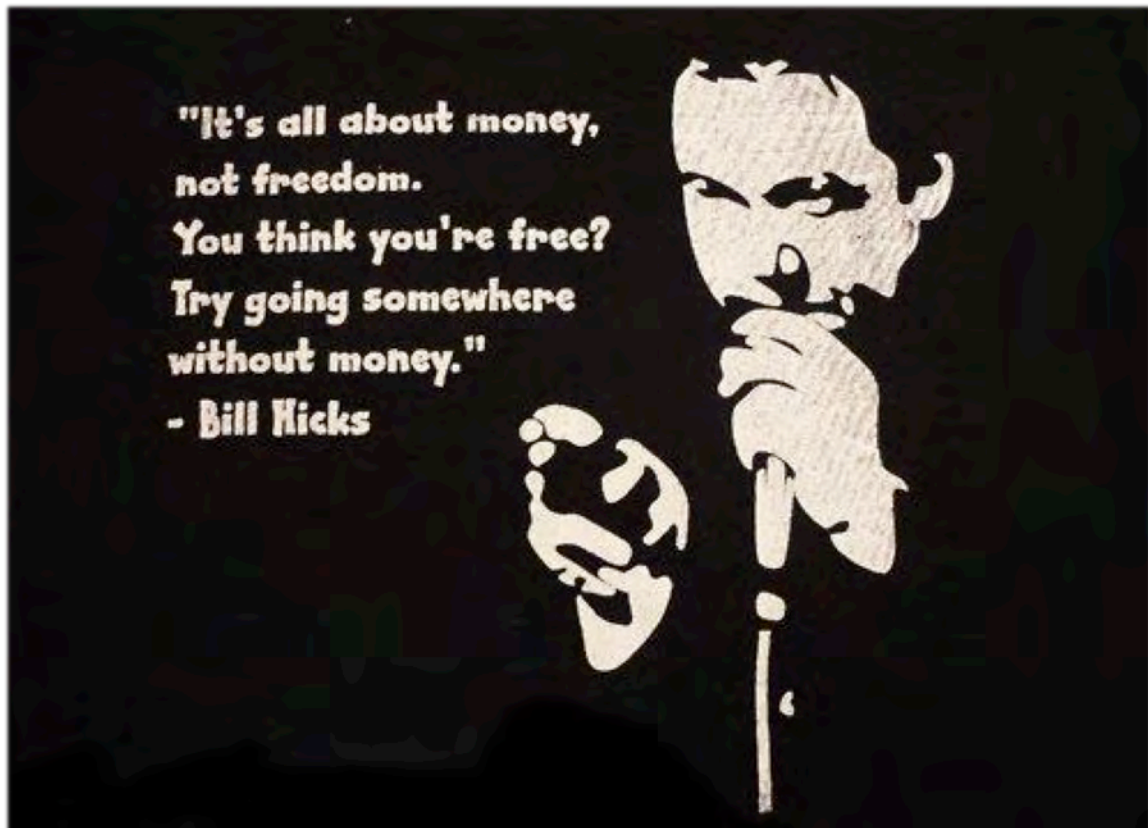
1. If our education system would allow the unique interests, skills and talents of every child to flourish and be supported – as opposed to suppressing them in the name of conformity and standardization – do you think children would be as prone to dislike school and lack attention?
2. If a child can concentrate for a long time on something that engages their creativity and skills, but cannot concentrate as well on math homework, do they really have a disorder?

Valedictorian Speech – Erica Goldson ►

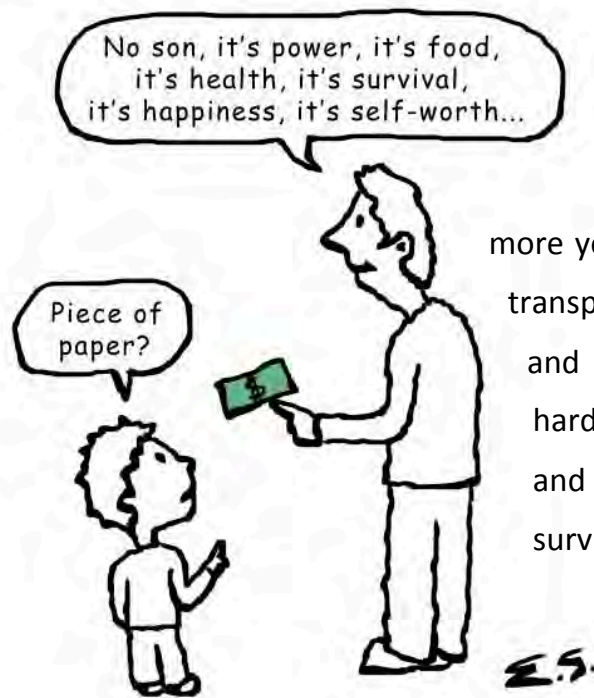


Are we learning all that we could learn in school? Are we discovering all that the world has to offer—and more importantly all that we as individuals have to offer to the world? Or are we mostly being taught how to conform to a specific system with no further thought? One thing is certain: **we are not taught to question the way our world works; we are instead taught how the world works and encouraged to simply follow along.** Perhaps because too much creative and innovative thinking would threaten society's boundaries?

Apparently, we have no choice but to follow along. Even if we no longer find fulfillment in this conventional method of learning, we cannot simply choose differently because it is through this system that we are offered a better—yet not guaranteed—chance at earning a living. It is this system that offers us the one and only ticket to survival: money. That's just the way it is... or is it?



THE BUILDING BLOCKS OF MONEY



First of all, what is money? Rectangular pieces of paper, circular pieces of metal or digits on a computer screen. And what is it for? The more money you have, the more you have access to resources such as food, transport, shelter, clothing, technology, luxury and so on. The less money you have, the harder it is to have access to these resources, and the more your life becomes centered on survival. Plain and simple; you are not supposed to survive without money.

According to society, money equals life. That is why earning a **living** is synonymous with earning **money**. That is why our education system itself is modeled to make everyone fit for the job market more than anything else. That is why passion and creativity is not considered as important as simply getting the job that will allow you to survive. If it were not for money, most people would not willingly go and do things like shuffle paper or input data into a computer all day.

'Normal' is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for – in order to get to the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it.

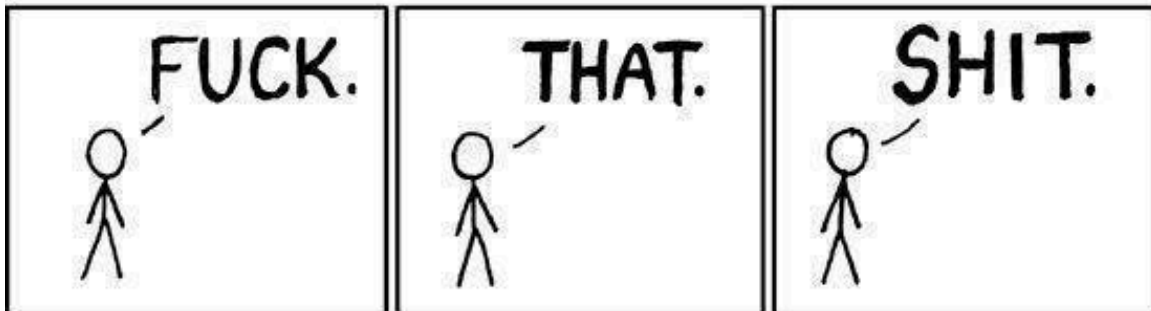
- Ellen Goodman



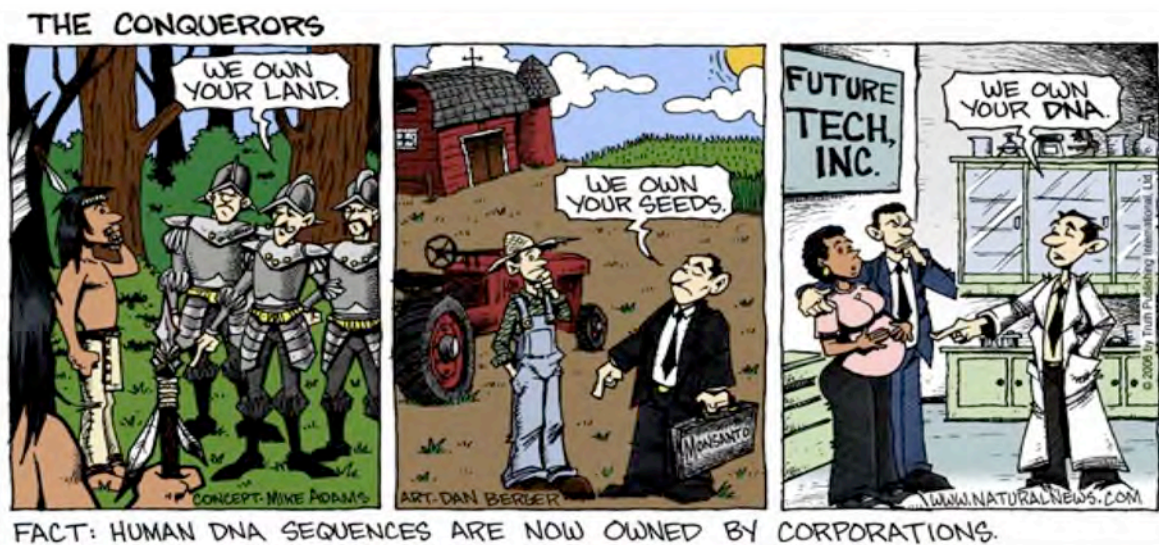
THE INFINITE POSSIBILITIES EACH DAY HOLDS SHOULD STAGGER THE MIND. THE SHEER NUMBER OF EXPERIENCES I COULD HAVE IS UNCOUNTABLE, BREATHTAKING, AND I'M SITTING HERE REFRESHING MY INBOX. WE LIVE TRAPPED IN LOOPS, RELIVING A FEW DAYS OVER AND OVER, AND WE ENVISION ONLY A HANDFUL OF PATHS LAID OUT AHEAD OF US. WE SEE THE SAME THINGS EACH DAY, WE RESPOND THE SAME WAY, WE THINK THE SAME THOUGHTS, EACH DAY A SLIGHT VARIATION ON THE LAST, EVERY MOMENT SMOOTHLY FOLLOWING THE GENTLE CURVES OF SOCIETAL NORMS. WE ACT LIKE IF WE JUST GET THROUGH TODAY, TOMORROW OUR DREAMS WILL COME BACK TO US.

AND NO, I DON'T HAVE ALL THE ANSWERS. I DON'T KNOW HOW TO JOLT MYSELF INTO SEEING WHAT EACH MOMENT COULD BECOME. BUT I DO KNOW ONE THING: THE SOLUTION DOESN'T INVOLVE WATERING DOWN MY EVERY LITTLE IDEA AND CREATIVE IMPULSE FOR THE SAKE OF SOMEDAY EASING MY FIT INTO A MOLD. IT DOESN'T INVOLVE TEMPERING MY LIFE TO BETTER FIT SOMEONE'S EXPECTATIONS. IT DOESN'T INVOLVE CONSTANTLY HOLDING BACK FOR FEAR OF SHAKING THINGS UP.

THIS IS VERY IMPORTANT, SO I WANT TO SAY IT AS CLEARLY AS I CAN:



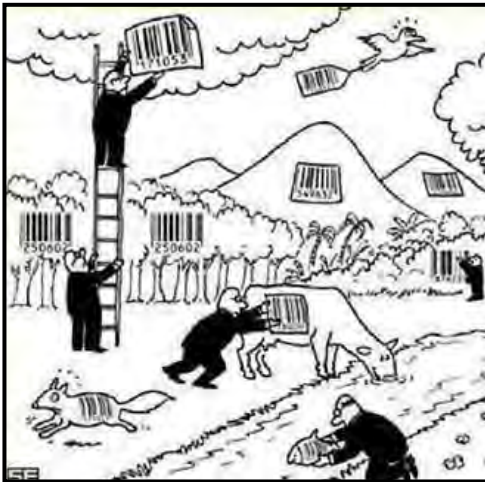
If we are lucky, we are able to earn a living doing something that we love. But most people work simply because they have to. We have to work to pay our bills. We have to work to earn the food that is on our plate. It does not matter if we are homeless and starving; the rule says that we cannot feed ourselves without money. We could end the story there, stop questioning, go on with our lives and decide that money will and should always rule. But how about asking even more basic questions: **Why is it this way? Why does money come in between human beings and basic necessities? What makes that possible?** The answer is **ownership**. Since almost everything is owned on the planet, we need to work and pay for pretty well everything.



LAND: A part of the earth's surface, considered as property. The theory that land is property subject to private ownership and control is the foundation of modern society, and is eminently worthy of the superstructure. Carried to its logical conclusion, it means that some have the right to prevent others from living.

- Ambrose Bierce

1: OWNERSHIP & HIERARCHY



In a global context, ownership is the concept where individuals can take possession of what is already freely given by the Earth—such as land, water, food or even energy—and can choose to forbid others from having access to them unless they are willing to pay. Ownership is the very foundation of the money system. If nothing were owned, there would be

nothing to sell back to the population and thus no economic growth.



Basically, economic growth means that you have to find something that people once got for free, or did for themselves or for each other, and then take it away and sell it back to them somehow.

– Charles Eisenstein



Ownership is a product of the ingrained belief that there will never be enough space, opportunity and resource in the world for everybody to share. This has in turn made the concepts of competition, “survival of the fittest,” rich & poor and ruler & ruled—a reality amongst the human race. One where you must **earn** your spot in the world, hold on to it, own it, protect it and ideally profit from it.

The concept of ownership is what makes it possible for a few to monopolize land and resources while the majority become subject to their rules and conditions. This has created a human society based on a pyramidal structure: the powerful few at the top and the rest of humanity at the bottom. We call it a “hierarchy.”

By definition, a hierarchy is a system in which people or groups are ranked one above the other according to their level of authority, status, control and privilege. In the context of a global hierarchy, the higher you are ranked, the wealthier you are and the more power you have over the earth and its people. The lower you are ranked, the more you have to abide by the rules dictated from above and/or slave to survive in the world. Many would be quick to label this as one of those “conspiracy theories.” But as much as this hierarchy sounds harsh, it is not some hidden information written by a guy in a tinfoil hat. It is in fact “hidden” in plain sight. This system is considered the norm and has been given a popular name: Social Class. To keep it simple for people, the global hierarchy has been divided in four social classes: the upper class, the middle class, the lower class and the underclass.



The Underclass is often overlooked and represents the most disadvantaged people within the social hierarchy. It consists of the poor, homeless, disabled and unemployed whom have no participation whatsoever within the system. Members of the underclass often inherited this lifestyle from their impoverished family or country. They usually struggle to survive or simply fail to survive—unless they are able to become members of the working class and earn enough money to feed themselves.

The Lower Class and Middle Class (Working Class) are terms used to represent those who do what the system sets out for them: work, pay taxes and pay bills. The lower class consists of people on a low income who can barely afford to keep up with bills. The middle class refers to people with a higher income who can live comfortably if they are willing to keep working.

The Upper Class is commonly referred to as the “rich and powerful.” Millionaires, politicians and celebrities are its most widely known members. However, a less talked about portion of the upper class could be referred to as the owner class. They belong to the very top of the hierarchy and their wealth is generated by how much land, resources and major industries they own and profit from—as opposed to how much money they were able to make through regular commercial activity. These individuals have no financial limitations, wield the greatest political power and exert the most control over the use of natural resources. While they make up only 1% of the overall population, they own and control a disproportionately large amount of the overall wealth and resources of the world.

George Carlin - The Real Owners ▶





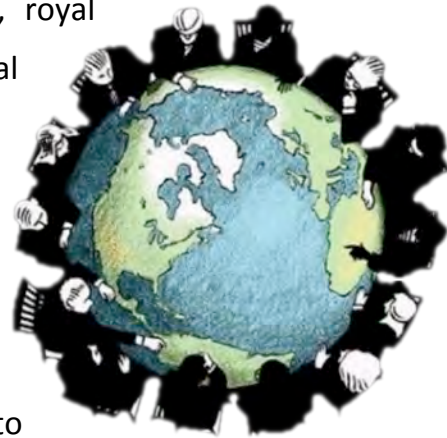
The members of the tiny capitalist class at the top of the hierarchy have an influence on economy and society far beyond their numbers. They make investment decisions that open or close employment opportunities for millions of others. They contribute money to political parties, and they often own media enterprises that allow them influence over the thinking of other classes... The capitalist class strives to perpetuate itself: Assets, lifestyles, values and social networks... are all passed from one generation to the next.

– Dennis Gilbert, *The American Class Structure*



WHO ARE THEY?

This elite is made up of international bankers, royal families and leaders of major multinational corporations. They do not partake in the system like everybody else; they run it. They do not deliver political speeches on television; they pull the strings behind the scenes. Such individuals are often born into it and their immense wealth is passed from generation to



generation in order to maintain the high status, nobility and power within their bloodline. The Royal Family, the Rothschild's, the Rockefeller's and the Morgan's—amongst several other bloodlines—all are key players within this elite. Their power is symbolically represented on the back of the US dollar bill by the “all-seeing-eye” at the top of the hierarchy. These same families are traceable throughout our history and have always been at the forefront of the money system. Although many private societies are tied to the elite, the most publicly known groups in which they are involved in are the Bilderberg Group, the Royal Institute of International Affairs, The Council on Foreign Relations, the Trilateral

Commission and the Club of Rome—all of which were “coincidentally” created by one or more of the elite bloodlines. These six organizations are the key rulers and decision-makers in the sphere of politics, banking, business, military, education, religion, media, energy, health and agriculture. Although most of these organizations are not so secret, what goes on inside of them is—hence why the media is forbidden to cover what transpires at the annual Bilderberg meetings.

DAILY MIRROR, Wednesday, February 13, 1980 PAGE 9

DAY TWO of a dossier on the quiet men who control our destiny

NEWS Inquiry

THE Daily Mirror yesterday revealed the power of the Trilateral Commission as a group of global manipulators. The Trilateral Commission—known as the Kingmakers—stands second to none in power, prestige and influence. But not far behind comes the Bilderberg Group, a circle of the elite and wealthy whose hush-hush meetings determine how the Western nations should run their affairs.

SECRET MEETINGS TO SHAPE THE WORLD

by ROBERT ERINGER

An American journalist who has spent four years investigating the all-powerful groups that aim to influence our lives.

EVERY year 120 of the world's most powerful and influential men come together, lock themselves away for three days and decide what policies the democratic nations of the West should follow.

They are members of the Bilderberg Group and their meetings are always kept a closely guarded secret.

But I can reveal that this year they will meet in the spa city of Aachen, just 45 miles from the German capital, Bonn, from April 18-20 inclusive.

I can also reveal that former German President Walter Scheel has been invited to replace the ageing Lord Home as chairman of Bilderberg. Scheel has accepted.

Top of the Aachen agenda will be world politics and economics following the Russian invasion of Afghanistan.

Bilderbergers represent the elite and wealthy establishment of every Western nation. They include bankers, politicians, diplomats and leaders of the giant multi-national corporations.

Among British politicians who have attended their meetings are Edward Heath, Harold Wilson, James Callaghan, Denis Healey, Margaret Thatcher and Enoch Powell.

Other influential members of the British Establishment include Lord Roll, of merchant bankers S. G. Warburg; Sir Reay Geddes, chairman of Dunlop; John Harvey-Jones of ICI; and Sir David Steel, chairman of British Petroleum.

Everything about the group is shrouded in mystery.

Their meetings, which take place at a different location each year, go unannounced; their debates unreported, their decisions unknown.

Ideas and suggestions made at Bilderberg.

C. Gordon Tether, the distinguished former columnist of the Financial Times, wrote: "If the Bilderberg Group is not a conspiracy of some sort it is conducted in such a way as to give a remarkably good imitation of

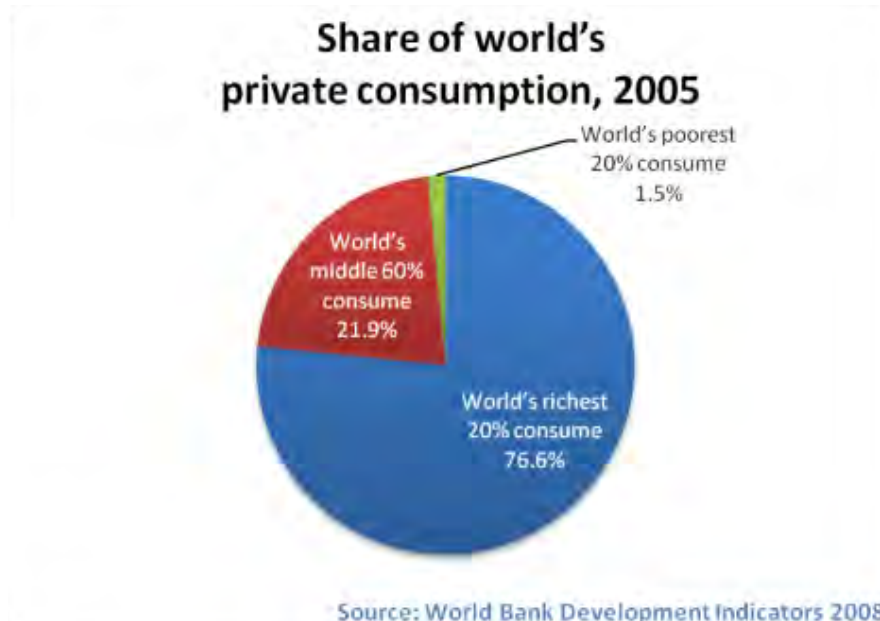
Walter Bedell Smith, then director of the CIA.

One of the most intriguing aspects of the Bilderberg group is its steering committee's amazing ability to invite politicians to join the group who later reach the pinnacles of power in their respective countries.

TOP: Margaret Thatcher and David Rockefeller meet in London.

“ *The world is governed by very different personages from what is imagined by those who are not behind the scenes.* ”

- Benjamin Disraeli, first Prime Minister of England



The wealth gap between the upper class and the underclass families who cannot even afford a meal is outrageous, however many people consider it an inevitable part of life. It is believed that poverty is the result of overpopulation, poor education, racial inferiority or even laziness. But because most people never think to question the concepts of hierarchy and ownership, few realize that they represent an important building block in today's inequality of consumption. The passage below describes this reality very well:

THE CAUSE OF POVERTY

Is it Overpopulation or Who Owns and Controls The Land?

"The often heard comment (one I once accepted as fact) that 'there are too many people in the world, and overpopulation is the cause of hunger', can be compared to the same myth that expounded sixteenth-century England and revived continuously since. Through repeated acts of enclosure the peasants were pushed off the land so that the gentry could make money raising wool for the new and highly productive power looms. They could not do this if the peasants were to retain their historic *entitlement* to a share of production from the land. Massive starvation was the inevitable result of this expropriation. (...)

There were serious discussions in learned circles about overpopulation as the cause of this poverty. This was the accepted reason because a social and intellectual elite were doing the rationalizing. It was they who controlled the educational institutions which studied the problem. Naturally the final conclusions (at least those published) absolved the wealthy of any responsibility for the plight of the poor. The absurdity of suggesting that England was then overpopulated is clear when we realize that 'the total population of England in the sixteenth century was less than in any one of several present-day English cities.' The hunger in underdeveloped countries today is equally tragic and absurd. Their European colonizers understood well that **ownership of land gave the owner control over what society produced.**

If ever re-established, this ancient practice would reduce the rights of these new owners. For this reason, much of the land went unused or underused until the owners could do so profitably. **This is the pattern of land use that characterizes most Third World countries today, and it is this that generates hunger in the world.**

These conquered people are kept in a state of relative impoverishment. Permitting them any substantial share of the wealth would negate the historic reason for conquest — namely plunder. The ongoing role of Third World countries is to be the supplier of cheap and plentiful raw materials and agricultural products to the developed world.

Nature's wealth was, and is, being controlled to fulfill the needs of the world's affluent people.

The U.S. is one of the prime beneficiaries of this well-established system. Our great universities search diligently for 'the answer' to the problem of poverty and hunger. They invariably find it in 'lack of motivation, inadequate or no education,' or some other self-serving excuse. **They look at everything except the cause — the powerful own the world's social wealth.**

As a major beneficiary, we have much to gain by perpetuating the myths of overpopulations, cultural and racial inferiority, and so forth. The real causes must be kept from ourselves, as how else can this systematic damaging of others be squared with what we are taught about democracy, rights, freedom, and justice?

— *J.W. Smith, The World's Wasted Wealth: the political economy of waste, (New World's Press, 1989), pp. 44, 45.*



DID YOU KNOW?

Source: globalissues.org

- An analysis of long-term trends shows the distance between the richest and the poorest countries was about:

3 to 1 in 1820, **11 to 1** in 1913, **35 to 1** in 1950, **44 to 1** in 1973 and **72 to 1** in 1992

- More than 80% of the world's population lives in countries where income differentials are widening.

It is well enough that there is a huge gap between the world's rich and poor, but how has it come to be so big? And why is it growing? The one word answer: **debt**.

2: DEBT



And to preserve independence, we must not let our leaders load us with perpetual debt. We must make our election between economy and liberty, or profusion and servitude.

- Thomas Jefferson



Ever wonder where money comes from? Many people still believe that it is the government who creates money and that it does so in proportion to how much gold exists in reserve. However, both assumptions are false. Private central banks create money—not by printing it, minting coins or moving around precious metals—but by simply typing it into existence whenever a borrower asks for a loan. Yes, money is created out of thin air. As stated by the Boston Federal Reserve, *“When the Federal Reserve writes a check, it is creating money.”*



The catch is; whenever money is borrowed into existence; bankers expect it to be paid back with interest. However, the interest attached to each loan is never created. This means that the debt generated by interest rates will always exceed the total amount of money in circulation. So how can we ever repay money that does not yet exist? Do we have the power to create money out of thin air? No, the banks do.

Therefore, we need to repeat the cycle of borrowing more money to the banks. **But more loans equal more debt.** Welcome to the debt-based monetary system.



***Banks lend by creating credit.
They create the means of payment out of nothing.***

– Ralph M. Hawtry, former secretary of the treasury



DID YOU KNOW?

- For every \$1 in aid a developing country receives, over \$25 is spent on debt repayment to the rich. (2008, globalissues.org)
- \$550 billion has been paid in both principal and interest over the last three decades, on \$540 billion of loans, and yet there is still a \$523 billion debt burden. (2005, globalissues.org)
- Debt kills. Around 11 million children die each year due to conditions of poverty and debt. (globalissues.org)

"The history of third world debt is the history of a massive siphoning-off by international finance of the resources of the most deprived people. This process is designed to perpetuate itself, thanks to a diabolical mechanism whereby debt replicates itself on an even grander scale, a cycle that can only be broken by cancelling the debt. "

- Third World Debt, a Continuing Legacy of Colonialism





The more you are able to make the world be indebted to you, the more you can manipulate the population into spending their entire lives trying to survive as debt slaves to your self-serving system. This is the intention behind our modern banking system. Mortgages, taxes, credit cards, payment plans... all of it is designed to perpetuate debt, since it is debt itself that feeds this economic machine. Instead of going into greater detail about the workings of our debt-based economy here, below are links to documentaries and videos covering the subject matter in greater detail.

DOCUMENTARIES: Money System

Money As Debt (46:56): youtu.be/jqvKjslxT_8

Zeitgeist Addendum (2:03:07): youtu.be/gCPaszQpXjE

Hidden Secrets of Money (29:35): youtu.be/iFDe5kUUyTo

The Collective Evolution – Finance (17:59): youtu.be/knpJoGal65c



We protest not only at our exclusion from the American Dream; we protest at its bleakness. If it cannot include everyone on Earth, every ecosystem and bioregion, every people and culture in its richness; if the wealth of one must be the debt of another; if it entails sweatshops and underclasses and fracking and all the rest of the ugliness our system has created, then we want none of it.

- Charles Eisenstein



3: DEPENDENCY

In addition to the perpetual debt it creates, the monetary system needs the population to continually buy new stuff and pay for services, or else it will collapse. Notice how we are commonly referred to as “consumers” rather than human beings. That is because a consumer is what the powers that be need us to be. In order to uphold this economy, it is necessary to create mental and/or physical dependency to industries, whether it is the banking industry, the pharmaceutical industry, the oil industry, the food industry, the beauty industry etc. **Creating dependency** is crucial for the few to overpower the many.



The few who understand the system will either be so interested in its profits or be so dependent upon its favours that there will be no opposition from that class, while on the other hand, the great body of people, mentally incapable of comprehending the tremendous advantage that capital derives from the system, will bear its burdens without complaint, and perhaps without even suspecting that the system is inimical to their interests.

- The Rothschild brothers of London writing to associates in New York, 1863

Dependency is created in 3 simple steps. First, you must create something—whether it be the first dollar in existence, a service or a product (this step is to be skipped of course in the case of natural resources.) Secondly, you must claim ownership of it. Thirdly, you must ensure that others will continually need (or think they need) to get it from you. Then, you're in control.



However, if you do not claim ownership and control over resources—or create meaningful products and systems that would allow people to be **self-sufficient**—your power hungry or profit-making mentality is quite useless. You would have to be okay with creating and providing solely for the greater good and freedom of all—even if it means they

will no longer depend on you—instead of thinking solely in terms of short-term personal gain. This is obviously not good for business.

It is only a matter of observation to see how major industries altogether form an interlocked web of dependency that feed each other by creating more need, instead actually liberating the world from need. Because of this business model, the natural desire to contribute for the betterment of all has gradually been replaced by the robotic desire to accumulate numbers and pieces of paper. We can see the result of this short-sightedness in today's industrial practices.

- Manufacturers keep cutting corners and producing lower-quality products with a shorter lifespan to keep sales going (planned obsolescence).
- Food companies ignore health hazards in the name of cheaper fillers and chemical additives to maximize flavour and prolong shelf life.

- The medical industry prioritizes the creation of dependant “pill-takers” simply because there is no money in healthy people.
- Free energy technologies are suppressed to protect the billion-dollar oil industry.
- Scams and false-advertisement are considered legitimate business tactics.
- The education system prioritizes standardization to create good workers and consumers, while human creativity takes the back burner.

This is perpetuating a world in which everyone focuses on competing against each other, making money and hoarding mostly unneeded stuff, as opposed to exploring our potential to co-create better products, better systems and better lifestyles for the freedom and greater good of the whole. “Over-producing, over-consuming and over-wasting” is the motto we live by, which does not only ravage the planet but further deprives the poor. “But it’s good for the economy” is what supposedly justifies this. “But it’s bad for the economy” is what supposedly justifies the suppression of any alternative that would not be about profit but about truly benefiting the world. Our old ways may be profitable to a system that thrives on controlling the masses by maintaining a hierarchy of power, but the price is high when you think in terms of freedom and human evolution.



Now, why are they going to war? Why isn't alternative energy used instead of oil? Why aren't all the hungry and homeless fed and sheltered? Why are people suffering in trafficking? Why is there a huge drug trade in the world? Why is the rainforest cut down? Why are the oceans overfished? Why? Why?? Why??? And the answer is:
Profit. Money. Greed. Property.

- Harald Sandø



The following quotes are from thinkers and whistleblowers that understand how each of the major industries of our world prioritize the creation of dependency as opposed to enabling freedom and truth. Please consider doing your own research about each industry to further substantiate the following points (click on the title of each box to access more information).

POLITICS

“Presidents are selected, not elected.”

- Franklin D. Roosevelt

I don't vote as I believe democracy is a pointless spectacle where we choose between two indistinguishable political parties, neither of whom represent the people but the interest of powerful business elites that run the world.”

- Russell Brand



PHARMACEUTICAL / HEALTH INDUSTRY

**The Pharmaceutical Industry Does Not Create Cures,
They Create Customers**

"I would like to dispel the myth that the pharmaceutical industry is in the business of health and healing, because, in fact, what the pharmaceutical industry is in the business of doing is "disease maintenance" and "symptoms management." They are not in the business to cure Cancer, to cure Alzheimer's, to cure heart disease because if they were, they would be in the business of putting themselves out of business; and that in fact doesn't make sense."

- Gwen Olson, former pharmaceutical representative



Bill Maher on Big Pharma ▶



FOOD INDUSTRY

Healthy Locally Grown Organic Food has No Economic Value

“Industrial food manufacturing involves appropriating raw materials from nature and turning them into profitable commodities. Kellogg, for example, takes whole corn, removes almost all naturally occurring nutrients, adds sugar, salt, and chemical additives to maximize flavor, stability, and shelf life, and puts the ingredients through a complex manufacturing process to create Corn Pops. [...] Other food companies like McDonald’s, and Coca-Cola also maximize profit by taking raw materials such as wheat, potatoes, salt, and sugar and process them with chemical additives. Companies make more money selling unhealthy food because truly healthy food doesn’t come in a box. They simply cannot produce healthy food in a way that both maximizes profits and benefits public health.”

- Michele Simon, JD, MPH, public health lawyer who has been researching and writing about the food industry and food politics since 1996.



SEED INDUSTRY

"Once they have established the norm that seed can be owned as their property and royalties can be collected, we will depend on them for every seed we grow of every crop we grow. If they control seed, they control food, they know it, it's strategic. It's more powerful than bombs, it's more powerful than guns. This is the best way to control the populations of the world."

- Vandana Shiva, Philosopher, environmentalist, author



ENERGY INDUSTRY

"J.P. Morgan got Lorentz to cripple the Heaviside equations so that the new EE (electrical engineering) concepts being taught in the universities would not ever contain free energy and over unity systems. This deliberate mutilation and crippling of electrical engineering is the real and single cause of our dependence on oil and of much of the pollution of our biosphere... The "High Cabal" – Churchill's name for the secret consortium of elite families and organization we loosely refer to as the "control groups." – has been ruthlessly suppressing free energy inventors for a century, including by direct assassination. Having personally survived several such assassination attempts, I have experienced what I'm speaking of."

- Tom Bearden, Inventor, Author, Energy from the Vacuum

"If these new energy technologies were to be set free world-wide, the change would be profound; it would effect everybody: it would be applicable everywhere. These technologies are absolutely the most important thing that has happened in the history of the world."

- Brian O'Leary, Physics Professor, NASA Astronaut

"All people everywhere should have free energy sources." [...]"Electric Power is everywhere present in unlimited quantities and can drive the world's machinery without the need for coal, oil or gas."

~ Nikola Tesla (1856-1943)

"Nikola Tesla was not in this for the money. He wanted to give the world free energy. If we are to implement free energy in the tradition of Nikola Tesla, then we need to replicate not only his science but his humanity."

~ Sterling D. Allan



TTIOT

ARMS INDUSTRY

“You Can’t Feed The Poor But You Can Fund A War?”

“War is a racket. It always has been. It is possibly the oldest, easily the most profitable, surely the most vicious. It is the only one international in scope. It is the only one in which the profits are reckoned in dollars and the losses in lives. A racket is best described, I believe, as something that is not what it seems to the majority of the people. Only a small 'inside' group knows what it is about. It is conducted for the benefit of the very few, at the expense of the very many. Out of war a few people make huge fortunes.”

- Smedley D. Butler (retired United States Marine Corps Major General and two time Medal of Honor recipient)

“We’d be trundling through Taliban-controlled areas in armored vehicles, dodging ambushes and hitting IEDs, and the soldiers would be saying, ‘We’re funding both sides of this war.’ It seemed preposterous at first. But as I dug into the story, officers, diplomats, and aid officials confirmed the rough outlines of the pernicious system. One sardonic US intelligence officer told me, ‘It’s the perfect war. Everyone is making money.’”

- Douglas A. Wissing (award-winning independent journalist)

Aaron Russo - 911 War on Terror Fraud ►



MASS MEDIA

"(...) The ones who have access to the media, including the intellectual journals, and who essentially control the educational apparatus, should properly be referred to as a class of 'commissars.' That's their essential function: to design, propagate and create a system of doctrines and beliefs which will undermine independent thought and prevent understanding and analysis of institutional structures and their functions."

- Noam Chomsky; *Chronicles of Dissent*

"The bottom line is that the government is getting what they ordered. They do not want your children to be educated. They do not want you to think too much. That is why our country and our world has become so proliferated with entertainments, mass media, television shows, amusement parks, drugs, alcohol, and every kind of entertainment to keep the human mind entertained, so that you don't get in the way of important people by doing too much thinking. You better wake up and understand that there are people who are guiding your life and you don't even know it."

- Jordan Maxwell





A system that is so 'sane', that the more successful it is in its own terms, the quicker it destroys the planet. It insists every year that we take more from the earth even quicker, turn it into more things, sell even more things, consume even more things, throw away even more things, to worship the real god of the modern world – economic growth. It insists that every year 20% of the people of the world consume 80% of the resources while leaving the other 80% to get by on the remaining 20%. Crazy? Of course it is! This is the economic system – take, make and throw away – that controls your life and mine, and of the 6 billion people here.

– David Icke



2

Beyond Conditioning

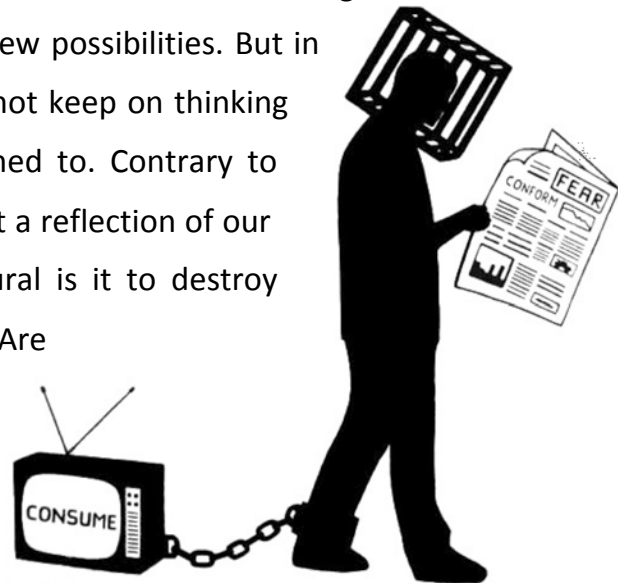
This brings us to the question: **Does it need to be this way?**

But of course or else our whole system will collapse! What will we do without jobs? How could we live if we suddenly could not rely on the huge corporate giants to feed, clothe and supply our families?

Great questions! This is exactly what we need to start thinking about to open our eyes and minds to new possibilities. But in order to see those possibilities, we cannot keep on thinking the same way we have been conditioned to. Contrary to popular belief, our modern society is not a reflection of our inherent human nature. Just how natural is it to destroy nature and ourselves in the process? Are

we born equating pieces of paper and digits on a computer screen with great value? Think about it: it takes on average 20 years, starting from a

very early age, to shape us into so-called “functional members of society.” And why not add a daily dose of “television programming” into the mix! This is not human nature. This is human conditioning. For this reason, we need to seriously rethink the concepts we as a society have taken for granted.





The American Dream betrayed even those who achieved it, lonely in their overtime careers and their McMansions, narcotized to the ongoing ruination of nature and culture but aching because of it, endlessly consuming and accumulating to quell the insistent voice: “I wasn’t put here on Earth to sell a product.” “I wasn’t put here on Earth to increase market share.” “I wasn’t put here on Earth to make numbers grow.

- Charles Eisenstein



So what if the numbers all collapsed? The image that is often created in our minds when imagining a world without this system is chaos. It is believed that there is too much scarcity in the world and that without money, grocery stores and governments, everybody would end up killing one another to survive. Newsflash: **this system did not always exist**. If the human race once lived outside of it; who says it is now our one and only option? This is not to say that we should go back in time and live exactly like ancient civilisations. New possibilities exist. But as mentioned before, we cannot fully know new possibilities with the same conditioned mind that currently has or once locked us in the status quo.

A question we can ask ourselves to open our minds further is: if I never watched TV, read the newspapers, heard of politics, knew of money, learned about the concept of “my toys” and “their toys” or had been told that I was supposed to “earn” a living, would I think most of the thoughts I think today? Would I worry about the same things? Would I hold the same beliefs? Would I chase after the same stuff? Would I be doing what I am doing now?

As we clear our mind’s slate, we are better able to think critically about the most basic concepts our society fights to defend. In the previous chapter, we depicted what these concepts are, what their purpose is and what type of world they create. Now, let’s see if there is any **truth** to them and explore some alternatives!

- Money
- **Ownership**
- Hierarchy/Authority
- Scarcity
- Standardized Education
- The need to “earn a living”

OWNERSHIP



Can we really own land? Can we really own a tree? Can we own the ocean? Can we own the earth? Who owned it before anyone claimed that they did? No one; it belonged to us all. This system was founded on the first and most important misconception: **the belief that you can actually own anything.** There is no such thing as ownership, but only people who claim ownership. You cannot own in reality, but only on paper. What is a deed other than a fancy-looking piece of paper we choose to believe in? Ownership is a mental concept and nothing more.



*You need to understand this. We did not think we owned the land.
The land was part of us. We didn't even know about owning the land.*

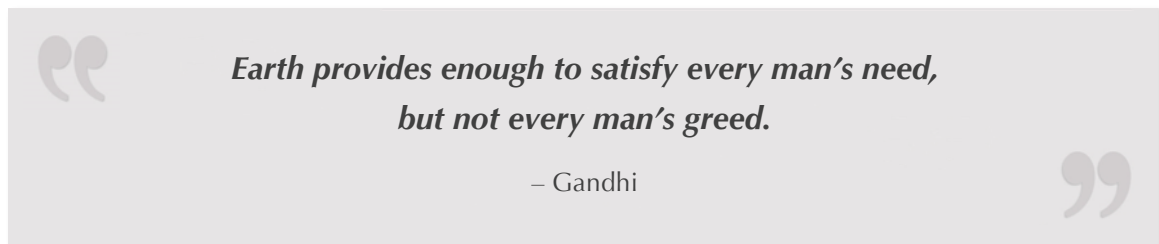
– Kent Nerburn



The concept of land ownership for instance, was invented very late in the history of mankind for the purpose of allowing owners to exclusively control and profit off of what they own. But now, ownership is widely believed to be a universal law. Yet the earth does not come with preinstalled fences and borders. It does not concentrate its abundance wherever there is gold or stop seeds from

sprouting if they were not owned or paid for. The earth does not exclude; it is simply there, available to all life. Restrictions were made up. A whole empire designed for the “richest” to exclusively hoard most of the earth’s resources is nothing more than an idea, a game of monopoly covering the underlying truth:

PLANET EARTH PRODUCES MORE THAN ENOUGH RESOURCES FOR ALL OF ITS INHABITANTS TO SHARE EQUALLY.



Yet it is believed that if we were to allow humanity equal access to the earth, it could not provide for everyone. The concept of ownership itself is based on the idea that there is no such thing as equal opportunity for all—hence the “every man for himself” motto. This is simply not true. As much as our system pretends to be driven by the desire to avoid scarcity, it is ironically the creator of it. It is a veil of fabricated rules and conditions concealing a world of inherent abundance.



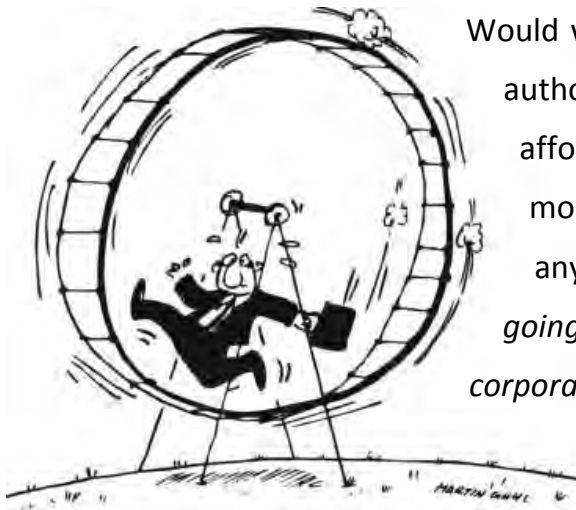
DID YOU KNOW?

Source: foodfirst.org

- “Abundance, not scarcity, best describes the world's food supply. Enough wheat, rice and other grains are produced to provide every human being with 3,500 calories a day. That doesn't even count many other commonly eaten foods - vegetables, beans, nuts, root crops, fruits, grass-fed meats, and fish. Enough food is available to provide at least 4.3 pounds of food per person a day worldwide.”
- “Many nations can't realize their full food production potential because of the gross inefficiencies caused by inequitable **ownership** of resources.”
- “Many of the countries in which hunger is rampant export much more in agricultural goods than they import. Northern countries are the main food importers, their purchases representing 71.2 percent of the total value of food items imported in the world in 1992. Imports by the 30 lowest-income countries, on the other hand, accounted for only 5.2 percent of all international commerce in food and farm commodities.”
- “The American Association for the Advancement of Science (AAAS) found in a 1997 study that 78% of all malnourished children under five in the developing world live in countries with food surpluses.”
- “Africa has enormous still unexploited potential to grow food, with theoretical grain yields 25 to 35% higher than maximum potential yields in Europe or North America.²⁹ Beyond yield potential, ample arable land awaits future use. In Chad, for example, only 10% of the farm land rated as having no serious production constraints is actually farmed. In countries notorious for famines like Ethiopia, Sudan, Somalia and Mali, the area of unused good quality farm land is many times greater than the area actually farmed, casting doubt on the notion that there are simply too many people for scarce resources.”
- “The success of organic farmers in the U.S. gives a glimpse of the possibilities. Cuba's recent success in overcoming a food crisis through self-reliance and sustainable, virtually pesticide-free agriculture is another good example. Indeed, environmentally sound agricultural alternatives can be more productive than environmentally destructive ones.”

If our system were not all about a few individuals owning the world and selling it back to whoever earns enough money to afford it—lack would be a story of the past. For lack to be possible, there has to be a minority of people that not only consume more than the rest, but also own and thus regulate who can have what.

IS MOTIVATION POSSIBLE WITHOUT MONEY?



Would we really let ourselves perish without an authority determining whether or not we can afford life? A common belief is that without money, no one would be motivated to do anything of value. People often say “*who is going to produce our food if it wasn’t for food corporations creating food-manufacturing jobs?*”

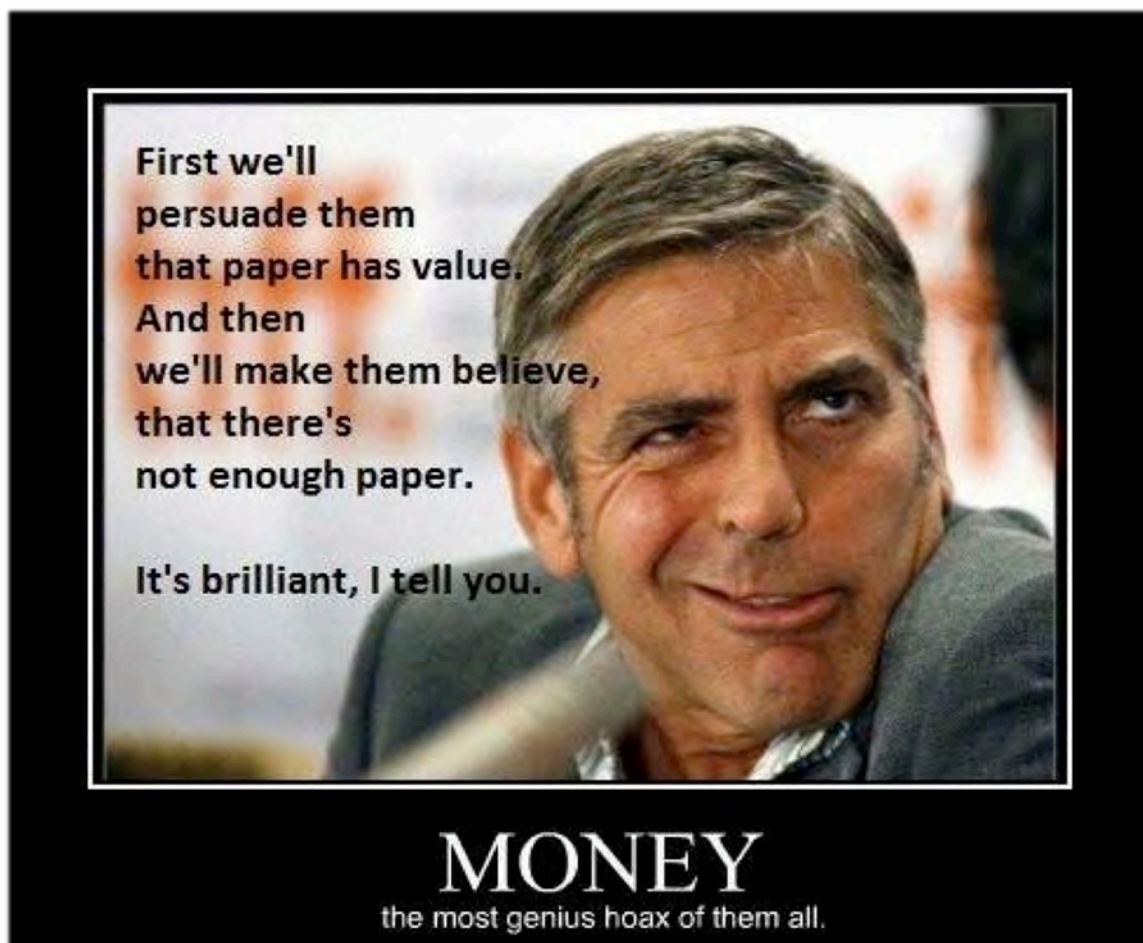
Or “*no one is going to get off their couch if it wasn’t for the lure of money.*” But is it really money that motivates, or the threat of not earning enough to get by? We cannot know natural human will and creativity while it is artificially controlled through the reward of wealth and the punishment of deprivation. On top of that, the mainstream media glamorizes a life of financial abundance and material luxury, which conditions people into seeking this manufactured version of “success” as opposed to asking themselves what they would truly want to create with their lives.



Many of the jobs out there are make-work projects. They serve no greater purpose. Remove the concern for ones survival and allow a person to simply do what they love: believe me, pieces of paper won’t even come to their mind.



Gardeners, designers, architects, engineers, inventors, artists and scientists... it is not money that produces such passion and talent. Humanity alone is an all-in-one toolset with more than enough potential to create heaven on earth! However, money's imagined equivalence to survival, success and happiness is used to manipulate human productivity according to the needs of the economy. Imagine what type of world we could create if we were not so busy chasing dollar signs.



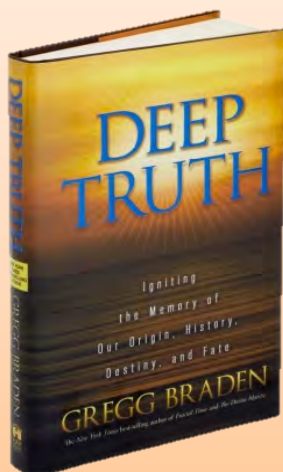
It is believed that it is in our DNA to fight amongst each other for survival. But would we be doing so if it were not for the artificial scarcity that ownership and money has created? Some would argue that the urge to own and deprive others is natural since certain animals show territorial behaviors. However, territoriality

is only shown by a minority of species, most of which at least work together as a community within their territory. We may use the example of a minority of animals as an excuse, but why not observe humanity itself? It is very revealing to observe what happens when natural disaster strikes and people are forced out of their secluded lifestyle. The aftermath has shown us several times that rioting, stealing, rape and murder were not automatic results. Instead, people pulled together, shared resources, cared for each other and in many cases found great joy in contributing to the community. Why not use that as an example instead?

If we ask Nature: "who are the fittest: those who are continually at war with each other, or those who support one another?" We at once see that those animals which acquire habits of mutual aid are undoubtedly the fittest. They have more chances to survive, and they attain, in their respective classes, the highest development of intelligence and bodily organization.

- Ronald Logan

BOOK RECOMMENDATION



- The false assumptions of human evolution and of the Darwinian theory "Let the strongest live and the weakest die" and how this plays out in corporations, societies, warfare, and civilization today
- The origin of, and reasons for, war in our ancient past, and why it may become obsolete in our time
- 400 peer-reviewed studies in the 20th century concluding that violent competition and war directly contradict our true nature of cooperation and nurturing
- Evidence of advanced, near-ice age civilizations



A human being is a part of the whole called by us “the universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest – a kind of optical illusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening the circle of understanding and compassion to embrace all living creatures and the whole of nature in its beauty.

- Albert Einstein



The urges to own and hoard are not human nature, they are the response to a perceived disconnection between “me” and “the world.” We have forgotten our natural sense of community—which has in turn left us feeling alone and separate. When we exclude ourselves from the whole; the small, separate and lonely identity that remains tries to compensate for this loss of wholeness with the need to claim as much as possible. And so instead of building a society based on relationships, equality and collaboration, it is now based on exclusive ownership, power and control—where the masses are left to compete for their piece of the cake by working for the ultimate owners of the world’s wealth. This is perpetuating a world of fierce competition, environmental abuse, war and scarcity; all in the name of isolated survival. Yet this “less for you is more for me” mentality is a response to the belief in separation. It is a learnt behavior used to compensate for the artificial loss of community. It is this perception that drives us as far as destroying the earth without realizing we are a part of it. It is not natural. It is not even survival. It is self-destruction disguised as survival.



We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.

- Aldo Leopold



What if everyone snapped back to reality and remembered that the world can provide for everyone if only we **collaborated, shared and lived in harmony with nature**? Is that not what we try to teach our children?



It is time for humanity to quit trying to loosely regulate scarcity and environmental destruction without addressing the cause of it. If it were not for the beliefs that we are separate from one another, that we can own resources and that we can use money as a tool for misdistribution, poverty would

not be an issue. If it was not for the belief that we are separate from the earth, can own the natural world and mistreat it for the sake of upholding this enslaving economy, environmental destruction would be recognized as self-destruction. The same goes for the conquest of land and resources through war. If we all recognized each other as part of the same human family inhabiting the same earth, military men and women would drop their weapons in an instant. Can we open our mind to new possibilities beyond this system of ownership?

- Money
- ~~Ownership~~
- Hierarchy/Authority
- ~~Scarcity~~
- Standardized Education
- The need to “earn a living”

POSSIBILITIES BEYOND: OWNERSHIP



Why do we have to pay to live on the planet we were born on?

– Anonymous



Imagine for a moment if humanity let go of ownership. This means that money, trade and profit would also become obsolete. What if we instead replaced it all with what the earth was naturally set up for us to do: **share the planet and its resources?** This suggestion would traditionally be ridiculed and judged as too idealistic, but knowing that ownership and scarcity are artificial creations, how farfetched is it to simply explore what is more natural and fair? That being said, let's continue considering the possibility.

Imagine not even one human being excluded from the abundance of the planet they were born on. Picture a world that does not rely on money, banking, patents, investors, secrecy, war or trafficking. No need to keep drilling the earth, cutting down more trees, shortening the lifespan of products or creating more meaningless jobs that could be automated simply to uphold a fake economy. **Imagine not having to earn our right to live.**



We're in a situation where we don't have enough jobs for people. But what are the jobs for? Are they because we need more production? Actually no. We have more than enough food for the whole world. We burn food in America to keep market value high. We have more than enough places to live so much that we're demolishing homes. In America we're ripping down homes because if we just let people live in them, then the market value would go down. And we're looking for ways to create jobs for people so they can compete for stuff that's already in abundance that we're burning down. That's when I look at it and say something is ass backwards here.

– Douglas Rushkoff



What would happen if we stopped valuing these pieces of paper, digital numbers and ownership deeds altogether? What if we let this whole system collapse? We would be left with the only thing that truly matters in the end: **resources**. Unlike money, resources are what we actually need. They are what we can plant, what we can eat and what we can build with. By removing money and ownership as the middlemen between humanity and the access to resources; **accessibility** and **usership** would be restored.

ACCESSIBILITY & USERSHIP

Accessibility and usership mean that everyone has **access** to everything on the planet and can **use** a particular resource as long as they need it. When they are done with it, it goes back into the pool of shared resources from which it came. This means that resources—not money—would be recognized as the world's true wealth, yet nothing would restrict a human being and their right to have access to it. The only justifiable law would be to never use resources in a way that is unsustainable or to create something that would cause harm—which no one would think of doing anyways when realizing they are a part of the community.

In this reality, greed and competition would lose their meaning. Since no one would be pressured to compete and earn a living, it would only make sense to let our skills, knowledge, inborn talents and resources be freely shared and gifted to the world. No bickering. No money. No profit. No “you owe me” and “I owe you.” Instead: Collaboration. Joy. Creativity. Excitement. Opportunity. Not for a select few to make profit, but to contribute to the whole. We would no longer sacrifice public and environmental health to ensure financial profit. A truly free society would thrive on evolutionary projects, ideas, products, systems and technologies—not on restricting our potential to maintain a “way of life.”

LIMITLESS ACCESS, LIMITLESS POTENTIAL



When everything is made accessible, everyone is rich beyond measure. When the earth belongs to everyone, everyone is vibrant with potential. Think about it: if an individual or group of people wants to work on a project (e.g. product, technology, architecture, agriculture, music, art), they could simply go for it! There would be no “I wish I could, but I don’t have the money” or “if only had the

rights to this land” or “forget about my ambitions, I need to make sure my children don’t starve today.” Not only that, people with the same passion and right skill set would want to join in and assist in co-creating the project knowing that its completion will also enrich their existence.

Communities in which people would freely collaborate and contribute with their unique ideas, skills and talents would generate an abundance of wealth, beauty and diversity. What’s in it for people if they don’t get paid? The abundance created by the community is freely given back to the community. This shared abundance, not to mention the freedom to do what we LOVE to do, would be our “paycheck.” Not a finite amount of money earned at jobs we probably hate just to survive. Money, survival and competition would no longer be the driving force behind our ambitions; it would be love, passion and our connection to all life. Because in a world where everyone has free access to what they need to be healthy; the “survival of the fittest” mentality becomes completely irrelevant.



Each of us is a unique strand in the intricate web of life and here to make a contribution.

- Deepak Chopra



I do not believe that making money in order to consume goods is mankind’s sole purpose on this planet. If you’re wondering what I believe our purpose on this planet is, I’ll give you a hint:

It has to do with **CREATING** and **SHARING**.

- Bill Hicks

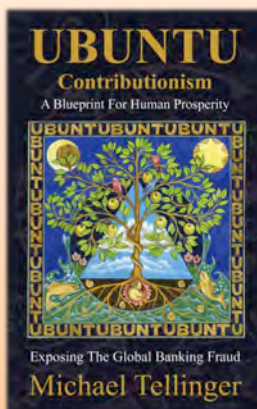


Think of how expansive our society would become if everyone were given the equal opportunity to collaborate his or her gifts and ideas with all of us. Imagine the technologies, inventions and creativity that would emerge out of a human race that is no longer bound to a life of isolated survival. Imagine all of the beauty humanity would come up with if 99% of us were not enslaved by money.



- We would no longer bother to cut corners, create unsustainable products that make us slave to corporations, or sacrifice health for profit. We would instead get excited about creating the best, most beneficial and sustainable products that would support our freedom and self-sufficiency!
- We would no longer protest for more jobs to “survive better” while putting up with the same enslaving system (i.e. protesting for a bigger cage.) We would instead use technology to automate tedious work, which would enable everyone to follow their true calling.

BOOK RECOMMENDATION



- Exposing the previously misunderstood origins of money, the rise of the royal banking elite and how they control us to this day.
- The ancient African philosophy of UBUNTU and how it will allow us to seamlessly move from a divided, money-driven society, to united communities driven by people, their passion for life and their God-given talents.
- The **UBUNTU CONTRIBUTION SYSTEM**, a blueprint for a new, moneyless social structure in which everyone is absolutely free and equal.

- ~~Money~~
- ~~Ownership~~
- ~~Hierarchy/Authority~~
- ~~Scarcity~~
- Standardized Education
- ~~The need to “earn a living”~~

POSSIBILITIES BEYOND: HIERARCHY & THE DEPENDENCY TO AUTHORITY

We make you pay for the water you drink, the food you eat, for the wars we need, for the crimes we commit; we make you dedicate the most important part of your life to us, but we give you wages and tell you they allow you to buy stuff and pay for your needs to make us even richer. We call this freedom.

- Anonymous



To whom would we “earn” our living to if we all shared and lived as equals? Without owners, who could rule over others? As we let go of the belief in ownership and allow the earth to be our provider, we will know that it is the earth we depend on and nothing else. A small group of people calling themselves the absolute authority and claiming they own most of everything would simply get laughed at if humanity would see the bigger picture. In the same way that there is no such thing as ownership beyond official-looking pieces of paper we give value to, there is no such thing as authority beyond paper credentials and titles we give power to. If accessibility and usership became a reality, it is not to say that there would be no form of management system within communities across the world. However, management would never be about overpowering others or acting independently to the population’s will, as our governments currently do. Nor would it be an exclusive right to

only certain people. In a collaborative society in which everyone is empowered to co-create the world of their choice, a management system would simply reflect the collective intention and assist in bringing it into fruition. It would be used to coordinate people's efforts and skills to accomplish projects, goals and objectives chosen by the people and for the people. If there will be any assigned mediators helping to manage projects, they will simply be representing the collective intention, not directing it. This role would not be valued more than another's role; it would simply be another piece of the puzzle contributing to the whole.



Commercial interests with their advertising industry do not want people to develop contentment and less greed. Military interests in economic, political, ethnic or nationalist guises, do not want people to develop more tolerance, nonviolence and compassion. And ruling groups in general, in whatever sort of hierarchy do not want the ruled to become too insightful, too independent, too creative on their own, as the danger is that they will become insubordinate, rebellious, and unproductive in their allotted tasks.

- Robert Thurman



By sinking the top of the hierarchical pyramid back to the ground, notice what remains: equality. No concentration of wealth at the top while the bottom needs to “earn” their share. No enslavement. Everything becomes available to everyone. Everyone is empowered.

THE POWER OF AUTHORITY VS. THE POWER OF HUMANITY

Easier said than done? It may seem like it, however we too easily dismiss our power to take control of our destiny. Self-disempowerment plays the biggest role in how difficult we make change. A practical way to grasp our potential is by simply observing our civilization: it did not just happen to be there. **WE** built it.



*We made up our society from scratch.
We are way more powerful than we think. We could shift it
all around overnight if we understood the power we have to do so.*

- Franco DeNicola



If we built this world, what makes us believe we cannot build something different? As of now, we use most of our manpower, creativity and intelligence to build weapons of war, unsustainable technologies and meaningless products—all because we choose to obey “authority” and comply with the system. We mostly unite forces for military action. We waste incredible human potential inside of small cubicles for tasks that could be automated, or that serve no higher purpose.



What if we used all of our manpower, creativity and intelligence in alignment with our true purpose? What if we united forces not for war and destruction, but for peace and creation? What if we instead used this same potential to create sustainable technologies, beneficial products and harmonious systems that would allow humanity to thrive? Imagine if we united as a people, stopped complying and created a more beautiful world—not because of some piece of paper we would get in return—but because it only makes sense?





Reality is created by the mind, we can change our reality by changing our mind.

- Plato



Without us following an authority forcing standards upon us, there is no “box” to fit into, no status quo to keep up with. If there were one “standard” worth keeping, it would be flexibility. The flexibility to change, expand and evolve.

We are not actually held by chains here. What makes this system appear so daunting and powerful is the 7 billion people powering it with their compliance. Think about it: 7 billion human beings powering and even defending a system run by a few old men in suits who do not care for humanity. If the majority of us



realized this, how long would they stay in power? How long would “authority” be taken seriously? How long would soldiers keep on fighting rich men’s wars? How long would policemen separate themselves from the rest of humanity by defending corruption and fighting protesters who want to create change?



I believe that the human race has developed a form of collective schizophrenia in which we are not only the slaves to this imposed thought behaviour, but we are also the police force of it.

- David Icke



Authority - Bugs life ►



- Money
- Ownership
- Hierarchy/Authority
- Scarcity
- Standardized Education
- The need to “earn a living”

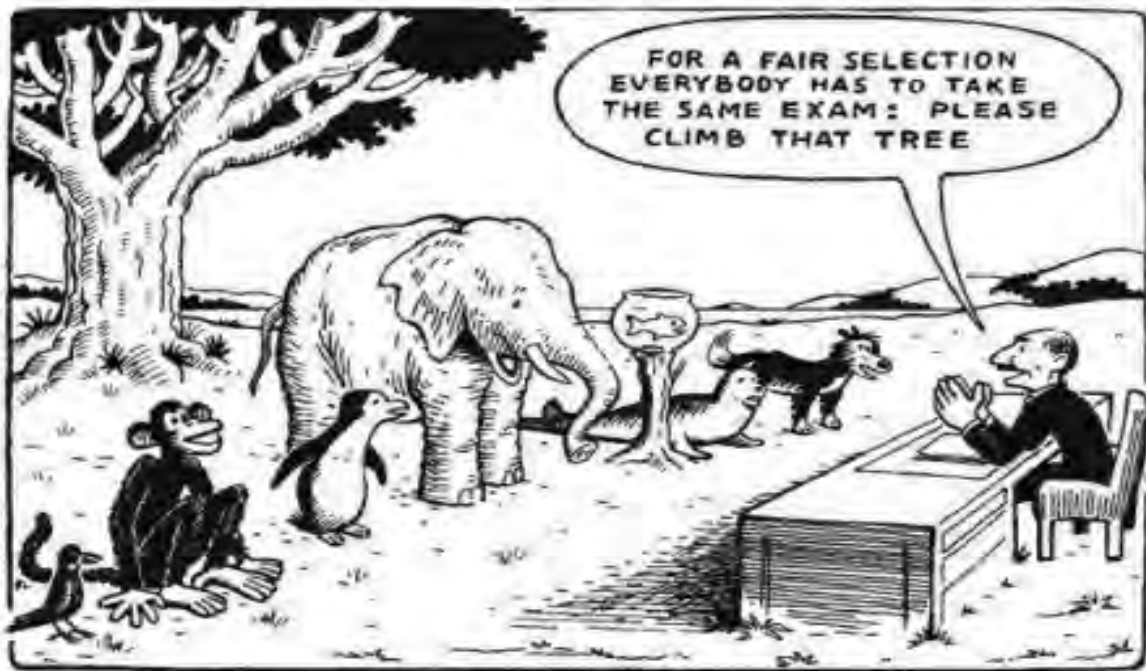
POSSIBILITIES BEYOND: STANDARDIZED EDUCATION



What type of education would we have in a world where there would be no need to earn our right to live and have access to the world's wealth? How would we learn if we did not have to conform to a particular standard? It is simple really: nurturing, expressing and expanding our inborn gifts and talents would be the role of education. It would be about bringing out what

is already within us and complement that through a personalized and flexible education. It would be to promote independent thinking and enable uniqueness.

This is different from creating a rigid set of rules and expecting human beings to reduce themselves into a standard mold.



Given the challenges we face, education doesn't need to be reformed – it needs to be transformed. The key to this transformation is not to standardize education, but to personalize it, to build achievement on discovering the individual talents of each child, to put students in an environment where they want to learn and where they can naturally discover their true passions.

- Sir Ken Robinson

The notion that a teacher knows better would also dissolve. When it is believed that knowledge is conclusive and exclusive to teachers and authorities, not only does it hinder the freedom to evolve ideas, it also denies the potential in students to contribute with new knowledge and unique perspectives. As of now, several

new scientific discoveries and inventions defy the accepted “laws of physics” yet nobody is willing to re-write the books. The same goes with our notions about health. We are taught to simply repeat what was once thought of as truth while new information and evidence that would prove otherwise often raises eyebrows and triggers ridicule. This attitude is the foundation of a stagnant society.

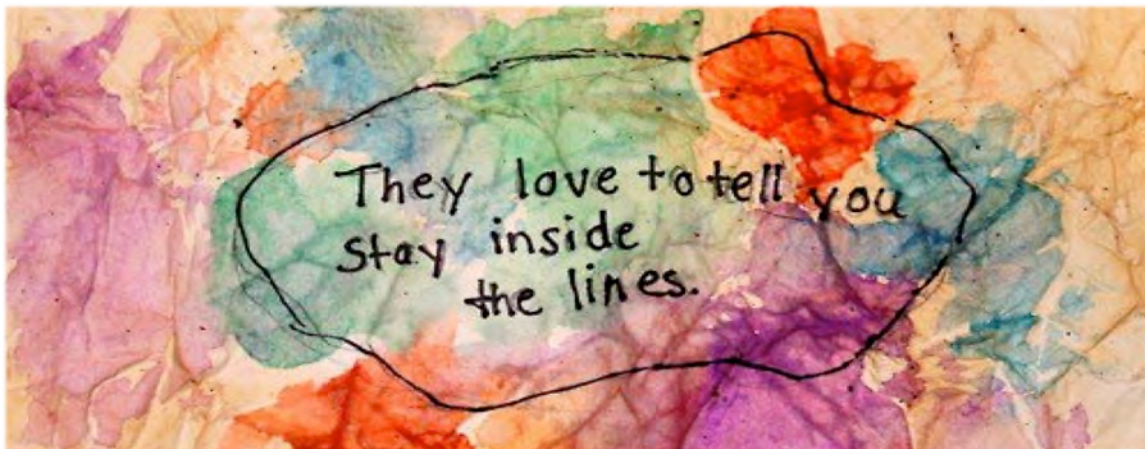


Teachers and students must always remain free to inquire, to study and to evaluate, to gain new maturity and understanding; otherwise our civilization stagnate and die.

- *Sweezy v. New Hampshire* , 354 U. S. 234, 250 (1957)



A natural way of educating would be the opposite: new ideas and perspectives would be welcomed. Evolving—not repeating—would be the new common sense.



- Money
- Ownership
- Hierarchy/Authority
- Scarcity
- Standardized Education
- The need to “earn a living”

QUICK RECAP

ENSLAVED STATE: We need to earn our way through life. We need to earn good grades so that we can earn a diploma so that we can earn a better chance at getting a job that will earn us the money that earns us the right to survive. Who says? “Authority” says so. “Owners” say so.

NATURAL STATE: From the moment we are born, we have access to everything on the planet. As a result, we are full of potential. Instead of learning how to conform, we learn what will expand our individual skills and talents. Instead of running in circles shuffling paper to earn some more pieces of paper, we get to share our gifts to the world and live the life we truly want to live. There are no owners and no authority. There is co-existence, collaboration and co-creation.

To many people, most of the ideas shared so far in this book probably seem oversimplified. No ownership, no hierarchy, no money... it sounds quite drastic. The aim of this is not to provide an ultimate solution but simply to show that a world without this system is indeed **possible**. More importantly, we can allow ourselves to think beyond all of the concepts and belief systems that have shaped our world thus far. We could not only live without them; we could live better. Nothing about our world is set in stone—we have made it up. Whether it is a tradition that has been passed on for several generations or a concept that our ancestors have lived by, it should not be a reason not to question and revise it. Why do we do that? Why do we believe this? Is it still true? Does it still serve? Is it still relevant? Are there other possibilities that would better suit our needs at this time? Remember the pot roast story... we do not need to keep living by rules that were created hundreds or thousands of years ago if they are now limiting. If we can change our mind, we can change our reality.



Throughout human history, as our species has faced the frightening, terrorizing fact that we do not know who we are or where we are going in this ocean of chaos, it has been the authorities, the political, the religious, the educational authorities who attempted to comfort us by giving us order, rules, regulations, informing, forming in our minds their view of reality. To think for yourself you must question authority and learn how to put yourself in a state of vulnerable, open-mindedness; chaotic, confused, vulnerability.

- Timothy Leary



WHO ARE WE?



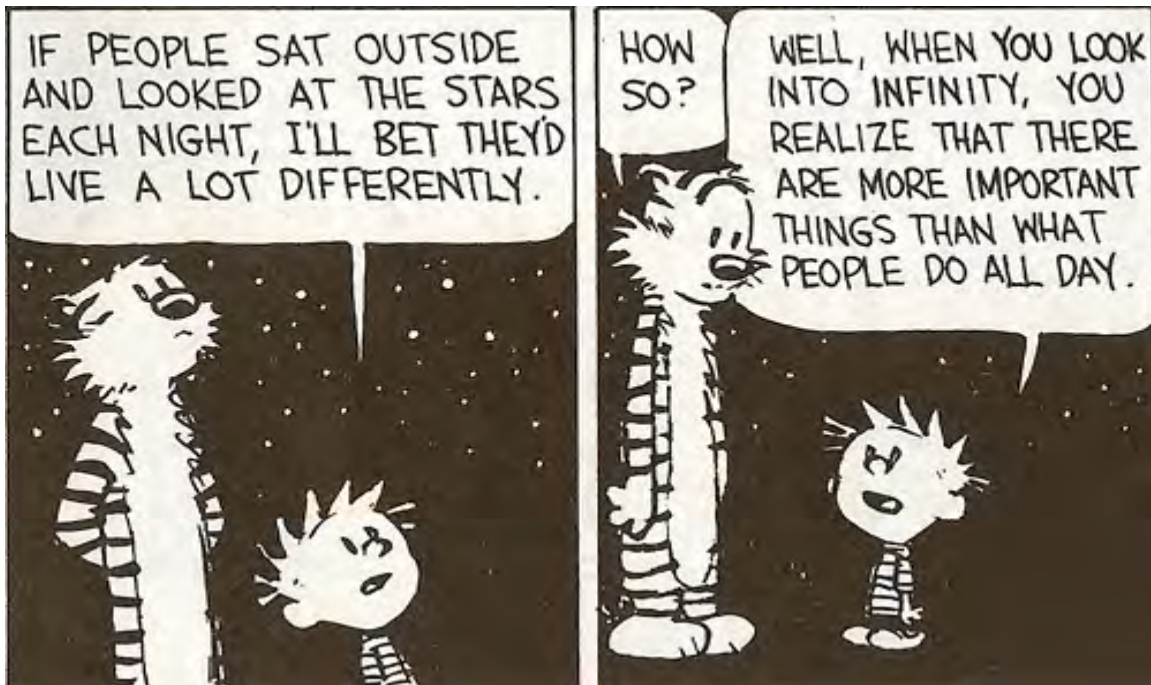
This question may appear unrelated to the subject of global change, however it is the most important piece of the puzzle. Think about it: all this time, while we were busy sleeping our way through this scripted lifestyle, we did not reflect much on our purpose for being on this

planet. We did not stop to question **who we are**. We were so busy identifying with our jobs, possessions, revenues, roles and traditional beliefs that we did not bother questioning whether or not there is more to life than what we have been told. If the reality we have experienced so far is the result of our indoctrination, then who are we beyond it? What is our true nature? Why are we here?

The reason such questions are so important is not only because the answers reveal our true purpose, but also the power we have to transform our reality. Welcome to the next chapter of our awakening: existential questions.

3

An Answer to Existential Questions



Let's take a moment to reflect on galaxies, star systems, plants, trees, animals, particles, cells and all of the ingenious mechanisms that make up our reality. Ever wondered why snowflakes show flawlessly geometrical patterns, or why plants know when to bloom and birds when to migrate? Ever wondered why you even have the ability to consciously witness such phenomena?

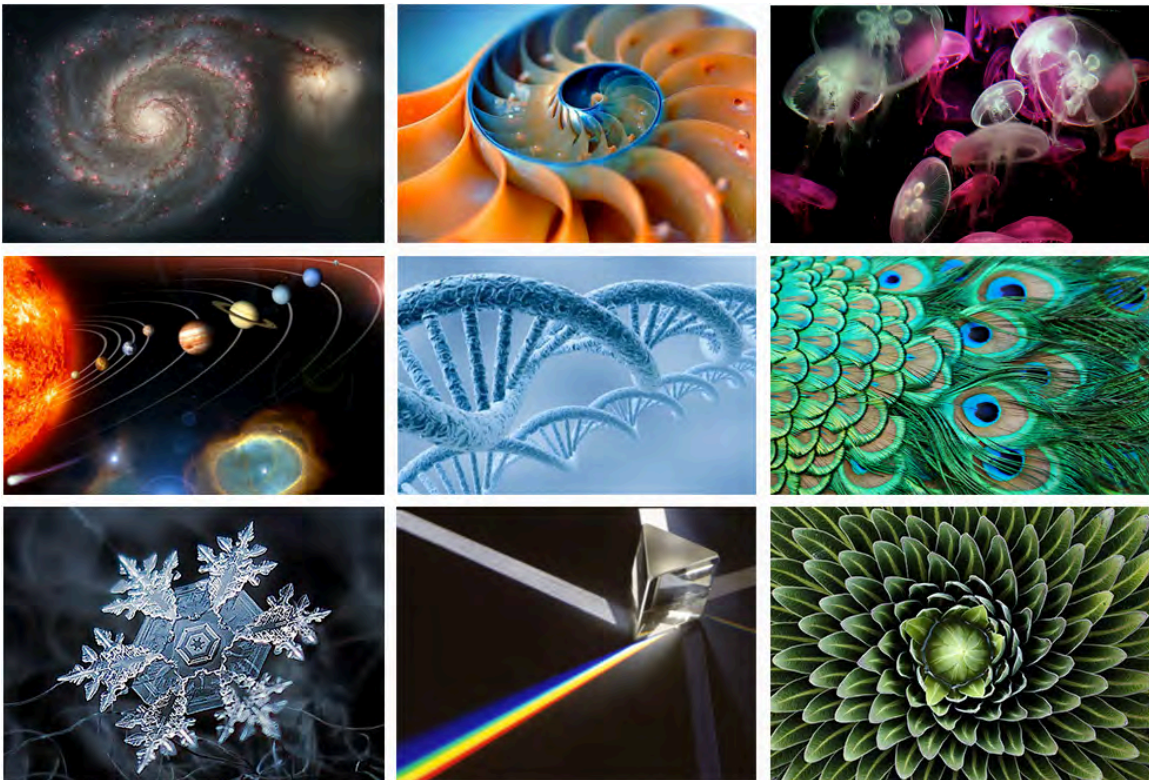


The most incomprehensible thing about the world is that it is comprehensible.

- Albert Einstein



HOW TO CHANGE THE WORLD



Nature by Numbers ▶



This is not an attempt to preach about a religious dogma and give all credit to some deity. It is simply an observation inviting us to reflect further than the idea that this existence is all a coincidence with no consciousness involved in its inception. Some believe that it is unscientific to think this way, but after all, what is science? It is simply a tool assisting us in understanding the **already intelligent** mechanics of nature. We attempt to learn about it, yet it already existed in perfect harmony before we tried to. However, many scientists insist in describing such a rich, intelligent and lively existence as an unconscious and coincidental phenomena. The only intelligence or consciousness that mainstream science seems to acknowledge is the intellect of our brain.

DOES CONSCIOUSNESS ONLY EXIST IN BRAIN MATTER?

To this day, we read in most science books that consciousness is merely an outcome of chemical processes in the brain, as if it emerged by coincidence out of brain tissue. It is said to be found nowhere else but in the brain. If we are going to accept that logic, then how could unconscious natural forces create a brain that is not only conscious, but



that has a capacity for complex subjective experience? How could “non-consciousness” evolve into a mental system capable of asking why it exists? Why do conscious and experiencing beings—such as us—even exist in the first place? Why is there consciousness?

Consciousness is undoubtedly a problem that the scientific community continues to ignore due to its inability to provide a clear answer.



*How is it that something as unconscious as the matter of the brain ever gives rise to something as immaterial as an experience?
(...) Scientists find themselves in the strange position of being confronted daily by the indisputable fact of their own consciousness, yet with no means to account for it.*

- Peter Russell



Physics, biology, chemistry or any other science—despite their success in analyzing the material world—simply cannot explain the purpose and origin of existence. They cannot account for the essence within each and everyone of us that makes us conscious individuals with



a deep sense of self and of subjective experience. Our spark of being—the one that makes us creators, thinkers and observers with such a rich and multifaceted inner world—is undeniably beyond the bounds of mainstream science.

So what is the force behind ingenious biological mechanisms such as our brains and bodies? What is the intelligence behind this ingenious existence? In order to know the answer as well as our role within the universe, we have to explore the deepest level of our reality. What is it made of? What are we made of?



*My studies in mathematics and quantum physics explained how the entire material universe could have evolved from the simplest of the elements—hydrogen. Yet the most fascinating question for me had now become: How had hydrogen—a single electron orbiting a single proton—evolved into a system that could be aware of itself?
How had the universe become conscious?*

- Peter Russell



REALITY BEYOND THE BRAIN

When basing our understanding on a three-dimensional experience, our automatic reasoning will surely be that reality is made up of matter. Not to mention that the word “real” is mostly tagged upon all that is perceivable through our 5 senses. However, quantum experiments and neurological studies have proven this impression to be inaccurate. Reality is actually quite different from the images filtered by the brain.

The mind may find it ridiculous to even consider that what it so clearly perceives is not exactly as it seems. But who is to say that the human brain—which only serves as a decoder of abstract electrical signals—is the ultimate point of reference as to what is real and what is not?



Do you remember how electrical currents and “unseen waves” were laughed at? The knowledge about man is still in its infancy.

- Albert Einstein

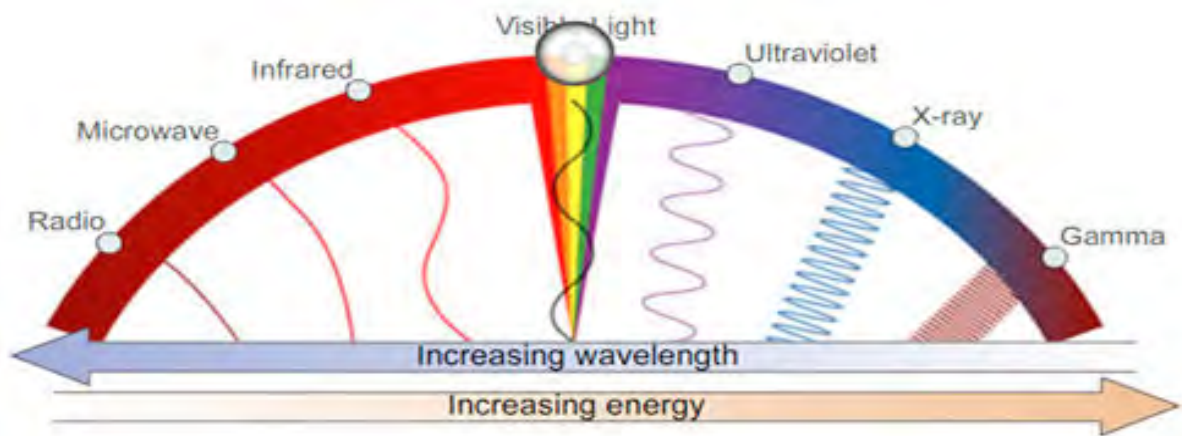


As much as Cartesian minds may conquer, it is primordial to set aside the scientific ego and open ourselves up to a path of uncertainty. Because the first step to understanding the fundamental construct of reality is to accept that it is quite unlike our mind’s perception of what is “out there.” As the reknowned physicist Erwin Schrödinger stated, ***“Every man’s world picture is and always remains a construct of his mind, and cannot be proved to have any other existence.”***



There is indeed no evidence, which could prove that the reality we experience “out there” is not a mere reconstruction of information received and filtered through our nervous system. As a matter of fact, studies show that the world we perceive through our eyes is merely our brain’s interpretation of electrical signals derived from light.

Light is scientifically referred to as electromagnetic radiation, or simply as energy. We often think of light as the brightness we can see with our eyes, yet visible light is but a very small portion within a vast range of light frequencies. The light frequencies known to the scientific community have been categorized and labelled in what is called the electromagnetic spectrum.



Visible light is a range of frequencies that project our three-dimensional reality. As these light frequencies enter the eye, it triggers chemical reactions in the retina, which produce electro-chemical impulses. These travel along nerve fibers to the back of the brain, which is where vision is interpreted. The brain then analyses the data it receives, and recreates its own picture of what is “out there.” However, what is “out there” is quite unlike the coherent and conceivable world we experience through our senses.





Consider our experience of the color green. In the physical world there is light of a certain frequency, but the light itself is not green. Nor are the electrical impulses that are transmitted from the eye to the brain. No color exists there. The green we see is a quality appearing in the mind in response to this frequency of light. It exists only as a subjective experience in the mind.

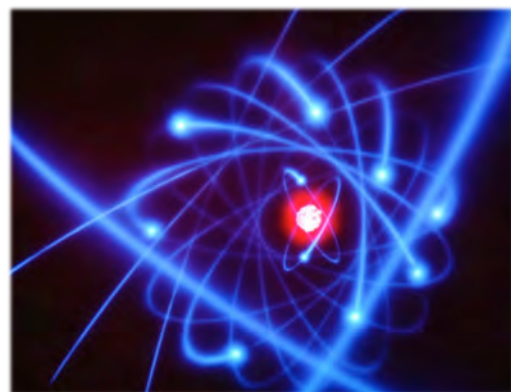
- Peter Russell



Even though we have labelled certain light frequencies with names such as ultraviolet or gamma rays, they are all just light. There are no definitive breaks or boundaries when it comes to light, but only a continuous range of energy, which can lower or raise its vibration speed. It is within this ocean of light, that our ingenious brain is able to translate a small percentage of light frequencies into what we call our visible “reality.” Makes you wonder about everything else we are not seeing...

THE SECRET OF THE QUANTUM WORLD

Everything is inherently made of light in different frequencies and this does not exclude solidity. Just as light can manifest itself in a frequency range that is perceivable through sight, it can also manifest itself in a frequency range that is perceivable through touch. It doesn't mean that the objects we experience are solid by nature; it only means that our brain interprets them as solid.





What we have called matter is energy (light), whose vibration has been so lowered as to be perceptible to the senses. There is no matter.

- Albert Einstein



Of course, the thought of matter being “immaterial” will seem farfetched to the mind, because its only reference point is the human senses. But let’s not forget that all of our senses are the product of an ingenious computer called “the brain” which, again, is only a decoder of electrical signals. Our 5 senses will never give us an accurate picture of what is truly “out there,” because they can only experience what they are designed to experience. Without a brain programmed to transform light into electrical signals, and electrical signals into visible shapes, colors, sounds and sensations, there is only light of different frequencies and vibrations. As the great inventor, electrical engineer, and scientist Nikola Tesla stated, ***“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”***



“*Are not millions and millions of blobs of energy and light, photons and electrons? They make up this imaginary three-dimensional solid world, which does not exist at all according to Relativity or Quantum Mechanics. The only realities we know are the ones our brain manufactures. A brain receives millions of signals every minute. And we organize them into holograms which we project outside ourselves and call it “Reality”*

- Dr. Robert Anton Wilson”

As the quote above states, “blobs of energy” and “light” are terms that would best describe the smallest, most elementary particles that make up the material world. Most linear minds would hope to find proof of their solidity, but the truth turns out to be more puzzling than the easy-to-grasp concept of size and mass.



We all know that matter is composed of atoms. Yet studies now reveal that each atom is composed of 99.9999999% empty space. They are nothing like the “solid balls” science once described them as for two thousand years. The remaining 0.0000001% of the atom represents the elementary particles that are hundreds of thousands times smaller. This means that if we enlarge an atom to the size of a football stadium, the nucleus of the atom would only be as large as a tiny grain of rice, and so are the electrons orbiting around it. As the early twentieth-century British physicist Sir Arthur Eddington stated, ***“Matter is mostly ghostly empty space.”***

The discovery that matter is mostly immaterial seemed too uncomfortable for the minds of physicists to grasp. Therefore, in an attempt to at least ascribe solid properties and measurements to the elementary particles of matter, physicists have encountered another so-called “anomaly” within the quantum world. Experiments show that elementary particles can behave and look like particles, but are not solid in essence. They are truly and inherently **“waves” of potential existence.**



With the advent of quantum theory, it was found that even these minute subatomic particles were themselves far from solid. In fact, they are not much like matter at all—at least nothing like matter as we know it. They can't be pinned down and measured precisely. They are more like fuzzy clouds of potential existence, with no definite location. Much of the time they seem more like waves than particles. Whatever matter is, it has little, if any, substance to it.

- Peter Russell



The reason for this abstract description is precisely because what appears to be elementary “particles” behave in a most abstract manner. They are inherently spread out as waves of light—without a defined and measurable substance or location like we would expect “solid” particles to have. However, this light carries all potentialities in terms of how it can manifest itself. In other words, light has the potential to project itself in many ways, which would explain why—despite there being only light—we experience a world of many particles, textures, colors, sounds and so on.

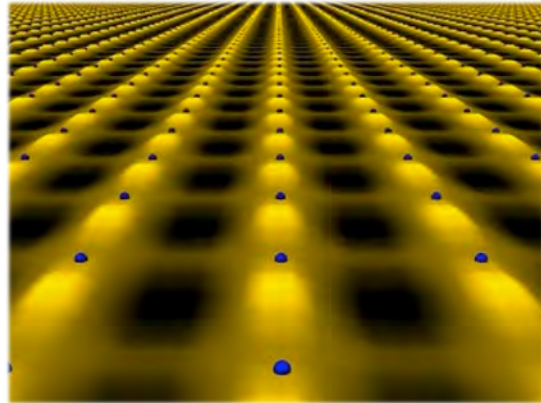


This isn't the world of electrons. It's the world of potential electrons.

- John Hagelin, Particle Physicist, Ph. D.



According to quantum studies such as the double slit experiment (video description on the following page), that which defines what potentiality the wave will “choose” is the presence of a conscious and observing entity. Physicists can now say for a fact that



the very presence of a conscious mind observing and intending to define or measure a particle, consequently determines the aspect and location in which it takes form. This strange phenomena has made the attempt of objective measurement impossible. The question modern science cannot answer is the reason why light defines itself as a particle the moment we observe and define it. This quantum anomaly is scientifically known as “the measurement problem.”



The measurement problem is this: an atom only appears in a particular place if you measure it. In other words, an atom is spread out all over the place until a conscious observer decides to look at it.

- Prof. Jim Al-Khalili

And anytime we attempt to look at particles beyond a certain level, the very act of observation changes (their) lanes.

- Dr. Dean Radin



To put it simply, the fundamental nature of reality is originally “open” to all potential outcomes, yet our very consciousness is intimately hooked to the one that shall be experienced. We literally are the creators of reality. As the physicist Dr. York Dobyns stated, ***“without us, there would just be this expanding superposition of possibilities with nothing definite ever actually happening.”***



The Double-slit Experiment ▶



MYSTERIOUS LIGHT



Any exchange of energy between any two atoms in the universe involves the exchange of photons. Every interaction in the material world is mediated by light. In this way, light penetrates and interconnects the entire cosmos. (...) Although all we ever see is light, paradoxically, we never know light directly. The light that strikes the eye is known only through the energy it releases. This energy is translated into a visual image in the mind, and that image seems to be composed of light—but that light is a quality of mind. We never know the light itself.

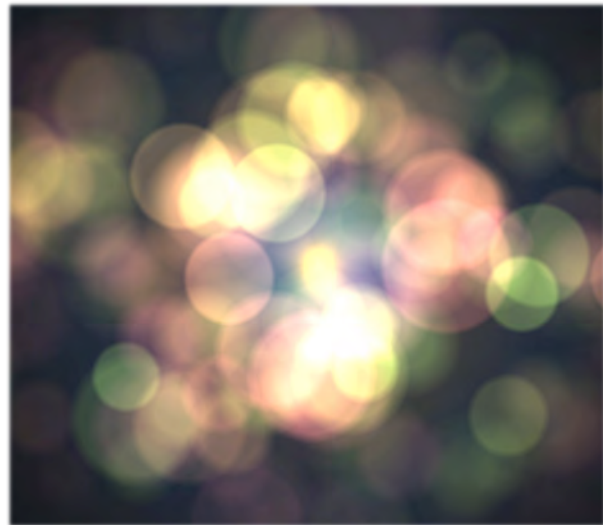
- Peter Russell

For the rest of my life I want to reflect on what light is.

- Albert Einstein



Modern science is not in the business of asking what this light, this energy, this empty space or this wave of potentiality is—all terms aimed at describing the fundamental construct of our reality. It aims at describing the way things work, but barely ever questions what or why it is this



way. Some claim that answering these questions is a job for philosophers, not physicists. However, everyone agrees that quantum theory works, but most of those who study it are not quite sure what it means.

SUMMARY

We have learned that:

1. Consciousness/intelligence was already present within life before the human brain attempted to study it.



2. The reality we perceive through our senses is the result of the brain acting as a decoder of light frequencies.



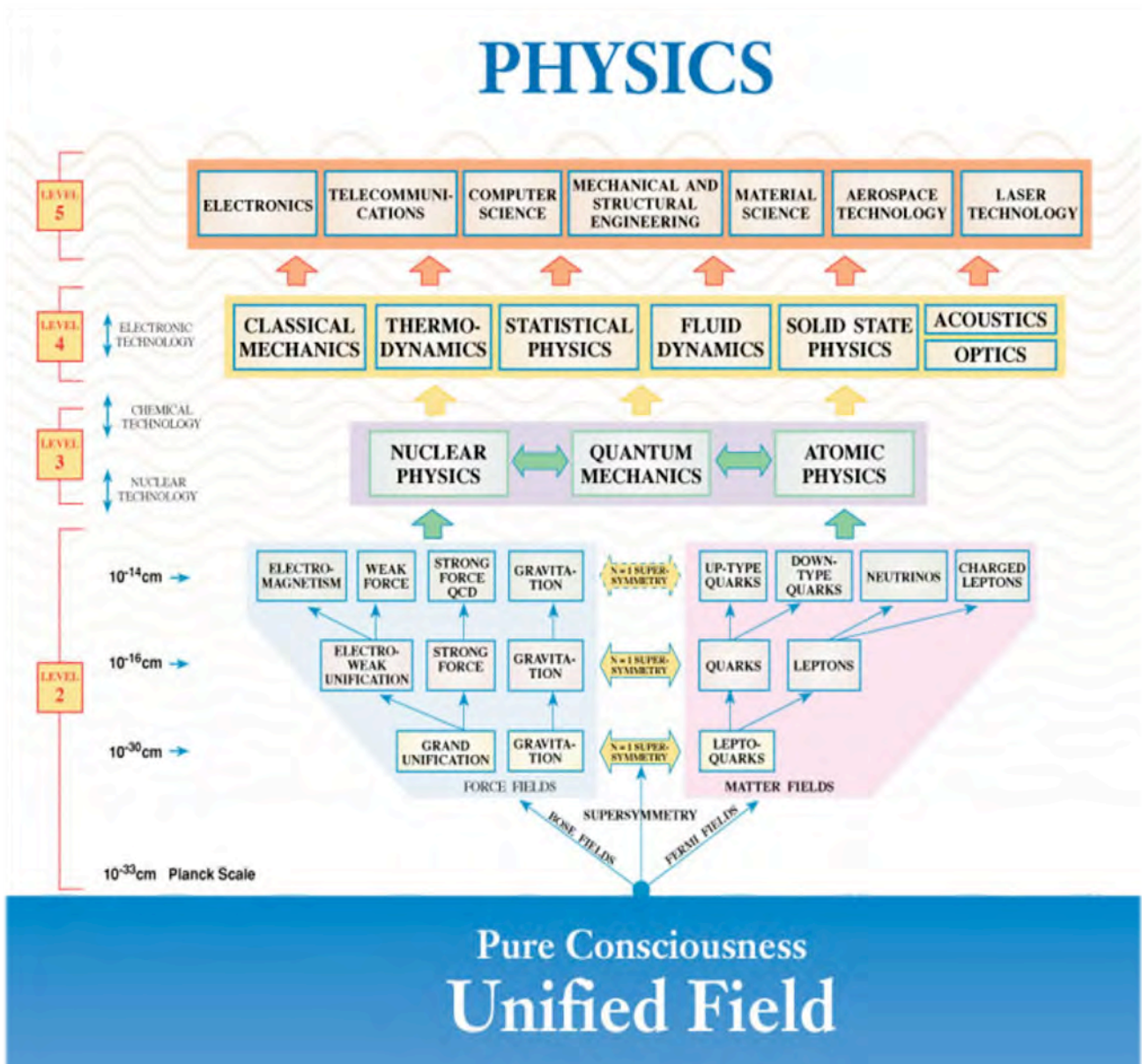
3. Light is the all-encompassing source of this intelligent reality—permeating and interconnecting everything in existence.



4. Light is a wave of many potentialities, while an observer's consciousness defines the potential. We create reality.

So what does it mean?

- The universe is conscious and intelligent, because its source is consciousness. **Light is consciousness.**
- Consciousness is the singular force that projects this entire reality. (Below is a flowchart demonstrating how quantum physicists have come to this realization.)



- Who are we? All of us are a part of this consciousness, similar to how cells altogether make up a whole body. We are the life force of the universe embodied. We are all one.
- As conscious observers, we define how light manifests itself. In other words, we define reality through our minds.



The tighter physics have tried to grasp on to physical reality, to understand what it's really made of, what are the core building blocks of life at the basis of it all – life, the universe, slips through your fingers. And you come up with something that's increasingly abstract. And that's what the unified field is; pure abstract potential. Pure abstract being. Pure abstract self-aware consciousness, which rises in waves of vibration to give rise to the particles, the people, everything we see in the vast universe.

- John Hagelin, Particle Physicist, Ph. D.



UNITING SCIENCE & SPIRITUALITY

To this day, modern science avoids asking what light or consciousness even are. From an atheist's point of view, we should only acknowledge whatever measuring devices or material evidence can quantify. Meanwhile, the religious community maintains the illusion of separation between man and spirit while refusing to acknowledge any piece of information that challenges religious doctrines.



Why remain in segregation when the world is full of dots waiting to be connected? Why cling to our beliefs when we could instead seek to understand the nature of reality with an open mind? Dogma—whether spiritual or scientific—seems to have clouded a truth that does not require adversity with the desire to prove ourselves “right” and others “wrong.” But once we set aside our egos and allow our consciousness to expand beyond the beliefs we cling to, we will begin to wonder how we could have missed the obvious:

The parallels between the light of physics and the light of consciousness do not contradict each other, because they are each other.

1. Both are immaterial.
2. Both cannot be pinned down through senses or technological devices.
3. Both are the fundamental construct of our reality, permeating everything in existence.

From a scientific perspective, light is the source of everything we experience. And from a spiritual perspective, consciousness is the source of everything we experience. If only more scientific minds would acknowledge the conscious nature of light when observing the conscious ways in which it manifests both in nature and ourselves. And if only more religious minds would rise beyond the belief in separation and acknowledge the oneness of all life.

In the end, uniting both science and spirituality lead to the same realization: Light is consciousness and consciousness is light. We are Light. We are consciousness. We are one. There is no separate “God,” nor is there an absence of divinity. Every human, animal, plant, rock and blade of grass is an expression of the same spirit, of the same light, of the same consciousness.



When I say "I am," I do not mean a separate entity with a body as its nucleus. I mean the totality of being, the ocean of consciousness, the entire universe of all that is and knows.



Sri Nisargadatta Maharaj (1897 - 1981)

I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness, everything we talk about, everything that we regard as existing, postulates from consciousness.



Max Planck (1858 - 1947)



Simple people imagine that they should see God as if he stood there and they here. This is not so. (...) The eye with which I see God is the same eye with which God sees me. My eye and God's eye is one eye, and one sight, and one knowledge, and one love.



Meister Eckhart (1260 -1328)

All matter is merely energy condensed to a slow vibration. We are all one consciousness experiencing itself subjectively. There is no such thing as death, life is only a dream and we are the imagination of ourselves.



Bill Hicks (1961 - 1994)



THE COLLECTIVE CONSCIOUSNESS



The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it.

- Rosemary Fillmore Rhea



It is in understanding our oneness, that we become aware of our true power to create change. Our energies altogether create a collective consciousness which is what projects our reality. If we are collectively caught up in separation, hate, judgment, fear, competition and survival, it is no wonder our world reflects that energy. Our beliefs and perceptions literally shape the world we experience. As more of us raise our consciousness beyond this illusion, not only will our actions reflect greater wisdom and potential, but our higher vibration will elevate the collective consciousness and stimulate change.

Consciousness: Mind Over Matter ►



4

The Purpose of Life

Consciousness, light, spirit, the universe or God are all terms often used to describe the source of life. But to avoid confusion and dogmatic connotations, Source is the word that we will use from now on.

If we are all Source incarnate, then why are we not born aware of this? And for what purpose would Source manifest itself as galaxies, stars, planets and living organisms? **Why would Source manifest itself as humanity?** These are very good questions that can be best answered by putting ourselves “in the shoes” of Source, before it has projected into numerous forms, before the “big bang.” What would you do as pure formless consciousness, with nothing outside of yourself to interact with but with the limitless potential to create and experience life within yourself? You would probably use that potential and go for it!

1. You would create worlds in which you could experience yourself (planets).





There are zillions of planets in the universe—many of which are likely to be hosting different species and experiences. But let us focus on the one we know best: planet Earth. Like all other planets; it is spherical; enabling us to explore it through and through without ever reaching an edge. It has gravity, which enables us to stick to it without floating all over the place. It has this amazing eco-system that nurtures the needs of every creature living on it. It is beautiful and full of textures, smells, tastes and colors. Doesn't it sound like the perfect experiential playground?

2. You would split yourself into several fragments of your own light (souls).

Similar to how the trunk of a tree splits itself into several branches, you would individualize your consciousness so that you could experience and interact with yourself as seemingly separate beings. Sounds more fun than to play alone, doesn't it? Much like it is more enjoyable to watch a movie with many characters than it is to stare at a black TV screen, it is a more enriching experience for Source to project itself into many forms rather than remaining formless.



3. You would want to experience and interact with yourself inside of vehicles (bodies) you carefully designed to experience the worlds you have created.

As we have learned in the previous chapter, there is no doubt our bodies are incredible mechanisms designed to decipher this “light show” into an intricate experiential playground. That is what our bodies are after all; vehicles in which consciousness experiences.



Knowing that I am different from the body, I need not neglect the body. It is a vehicle that I use to transact with the world. It is the temple which houses the Pure Self within.

- Adi Sankaracharya



4. You would choose to forget who you truly are when entering your physical journey.

This is why we are we not born aware of it all. To understand why, we need to put ourselves once again “in the shoes” of Source. Wouldn’t you find it a tad too predictable if you entered an experience knowing you are the creator and recalled every detail about your creation beforehand? Imagine being the creator of an amazing video game and you were given the opportunity to take a pill that would wipe out your memory about every quest and mission, enabling you to experience them anew. Sounds like a more exciting way to play, right?



I wish I could replay it, but have it all be new again, like it was when I first played it. Being able to discover everything again and have the feeling of not knowing what was around the next corner."

- Excerpt from a Video Game Forum Thread



The same intention applies to Source. Souls purposely take on temporary veils covering the memory of their origin. That way, Source can experience life with a fresh pair of eyes and rediscover itself anew.

5. You would want to experience yourself through many different journeys and perspectives.

Pure formless consciousness is not identified as one particular thing, it is in fact nothing in particular! As we have come to understand in the previous chapter, Source is a field of **infinite potentiality**, ready to get creative. Being nothing in particular, would you not want to experience yourself as many distinct beings

and through unique journeys? That is why despite Source's inherent oneness, every manifestation and experience of it is different. Each and everyone of us represents a unique potentiality of Source and will experience the world differently. To stick with the video game analogy, wouldn't it become stagnant to play the same game over and over again and always with the same character? Diversity allows the Source to be enriched from many different experiences and view points.



You are an aperture through which the universe is looking at and exploring itself.

- Alan Watts

*The cosmos is within us. We are made of star-stuff.
We are a way for the universe to know itself.*

- Carl Sagan





What is Source doing all of this for? Our minds may have hoped for a more complicated purpose but to put it simply; Source is an artist. It could be compared to a painter, however it does more than simply paint the scenery and characters. It enters the painting, embodies the characters, experiences the scenery and becomes so engaged with its creation—forgetting it is in fact the source of it. A beautiful aspect of this cosmic game is that while we allow ourselves to forget our true nature, we simultaneously give ourselves the opportunity to rediscover it throughout our journey. In other words, our purpose is to play, learn and rediscover who we are in the process. The state in which we fully recall our true essence of Source is commonly referred to as “enlightenment.”



*Enlightenment means waking up to what you truly are
and then being that.*

- Adyashanti



It may sound aimless to “go through so much trouble” when you end up returning where you came from. But the goal isn’t so much to enter a physical experience only to rush our way back to enlightenment. It is to take with us all of the beautiful lessons and expansions that have resulted from experiencing life. Much like a painter expands his talent the more he paints, Source expands in knowledge and creativity the more it experiences.

THE ENLIGHTENMENT PROCESS

Enlightenment is a gradual process, similar to peeling layers off of an onion. The center of the onion represents the core essence of Source within us all. The layers represent the beliefs and perceptions we take on that have shaped our identity thus far, all while enabling us to “forget” our core. And it is through our journey that we gradually “peel off” our illusions, layer by layer, until we uncover the core of our being—the Source of infinite potential that we are.



To put this information into context, notice how in our personal lives we often go through experiences that challenge certain beliefs and mental limitations we have adopted and held on to. Even our relationships seem to bring to our awareness all of our emotional baggage, fears and sensitivities. It is as if the universe conspires to make us transcend whatever is weighing us down. This is exactly the case. We, as souls, set ourselves up by orchestrating the perfect experiences that will enable us to learn and further uncover our true nature.

For example, someone who has taken on the fear of what other people think and has finally “peeled it off” will probably tell you that they now feel lighter, more peaceful, less limited and closer to who they truly are. They have uncovered more of who their true essence, which is of greater freedom and potential. Having released this veil, they now radiate more light, more soul, more consciousness. In other words, they have “de-programmed” certain beliefs and perceptions out of their psyche, and now have one less veil clouding the truth.



In every moment of our lives, there seems to be two different versions of reality taking place. One, is the surface reality and it is where you think yourself to be exists as the main character in the movie of your life. It is in this surface reality where you interact with the other characters, make choices, and advance your storyline. Deeper than this surface reality, yet always existing within it, remains a spiritual reality.

This reality remains peaceful and unmoved by the actions and reactions of the surface reality. It views the characters in the surface reality as various messengers delivering the wisdom of the spiritual reality, so the characters can learn exactly what each has been brought to learn in every scene of life's vivid movie.

It is from this spiritual reality where one might imagine the soul resides, with one's lifetime serving as an interactive way for the soul to impart its wisdom to a world of characters. The characters we think we are, deliver soul wisdom to one another and reap the rewards by becoming more conscious.

- Matt Kahn



Many spiritual or religious beliefs hint at enlightenment, but then turn it into a means to an end, a rare accomplishment or an act of repentance to compensate for the belief in our separation and inferiority to “God.” It is not that such beliefs are wrong to have, but it is only a matter of neutral observation to find their root in the illusion of separation. Those who seek enlightenment often believe they must become “something else” than who they truly are when it is in fact the opposite. Those

who follow a religious dogma often feel unworthy of “God,” as if it is this separate entity with enough of an ego that he is ready to burn any of his children who will not praise him or read a book he wrote. Does this truly resonate as wisdom? We are not separate from Source. Enlightenment is not about becoming better or more worthy, it is simply about “unlearning” every illusory perception we have taken on until we are left only with the truth of our being. We are already “it.”



The word enlightenment conjures up the idea of some superhuman accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form.

- Eckhart Tolle



THE EXPERIENCE OF SEPARATION

Many of us are probably scratching our heads thinking “then why would Source choose to experience all the war, pollution, poverty and corruption of planet earth?” Maybe it is not that we—as Source—precisely chose to experience such things, but wanted to see how far the illusion of separation could go. What if we wanted to feel what it is like to believe ourselves to be totally separate from one another and our environment to see what would come of it. Sure, we could say that hell came of it. We could say that it was all a big mistake. But as was suggested before, we are here to create experiences, **learn from experiences** and enlighten. Let us remember that the intent of Source is to expand in awareness

and creativity through all potentials; all routes of experience. From this higher perspective, there is no “right” or “wrong” routes, but only the opportunity to grow and rediscover ourselves through unique paths. The question we should ask ourselves is: **what can we learn from this one?**

The separated state we are in may have brought about a world of disharmony and chaos, but this reality offers the opportunity to learn powerful lessons. We would not have the opportunity to learn how to reclaim our true power if it was not for this challenge. We would not have the chance to grasp just how bright and powerful our light can be if it was not for experiencing our light as dim and as divided as possible. It is the illusion of separation that enables Source to undergo an awakening of its true potential and oneness—a knowing of itself via experience. Imagine how much more powerful the realization of our true nature would be coming from an experience of such disconnect.



We have created the illusion of separation in order that we may experience the reality of Oneness. Only when we are outside the reality can we experience it. It is our wish to know ourselves as who we really are. Thus, we must first create the experience of who we are not.

- Neale Donald Walsch



5

Lessons For Humanity

In a Simple Analogy...

Imagine children playing in a sandbox full of toys. A few of them decided that the toys are theirs, and tell all the other kids that they must earn these little pieces of paper that will grant them access to the toys. The parents observing the situation would most likely intervene and remind the children that the toys are to be shared.



Now imagine children on a big blue playground featuring an abundance of vegetation, animal life, oceans, lakes and rivers. Although the playground is set up for everyone to play, explore, create and share as equals, some of them decided that they should have more rights and authority than others. This belief led them to take possession of whatever land or resource they came across. They then created a hierarchical system in which they are the supreme authority while others have to abide by their rules. Resources became accessible only under the condition of money, which is earned only under the condition of work.

As this hierarchy became pervasive across the entire playground, that which was once sharing, creativity and play became conformity, fear and survival. The children of the playground no longer recognized each other as playmates and co-creators of the same human family, but as strangers, competitors and even enemies. There may be no parents watching over the playground reminding all children of the earth to simply share and be kind to one another, but there is a growing call for change felt within the heart of mankind.

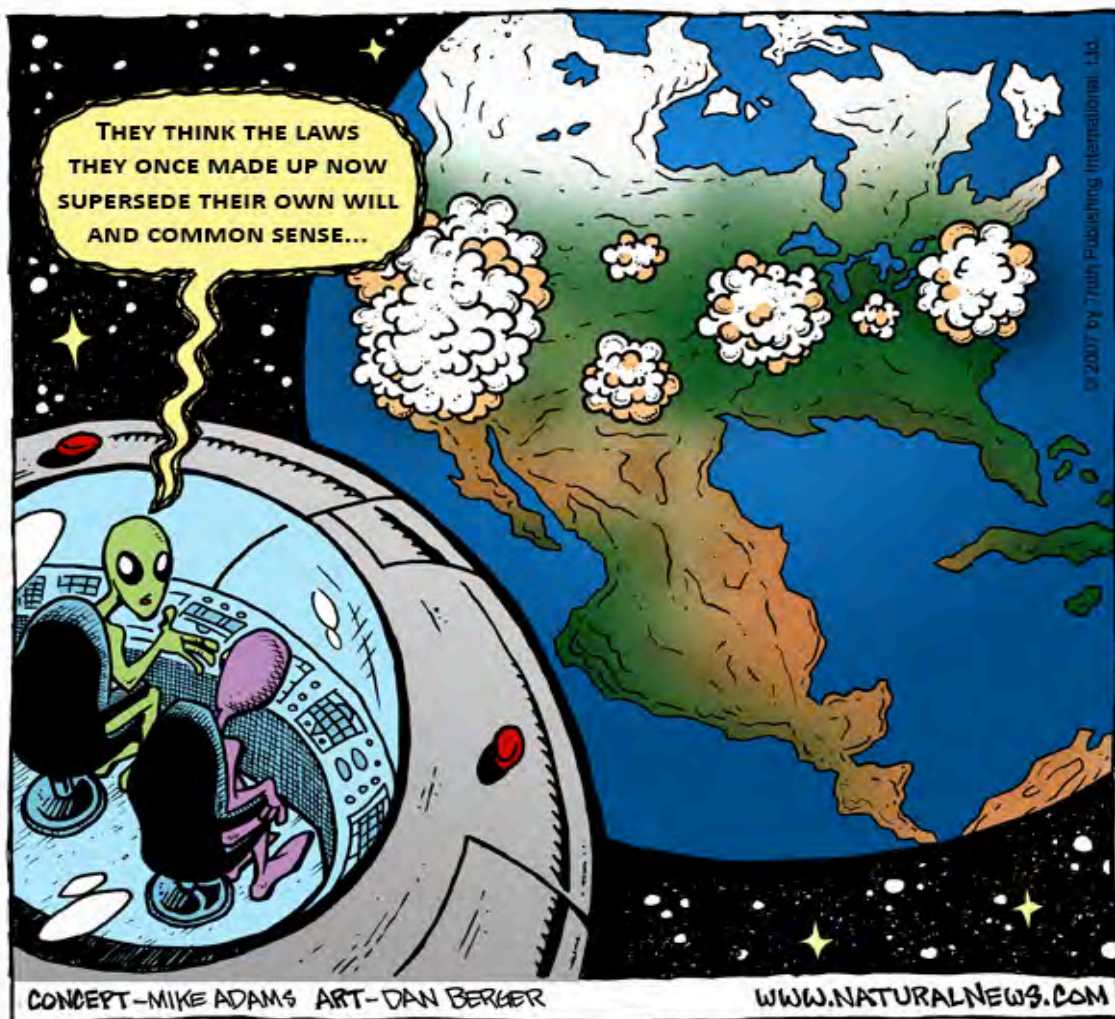
At a first glance, such an analogy may seem over simplistic. But the moment we look at the world without clouding our sight with the beliefs fed to us by society, we realize it really is that simple. We are all equal facets of Source, here to share this experience, co-create and evolve together. The planet is designed to support and provide for all beings. Our consciousness creates our reality. Are we done creating this dream of separation and disempowerment? Are we ready to learn our lessons? Are we ready to wake up?



LESSON # 1

NOTHING HAS POWER OVER US UNLESS WE GIVE IT

Money. Ownership agreements. Titles. Authority. Official-looking pieces of paper. Law books. They may look impressive, they may evoke the feel of power and permanence... but nothing could be further from the truth. They are made up. For humanity to move forward, we need to remember this obvious yet forgotten fact. **We are more powerful than all of this because we created all of this.** We are allowed to reevaluate our laws, change them or scrap them altogether and start fresh, because all of it is a human creation.



LESSON # 2

“NO PROBLEM CAN BE SOLVED FROM THE SAME LEVEL OF CONSCIOUSNESS THAT CREATED IT”

- ALBERT EINSTEIN



War cannot be solved by war. Hate cannot be solved by hate. Poverty, inequality and environmental destruction cannot be solved by the same system that created them in the first place. Trying to change the old paradigm of fear, hate and separation with more fear, hate and separation is like trying to change the color of a

wall by spreading more paint of the same color on it.

To create change, we first need to become a neutral observer. That way, we are able to gain a higher perspective of the situation and our actions will reflect greater wisdom and understanding. After all, the world is a reflection of our state of consciousness. This means that the consciousness we collectively put out is the world we get. If we want a world of peace, harmony and care for the planet and one another, we must therefore align our consciousness with that energy. We do so not by forcing it to happen, but by letting go of all barriers, belief systems and baggage that come in the way of us embodying our true nature.

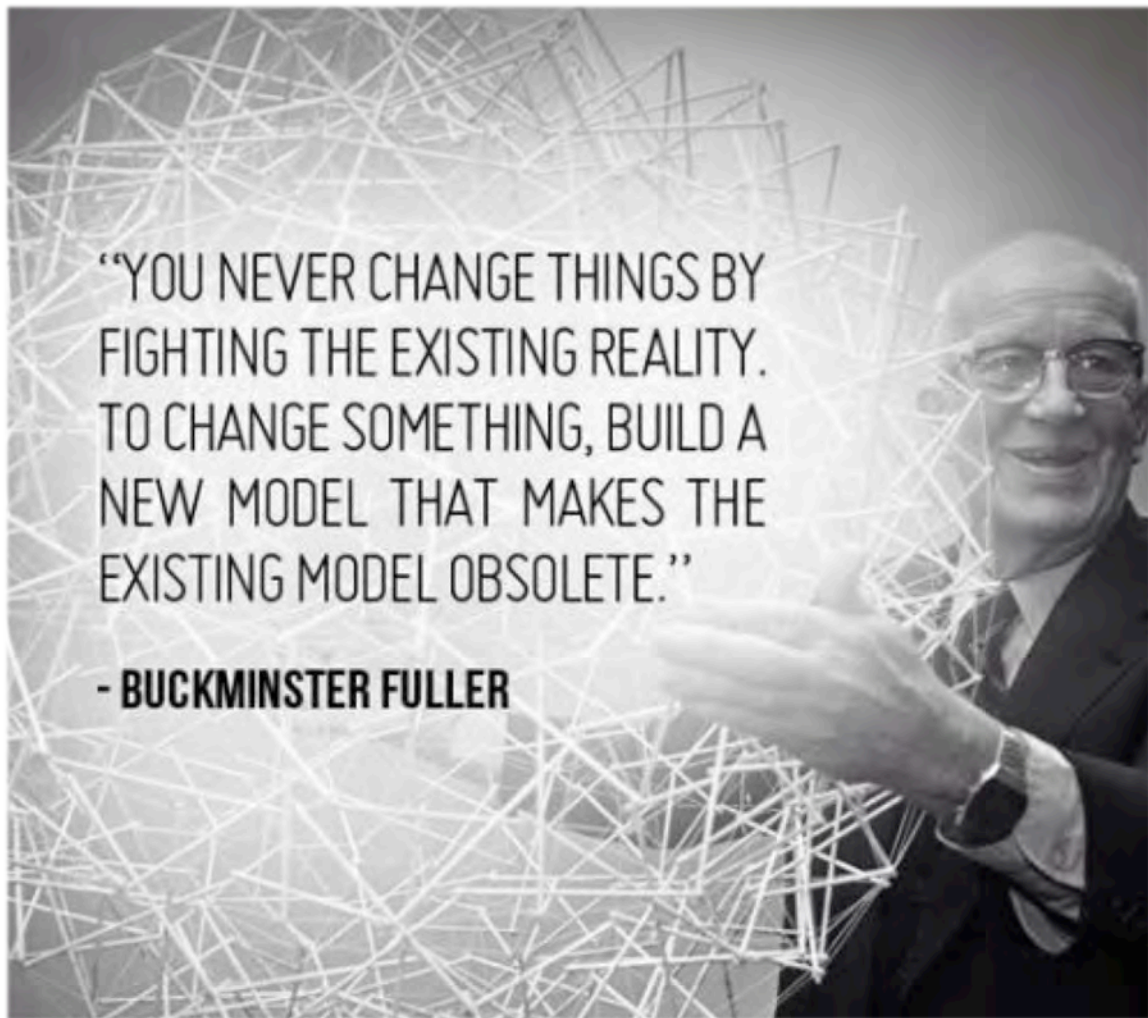


*Darkness cannot drive out darkness; only light can do that.
Hate cannot drive out hate; only love can do that.*

- Martin Luther King Jr.

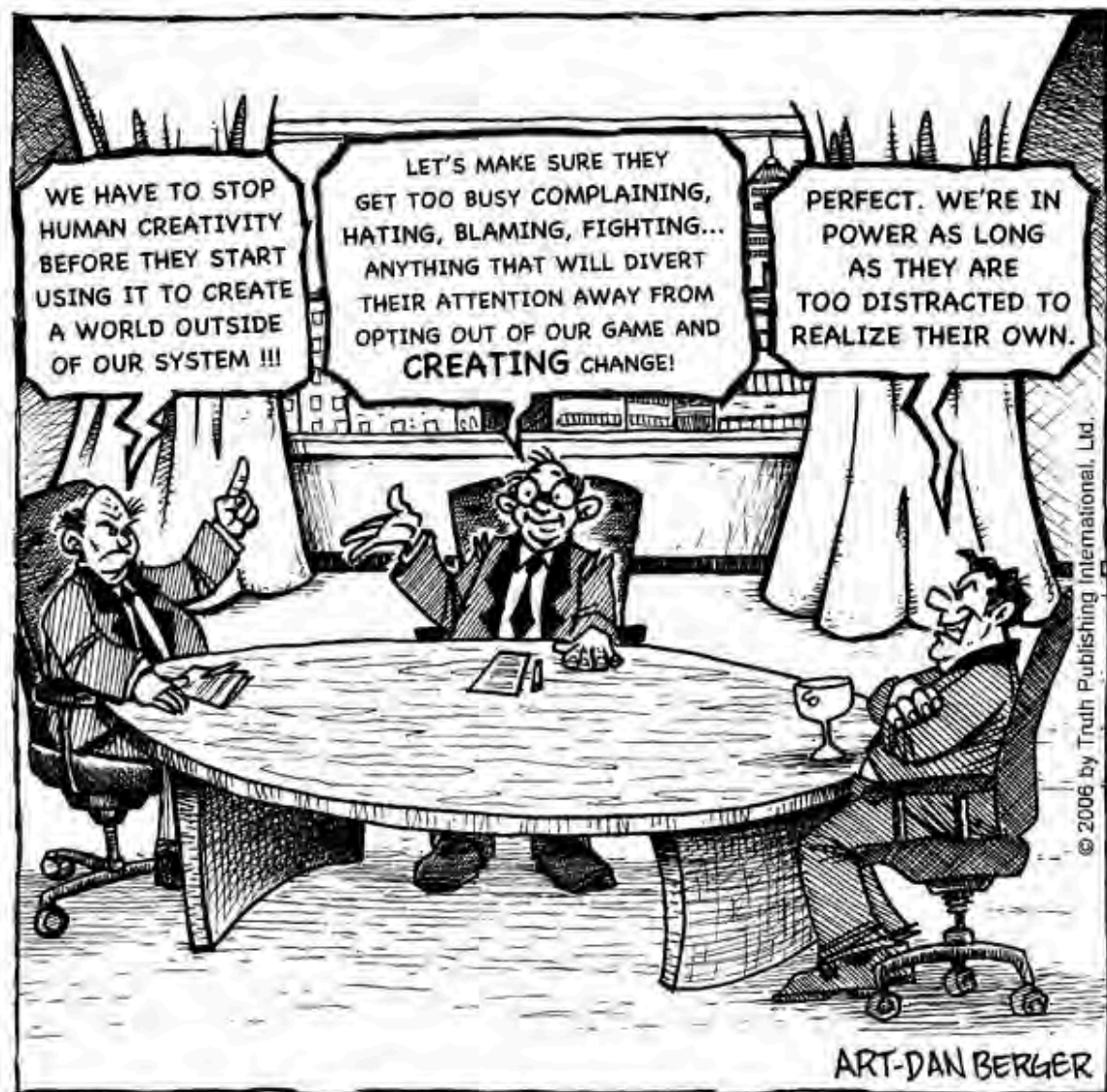


LESSON # 3
STOP REACTING, START CREATING!



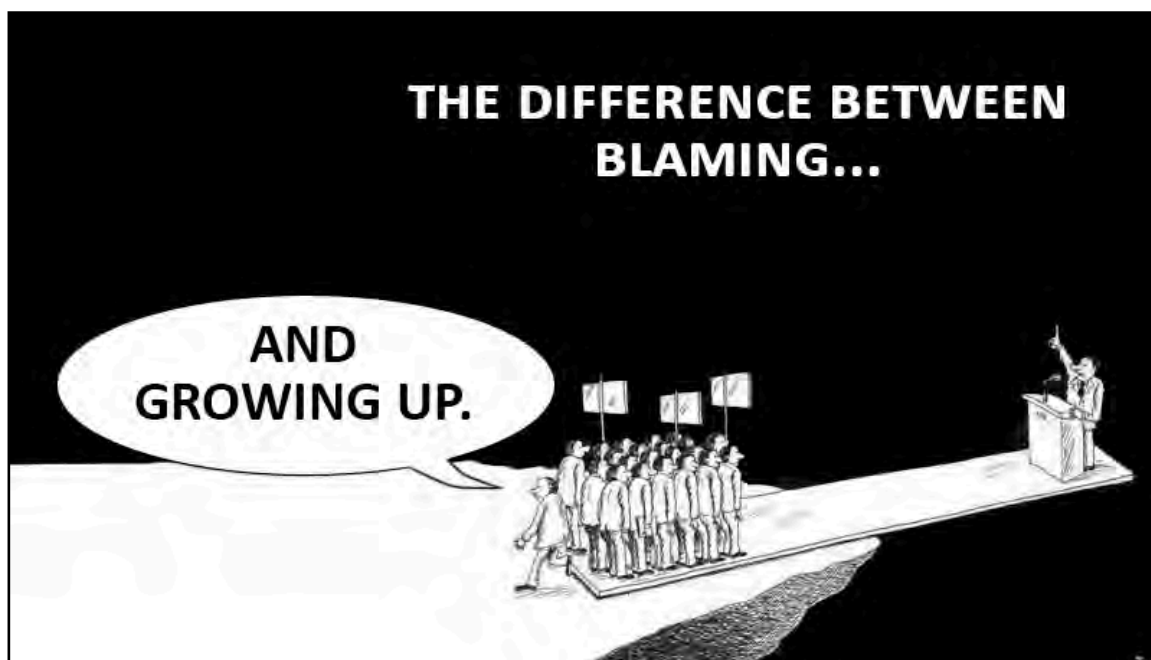
- Have you ever noticed that creativity is never about perpetually re-acting the same old ways, but always about creating anew?
- Why is creative inspiration often paired with a quiet and peaceful mind, rather than a reactive and distracted mind?
- How about the fact that it is always out of creativity that valuable ideas and inventions emerge and never out of blame and anger?

That is because with creativity comes a natural sense of personal responsibility. It is no longer about an endless emotional reaction to a circumstance, but the actual willingness to create the circumstance. As mentioned before, there is tremendous potential in humanity coming together. Spreading awareness about existing alternatives, creating new ones and uniting our potential to make them happen is a lot more constructive than staying isolated and in perpetual reaction.



LESSON # 4 BEYOND BLAME: UNDERSTANDING ROLES

“Yes, but we must make the government pay! We must blame the elites for the situation we are in. We must stop them.” It is only a matter of understanding the roles being played to realize how blame and judgment serves no purpose. Sure, the individuals at the top of the hierarchy may not consciously want to see change. They may be heavily programmed with the mentality of separation and personal gain. They may equate their own survival to the accumulation of power and wealth at the detriment of others. They may be everything our ego loves to hate. Yet the truth is; they are not separate from us, nor are they the “evil ones.” The individuals who play authority are facets of Source, just like every other being in the universe. Even if their mental construct is heavily programmed with ill intentions, their souls are aware of a deeper truth our egos may not want to hear: **they play the perfect role for us to grow up and realize our power!**



The powers that be are simply a mirror reflecting humanity. They reflect our own belief that we are separate and powerless individuals with no other option than to either comply or blame. They reflect our own ego. If we realized our true power, the reflection in the mirror would change. They would lose power because we would no longer fuel them with our own.

That being said, an empowering lesson for humanity would be to stop blaming and instead thank the roles being played. They are pushing us to realize just how powerless and divided we have perceived ourselves to be so that we can make a shift. Without the role of the oppressor, we would not learn to shift our consciousness from victimization and disempowerment to co-creation and self-empowerment. No one else can do this for us. It is our own learning.



First realize that your world is only a reflection of yourself and then stop finding fault with the reflection.

- Nisargadatta



LESSON # 5

ONE SINGLE CANDLE CAN BRIGHTEN A DARK ROOM

It may seem like our old ways are stronger than this new understanding. It may appear as though we would need more than half of humanity on board to create a real impact in the world. Yet on an energetic and soul level, a higher consciousness is many times more powerful than the dormant state we have been in.



Think about the impact of a single candle in a pitch black room. Just one source of light automatically charges up all surrounding atoms which brightens the entire room. Now try bringing darkness into a lit up room. It has no power whatsoever. What we call “darkness” is simply a very low

frequency of light. It is not more powerful than us; WE enable darkness to prevail as we consciously or unconsciously dim our own light (disempower ourselves).

That being said, an encouraging lesson for us all is the realization that even a small percentage of humanity taking the blinders off creates a huge ripple effect in the world. The more of us who “light up our candle” by elevating our consciousness, the more it spreads out an energy that supports constructive action beyond old ways.

We are all one. A change in one is a change in all.

END NOTE



This is all about us. We are the ones calling this forward. We are the ones who have asked for this. We are the ones who are making this change ourselves, within ourselves. Nobody else is responsible for this, but us. Whether consciously or not, all of us have decided on some level that this is as far as it goes. Life, the way we have lived thus far, is going to be changing.

- Alex Collier



A world of peace, love and harmony already exists within each and everyone of us. If we can imagine it, feel it and resonate with it, it means the potential is imminent within every atom of our being. It already exists in the field of endless possibilities we are all made of. Therefore, a peaceful and loving world is not something you reach out for or create outside of you. **It is something you bring out from within.** For this reason, the most important contribution we could do for the world right now, is to go within.

It is within that our true essence dwells. The source of infinite potential, love, peace and creativity that all of the ancient mystics and modern physicists have been speaking of is looking right out our eyes in this very moment.

Our task is not to ask ourselves whether or not a world of peace and freedom is possible, but to look for all the barriers within ourselves that we have built against our true essence—**which is of peace and freedom**. This natural state is only felt when we no longer cling to the beliefs and perceptions that separate us from others and all of life. It is only experienced when we understand this reality to be a dream of separation we have the power to transform as we awaken to the fact that we are dreaming it all into being.



The nature of the cosmos is such that whatever vision you have about yourself and the world will become reality.

- Alberto Villodo



This does not mean we should all be enlightened by tomorrow or try to be “spiritual.” It only means that it is time we see our path for what it is: a learning journey. One that offers all the cues we need to let go of what no longer serves us. One that keeps pointing to our freedom if only we cared to look instead of judge, feel instead of avoid.

- What do we fear?
- What are we not at peace with?
- In what way do we separate ourselves from others and the world?
- Do we judge ourselves?
- Do we judge others?
- If so, why?
- Do we fear what other people think?

- What are we afraid to feel?
- What perception is blocking us from loving ourselves unconditionally?
- What perception blocks us from simply being who we are?

As we get to the root of our fears and discomforts from an observer's perspective (the soul's perspective) we realize that none of them are based in truth. They are a collection of perceptions and beliefs that once served but that we are now ready to transcend.



After meditating for some years, I began to see the patterns of my own behavior. As you quiet your mind, you begin to see the nature of your own resistance more clearly, struggles, inner dialogues, the way in which you procrastinate and develop passive resistance against life. As you cultivate the witness, things change. You don't have to change them. Things just change.

- Ram Dass

In observing himself, a man notices that self-observation itself brings about certain changes in his inner processes. He begins to understand that self-observation is an instrument of self-change, a means of awakening.

- G.I. Gurfjieff



World change may sound like a mission going on outside of us, but it is very much an inside job. The less at war we are with ourselves and the less programmed we are with old beliefs, the more empowered we are to choose differently. It is in this state that we begin attracting opportunities to unite with other souls who are ready to live differently. When we shift, our reality shifts. This is true on an individual and collective level.

Change is already underway. There are many movements happening all over the world in which people are coming together to opt out of the system and live sustainably. Not to mention the protests happening all over the world, the countless whistleblowers speaking out, the information spreading all over the internet and the corruption that is leaking out of the system for all to see.



Change is not only already reflecting in the physical world—the whole universe is in. Cosmic energies from supernovas, solar flares and planetary alignments are all assisting in raising the collective consciousness of humanity (click here to know more). We are getting all of the stimulation that we need, both internally, cosmically and for our eyes to see. At this point, we have to wear blinders on to continue denying this global call for change.

It is up to us to choose which wave we will ride on. The dying wave of a stagnant world in which we feel small, insignificant and powerless... or the growing wave of change in which **WE are the co-creators of our reality.**

