



## The Dignity Project

*Guiding the Way*

Promoting awareness and understanding of dignity  
through education, communication and spirit.

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### **Navigating Chaos**

#### Seeing

The world is in a phase of evolution that reflects humanity's inability to partner with the planet. To be at odds with the source of our life is to destroy communication with the Self, and its radiant potential expression. All that remains is surface relating that is based on appearance and perceived needs. The true needs that sustain life for humans go unfulfilled. This is what causes decline of spirit, narrowed use of intelligence, and the poverty of being we see all around the world.

Even the "great nation", the United States, is impoverished, as it operates with deception, promotes impossible plans for continued global expansion, and boasts of the superiority of democracy while our model of balancing powers is dysfunctional. It gains access to fossil fuels at the price of destroying cultures, and with mercenary armies murder thousands of innocent people in a so-called campaign "to end terrorism". However the cards are played now, the deck was stacked. Corruption dominates the world stage. Cultures are dying and trust is a memory.

I am not surprised by where we find ourselves as a race. Throughout human history the collapse of civilizations has occurred in the same stages. The same factors leading to the decline are present today, including disregard for the needs of farmers, children, the land, and what is sacred to the matrix of life. The cycle of building, peaking, decline, and collapse, repeats in part from a lack of awareness of what came before. Hope, to me, now lies in the potential to break the cycle and rebuild with awareness of the value of diversity and the intelligence in interdependence.

As I focus on my contribution to the order that arises from this chaos, I have been considering how my journey reflects that of the collective. I see what lies beneath every experience of my life: that my own evolution required falling and getting up again, at times running from the truth,

and rejoining my passion for truth through moments of uncontrolled love for what is pure and beautiful. I see this process within humanity as a whole and I am certain that, as it was for me, ultimately, immersion in the temporal sparks memory of what is spiritual.

The spiritual calls to me through the harmony and balance of Nature. This is where, as a child, I first experienced the unified field, noticing how it surrounds and defines and prevents us from ever truly getting lost. These past weeks I have been choosing again and again to see through the unified lens, as a reminder that I can serve the whole of humanity through inclusivity and reverence for life.

Can we pledge to not separate what was born at once, what functions through inclusion and relationship? Can we pray not with a directive to humanity (which cannot help but fall short because of all that is not seen with the mind) but instead pray for our own alignment with what is steadying? Joseph Campbell suggested that our goal is to make our heartbeat match the beat of the universe, to match our nature with Nature. As a scholar of myth and religion he foresaw times of great social upheaval, when we would have no story, no myth that places us in context with all the workings and expression of the universe.

We are witnessing desire for direction arise from this lack of a cohesive story. And commitment to participate is a growing counter-balance to having felt largely helpless. What will our new story be? It isn't clear yet. I suggest one way that we can participate in its making is to truly see Earth, to truly see one another. Anything we do not respect we have not truly seen.

Seeing involves shifting from 'I' centered seeing, which is mental, to inclusive and expanded seeing that occurs from the heart. The vibrational frequency of the heart is in sync with whatever is in its surroundings. If the mind did not divide, separate, we would feel and experience this interconnectedness all the time.

Seeing involves desire to be at peace, to be one with all we meet and are bound to. Our desire to experience inner peace will inherently lead to seeing the world not in sections or factions, but as parts that make up the whole. Repelling diversity exacerbates our ability to see separation as a gift, as what gives rise to a unique personal internal design.

Seeing involves learning to pace ourselves with the natural cycles, seasons, and rhythms of the natural world. This promotes alignment with our surroundings, and alignment with our surroundings means less stress on the body. And less stress on the body means more evenly flowing energies, and this is essential for seeing through appearances. We need to 'meet' others and our surroundings from a state of equanimity, otherwise we impose ourselves on them.

Inside the kernel  
is the universe you love  
and the universe that loves you.



Have you seen the face of the Morning Glory?

photo by Sergio Krul