



The Dignity Project

Guiding the Way

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

Navigating Chaos

We the People

Why did we each come to Earth during these times of great change? And what positions can we hold energetically and socially that will be authentic and in alignment with the needs of those we live alongside and those with whom we claim citizenry? Our involvement in this young race can be superficial, unconscious, ineffectual, or it can be rich with layered processes and sequenced learning that promote awareness. From our personal domain, moving outward like concentric circles, to community, nation, and world, we have influence over the atmosphere and movement of humanity.

Alan Watts wrote, “The world is one body, but a body is a highly diversified system with divisions of function that still work as one.” Our participation within the functions of the larger body of our world happens in the roles that exist within relationships. Roles are templates for growth, from the family unit to the functioning of societies and nations. They happen whether or not we are conscious of them. When we are conscious of our particular engagements with humanity, we are better able to focus our intention, leaving out what is extraneous or inappropriate. These are types of roles that we share:

Duty involves serving the welfare of the larger whole of which we are a part.

Commitment involves applying time and energy toward what we recognize will enhance awareness of Self and that of others. It is based in continual reassessment of need.

Pledges involve personal caring where a bond pre-exists and we step forward to claim it; applying knowledge to assist others in finding and following their path in life.

Agreements are made soul to soul and guide our actions and define our purpose in relationships, such as reflecting a person's tendencies, helping to shape his/her behavior, and inviting and supporting awareness of Self.

I can readily see the four roles in my father's life: He felt a sense of duty to serve his country in WWII and the Korean War. He was compensated with the GI Bill, which paid for medical school and the downpayment on his first house. He was committed to medical school and all it entailed because he felt genuinely called to assist women to birth their babies safely and with joy. In order to serve as his heart was calling him to, he had to make a commitment to be skilled and knowledgeable. He pledged to share his knowledge with others by teaching at UCLA Medical School. He also pledged to be present, as the father to his three children, because Love naturally called for that pledge. He had a soul agreement with my mother to be a counter-balance to her emotional instabilities and create safety for her wherever he could. He did this for as long as conditions allowed. Her agreement, to reflect to him his humanness and the impossibility of fixing or saving a person who is not asking and is not ready, would be all the more challenging if he did not recognize this is what she agreed to in this lifetime.

My father lives and breathes for wellness and harmony of body, mind and spirit. He has impacted thousands of people by being who he truly is. In sharing love with him, I feel my own passion and genuineness. Partly due to his kind nature, I know my duty is to give in return for Life's generosity - generosity I find in Beauty, in second chances, or in the many messengers who appear along the way to bring my attention to something struggling to surface to awareness. I am committed to seeing life from a larger perspective, looking at conditions, factors, and variables, as my father taught me. I have pledged to be respectful to the natural world, which was introduced to me by my father. Another pledge is to guide people to self-awareness and recognition of their calling because I am blessed to have come into alignment with Self. My agreements are evident through intuition, enabling me to relate to those whom I am bound in ways I could not have seen with the conditioned mind.

As citizens, as family, as friends, we leave a void to be filled by lesser expressions of our ability to cooperate, educate, and support one another if we don't know our response-ability: our ability to respond. We set chaos in motion by not checking in, by not being honest and feigning a role that is not our's to play. When we are guided to tune into our sensitivities, we

can discover our innate ability to respond according to how we are designed. This is something I have years of experience helping others to become clear on, and continue to do so in my consulting work. I assist people to know things they sometimes struggle to know on their own, such as to know and understand one's calling, to know their life's themes and challenges, their unique individuation process, as well as agreements within relationships.

Whether through duty that assists in greater functioning as a nation or institution, or agreements that make relationships potent, we engage in learning through friction and revelation that evolve the soul and human consciousness. I sincerely doubt that we will break the pattern of repetitively building civilizations based on accumulation of wealth and advantage for the few if we do not come to our positions of participation more consciously. This would call for us to identify our personal values, to recognize how we uniquely engage, communicate, and grow. Our life experiences are imprinted on the soul when we are conscious of their content and effect. Without conscious participation they are themes and challenges to be repeated, however many times, until we notice patterns and become curious about depth engagement. Citizenry, whether national or global, requires more from us now. Could it all come down to knowing who we are and paying attention to our roles in the personal and larger field? I feel it can, with one addition: Composing a life doesn't happen alone - no matter how much one might believe in creating one's own reality or destiny. It's a co-creative process, with many unseen influences.

Beyond this phase of human chaos, I envision a society more aware of the need to co-create with regard for history, and for contribution that comes through respect and support of individuation. One that makes the connection between the state of the world and the fulfillment of the roles that bind us to one another, like actors in a play who believe in the story and are passionate about how they bring their role to life. Constructing a new world depends on each of us thriving in our uniqueness, nurtured by awareness of our roles. And through this inner orientation, as a people we can expect movement toward cooperation, for it is the heart that knows the pattern of human relationships, inclusive of race, religion, and status.



The way you are evokes the way the world is.

- Alan Watts