

Field of Awakening

Urban & Land Based Conscious Community Vision

by Bansi Buckley

Introduction:

We all want to live a life that satisfies us. We want to live in a world that makes sense. We want friends and community that bring forth our best, and we want the sovereignty to create what wants to come through us.

If you are uninspired by what is offered by the mainstream culture, this document may be for you. It describes a vision for a new form of evolutionary culture where we will both be inspired and have the resources to manifest a life that deeply nourished us and supports the best we can be. Something I may refer to as 'a life worth living.'

For me, a life worth living means embracing the pinnacle and potential of human development. It means we are both riding the evolutionary peak while also carving out the path for next wave to come after. It also means embracing both the grand vision of unity while also being embodied and grounded in day-to-day mundane tasks, like washing dishes as a meditative communion with source.

So, what is the future evolution of humanity? How can we be a part of that evolution and support it's manifestation and experience at least some of it's benefits now? How do we best support health and vitality for all? What are the ways of social design that we have yet to try in human culture that have the potential to eclipse what we now experience? What are we only now ready for in our collective development?

I believe a large part of embodying the answers to these questions has to do with expanding our consciousness and identity to a point where we become as if one organism on the planet. When we care for each other and for our environment and the more-than-human world as if it is caring for our own body, we make very different decisions than when we see ourselves as separate 'independent' beings who are carving out our own space in the world and consuming without consideration for impact. We are inextricably interconnected to each other and the earth. We need an inhabitable earth to survive. But even more than survival, how do we actually come into deep connection and alignment and thrive in abundance in all ways?

Common sense tells us that it is impossible to create abundance for all when our system requires scarcity to function. And we also know that a system that requires constant growth is not sustainable. And we also know that if our system does not offer any consideration for our environment and natural resources, if it externalizes the actual planet we live on, then we have no intrinsic care for the things we need to survive.

What most people don't realize is that capitalism (and all systems using money as a means for distributing goods and services) exemplifies all three of these rather significant problems: it requires scarcity, it requires constant growth, and it externalizes the natural/actual world. So, as much as we may like some things about our current system, it clearly cannot be a path to a sustainable and abundant life on this planet. It has served us well, it was an improvement over what was before... and we know that something better is coming and is direly needed....

Well, this document is not actually about creating that new grand social design... but it is about creating the consciousness in us humans that will be needed to move in that direction. And it is about

how we can live together in a land based community setting, living and working and playing and practicing together... and also how we can embody the same vision in an urban environment – so we can manifest these aims while still living and working where we currently are. This vision needs to be accessible if it is to have a significant impact in the world.

We are learning to become as if one organism; first in small communities (urban and land based), expanding later to include the whole planet. We aim to create a blueprint for a new culture, embodying and living, healing and expanding to be our best selves. To have safe and protected spaces and people in our lives that invite us to be free, natural and whole. To create ‘healing biotopes’, judgment-free *consciousness-expanding* love-zones.

We embrace the apparent paradox of being an integral part of a larger organism/group while simultaneously being even more ‘ourselves’, embodying even more our unique individual expression and to share our particular gift. The cells of body are supported and enlivened by being part of an organ... and the organ is supported and enlivened by being part of and offering it’s contribution to the larger body.... The whole supports the gifts of the parts; the part need not sacrifice or compromise it’s joy and integrity to become part of the larger whole... it rather becomes even more itself when it is part of a healthy organism.

This vision is to create a model and practice context to cultivate this new consciousness. It is an incubator for creating the morphogenetic field for it’s creation and expansion, the blueprint for others to step into when they are ready and choose to do so.

Intelligent, sensitive and aware persons can clearly see the limitations and destructive tendencies of current human culture on each other and on the earth. An obsession with individual short term self-interest over consideration for all beings and long term consequences is the norm. Considering the wellness of all beings is not on most people’s radar. We are like bacteria who cannot see beyond our momentary desire to consume and replicate. Not only will this inevitably lead to our collective self-destruction, but along the way we continue to perpetuate cycles of strife and suffering in spite of having the resources and technology on this planet to create incredibly abundant lifestyles for EVERYONE.

Logical arguments do not seem to stimulate meaningful transformation. Even well researched and scientifically supported presentations do not sway the beliefs of those who are committed to their current worldviews and perspectives.

It is my understanding what is needed is growth and maturation of human consciousness. This is not something that happens overnight, nor during a wonderful weekend seminar (though they can assist). It is something which is cultivated over long durations when there are exemplars and elders to be observed and learned from, just as a child will absorb learning from the adults in their life. It requires, or at least thrives best when there is a comprehensive and immersive culture, a group of people saturated in a paradigm of higher consciousness and maturity.

My aim with this FoA community vision is to create and cultivate such a comprehensive and immersive environment for those who want to explore and expand into their human potential, and take their place in the larger eco-system on earth, offering their genuine soul contribution to the web of life. The more people who integrate and embody this way of being as their second nature, as their very way of being, the more this paradigm can be held and supported in the greater population.

Eventually there could be dozens or hundreds of such communities seeding this quality of human being and relatedness.

I consider this vision and this document to be living – it can and will morph as new understandings and insights emerge, and as new needs and circumstances arise. Having these guidelines gives us a framework from which to begin. We aim to live them... until the emergent universal intelligence coming through us as a collective guides us to what comes afterwards.

The basic components of the vision are:

- 1)** Live by the *FoA Principles, Agreements, Distinctions, Aims and Prime Directive*
- 2)** Have a *4-quadrant lens* for development (Integral Theory)
- 3)** Interactively participate in the 3 arenas of conscious community: *Practice, Play and Contribution*
- 4)** *Maps of understanding* levels of maturity and consciousness development and how they relate to community
- 5)** Other Components: children, conflict resolution, relating paradigms, possessions and property, decision making, eating together

The rest of this document covers these 5 component in detail.

The Basic Components: Part 1

The Field of Awakening Agreements and Principles

My experience is it takes more than a belief system to develop and mature consciousness. No text by itself will be sufficient. It requires immersive and fully participatory experiential practices. We need practices that address all 4 quadrants (see graphic at beginning of Part 2). And, since the lower-left quadrant is the least developed in our culture, we need to emphasize it the most.

The Field of Awakening is a lower-left practice (see diagram at the beginning of Part 2) and container where we have ample space and support to discover our wholeness, heal old wounds and expand into our potential. After 4+ years and over 300 events we have seen and experienced groundbreaking transformations that have made lasting impacts on participants, and manifested new paradigms of possibility in human inter-relating.

The community vision is to experiment with what is possible for us when we integrate and live the agreements, principles, distinctions, aims and prime directive of FoA in our 24/7/365 lives, as a shared interactive community experience – deepening a felt sense of ‘we’, of us as a living organism while simultaneously blossoming in our unique gifts and expression of source.

Here are the foundational principles and agreements for FoA:

The Principles:

1) Presence (Meditation)

- ➔ Being present with self, with another, with the group, and with the space between us
- ➔ Having attention on our internal experience, our sensations, emotions, essence, soul and inner space while simultaneously having attention on our external environment and each other

2) Connection (Relatedness)

- ➔ Being aware of and deepening the experience of the group as a single living organism
- ➔ Noticing the inter-relatedness of us – with each other, with all life, and all of existence.
- ➔ Being aware of our shared source, the inner space and emptiness from which we all emerge from and return to in every moment

3) Surrender (Alignment)

- ➔ Being open to and inviting non-mental intelligences to inform and move us – e.g. listening to instinct, intuition, body sensation, emotion, spirit, soul, imaginal realms, etc... and listen for what is in alignment with our whole being
- ➔ Removing the Mental Body from the driver’s seat; dropping into consciousness itself as our center of being

- ➔ Welcoming the unknown. Dancing with the mystery. Allow the evolutionary impulse, the universal intelligence arising from source/void to inform and move us

The Agreements:

1) I Claim 100% Responsibility for My Own Experience

This means: I am empowered to go after and create what I want

This means: I have choice over my perceptions and responses

This means: No blaming others, no complaining, no playing victim

2) Totality

This means: I am here, all here, the whole time, with my whole self

This means: I am willing to be transparent and reveal my internal experience

This means: I am willing to look at my shadow and hear reflections from others

3) Extend Regard

This means: I care about you and your experience, and take that into consideration

This means: I honor you and I as equally valuable unique expressions of source

This means: I am committed to supporting each of us to live our best life possible

We understand that within us are life intelligences which are the product of millions of years of continuous living wisdom and evolution, and we trust that those intelligences still have highly valuable information for us... our mammalian intelligence, reptilian intelligence, amoebic intelligence...all these are still very much alive within us, and are even represented within us by their respective 'brains'. We are far more than just our prefrontal cortex, even though that's a super valuable newly evolved part of us. To believe these other intelligences have nothing valuable or critical to contribute to our lives seems a bit arrogant and ignorant. Embracing these ancient intelligences is also to embrace our animal nature, our fleshy earthly bodies.

Simultaneously we aim for expansion and ascension into non-dual universal unity experiences. From our perspective, it is a false choice to choose only one direction. Rather, to be whole beings we embrace both flesh and spirit, both animal and transcendental oneness. And our true and healthy self lies right in the middle, cultivating a healthy relationship to both!

AIMS FOR THE FIELD OF AWAKENING

Why we do it... Our explicit intentions:



1. WE AIM TO SUPPORT EVOLUTION OF HUMAN CONSCIOUSNESS

2. WE AIM TO LIVE IN AND FROM WHOLENESS

3. WE AIM TO BE FRIENDS

4. WE AIM TO LEAN INTO VULNERABILITY AND A DEEPER REVEAL

OF OUR INNER EXPERIENCE

5. WE AIM TO EXPAND OUR SENSE OF
SELF-IDENTITY AND OUR SPHERE OF CONSIDERATION

6. WE AIM TO SUPPORT EACH INDIVIDUAL'S UNIQUE LIFE
EXPRESSION, AND WHAT MOST SERVES THE HEALTH AND

VITALITY OF THE GROUP AS ORGANISM

7. WE AIM TO LET GO OF ISOLATION PARADIGMS AND PLAYFULLY
TRUST IN THE INTELLIGENCE AND CARE OF THE GROUP FIELD

**8. WE AIM TO BE A MODEL FOR HOW
TO LIVE AS A CONSCIOUS AND LOVING HUMAN**

COMMUNITY IN RIGHT RELATIONSHIP WITH NATURE AND COSMOS

9. WE AIM TO MAKE AN IMPACT ON THE WORLD OF HUMAN CULTURE

**10. WE AIM TO BE AWARE OF THE
INNATE ORGANISMIC INTERCONNECTEDNESS OF ALL**



Field of Awakening

PRIME DIRECTIVE

Honor and support
the health and vitality
of the organism

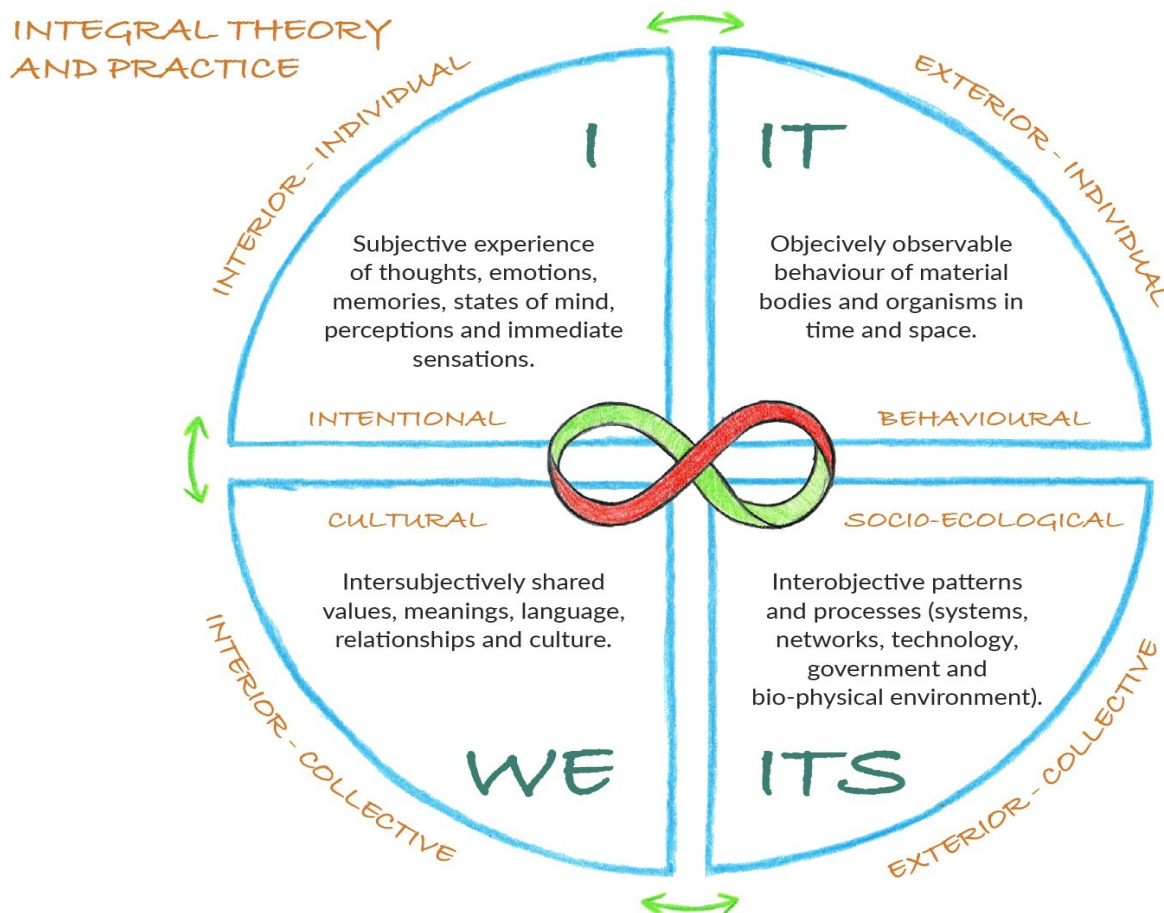
(the group as organism)



The Basic Components: Part 2

The Four Quadrants

One of the five arenas of Integral Theory is the Four Quadrants. Most simply, it is making a distinction between inner and outer, and singular (individual) and plural (groups/collective). Here's a diagram:



Source: Designing Regenerative Cultures, 2016 - www.danielchristianwahl.com; Graphics: www.flaviagargiulo.com

The left half is the inner realms, the right half is the outer physical world. The top half is the individual, bottom half is the group/collective.

The premise and invitation is to have some focus on all four quadrants as we go through life and develop community – thereby consciously manifesting an experience of holistic and integral wholeness. Most communities are focused on just one or two of these quadrants.

For instance a meditation ashram might be focused primarily on the transformation of the individual (upper-left quadrant) and have a lot less attention on the other quadrants. An eco-village might be significantly focused on sustainable green building and farming practices (lower-right), but have no particular interest in the consciousness transformation of the individual. And almost no communities have a conscious focus on shared internal experiences (lower-left) at all – in part because practices that can address this quadrant are quite new and most people have not even heard about them, let alone practiced them.

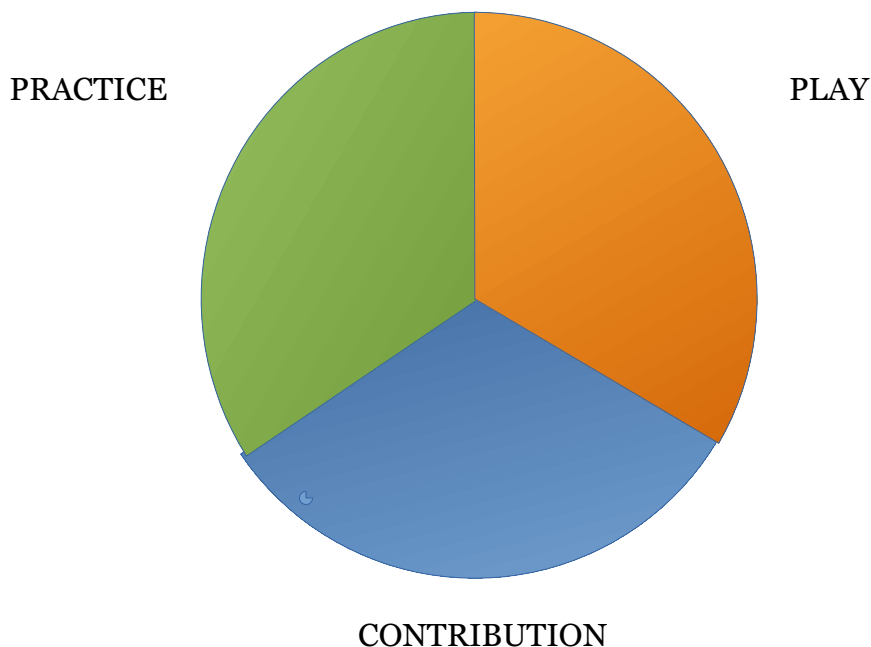
FoA is one of the few practices that emphasizes the lower-left quadrant (and it does it fantastically). We as a community choose to emphasize the lower-left quadrant in part because it's our weakest quadrant in our current culture. And, as a community we are also still bringing awareness and attention to all 4 quadrants. They are all important and essential to a whole human being. We need a rich and cultivated inner life as an individual (emotions, spirit...), we need healthy bodies and minds (physical and physiological wellness), and we need to be enriched and enlivened by being part of something greater than us, by participating in the larger web of life, both internally (culture) and externally (systems).

The Basic Components: Part 3

The 3 Arenas of Conscious Community Participation

(concept by Bansi)

Practice, Play and Contribution



Practice

Practice is when we engage in structures and containers that support our growth and evolution. We can have personal/individual practices (such as meditation or yoga), and we can have relational interactive practices. Finding your personal/individual practice(s) that work for you is encouraged, because generally speaking we only bring to relational interactive practices what we've already cultivated in our personal practices.

FoA could be described as an advanced practice, and is best suited to those who've done ample personal development and meditation.

As a community we have a particular focus on the relational interactive practice of FoA. The aim, ideally, is that everyone in the community participates in a FoA session (3 hours) at least once per week. I'll add here that this really shouldn't feel like a duty to endure but an opportunity and pleasure we look forward to. If it's not a pleasure for you, either you aren't getting some aspect of the practice, or this simply isn't in alignment for you at this time.

To keep us connected and aligned and growing as a community we also participate other forms of interactive relational practices. These may include Council Circles, Belly2Belly, ZEGG Forum, Circling, T-group, Mutual Awakening (Albere), Transparent Communication (Hubl), or others as they are adopted by the community.

Play

Some may find it odd to put play as an area to consciously focus on. Others may get lost in play and forget about the other arenas. So, why play? Play helps us be balanced. Play helps us to express creativity and allow unconscious aspects of ourselves to find a voice. It reminds us that life is a celebration and to not take everything so seriously. It's value and beauty is intrinsic in it's utter lack of utilitarian usefulness. It can also be a form of rest, where we take a break from all the big projects we have going and just drop into pure being...

We aim to include play as a regular part of our daily lives. We emphasize *shared* play activities as this supports our creative and non-utilitarian connections, and builds our sense of trust and bonding with each other. Oh, and it's a lot of fun!

Shared play could include a hike or bike in nature, dancing, painting, playing music, playing board games, sports (like volley ball or ultimate frisbee), various arts and crafts, cuddling and watching a movie...use your imagination!

Contribution

Contribution is offering your time, energy and effort toward the wellness and vitality of the collective. There are two types of contribution we distinguish:

- 1) Admin – administrative detail, e-mails, websites, social media, marketing, accounting, phone calls, committee meetings, paperwork, etc....
- 2) Labor – physical tasks such as building something, farming, cleaning, mowing, gardening, chopping wood, painting, tending farm animals, etc.... (more emphasis/need here for land based groups)

It is not just that it benefits the collective to have such work done, but it integrates the contributor in a kind of deep participation/meditation that fosters one's sense of belonging and purpose... and supports the thriving of the collective.

It would be the aim to have each person self select their contributions based on genuine interest. We are aiming for the joy of contribution, not the drudgery of forced work. We expect a natural desire to contribute, as we benefit both as individuals and as a collective when we offer our gifts. If you don't want to contribute then you are either not in alignment somewhere, or perhaps this experiment is not for you.

Recap of Conscious Community Participation

We trust in the intelligence of the universal life force and the synergy of the emergent within us. As such, specific expectations and accountability methods for participation in these 3 spheres will be partly self-determined and partly collectively decided within a given group/community. If we are connected and aware as an organism, what actually needs doing and who has the energy and motivation to do those things becomes apparent. It also becomes apparent who is not contributing – usually due to some form of constriction/pain/blind spot that needs attention.

The Basic Components: Part 4

Maps of Understanding Community and Organizational Outlook

Levels of Development and Organizational Structure

Understanding levels/altitudes of development and maturity can also play a huge role and be a tremendous resource in understanding and interpreting group organizational functioning, and in supporting our evolutionary potential as individuals and as an organization.

It gives great insight into underlying values and motivations behind decision making, as an organization and as individuals, as well as surfacing effective approaches resolving tensions and conflicts. A person with a center of gravity at one stage will have different values and motivations than someone at another stage.

We may also find that any particular group may have a center of gravity at a certain level, and will generally attract people who are resonant with the same level.

Exploring levels of development is challenging for some. It is important to point out that someone who is at Green is not 'better' than someone who is at Orange, just the same as a 6th grader is not better than a 2nd grader...they've just been in school longer.

Another way, perhaps more accurate way to think of it is ever-expanding concentric circles. As we grow and mature, our sense of self continues to expand to include more and more. At early stages we are concerned with just our self. Later our sense of self begins to include our whole family. Later it may include members of our ethnicity, religion or fellow citizens of our nation. Eventually it includes the whole world of people and even all of organic life on earth. Even later the whole cosmos... then nothing that exists is considered 'not me'.

Life is very different when we sense all of life as being who we are – not just intellectually but quite literally. This greater sense of self also comes with a great responsibility; again, not because one is particularly motivated morally, but because you want to take care of yourself, of your own body, which for you now includes everything and everyone.

Consciousness develops in what you could describe as a systematic predictable way. Just as you need letters to make words, words to make a sentence, sentences to make paragraphs, and paragraphs to make a chapter, and chapters to make a book... every step of development is required for the later stages. Levels cannot be skipped, and they are each important and needed, also just as we would proceed through grade school.

And lastly, understanding levels points to the importance and value of having a leadership team for the FoA community with a strong center of gravity in Teal or above, for the leadership level of leadership will become the glass ceiling for the organization and the resonant attractive force for new and existing members.

ALTITUDES of DEVELOPMENT

POST INTEGRAL – INDIGO (Spiral Dynamics Coral)

Realizes Oneness. Exhibits wisdom, joy & love. Seen in saints and sages throughout history. Theoretical and aspirational.

INTEGRAL – TURQUOISE

Sees the World as alive and evolving. Holistic & kosmo-centric. Lives from both individual self and trans-personal Self. Emerging now.

INTEGRAL – TEAL (Spiral Dynamics Yellow)

Sees natural hierarchy and systems of systems. Holds multiple perspectives. Flexible, creative and effective. Leading edge of consciousness and culture.

POST MODERN – GREEN

Values pluralism & equality. Relativistic & sensitive. Civil rights & environmentalism. World centric. Online 50 years.

MODERN – ORANGE

Values rationality & science. Individualism & democracy. Capitalism & materialism. Risk-taking & self reliance. Online 300 years.

TRADITIONAL – AMBER (Spiral Dynamics Blue)

Ethno- or nation-centric. Values rules, roles & discipline. Faith in a transcendent God or Order. Socially conservative. Online 5,000 years.

TRIBAL – RED

Ego-centric, vigilant & aggressive. Impulsive and ruthless. Courageous, determined and powerful. Online 15,000 years.

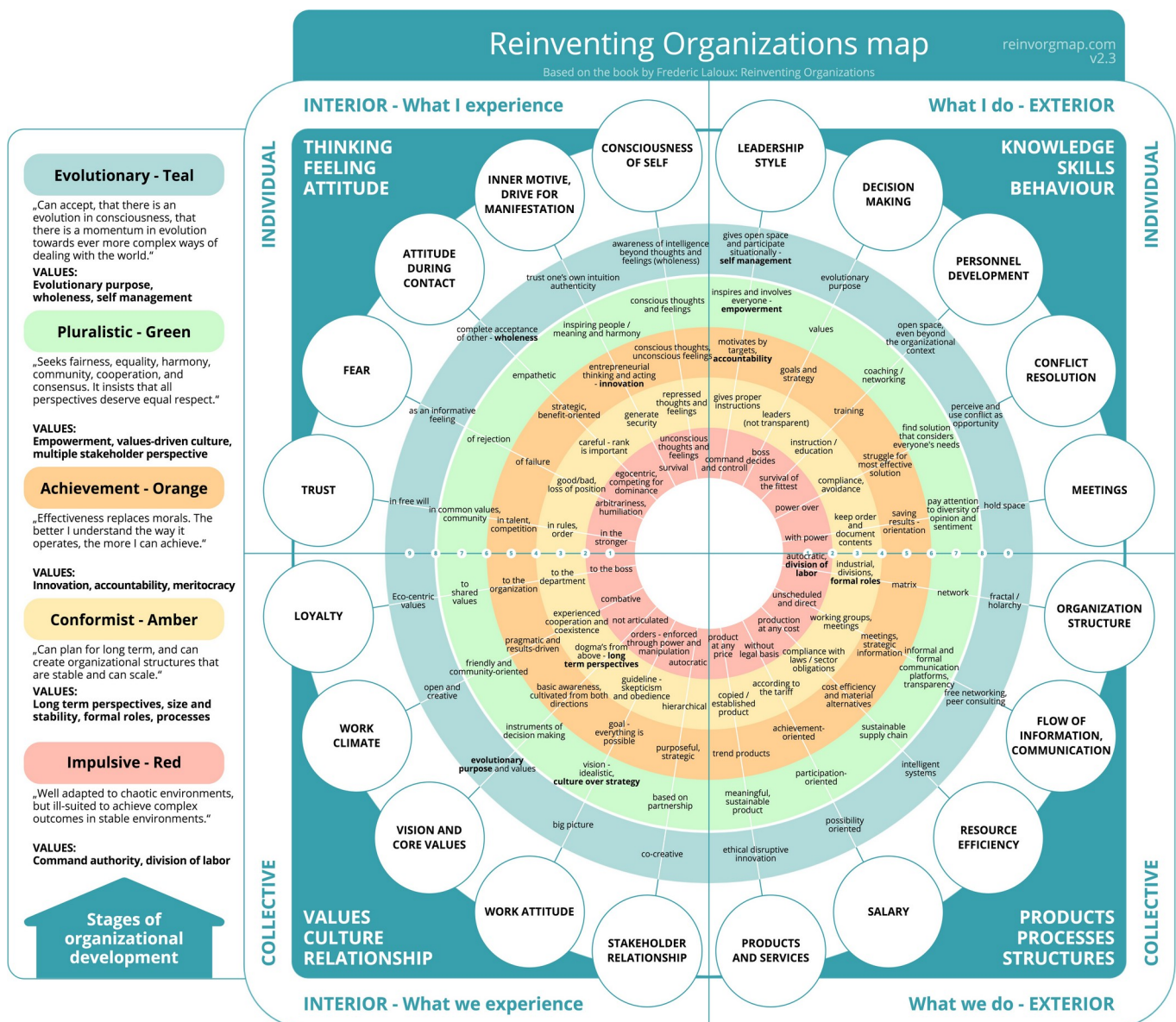
INDIGENOUS – MAGENTA (Spiral Dynamics Purple)

Sees the world as enchanted. Values ritual & deep community. Individual subordinate to group. Online 50,000 years.

ARCHAIC – INFRARED (Spiral Dynamics Beige)

Dawning self-awareness. Survives through instinct, intuition and banding with others. Online 250,000 years.

The Daily Evolver

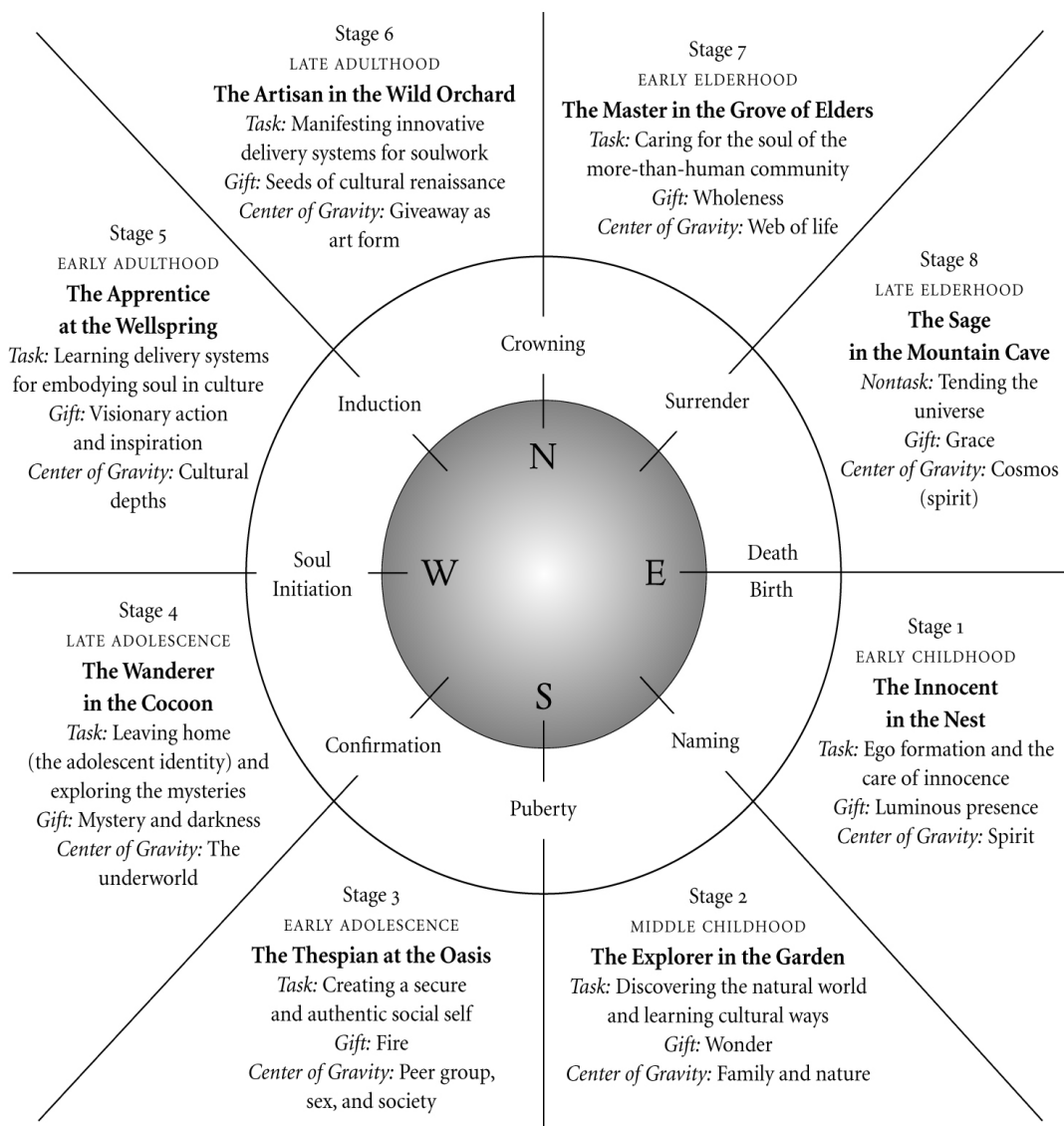


Frederic Laloux in his book Reinventing Organizations puts forth an applied and integrated understanding of how levels of development and quadrants manifest in an organization context. This is further broken down into various 'lines' of development, where each line may be developed more or less than another. At each level of development, a given level will have a certain perspective on a given issue. This perspective is created by and limited by the lens that one has at that level of understanding.

By taking an honest inventory of how you personally look at particular issue, you have the possibility of seeing where you are on this map. The same goes with understanding the general level or maturity of an organization. And, we find that the general orientation and gestalt of an organization is largely set by the ones at the top. The more a CEO is coming from a higher level, the more the rest of the organization has space and even a pull to evolve and mature into that potential. Conversely, a CEO with a lower level of development will become like a glass ceiling for the whole organization.

From this understanding, an effective leader is not one that commands obedience, but rather inspires self-directed leadership within each person in the organization – and empowers them to act on that leadership rather than report and respond to a hierarchical chain of command. This also evokes synergistic and collaborative action that would otherwise never show up.

The Eight Soulcentric Ecocentric Stages of Human Development



The Eight Soulcentric/ Ecocentric Stages of Human Development
 From Nature and the Human Soul © Bill Plotkin (New World Library, 2008)
soulcraft@animas.org

Understanding Bill Plotkin's map of human ecocentric stages of development (from Nature and the Human Soul) can be extremely useful as well... including understanding the role of nature and the natural world in human maturation, and how/why most of the world is 'stuck' in stage 3 of this map and what to do about it.

Our problems are not about 'left' or 'right', about 'Pubs' or 'Dems'... our biggest problems are about maturation of the human soul and reconnecting with nature and our soul, and our holistic development.

Through these understandings, we are better able to help each other in fulfilling the relevant tasks for the particular stage of life we are each in. We also begin to re-balance our community to include authentic Adults and Elders, and to benefit from their gifts to the community.

The Basic Components: Part 5

Other Aspects of Community Vision

1) Children and Families and Tribe

Children thrive when they have many adults, peers and role models in their lives. Parents are happy when they can be relieved of child care once in a while (or frequently). We support the 'it takes a village' approach, and that it is beneficial for all. Including all generations and ages is the only way to have a full community.

We also acknowledge that there are some activities that are not appropriate for kids, and hence may have some events or areas which are kid-free.

2) Conflict Resolution, Tensions and Responsibility

Tensions between people are inevitable as we are dynamic ever-changing beings who are in process of reclaiming our wholeness. The question is not how to prevent tensions, but how to welcome them as learning opportunities. How to use them as a catalyst for our growth and development? How to use our own frustration or desire as fuel for creating what we want?

We acknowledge that we are mirrors for each other. In most cases of tensions it is not about proving who is right and who is wrong, but rather using the moment as an opportunity to discover what disowned part of ourselves is triggered by this person or situation, and figure out how can we re-integrate that part to become more whole in the process.

This is another tremendous value of a consciousness-transformation based community. It is almost impossible for two triggered people to work themselves out of a trigger when they are in a mutually triggered state. At best in normal society maybe they take space away from each other long enough to calm down and become more resourced. At worst it escalates and become a driver for separation and reinforcement of our beliefs that the world is not safe. Either way, the underlying issues do not get met and transformed.

Within a transformational community there is much more support and awareness, many trusted community members to hold space for wounded parties to be supported in non-judgmental loving kindness so that the wounded parts don't continue to run the show. We can then have space for our nervous systems to unwind, for our 'inner adult' to come online and our wounded parts can be met... and the underlying needs can be seen and holistically find their way to completion.

3) Relationship Paradigms & Community as Organism

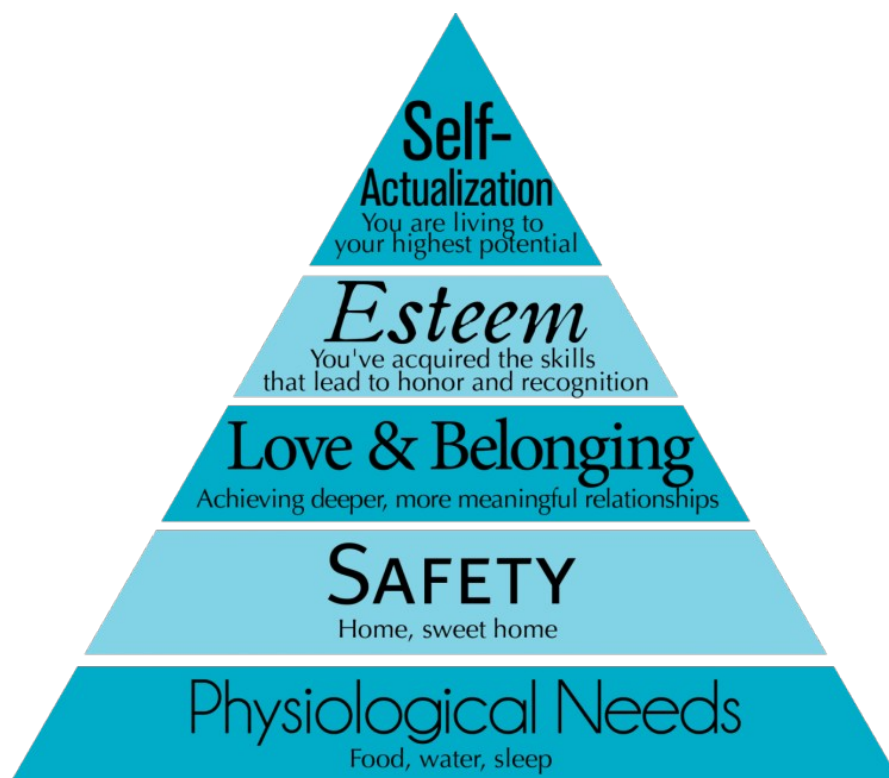
We honor the freedom of individuals and couples to choose the paradigm and agreements they wish to abide by in their relating – including whether to be monogamous, polyamorous, or some other variation. In all cases we support open and honest communication. We believe that if we behave as if the community is an organism, and we make choices that consider all the cells in that organism, that we will make the choices that serve us most.

4) Possessions and Property Ownership

We live in a world, particularly in the 'west' where we are expected to take care of ourselves, and to maintain our own castle. We each need our own lawn mower, our own tools... even though we seldom use them. There is usually relatively little sharing and coordination of resources within a community, even neighbors.

The way we define wealth in the future is likely to shift from ownership to access. My life is just as good if I have access to tools when I need them, I don't need to own them (which also requires more storage space and in some cases the expense of maintenance).

This experience of sharing resources also reinforces the experience and understanding that we are part of a larger community, that we belong, and that we are safe and our basic needs will be met. This supports us to focus on our 'higher needs' as pictured in Maslow's famous hierarchy of needs. Having a constant worry about how to afford food and rent, for instance, keeps us away from our full potential.



5) Decision Making and Organizational Power Dispersion

It is a humble recognition when one understands that there is no perfect genius that can design or even channel a perfect system that will serve every being in all circumstances. Any solidified system cannot adapt to the needs of a particular moment. Only a living system that allows for the emergent creative flow through each of us has enough flexibility and wisdom and knowing as to what best serves the greatest good in each moment.

As a general principle, we aim to empower all members of the community rather than concentrate power in a hierarchical structure. We aim for us as a collective to be a living organicity rather than unchanging dead processes and procedures.

We also aim to reach a level of efficiency that benefits the overall health and aliveness of the community as organism; an efficiency that can get lost if too mired in consensus... especially when the community grows to larger numbers. And we honor there is a level of appropriateness or merit for those with experience and knowledge in a certain arenas to have a greater say on those topics, especially when decisions affect them directly.

In other words, the people who use the kitchen get to decide things that relate to the kitchen, and those that are farming get to decide those things that affect their farming. We are each here to share ourselves from the inside out, not follow dictates from the outside in!

The closest thing to this vision of decentralized power in existing systems I am aware of include Sociocracy 3.0 and Holacracy. The book Reinventing Organizations offers much inspiration as well in understanding large corporate structures through an Integral Theory lens and how they become more like a living organism the higher their 'altitude' (see Reinventing Organization Map graphic in Part 4). I believe that we are pioneering an even more organic version of such a system.

6) Food & Eating Together

Eating food is more than just fueling the next few hours of our lives – it can be a deeply intimate and nourishing experience when shared with loved ones. One aim of our community to be break the patterns that separate and isolate us. One way we do this is to eat together.

For the land based version of this vision, this may mean having a large kitchen/dining facility in the 'community center' where we all come together for meals. For the urban environment it may mean having dinner parties or pot luck gatherings from time to time.

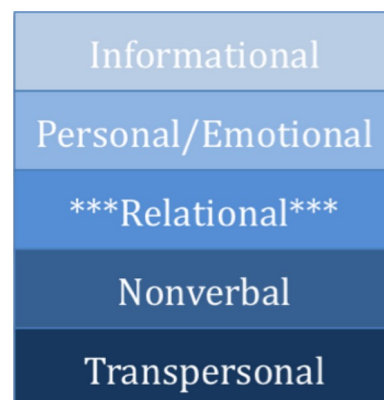
7) Levels of Conversation and Connection (from Bryan Bayer, co-founder of Authentic World)

This is a plug and reminder to be aware of the level of conversation and connection we are engaging in at any given moment, with any given person. Most conversations in the world are at the informational level, such as, "How's the weather," and, "Did you catch the ball game?"

Those who jump into more authenticity share a bit more of their internal experience. This is where more of our emotional state and the situations around it are shared; and where many of us learn empathetic listening as well in support of a person's internal exploration.

Fewer people still go to 'relational' level – this is what is happening in the space between us right in the moment. It includes a personal aspect, but also includes impact and desire and energy that is a direct response to what is transpiring between you and I (or whoever is involved in that moment's conversation). This can be much more than just the personal, because it's not just sharing emotion, but it's getting vulnerable enough to share something that this utterly alive with the very person you are interacting with.

The transpersonal is an expansion of the relational, and honors that there is something of universal divine influence and intelligence coming through us, and it's a listening for the organismic quality and intentions of life itself.



And lastly the nonverbal honors that communications happens in many ways that are non-verbal. We are not just intellectual heads on a body, but we are multi-dimensional beings with many forms of intelligence. With greater awareness, discernment and maturity we can pay attention to these other communication channels and be far more effective communicators and deepen our authenticity.

In Conclusion

General guidelines as a living document are one thing, and even more is the quality of listening... to the life force, to the emergent... to be as one organism – one in which the individuals within it thrive in their unique expressions as much as the collective's vitality soars.

The vision expressed in this document are guidelines to support our fullness, not to limit it. They are intended to inspire and expand us, not to be a set of dead rules we must follow at the expense of our truth and integrity. If we tune in and find the guidelines are no longer serving the highest good of all, we can update them or adapt new guidelines that serve us more.

Simultaneously we know that our shared experience and reality (aka culture) is generated from our agreements. Hence, we remain in communication regarding our alignment or tension with any particular guideline. This way we continue to learn and grow and keep our culture explicit and conscious rather than implicit and in the shadows.

We trust in the emergent wisdom of the group. Rather than taking a stand for one philosophical stand, we share a perspective and listen for resonance. When a statement is shared and everyone in the room opens up and takes a sigh, that is a sure sign that something has struck a chord with with our collective body's inherent wisdom.

For those who resonate with what's been shared on these pages enough to want to know more, and/or connect or participate in such a community, please be in touch: bansi@fieldofawakening.com.

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