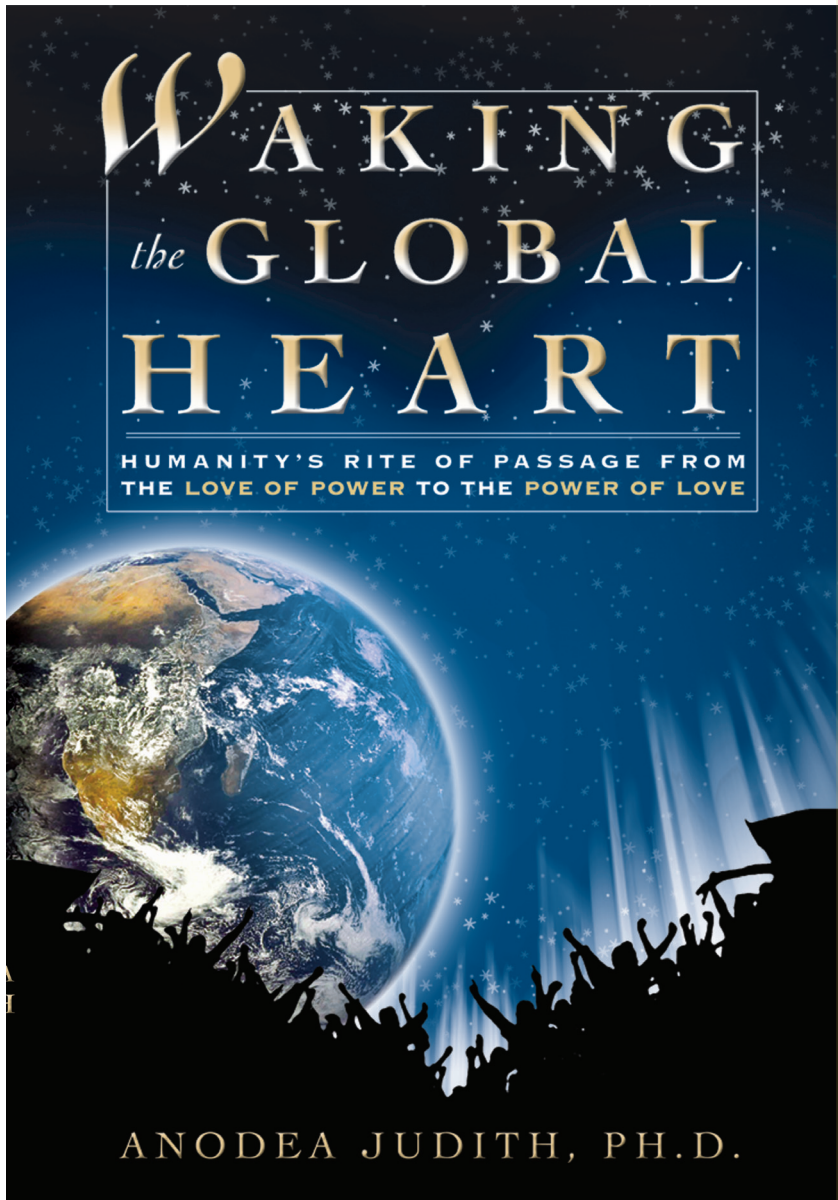


*If you care about our world
If you want to find hope
If you dare to ask the deeper questions*



Discussion Guide

"The only myth that is going to be worth talking about in the immediate future is one that is talking about the planet, not this city, not these people, but the planet and everybody on it. And what it will have to deal with will be exactly what all myths have dealt with – the maturation of the individual, from dependency through adulthood, through maturity, and then to the exit: and then how to relate this society to the world of nature and cosmos. And until that gets going, you don't have anything."

~Joseph Campbell, **The Power of Myth**

WAKING *the* GLOBAL HEART

Dear Potential Co-Heart:

We live at an incredible time in history, the likes of which have never existed before. Everything we have known-- every institution, every facet of society, is changing. One of the most important features of this change is that it will come about – not through authority figures or existing power structures – but through the collective will of everyday people, people like yourselves, waking up to the possibilities of a heart-based paradigm, and taking action to make it happen.

Because of this fact, it is essential that we become aware of who we are, how our society came to the values that are leading us to destruction, and where we are going. Only from this wisdom can we discern how best to get to a glorious, co-created future.

Waking the Global Heart: Humanity's Rite of Passage from the Love of Power to the Power of Love is a book that explores the evolutionary story of human development. It is designed to awaken a sense of possibility and an understanding of the deep wounds that must be healed to make that possibility a reality. It is a complex theory that involves many things:

- An understanding of the sweep of human history that created our current global crises.
- An understanding of human developmental psychology and how this has played out through our collective history.
- An understanding of the archetypal motifs that have ruled human consciousness through different ages and the ones that are dawning now.
- An understanding of the chakra system as a map for personal and collective evolution.
- An understanding of how you can help navigate and guide this rite of passage to our next era by taking action personally and socially.

When a person in crisis comes in for therapy, it is important to not only address the crisis, but to address the historical events that led to the behaviors and belief systems that caused that crisis. So, too, in our world today. In order to fashion a new paradigm together, we must come to understand our past to make a clear and conscious choice about our future.

We welcome you as a co-heart in this awakening kin-dom – a place where we work together collectively, cooperatively, creatively, and democratically, becoming ever more informed, more awake, more empowered, and more mature.

The future of our world depends on the maturity of human consciousness matching or exceeding our technological power. May we all be personally guided as we in turn guide our civilization through this collective rite of passage: from the love of power to the power of love.

Thank you for being a part of it. I'm sure the Earth thanks you too, as well as the children of future generations.

Anodea Judith

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NOTES TO FACILITATORS



There are many ways to facilitate of a deeper understanding of the ideas presented in **WAKING THE GLOBAL HEART**. What is most important is what it evokes in you, the reader, as a participant in the Great Awakening. This guide is designed to help that process take place.

What you'll find here are sets of questions to ponder and discuss in a group meeting. Where appropriate, page numbers are given for parts of the book that are relevant, and answers to help facilitators are written in italics, where appropriate to help guide the discussion. Other questions are left blank, as they have no definitive answers but are designed to stimulate inquiry and contemplation.

Feel free to use this guide as your own pace, or to innovate or adjust as you see fit. If you have realizations that come from these discussions, awakenings that take place, or suggestions to make this process more effective, please write back to me at anodea@sacredcenters.com.

Collaborative process is part of the awakening heart paradigm, and all feedback is welcome.

May the heart prevail!

Anodea Judith

CONCEPT 1: HUMAN EVOLUTION

It took 4 billion years for evolution to evolve enough consciousness for creatures to become conscious of evolution, and even more, to consciously evolve. We are the first species to have this capacity.

- What do these statements mean to you about who you are at this time in history?
- What's the difference between biological and cultural evolution and where does one evolve into the other? What about one's personal evolution and our collective evolution?
- How important is it to understand the process of evolution, both biological and cultural, to become part of this process?
- Is it important to take the evolutionary process into our own hands, and if so why?
- What are ways that this is happening already? What are ways that it can happen more consciously?



CONCEPT 1: HUMAN EVOLUTION

Evolution is the Gods' way of making more gods.

- What does this statement mean to you and to where we are in the evolutionary stream?
- What are the godlike powers we have on this planet right now in terms of both destruction and creation? *global climate change, gene splicing, nuclear weapons, group mind through internet, advances in medicine, space travel*
- How are we evolving to ever more power, intelligence, creativity and complexity? *becoming more educated, information at our fingertips, more empowered, more aware*
- What does it mean to have god-like consciousness?



To take part in evolution requires that we understand what we are becoming. That in turn requires an understanding of who we are, which in turn requires that we understand where we have been.

- How has understanding your own personal history helped you to heal and become more effective and whole in your life?
- Why is understanding our collective history important for creating our future?
- What do you think would be different in our global conversation if people were more aware of our evolutionary history?

This book takes the view that our current stage of development in Western Civilization is basically adolescent, undergoing an initiation that will stimulate adulthood.

(For additional reading, check out "Culture on the Couch" on Anodea's website:

<http://sacredcenters.com/articles/transformation-articles/>)

- Name at least 5 characteristics of our civilization that seem to be adolescent *rapid growth spurt, self-centered, wasteful, reckless, adult size in population, authority figures supply needs and control behaviors, suicidal, identity crisis, male and female approaching equality*)
- What are the weaknesses of adolescence that need to be addressed?
- What are the strengths that can give us hope?
- What kind of things make us grow up?
- What would maturity look like in terms of our civilization?
- How has "oil" been like an adolescent growth hormone for civilization? *expansion into suburbs, global travel, global communication, global commerce, increased population*

CONCEPT 2: INITIATION

Initiation is a process that indigenous and mystery cultures have used for millennia to evolve adolescents into adults. Now it is coming to us globally as well as individually.

- What are the elements of initiation and what is its purpose? *separation, confinement, challenge, death of old form, transformation, rebirth*
- What kind of initiations have you experienced in your life and what was their effect?
- What do you see as some of the initiatory challenges for humans and how do you think we will fare? *global warming, economic recession*
- How is birth itself an initiation from the seemingly impossible to the miraculous?
- Emergencies create emergence. What are some of the contractions of the birth process that you see happening in the world? *contraction of economy, resources, time*
- What do these contractions force in the way of re-organization or opening, that allows birth to happen? *driving less, green tech, local economies*



All initiations have challenges and ordeals. These can be seen as a dark night of the soul, the chapel perilous, an underworld journey or a near death experience. This is a period of loss, confusion, suffering, fear, illness, constriction, or symbolic death, and some even do die in the process if they fail to change.

- What happens in the underworld journey and what does it accomplish?
- When has this happened for you in your life and what was the result?
- How do you see this process in our world and how can you help people understand this stage of the transformation?
- Why do you think the media emphasizes violence, conflict, and sensationalism at a time when we need to be inspired by human possibilities for awakening?

Every crisis evokes a creative response in order to solve it. In the past, human crises have been largely local affairs, while the size of “locality” has gotten bigger and bigger over the growth of civilization. Now our crises are global. Already they are causing catastrophic suffering in some parts of the world, with water and food shortages, weather calamities, war, and economic collapse.

- List some of the potential crises happening today and how they can be initiatory challenges and evolutionary drivers.
- Looking at the overarching paradigm, what do all these issues have in common?
- What are the prevailing cultural beliefs that perpetuate these crises?
- What kind of response is necessary to solve global problems, and how is this a new form on the planet?

Some people have called our time the Great Turning. I call it the Great Awakening.

- What kind of response to each of these evoke? What’s the difference?
- What needs to turn? What are we awakening from? Awakening to?
- How do you experience that difference in your own life?

CONCEPT 3: OUR COLLECTIVE STORY

If you are not familiar with the story of our collective history, this section can be daunting, yet that makes it even more important to learn. Best to divide it up into phases of our history, which in this book is correlated to both Jungian archetypes of active and passive masculine and feminine, as well as the chakra system. These eras can be divided up as follows:

1. Static Feminine: The Great Mother (chakras 1 & 2)
2. Dynamic Masculine: The Age of Empire (chakra 3)
3. Static Masculine: Conformity, Law, and Order (chakra 3, beginning of 4 and 5)
4. Dynamic Feminine: Non-linear systems, social justice, gender equality (chakra 4,5,6, 7)

1. STATIC FEMININE: (Chapters 4 & 5)

When: Paleolithic (Old Stone Age) thru Neolithic. **Approximately:** 30,000 BCE (Before Common Era) to 3000 BCE (Spiral Dynamics: beige and purple meme)

While modern archeaology has unearthed sculptures that suggest humans once revered an ancient goddess as a Mother archetype, this fact has not been part of our cultural upbringing or worldview in recent times. It's as if we have forgotten our mother, or even that we ever had a mother.

- How does this period of human history correspond to an individual's early infancy?
- What would be the effect of growing up without a mother, or without knowing that you ever had one?
- What were the advantages of this stage and what were its limitations?
- Why is this form of the feminine called "static?"
- Why is this knowledge important and what difference does it make?



Our Collective Story Continues...

2. DYNAMIC MASCULINE: (Chapters 6 & 7)

Early cities, writing, and warfare (3000 BCE to Greek Golden Age (circa 450 BCE)
(Spiral Dynamics: Red meme)

The Dynamic Masculine supplanted the ancient Goddess cultures and began the era of large numbers of people living together in cities, the beginning of civilization as we know it. Much of the overthrow was violent, but it took until the Christian era before the Goddess was completely suppressed. These chapters talk about the cultural move into early stage third chakra as an organizing principle.

- What gave rise to the violent overthrow of the Goddess cultures that were said to be peaceful, agrarian communities?
- What were the primary challenges of early civilizations? *high population density, disease, social coordination, warfare, distribution of wealth*
- How were those challenges addressed and what was the result?
- What kind of power structures ruled civilization at that time?
- How did the roles of men and women change with the new order of Dynamic Masculine?
- What were the achievements wrought by this new order and what were the costs?
- What are the lasting effects of this order still present today?



Our Collective Story Continues...

3. STATIC MASCULINE: (Chapters 8-10)

Greek Golden Age (550 BCE to Industrial Revolution, 1800's)

(Spiral Dynamics: Blue meme into Orange)

After the Dynamic Masculine seized power and turned the old orders upside down, its next job was to keep that power through the institution of law, regulation, and conformity. This was also the birth of logical thinking, abstract reasoning, democracy, and the early beginnings of a heart chakra paradigm, though still fully steeped in masculine dominance and hierarchical rule.

Greece:

- What changed in the dominant myths during the Greek Golden Age?
- What were the main changes in the way humans thought about the world?
- What main political innovation occurred in Greek civilization still used today? *democracy!*
- What were the roles of men and women during this time?
- What were the benefits of cultural stability and what were its costs?

Rome:

- What were some of the talents of the Roman Empire that made them so powerful?
- What events and qualities were present at the fall of the Roman Empire that are similar to Western Civilization today? *see page 156 - this was written during the Bush years*

Christianity:

- What was new and radical about Jesus' message in the context of His time?
- What were the differences between early Christianity (the first 300 years or so) and Christianity in the 4th century?
- What role did Christianity play in the politics of the Roman Empire?
- What are some of the darker aspects of Christian history and its role in cultural evolution from its establishment as a state religion in the 4th century to the Enlightenment period of the 17th and 18th centuries?
- What effect did the Christian persecutions have on the intellectual development of our recent past and present?
- What happened to the role of women during this time?

Renaissance and Enlightenment: (pages 167, ff)

- What happened in the Renaissance to break through to a new consciousness?
- What is the most significant invention of that time and what innovation in our present era is similar? (*printing press > internet*)
- How did science break the stranglehold of the Church's rigid indoctrination?
- Why did they call the period that followed "the Enlightenment?"
- What problems did the Industrial Revolution address and what problems did it cause?
- How did the role of the individual change from the middle ages to the Beginning of the 20th century?

Our Collective Story Continues...

4. DYNAMIC FEMININE:

(mid 1800s to now and continuing) (Spiral Dynamics: Green meme)

Starting with the Romanticists in the 1800's and moving into science with Einstein's theories of relativity, then into media through radio, TV, movies, telephones, internet, etc., the Dynamic Feminine is based on non-linear systems, exponential expansion of consciousness and freedom, human rights, environmental awareness, whole systems thinking, and focus on relationships: from the micro of particle physics to human relationships, to political, and web-based networks. This period is not a rule by the feminine but an order of partnership in which feminine and masculine move toward equal and collaborative partnership.

- What changes in scientific thinking characterize the Dynamic Feminine?
- What happened in the 60s that began the awakening of the Global Heart?
- What examples of the Dynamic Feminine do you see in today's world?
- What changes occur in the relationships between men and women at adolescence?

Positive and Negative Characteristics of Masculine and Feminine Eras

Dynamic Masculine		Static Masculine	
<u>Positive</u>	<u>Negative</u>	<u>Positive</u>	<u>Negative</u>
Assertive	Dominating	Stable	Rigid
Commanding	Violent	Ordering	Controlling
Adventurous	Reckless	Systematic	Bureaucratic
Powerful	Tyrannical	Detached	Dissociated
Transformative	Destructive	Sets Standards	Disempowers
Heroic	Egoistical	Benevolent	Punishing
Innovative	Disrespectful	Intellectual	Heady
Differentiating	Negating		

Static Feminine		Dynamic Feminine	
<u>Positive</u>	<u>Negative</u>	<u>Positive</u>	<u>Negative</u>
Sustaining	Devouring	Transformative	Chaotic
Stable	Restrictive	Creative	Undisciplined
Cyclic	Boring	Erotic	Indulgent
Wholeness	Infancy	Playful	Irresponsible
Unified	Unconscious	Egalitarian	Indiscriminate
Grounded	Limited	Inclusive	Boundary-less
Good Mother	Bad Mother	Holistic	Undifferentiated
		Imaginative	Unrealistic
		Free	Unfocused

Where Are We Now?

We are living in an unprecedented time of perils and possibilities. Realistic awareness of our current situation is essential, though getting lost in despair is not. We must hold equal awareness of both threats and promises.

- Do you fall on the side of optimism or pessimism when you think about our world today?
- How does your understanding of human history and initiation into adulthood temper that feeling?
- What are the most pressing problems you see in our environment today?
- What are the most pressing problems in our social, political, and economic systems?
- What possibilities exist that have never existed before?
- What hope that can you impart to others who are getting lost in despair?

How Do We Get There?

SELF-ORGANIZING SYSTEMS

The old top-down power structures are crumbling as they are too inefficient for a society as complex and intelligent as we are. Furthermore, when the top dog is flawed, as we saw in the Bush Administration, the whole system suffers dramatically. The Age of the Heart is typified by a new organizing system built from the grass roots up.

- What are some of the characteristics of this new system? What components are necessary for self-organizing systems (SOS) to evolve? *openness, replication, agency or freedom, self-transcendence, feedback*
- What aspects are only now available for the first time? *the ability to be free agents, to have greater connectivity and to realize what we are becoming in the larger system*
- What needs to happen within an individual to become a causative agent in an evolving self-organizing system? *they need to realize they are part of a larger evolutionary flux*
- What are some examples of a self-organizing movement on the planet today and how large is it? *Paul Hawken's Wiserearth.org. charting the movement of volunteers into NGO's designed for environmental protection, social justice, democracy, peace, and consciousness*

Where Are We Going?

THE INTEGRATIVE REALM OF THE HEART

Becoming whole may be a greater imperative at this time than forging ahead. The heart as a symbol of wholeness, represents that which draws things together into integrated relationship, as well as balance.

- What are the archetypal forces that have been separated that are now being reintegrated on a higher level?
- Where do you feel that happening in your own life?
- What is the Second Enlightenment and what may be its realization?
- What could result from a society that no longer competes or fights but instead collaborates and cooperates?
- What do you feel are the essential qualities of a heart-centered life?
- What values need to be embraced?
- What practices develop those values?

The realm of the heart takes place on the following frontiers. What can you say about the importance of each one of these aspects?

- Equality between men and women
- Peace
- Sustainability
- Participatory democracy
- Social Justice
- Population control

How can you bring these virtues into your life and the lives of others?

- Gratitude
- Forgiveness
- Kindness
- Compassion
- Generosity
- Celebration
- Collaboration



WHERE ARE WE GOING?

- How do you see organizations moving from third chakra to fourth? Economics? Education? Religion? Other human system?
- How do you see that happening in your own life?
- What are the things that help create that movement? How can it be supported?

CONCEPT FOUR: TAKING ACTION

BECOMING A CO-HEART

Becoming part of the change to the Great Awakening of the Global Heart requires action in both the inner world and the outer world. Theory is fine, but the real challenge is putting it into practice.

The suggestions below are just a few of the many possibilities and include personal actions that raise our individual consciousness, and social actions that change consciousness and behavior on the outside.



Individual inquiry:

How has healing your wounds from the past enabled you to become more loving and more whole?

- What spiritual practices enable you to lead a more heart-centered life?
- What are the things that most open your heart?
- Where and how can you be more forgiving and compassionate with those around you?
- Where can you express more appreciation for those around you?
- How can you bring a more heart-centered approach to your job or workplace?
- How can you find more time to be in nature?
- Where can you let go of ego and personal agendas and surrender to a larger plan?
- Where can you give service that is not for personal reward or recognition?
- Learn Non-Violent Communication (NVC) and practice it with others?
- Practice Give away: What can you give of your time, possessions, or money?

CONCEPT FOUR: TAKING ACTION

Environment:

Reduce the distance between yourself and your environment. This means:

- Get outside more often
- Do all you can to reduce your ecological footprint
- Contact your local or state representatives for action on climate change
- Buy products with less packaging and additives
- Support your local farmer's market and buy organic produce
- Reuse all grocery bags, try to get your local stores to stop giving bags
- Drive less, get a low emissions car
- Turn off your lights, reduce energy waste by going for low efficient appliances, good insulation, conscious use, take laundry outside to dry when possible
- Offset your carbon use <http://www.carbonfund.org/>
- Invest in green energy companies
- Go vegetarian or reduce meat consumption
(They say a vegan driving a truck has less impact that a meat eater on a bicycle)
- Avoid buying bottled water (buy a glass container and refill)
- Grow your own vegetables or create a neighborhood garden, not a lawn
- Don't buy products made from endangered species or resources
(ivory, turtle shells, coral, redwood, animal tested products)
- Recycle and encourage recycling at work, hotels, restaurants, and friends
- Buy products that are easy to recycle
- Go solar in your home, put in greywater system, change your lightbulbs
- Stay informed about your local issues

CONCEPT FOUR: TAKING ACTION

Social Change

- Support population control organizations
- Support equitable pathways out of poverty
- Support women's rights and equality
- Support education and health care
- Support your progressive representatives
- Work with your neighborhood, city council, or local government
- Donate time to a soup kitchen, free clinic, or other selfless service
- Work with kids, especially underprivileged ones.
- Seek out fair trade products
- Donate time or money to organizations doing the work you believe in
- Give talks in your local community, church, or organization

Some resources for further understanding and suggestions are:

Wiser Earth website:

<http://www.wiserearth.org>

Contains references to over 100,000 organizations

Sustainable World Sourcebook:

<http://www.swcoalition.org>

Contains extensive reference section for taking action

Be the Change Circles:

<http://www.bethechangeearthalliance.org>





Long concerned with the future of humanity, and passionate about awakening our collective potential, Anodea Judith has dedicated her life to healing the wounds in our personal and collective psyches, by addressing the archetypal splits in our guiding mythologies. With the recognition that our world is teetering on a dangerous precipice, Dr. Judith decided to step back from bandaging the wounds that paraded through her private practice as a therapist, and instead take a stand against the beliefs and assumptions that were causing those wounds. With a proclivity for perceiving patterns, honed by two decades in the therapist chair, she now takes her lifetime study of history, psychology, mythology, and religion, to illuminate a guiding vision for humanity's future.

Anodea Judith holds a doctorate in Health and Human Services, with a speciality in Mind-Body healing, and a Master's in Clinical Psychology. Her best-selling books on the chakra system, marrying Eastern and Western disciplines, have been considered groundbreaking in the field of Transpersonal Psychology and used as definitive texts in the U.S. and abroad. With approximately 500,000 books in print, and translations in 12 languages, her books have won her the reputation of solid scholarship and international renown as a dynamic speaker and workshop leader.

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