

# How Did We Get Here?



AND

# How Do We Move To This?



## Becoming Change Agents Evolutionaries and Imaginal People



**Embracing Change  
Empowering Our Shift into the New Age  
By Understanding How We Got Here**

**Be the Change that Changes**  
**Embrace Change – Create Community**  
**Moving from arrgghhh! to aha!**

***The Invitation***

“Life is a school. We are here to learn compassion, non-violence, faith and charity. We are here to unlearn negative emotions like fear, anger, jealousy and greed.”

*The Weiss Institute*

I resonate with that quote, I would elaborate more and say “Life is a school and earth is our classroom. We are here *to remember* that we are pure love and beauty, absolutely enough always, just as we are. *To remember* our purpose is to be joy and experience bliss, the highest vibrations possible. We do this by emoting, often by emoting fear, anger, jealousy and greed, very low vibrations. We don’t usually get stuck in joy and happiness. We create relationships, circumstances, situations, events, experiences and roles in order to “get to know ourselves in this way”. After all, joy and sadness, love and fear, all emotions are from the same source, so they must be here for us to us for our growth.”

Life’s lessons, the journey is always at its core about returning to our truth, our essence, our oneness. It is a returning “home” because when we enter this earth school, up to 98% of our physical, emotional and conditioning is not “ours” but the collective conscious and our ancestral history of experiences and memories. As if that is not enough, we then spend our developmental years being conditioned by our environment (parents, society, religion, peers, etc.). And thus, we spend the rest of our days in the school of life, “unlearning” what does not align with who we really are, finding who we really are and why we are here. This ‘unlearning’, this journey of remembering and returning happens when we emote. It is why we are social creates and need each other for our earthly, spiritual and soul’s growth. We create relationships, circumstances, situations, events, experiences and roles in order to “emote”, to get to know ourselves in this way, in order to return to what we always have known.

You cannot have what you are not willing to become in your conscious – so how do we become change agents, evolutionary and imaginal people? How do we make sure we got what we came for and gave all we got? How do we become organizational healers?

Join me today and in the future to raise our individual and collective vibrations, to hivibe I call it. It is all about levity through love. Learn to love, love to live and live to laugh. And in doing so the quality of your questions will shift, your responses will shift, choices, ideas and actions will shift. It starts at home with you inside. Before you know it you will not only have joined the current paradigm shift, you will be a leader.

"You can live each day in a world filled with "problems," or rise each morning and Embrace a world filled with unseen solutions... eager for you to find them. The decision is yours...both worlds exist. The one you choose is the one you will create."

*-Michael McMillan-*

### ***1. Where are we and how did we get here?***

We need a framework to answer this question and see also where we are going. Will use, Ring of Rights to provide context, Iceberg model to see beliefs and paradigms of 50 years ago have created our world today, using the specific areas (Ring of Rights).

#### **Ring of Rights - In 2 Dimensions**



Every human has the right to access to experience to an adequate degree all above items. This is not about how, quality or definitions of these. Our collective survival and ability to thrive depends upon all humans accessing these basic items. One a personal level, when one of these areas is not adequately present in your life, your focus is on surviving and fulfilling that area, often at the expense of another area in your life and maybe at the expense of others. And when that happens, our collective well being at all levels (physical, emotional, mental and spiritual) is halted in that moment.

Once the basic needs in all these areas are met, you are no longer surviving but thriving. You can see beyond your needs and see the needs of others. You give, you serve, and you share your abundance with those surviving to help them thrive, just as others did for you. And in that moment, a collective healing occurs at all levels. Those driven by fear (which has many many masks) get stuck and it looks like greed, jealousy, anger, self righteousness, ignorance, demonizing or basically any emotion or behavior that separates or contracts.

Moreover, what this is about at a community and global level, during this great time of transition we are in, this is about we cannot get rid of parts of our self we can only befriend our shadows, bring our stuckness out in the open. We can't get rid of our connectedness, no matter how hard

we might try, it is there. Our oneness is a universal law, like gravity, it is there and is in action, whether you believe it, ignore it, understand it or can mathematically diagram it, take it apart or manipulate it. This is a great time to be alive.

We will use the following definitions for the purpose of providing a framework to “be the change”:

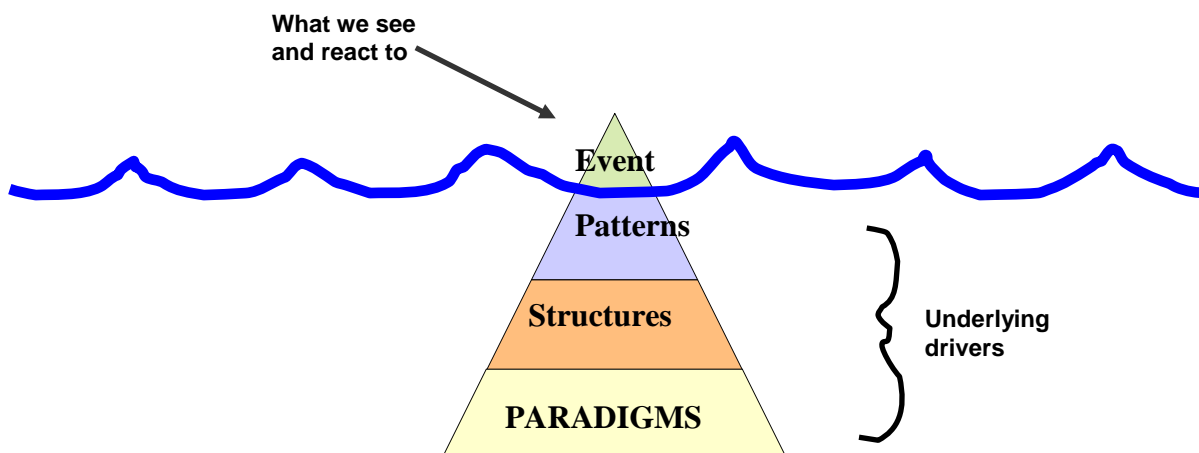
1. Food – sufficient for healthy mind, body, spirit and emotion (true wealth)
2. Safety – in person, in expression, in our roles and experiences
3. Shelter – from elements
4. Water – water we are 70%+ made of and we cannot live without
5. Provide – for self, family and earn a livable wage and contribute to collective whole
6. Education/Make a difference- we are meant to create, serve, be in community and grow
7. Freedom – of speech, religion, expression, basic rights, to be our true authentic selves, guided by people are valued above things and do not need to be controlled or managed, but believed in and supported

The Environment provides the foundation for this ring, the energy that provides the availability, quality and quantity of all other rights.

And YOU, beautiful you, perfect as is, enough always without doing or being anything, are in the middle, the nucleus of this cell.

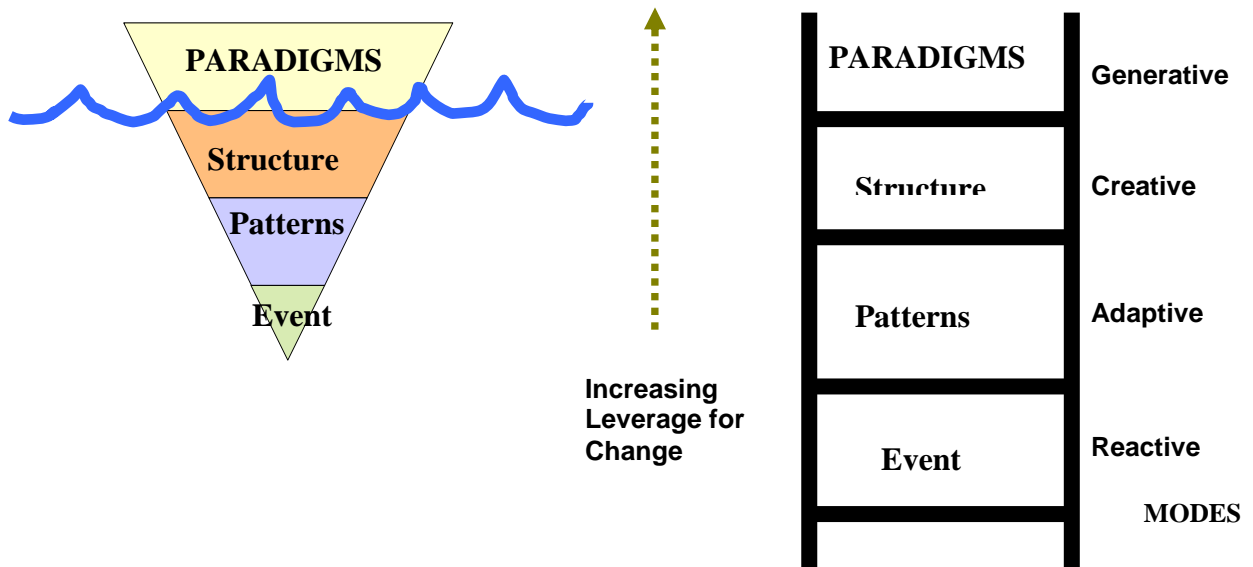
### Iceberg Model

If the ways of thinking got us to this point are inadequate for the future, how do we consciously learn to think in new ways? And how do we communicate, or teach, that learning? It begins with understanding the nature of the problem. System thinkers sometimes use an “iceberg” model, so named because the tips of the iceberg---the ten percent we see above the surface---are events. These are what we see on the news or read about in the paper. But if we look beneath the surface, we can see that these events are part of larger patterns. If we look even further below the surface, we can see that structures---political, economic and social---create these patterns. And if we look all the way down to the base of the iceberg---to the great mass upon which the currents push to determine the berg’s movement---we see paradigms or belief systems. These are the beliefs we hold about how the world works and that generate the kinds of structures that create the patterns of events we so often find appalling or in conflict with our values.



Paradigms, also called mental models, are not only assumptions about how things are; they are also a commitment to making things that way. They lead us to treat our assumptions as facts, and since they profoundly influence the results we get from our actions, they are self-reinforcing. We don't have to look very far for an example of how our mental models generate unintended negative outcomes. Brain research tells us that adolescents do not learn very well early in the day. But we persist in scheduling early classes because we hold the mental model that we need to maximize bus efficiency to save money, and (less often acknowledged) that we must warehouse children during parents' working hours. If instead we held the model that schools are to maximize learning and fulfillment for our children, we would organize them quite differently and solve the transport and babysitting issues in new and more creative ways.

While mental models can trap us in dangerous ways (consider that there are over 30,000 nuclear weapons in the world, based on the "peace through strength" paradigm) they can also be very powerful agents for positive change. Remember the iceberg? Since it tells us where the most powerful leverage points are, we can turn it upside down to create a "ladder of influence" which looks like this:



***Paradigm or Shared Vision (Generative Mode)***

The paradigmatic or shared vision level is the most powerful leverage point for change. When we hold a conscious vision of the results we desire, that vision shapes everything else. This may take generations or large numbers to sustain. Those that try and create change from this place are often said to be “before their time” or “crazy”. If one is reacting and not questioning the beliefs underlying the event that triggered the reaction, one won't, at first, comprehend the power behind a shared vision.

***Systemic Structure (Creative Mode)***

We generate structures in response to our shared visions and paradigms, conscious or unconscious. They are the means to the end we envision, and they, in turn, create the patterns of events we see and experience.

***Patterns on Events (Adaptive Mode)***

At this level we can see the behavior our systems create over time, which can help us break out of our short-term thinking. This is a learning level, a signal a potential wake up call. We can choose to adapt to

the pattern and keep asking the question why it never seems to change or sustain change or look at the underlying beliefs and paradigms and leverage change from there.

### ***Events (Reactive Mode)***

The event level is purely a reactive one. At this level, all we can do is act in response to the events, not change the pattern of events, much less the structure that spawns them. We can see that if we want to create or manage change, we have to do so at the generative level, not a reactive one. IF the goal of a system (the vision) changes, the results it generates will change too. ***If we want different outcomes, we have to hold different visions.*** We also have to remember that, as Zen teaches, “no action is an action.” The lack of a positive vision engenders a chaotic or opportunistic system that can spiral off and create severely negative outcomes. Or as songwriter Bruce Coburn put it, “In the absence of a vision there are nightmares.”

There are simple and non-threatening ways to challenge our own mental models and those of who we are choosing to work with and for. *The Systems Thinking Playbook*, by Dennis Meadows and Linda Booth Sweeney, offers a number of quick little exercises called “mind grooving” that can help us see how our own mental models operate.

The key Questions are where do you spend your time? In events? If so your will always have a job and will not be making a dent on any long term real change. In paradigm shifts? If so you are in it for a longer haul, 10 years or more and persistence and patience is required. Working in all areas? Effecting change at all scales might be the best approach to make change and keep support.

Are you a broke back healer organization? You are if your main paradigm works from fear, lack, limitation and injustice only. The key to effective change is vibrating different than what you are trying to alter. In order to do that, leaders of these organizations have to vibrate higher and not have wounded stories or that gets passed onto the organization, creating more of the same versus change. The focus for this change is internal, coming home to ourselves.

Let’s look at three scientific principles that turned into collective conscious paradigms and how they have created structures, patterns and events we are living today.

## Three Scientific Paradigms

### Newtonian Science – Gave us:

- Materialism- physical matter is our only reality ( no energy fields)
  - How has this influenced our health care system?
- Reductionism – no matter how complex something is, we can understand it by taking it apart and seeing its components
  - How has this influenced agriculture?
- Determinism- occurrences in nature are casually determined, every action produces a reaction—we can predict and control the outcome of natural process
  - How has this influence environment?

Now, let's take these paradigms and look further at Ring of Rights under these and other paradigms we have been “gifted”. Review the specific right and the following systems, patterns and events based on the above paradigms as well as others. These are for illustration and not meant to be right or wrong or inclusive.

**Two observations.** One is the externalized cost of many systems under current paradigms. We have not paid full price for our life style period. Externalized costs are those in which someone else, thing, place or entity pays for a transaction between two others. For example, much of our electronic waste is shipped overseas to process. The planet pays for the carbon and pollution emitted and resources in shipping the waste. The individuals who process the wasted are often not protected from the harsh metals and chemicals and pay in health, life energy and sometimes their life. The communities pay for the waste piles and damage to their land, water and air. None of this is factored into the price of an ipad, computer, phone or TV. There really is no such thing as a free lunch and many of our externalized costs are coming home to roost.

Second are the roles we have developed. Corporations have the rights of a person but not the responsibility. That has been shifted to non profits, foundations, churches, clubs and individuals to list some examples. These entities “pick” up the pieces of what our economic paradigm does not. And they have to do it on their own.

### **An Example: The Clean Water Act**

Before 1972 the paradigm we had was that we could put anything into our waters and it was okay, out of sight out of mind. And it “seemed” okay until our rivers were catching on fire and we began to see connections between sick people and aquatic life and our waters. The systems we at the time for waste water discharged directly into our waterways. A critical mass declared this paradigm not working and created a new one, “water must be treated before discharging into our waterways” and the systems we developed include policies such as the Clean Water Act, waste water treatment plants and technologies. This dealt with low hanging fruit pollutants and toxics very well. Now we are now at another paradigm shift with emerging contaminants, endocrine disruptors and nutrients. It is challenging our paradigm to shift to “we can't put anything in our water and treat it, it is becoming too expensive and we don't have technologies for them all”. It remains to be seen what systems will change, as we have not had a paradigm shift here yet.

## Ring of Rights in Ice Berg Model – Find Our Paradigms

Direction we experience:   
 Direction driving our experience;

Right	Events	Patterns	Systems	Paradigms
<b>Food</b>	-genetics, ecoli break outs, obesity, cancers, autoimmune, types & rates of disease -decrease in overall health, lower nutrients -price of quality food > unhealthy food -countries resilience and recovery form drought, floods, damage is longer, further reaching	- increase in events, onset of puberty, cancers, - decrease in soil nutrient, increase in pesti, herby, fungicides, less effective - more countries cannot feed population -gap between poor/rich nations >, families ability to provide, small farms shrinking, increase in corp - lace of nutrition/starvation still primary cause of death in 3 <sup>rd</sup> world, despite poverty programs -increase in monoculture, decrease in biodiversity	Farm Bill, subsidies, seed control/patents, welfare, food stamps, etc. Externalized costs Import/export, NAFTA, immigration policies Modernizing poor countries practices for short term gains Mega corporations – tax and regulation breaks Taxation of farm land, easements, conservation programs Non profits or government make up for what industry and society does value	Food must be cheap and provide large profit or economy will collapse Nutrition can be manufactured, quantity is valued over quality All food must be available everywhere, all the time Land is infinite, soil quality is infinite, water quantity and quality is infinite- all resources are Technology and engineering can fix and control all crops/pests, we can build seeds, plants to meet our needs, just need to figure it out
<b>Shelter</b>	Homeless increase Who is homeless changing Price of homes Housing bubbles, markets Gated Communities	Discrimination Foreclosure rates, processes, etc. Movement of neighborhoods (city, suburban, rural, etc.) Amount of income to purchase, maintain home, rental Building in areas not suited to live, flood plains, estuaries, beaches, fire zones, deserts, etc.	Development/growth rules, policies Zoning Certifications, LEED, Green, etc. Free market Lending entities, insurance, policies, regulations or not, etc. Non profits & gov make up for what industry and society does not value—make up for Externalized costs of labor, material, Forestry practices, alternative building,	Private property is basic right The world is not safe Wealth = 3000 sq foot home Disposable economy good for all Resources are unlimited (land, wood, gravel, etc.) Industry would collapse USA economy if had to include external costs



<b>Right</b>	<b>Events</b>	<b>Patterns</b>	<b>Systems</b>	<b>Paradigms</b>
<b>Water</b>	Contamination, untreatable toxins (endocrine disrupters or e.g.), illness, genetic changes, kids not in school in 3 <sup>rd</sup> world, changing landscape of economy (Haiti and cholera), arid lands, price, treating salt water, sources drying up	Privatization, bottled water, failing delivery and treatment systems, ground water-sources drying up, climate change, species decline, price inequalities, waste, externalized costs, restoration ALWAYS more expensive than protection, etc.	Elaborate Delivery and treatment Regulations and Policies, laws and treaties Conservation Privatization	Property right, sell and purchase Right to pollute via use, can put anything into water because... Can treat anything and some else will, out of sight out of mind, regulation is not needed until problem proved Unlimited resource Can engineer, manipulate to meet our needs w/out harm
<b>Health</b>	Epidemics, vaccines failing, shortage of doc/nurses, etc. Increase in disease, decrease in treatment success, decrease in overall health, lower survival baby rate Increase in population, longer life, quality? Type of drugs (use of over counter products)	Emergency room visits for non emergency care, who is coming in, increase in cancers, Not getting health care due to costs, increase in health care costs, high cost end of life measures Connection to what we eat, environment and health – change in food pyramid- no fat, hidden sugars, etc. Use of medical marijuana, use of illegal drugs, despite ‘war’ Lack of integration, acceptance of alternative health care Needless surgeries, treatments, overuse of antibiotics, steroids	Pharmaceutical industry and how it operates with insurance, doctors, etc. Doctor training, western medicine vs. holistic Insurance, externalized cost War on drugs Legal medical marijuana Western Medicine Consumption and marketing Non profits/gov make up for externalized costs and populations Nursing homes, mental health care (or lack of)	Treat symptom not source – where research goes Fear of aging, dying – cultural We can do anything and be okay (drive 250 mph crash and expect to live) Entitlement Don’t need to care what I eat, how I take care of body, there will be a pill to fix whatever I am broken somehow and need to be fixed, always—I am not enough
<b>Education</b>	Higher teen suicides, teen violence, testing, dropping of electives, language arts, music, art, keeping science and sports Tenure, funding of, access to quality Cost increase, cost/ child Charters	HS Graduation rates, composition, college attendees, graduation rate, job capacities, Americans not in lead, science, tech, math, etc Discrimination practices, competition, alt schools, decline of infrastructure Violence among youth, corp sponsored schools, teachers pay dropping, lack of teachers	Funding Curriculum development Administration overhead Testing Support structures during key stages Job training discrimination	Output based vs. outcome based 0-18 yrs cannot be absorbed into job market, keep in “school” School = prep for corp world, no other purpose, value output not people Earn it, not a basic right Society pays, I don’t have to

<b>Right</b>	<b>Events</b>	<b>Patterns</b>	<b>Systems</b>	<b>Paradigms</b>
<b>Provide</b>	Unemployment rate, increase, type of jobs, outsourcings, education needed for jobs/living, poor stay poor gap growing, duration at a job, student loans, payback	Unemployment rate, duration, who, retirement age increase, Corp benefits decrease, composition, loyalty of corp, Global competition, currency control, flattening tech, resource extraction Have/have not gaps, violence, discrimination Cycle of borrowing begets borrowing	Trade policies Regulations Unemployment benefits, etc. Immigration Corporate rules, policies, breaks, lobbyist, power Externalized costs go to poor people, communities, countries	Work hard and all can have, all have same chance Survival of fittest-law of jungle Wealth = currency, profit is bottom line Corp has same rights as people, over human rights, but not social resp. Scarcity, competition, comparison, power is scarce needs to be hoarded, protected People need to be controlled, managed, Capitalism
<b>Freedom</b>	Mass suicides, ethnic cleansing, one “people” is better than another, uprisings  Punishments for speaking, expressing, etc.	More of these events, more acts of terrorism in places not before, occupations, imprisonment rate, population/age, smear campaigns- personal attacks okay, etc.  Business can use security as profit motive  Personal information boundaries  Security changes, border changes, more people to fear/bad  Control of media, Flattening technologies such as internet	Constitutions, judiciary process, laws  Funding, communications and control of information  Weapons  Foreign policies, trade policies  Preemptive war as a military strategy  Occupations and other strategies as systems of control	Basic right (in USA but not so around the world)  Information can be sold, owned, controlled, manipulated, withheld, etc.  Under the name of freedom protection, we can hurt others, necessary price  We are not the same as all others at basic level, We know, others don’t  Scarcity, not enough to go around, if give then will lose something
<b>Safety</b>	Decrease in some job accidents, increase in others (mining, extraction)  Drug wars, security checks, School shootings, gun control arguments	Violence – who, where, and at whom  Risk management (plane vs. car), vigilante groups  There are more peoples to fear than before- it is not safe, Amount of \$ spent on military, duration of occupations	TSA, security systems  Legislation, laws (immigration, gun, etc.)  Border patrol, passports,	The world is not inherently safe  Entitlement  I didn’t do anything so no harm should come to me  Responsibility (where you think it lies)
<b>Environment Energy</b>	Spills, increase toxicants, civil unrest,	Over use, extraction > renewal  Climate change, externalized costs	Regulations, legislation, taxation, treatment, delivery, Corp exceptions, Non Profits/gov make up external costs, or poor absorb	Economy OR environment vs. AND—a relationship does exist, Resources here to use, Infinite supply, Tech and engineering can fix anything

### List the Qualities of Today's Paradigms?

Come up with ten qualities of today's paradigms:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. **TRANCE OF S** \_ \_ \_ \_ \_
7. **Age of R** \_ \_ \_ \_ \_
8. **and L** \_ \_ \_ \_ \_
9. **It violates universal laws...**
10. \_\_\_\_\_

**See if you can complete the blanks above, our paradigm is one of lack and limitation, based on law of the jungle which creates winners and losers, values competition over quality and separates our spirit from our bodies and our hearts from our minds. Current paradigms violate Universal Laws, and that is a sure fire recipe for suffering, needlessly.**

### Universal Laws (briefly)

Are laws that apply to everyone over all time regardless of age, ethnicity, social class, gender, culture, country or any other category. They “enact” regardless of our belief in them, agreement with them, knowledge and understanding about them. Some are obvious and tangible to grasp, such as the law of:

Gravity

Buoyancy

Harvest

Others are more abstract, more in the quantum physics realm. When you embrace these, versus ignore or resist or deny these, suffering occurs. Pain happens, suffering is optional. Such as-

- As within is without – what we create and manifest our physical world (buildings, things, systems, processes, etc.) is a reflection of what we are conscious of inside us (not our subconscious)
- Law of Attraction – the universe matches our vibration always, that vibration doesn't come from our minds or thoughts but from our beliefs, emotions, feelings, conditioning, memories and our heart.
- Universe Provides – everything we need all the time every time, we just may not see it, believe it, like it or agree with it. This includes guidance.
- Universe Is Impersonal – It feels very personal when things happen “to us” and we are affected personally, but the universe is impersonal
- Law of Impermanence – nothing is permanent, change is a constant, even when it seems it will never change, it is all the time, scale and scope provide an illusion otherwise
- We are never born nor do we die – we cannot harm our soul period, it enters a physical body, has experiences through emotions, thoughts, relationships, roles, experiences and such but it leaves, comes back, growing in each dimension or time.
- We are always whole, completed and enough – period. We may experience otherwise as “ways to know ourselves” but we are perfect in every moment always regardless of what is happening around

us, to/in our bodies, our thoughts say otherwise. We each have inside of us what we need to graduate from this earth school, unique to our own journey and schooling. I can't really tell someone else what to do, I know my journey and have inside me my tools, but that will be different for everyone. The answers are inward not outward.

- All is from same source – dualities, polarities are from the same source, light/dark, good/evil, day/night, masculine/feminine, etc. Failure of genome project, some of our heart magnetic wave lengths overlap some of those close to the surface of the earth. Our heart energy field is 500 times stronger than our brain; it extends 5-8 feet outward and crossing over into “other”.
- Becoming change – we cannot “have” anything we are not willing to become in our conscious. This means we cannot accept something outside our consciousness either, our conscious is EXTREMELY limited. We don't “change” because we are attached to something stronger than the changed state (individually or collectively). This is why we need to go to our conditioning, beliefs, emotions, memories for new material (subconscious) when our conscious is not serving us anymore. Our bodies, emotions and thoughts inform our awareness about where we are at with our ability to change.
- We are not our biology (DNA, genetics, etc.) – we are not products of our DNA, we can change.
- All are one – we are all connected, energetically, on the etheric plane or collective unconscious.

## ***2. Where are we going?***

One powerful foil to random and opportunistic systems is the art and practice of systems thinking. In fact, it could be argued that this may be the single most effective tool currently available to better understand the world we live in and to create a sustainable future. Systems thinking helps levitate our perspective, brings a completely different vibration or energy to “change”.

### **Systems Thinking**

Systems' thinking is simply a perspective, a language, and a set of tools for describing and understanding the forces and interrelationships that shape the behavior of a system. A system is defined as a collection of parts that interact to function as a whole and continually affect each other over time. Systems are not only interconnected, they are coherently organized around some purpose. Examples of systems include families, a soccer team and an airplane. Systems also have “emergent” properties not found in their separate parts. When the parts are organized into a system, they create new properties, characteristics and behaviors.

You, your organization and efforts will want to become system thinkers. System thinkers can be identified by certain characteristics which they share. System thinkers:

- ✓ Think long term
- ✓ See the big picture
- ✓ Focus on structure, not on blame
- ✓ Look for interdependence and cause and effect relationships
- ✓ Change perspectives to see new leveraging points
- ✓ Consider how mental models determine our future
- ✓ Hold the tension of paradox and controversy without feeling the need to resolve them quickly

If we compare systems thinking to traditional mechanistic, rational, logic thinking, we can see significant differences

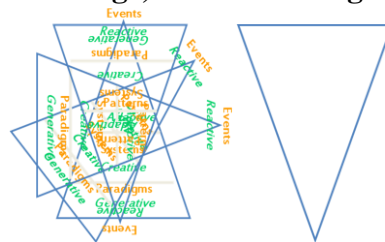
<b>Mechanistic Thinking Sees:</b>	<b>System Thinking Sees:</b>
Parts	Wholes
Objects	Relationships
Events	Structures
Isolation	Interdependence
Specificity	Generality
Statics	Dynamics
Simplicity	Complexity

Qualities of these systems are very different. Not based on scarcity, competition, contraction and separation but on the opposite, on the cycle of abundance, community and unity.

Qualities - Redefining, Re-meaning Terms and Concepts

- Unity, community = valuing all as elements contributing to whole
- Wealth = balanced spirit/body/mind template
- Economy=environment, not either or but AND or equivalents
- People are Citizen's not Consumers
- Empowerment not Control
- Cooperation and collaboration not competition
- Love is the fuel not fear
- Inclusion not exclusion
- Abundance not Scarcity

**WE ARE IN THE MIDDLE OF A SHIFT  
Galactic, Global Age, World Paradigm, Internally**



The iceberg is tipping and will turn upside down once the critical mass wake up, come home and vibrate different. How we choose to show up for this change is the question. Understanding where change comes from and accessing the power to change is what people look for to embrace change rather than resist and fear it. It feels like chaos because the old “not working” way is breaking and the new “where we are going” is not the dominant paradigm. But it is not chaos at all and it is nothing to fear, only something to embrace.

Are you a broke back organization, broke back leader or teacher trying to make others change? Operating from a victim, lack and limitation vibration? What is your story about money, about possibility? Whatever it is, you are passing it along to your organization, clients, constituents and others. It is time to create the change we need.

Working with Barb you discover how to embracing change at all scales, in the middle of the chaos, while you still go to work, be a parent a partner and live day to day. Rather than dragging our feet, we cross over and pull others with us.

### **What Can You Do?**

Create or join a community. Barb's *AllEmbracingChange.com* community keeps a conscious vibration every month for a call during the new moon, working with the shadow energy of that moon individually, organizationally and globally. This puts our attention to the intention of embracing change, moving with it toward our future versus fighting it to stay in our past.

Barb's *AllEmbracingChange blog* takes current events and looks at them from the new paradigm, the new age. When you do this the questions you ask are of a higher quality and vibration and will bring about change, not more of the same.

Barb leads workshops, classes, VIP sessions for groups as well as works one on one with individuals. Her process is easy to follow if you choose to come home and do "the work" in order to be a change agent, helping all of us evolve, by simply accessing our wisdom that is always present. Imaginal cells are the cells in a butterfly that realize they are not dying as the caterpillar dissolves before the butterfly is there. They know, they trust, they act. They embrace the change. If you have always wanted to be your best, give all you have and get all you came for, then sign up now, show up now.

**Join Barb in this journey, [www.AllEmbraceChange.com](http://www.AllEmbraceChange.com)**