

LITTLE BOOK OF WISDOM

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From my encounters with:

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Introduction

With this book I am simply sharing some of the deep wisdom of a selection of the world's bright lights and great minds that I have come across on my journey as someone always interested to learn and discover more about life. I collated their wisdom over the years in notebooks, then I travelled, living and working abroad, during which time the notebooks sat in a box gathering dust. When I returned years later, I felt that it could be a valuable gift to put it all into one book and share it with others.

The wisdom here is global and universal. It comes from spiritual leaders, scientists, indigenous elders, a president, entrepreneurs, environmentalists, yogis, Nobel Prize winners and nominees, athletes, saints and troublemakers from all around the world, ranging from ages 16 to 94. They may contradict each other at times, but there are common threads weaving through them all, especially about our unity as a race and the importance of love. Being in their presence and listening to their words touched me deeply and I believe their wisdom could help others and potentially make the world a better place. So rather than letting my notes from these encounters sit on a shelf gathering dust, I thought I'd share them. It's not my wisdom but I found myself in a position to collate it and pass it on.

Jacqueline Wigglesworth

1) **The Dalai Lama** (May 1999. London.)

Mini biography- His Holiness the 14th Dalai Lama, who calls himself a simple Buddhist monk, is the spiritual leader of Tibet and one of the world's greatest advocates for peace and kindness among our human family. His life is guided by three major commitments: the promotion of basic human values, like compassion, forgiveness and tolerance, the fostering of inter-religious harmony and the welfare of the Tibetan people. His autobiography is called Freedom in Exile and he has written countless other books on the above themes.

For three wonderful, inspiring days, I sat listening to the Dalai Lama's words of wisdom and observing the enormous genuine respect he commands simply by virtue of the peace and light that he radiates. Here are some of the highlights from what he said:

“My religion is simple, my religion is kindness.” Dalai lama

The Dalai Lama maintained that the purpose of life is Happiness. And that every sentient being has the same core desires: Freedom from suffering, and Happiness. It is the same in all religions and paths, and its fulfilment necessitates single pointed and analytical meditation.

He said that in times of pain or anger, wishing it away is not sufficient, but constant and sustained effort of conscious positivity, compassion and love are vital. He spoke of the impermanence of suffering, stressing that there is always Hope.

There are 4 mental obstacles to joy:

- 1) Scattered thoughts. (Double mindedness)
- 2) Mental sleepiness. (Cloudy brain)
- 3) Mental excitedness. (No calm)
- 4) Laxative mind. (No vitality)

The ideal is a quiet calm state of mind, but with clarity and alertness. This state can be brought about by meditation, leading to maintained

mindfulness, which can be sustained during any act throughout the day.

He spoke of the fact that events do not come about with no cause, that there is a reason for everything, nothing is a coincidence and we are all one and interconnected.

There is no beginning and no end, but all is always now. Time is not linear but instant. As Einstein put it: “The distinction between past, present and future is only an illusion, however persistent.”

The 4 faults of perception:

- 1) Thinking of things as permanent
- 2) Seeing suffering as pleasure
- 3) Seeing impure things as desirable
- 4) Believing in independent self existence, instead of oneness

Little problems are nothing to the real self and should just be laughed at.

The 4 truths of Buddhism:

- 1) Everything is impermanent, transient
- 2) Suffering is a condition, not a truth
- 3) We have no self-identity, but are part of the All
- 4) Cessation of suffering brings happiness and peace of mind, and this state of Nirvana is indeed possible.

The root of all suffering is afflicted, negative thoughts. Therefore the root of all happiness is a disciplined, happy mind within us. So the answer is within. Seek it!

As everything is connected, so too the physical and mental are non-dual and so we should eat and sleep well to keep them functioning harmoniously.

The critical question is: can we overcome the enemy within, the pain and suffering, or should we just forget it and be hedonists and enjoy life with

reckless abandon?

The answer is: There is always hope and total cessation of negative impulses is possible, and is our only real job in life. Try to prevent negativity. Take steps towards it. The rewards are immense.

Nirvana is the freedom from afflicting emotions and the consequent calm that comes with it.

Our minds exaggerate attraction or repulsion with a grasping, clinging quality. We project a false perception of reality. Many people have a fundamentally flawed perception.

Negative and positive cannot co-exist, like love and fear. Therefore choose one.

Cleanse the pollutants with emptiness. Emptiness can dispel this false reality and negativity. Basic and pure mind is neutral.

In science everything is particles, nothing is solid or real, it's all just one energy, like light. Come to this emptiness. T.S. Eliot calls it: 'The still point of the turning world.'

With altruism and emptiness, one can transcend anything.

Compassion and altruism are the key. This is selflessness.

Altruism is one of the most powerful spiritual activities. It involves tremendous courage and tremendous love. It transcends self and time.

In helping others, you help yourself. What we give out, we get back. This is a universal truth.

He said: "your brains are much better than mine, so go out and make a difference!"

Aspirations:

- 1) To be of help to other sentient beings
- 2) To become enlightened

Enlightenment = Chang chup. Chang is purification, cleansing, and Chup is 'having realised.'

Religious/spiritual writing is exaggerated, or has been edited, but don't let that put you off the source of their truth. Search for:

Valid scriptures, valid treaties, valid teachers and valid experience

Don't rely on the master, but on the message.

Don't rely on the words, but the meaning

Don't rely on intellectual understanding, but on emotional belief

Be in a state of open scepticism.

Pollutants, like negative emotions, are obstructions to knowledge, and therefore need to be eradicated. Liberation, and ultimate truth is freedom from these negative aspects.

Great compassion is the root of all positive qualities and all spiritual endeavour.

Buddha is the embodiment of compassion. He overcame all obstructions using insight into emptiness. He reached enlightenment.

Go beyond simply wishing compassion on others. Make a commitment to it.

Remember the impermanence of suffering. Instead of thinking you can do nothing, focus the energy of your compassion, and the intensity will increase. Wisdom and insight are necessary for this.

Non-objectifying compassion. You can connect to people and empathise. Don't see yourself as separate from them or it, we are all one big force. Use intimate loving kindness and send out compassion. For this you

need a deep understanding of the nature of suffering.

Plant the seed of compassion. Water it, nurture it, let it grow in you. Become it.

Learn to identify with all sentient beings as if you were their mother, friend or sister or brother, to view them as very close and dear to you, a part of you, which they are. Cultivate equanimity with all beings.

Try to remove attachment to people. Have genuine closeness without attachment. Don't discriminate but be objective. Attachment clouds your vision, practice non-attachment.

Visualize 3 individuals: One you are close to, one neutral and one enemy. Let emotions arise naturally, then allow equal compassion to flow to each. Experience is more powerful than intellectual discussion. Try it! (This practice is called Metta, or Loving-kindness meditation.)

All sentient beings are the same. We all have past lives and are all each other's relatives and friends. All linked. All one.

Meditate on oneness. Consider the 'butterfly effect' of cause and effect. One individual affects the universe as a whole.

Cultivate love, which is the wish to see others happy and free from suffering. Reflect upon kindness to all other sentient beings. Don't be self obsessed. The source of all misery lies in self-centredness. The source of all happiness lies in other centeredness. Self-centredness results in suffering. Too much 'I, me, my.' Think: "I have a right to be happy and overcome suffering, and so do all others." Reaching out to others opens you up and benefits yourself too, thinking in terms of 'we'. Compare self-centred beings with enlightened ones. There's a big difference.

Focus on these things: Generosity, kindness, patience, concentration, insight, wisdom, love, humility and compassion.

You only need religion if it is useful to you, and you must choose which one is suitable to you, your background and your path. Just live an ethical way of life, and enjoy!

There is no need for churches, mosques and complicated philosophy. Truth is truth wherever you are. Our own mind, our own heart is our temple. Nature can even be our temple. The philosophy is kindness.

Do what makes you happy.
Think what makes you happy.
Be happy!

Have a single-pointed faith in your path in life.

Don't let your life go to waste!

Having wealth is a result of generosity to others.
Enjoying good looks is a result of patience in life (that's what he said!?)
Longevity is the result of not killing etc

Do good to those in need. Like Mother Theresa, don't let them feel rejected.

Transformation of the mind takes time. Be patient, have courage. Have humility and hope.

Compassion towards oneself is just as important as that to others. As Buddha said: "You yourself, as much as anybody else in the universe, deserve your love and affection."

Anger is a blind energy. If a channel is blocked, blow it out! Clear it.

Visualize yourself, willing to sacrifice others for your own good, then visualize those suffering, with no help, and unloved, and finally visualize a neutral you. Weigh up those whose needs are more important objectively, then focus on them and intensify your compassion. See taking their suffering upon yourself and sharing your own positive

aspects with them, and spread your own light. (This practice is called Tonglen.)

The deeper your understanding of reality, the more you can empathise with everyone and relate to the world appropriately. Also, you are not fooled by appearances, but go beyond them.

The aura cannot lie.

The middle way is not nihilism. It is an understanding of truth and oneness.

Don't become elated when praised, or depressed when insulted. "For example, if I'm sitting here, the Dalai Lama, giving this lecture, and in the corner of my mind I'm hoping that you all admire me and look up to me, it takes away from the truth of what I'm saying. These are mundane thoughts!"

"May I be gladdened when someone belittles me. May I not take pleasure in praise." That only increases arrogance. Stay humble.

Happiness is within, not from anything external.

Be happy!

(It ended with a big smile from the Dalai lama. I have since attended events with him in Milan and Iceland, including receiving the Avalokiteshwara empowerment from him.)

2) **Nelson Mandela** (June 2003. Humanitarian lecture for the Red Cross, & reception in Westminster-London.)

Mini biography- Nelson Mandela (1918-2013) was a South African revolutionary, anti-apartheid and philanthropist, who served as the first black President of South Africa from 1994 to 1999. His autobiography is called *The Long Walk to Freedom*. He remains a symbol to many of leadership, forgiveness and humility.

Nelson Mandela radiates humility, forgiveness and grace in huge doses. He commanded enormous real respect, yet I also noticed how frail he seemed, with a slight sadness in his eyes as if he was carrying the world's burdens on his shoulders. He is a real life angel and probably the person that I personally have the most admiration for.

He began by humbly saying what an honour it was for him to be there, and that the Red Cross is a beacon of humanity in the darkness of the world of political prisoners.

“Don't fear the forces of darkness.”

He worried that there were too many wars going on humankind against humankind. “We need global caring and world peace. We need to focus on our common humanity, not our differences. We have a common obligation to care for each other, particularly in conditions that foster behaviour to the contrary. We need caring multilateralism, not a unilateral super power. We should speak out publicly against unilateralism.”

He openly disagreed with the Iraq war, and spoke against Bush and Blair, whom he otherwise admires. “To see young political leaders of the developed world act in ways that undermine some of the noblest attempts of humanity to deal with historical legacies, pains me greatly and makes me worry about our future.”

“If we want to fight a war, we should fight collectively against a shared problem of global dimensions, HIV and Aids. Aids is claiming more

lives than the sum total of all wars, having a devastating impact on families, individuals and society.”

What we are currently doing is like a candle flickering in the wind. Please help us to keep it alight. We are amongst the lucky ones, but with that comes responsibility. We are keepers of each other, brothers and sisters, and we too often neglect this job. We have to put aside differences of creed, colour etc and respect basic human rights.

“I struggle against the social structure of South Africa. We must work to make a difference otherwise things will stay the same. I still stand for that and I’m a retired old man, without office or influence.”

(Mandela received a Humanitarian award, which was given to him by his fellow ex-prison mate, Jack.) Mandela accepted the award on the grounds that it wasn’t for him, but for the collective team of the ANC, saying people don’t do things alone, but as a group. Together we can bring about change through solidarity, and can make a difference and change society. (As he did through his journey from prisoner to President, and beacon of hope for millions.) Jack said that he’d always been amazed that Mandela never hated the prison guards. One guard in particular had gone out of his way to make their lives a misery. He’d asked Mandela about that and he replied “I rather feel sorry for him, he’s a specimen of an extinguishing species, and he doesn’t know it.” (I heard later that Bill Clinton once commented to him that he must have hated the people who had put him there, he replied “No I did not hate them because if I hated them they would still be controlling me.”

Mandela stressed the importance of forgiveness, as emphasized in his great quote: “As I walked out the door toward the gate that would lead to my freedom, I knew that if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”

“I have walked that long road to freedom, I have tried not to falter, but I’ve discovered the secret that after you climb a hill, you find there are many more to climb. I’ve stopped to admire the glorious view, but with

freedom comes responsibility, and I dare not linger... There's so much more to do."

The head of the Red Cross emphasized what a legend, example and inspiration Mandela is for us all.

At the reception afterwards, Mandela danced with the African Zulu Nation group, his 84 year old body with a big smile on his pure face, and having volunteered for the Red Cross for many years, I had the privilege of meeting him in person. The words that stay with me the most are: "What matters in life is not just the good you bring, but also the bad you prevent."

(Later at the Live 8 event in July 2005, which I was present at, he said: "Sometimes it falls upon a generation to be great. You can be that great generation. Let your greatness blossom.")

One day in 2003, I was with my friend Steve Benitez who I trained with in martial arts. It was a big week as I was about to undergo my first, and only 7 day fast under Steve's guidance, whilst training, and working at the same time. On day one, he asked me who, out of everyone alive I would most like to meet. I didn't miss a beat and immediately said Nelson Mandela. In that moment I had no inkling of the fact that I was going to meet him within a week, in fact on the final day of that 7 day fast. I did not know that he was coming to London to give a Humanitarian lecture for the Red Cross. But when I got home that day I found a letter in the post about it. I soon discovered it was sold out, but having volunteered for the Red Cross for many years, I stepped out of character to ask a favour and rang Maria Shammass, the chairman of the fundraising committee to ask if I could help on the day, to clean up after or anything just to be there. She paused and answered "Jacqueline, I can think of no one else that I would love to have at that event, and I would like to invite you to the reception afterwards to meet him. That's how I found myself meeting Nelson Mandela seven days after answering Steve's question. On the day I gave Mandela a card I'd written thanking him for being who he was and doing what he did and saying that I for

one was really inspired by him and his example. To my utter amazement, a couple of weeks later, I received a letter in the mail from South Africa. It was a reply from Nelson Mandela, thanking me for my card and my words and wishing me and my family well. That said it all for me. He, the legend and ex-president of South Africa, took time to write to me, someone he didn't know on the other side of the world, when he didn't have to. His compassion was vast. He reached out because that was the kind of man he was and he knew the impact it could have.

3) **Anita Roddick** (August 2003, Brighton, England)

Mini biography- Dame Anita Lucia Roddick, DBE (1942-2007) was a British businesswoman, human rights activist and environmental campaigner, best known as the founder of The Body Shop, a cosmetics company producing and retailing natural beauty products that shaped ethical consumerism. The company was one of the first to prohibit the use of ingredients tested on animals and one of the first to promote fair trade with developing countries. Her books include *Business as Unusual* and *A Revolution in Kindness*.

Anita said that the key to success is in going against the stream, swimming in the opposite direction to the norm. “Only dead fish float with the current, live fish swim against it.”

Bring altruism back! Give more back than you take out. Go from private greed to public good.

Make a difference! (For example, 4 million Body Shop customers changed the law on animal testing in the U.K. through her campaign.)

Communicate with passion.

Use lateral thinking (for example, she was told that she couldn't put political ideas on a fixed base billboard or poster, so she put them on vans with wheels, which move!)

It's not about success in terms of results or the bottom line, but in terms of positive change.

Be well informed, then use that knowledge to affect change.

Every one of us needs to feel alive and empowered.

Make one person's life easier.

Her mother taught her to be special, be anything but mediocre.

Leadership is where you least expect it. There's something happening that the media isn't talking about; A new sense of community moving around the world. It's exciting and real. It's a *Revolution in kindness*. The big leaders don't have so much control over the masses now. We're fighting back. People are taking control.

When Anita was in Brazil once, she saw village children with big scars on their chests, and discovered that they were selling their organs for money for the family!

Be outraged by injustices. Take a stand against the darkness and the big conglomerate, corporate criminals making profits in the millions whilst using slave labour and child sweatshops.

A woman in Nicaragua once told her "All I want is to get out of slavery and into poverty." These should not be people's life dreams. Basic human rights are being irresponsibly neglected.

Anita's book on kindness was banned in prisons! It was seen as too dangerous, because it encouraged people to be inspired and use their imaginations to make a difference. Also her hemp lip balm was 'arrested' from The body shop as it's made from the marijuana plant! Hemp has a multitude of separate, beneficial uses for health and wellbeing.

Our words create our world.

Politicians should be taken to Hiroshima or Chernoble to see the damage and results of their choices.

We need tenacity, patience, hope and strength. The alternative is doing nothing.

"My aim is to inspire you, then move you from inspiration into action."

She was inspired as a child by active saints like Joan of Arc, and female

warriors.

We must move back to love and away from fear.

Work on behalf of the meek and frail; don't neglect them.

Chose your own theme or crusade and make a difference,

Plant a tree. Give someone a hug. Small acts of kindness have a ripple effect.

When the French government carried out nuclear tests in the South Pacific, she displayed posters saying: "If it's so safe, do it in Paris!"

Spirituality is universal. Goodness, kindness, equality, compassion and love. It has nothing to do with religion or control.

"Spirituality, to me, is a very simple attitude that has nothing to do with organized religion. It means that life is sacred and awe-inspiring. All life is an expression of a single spiritual unity. We humans are not above everything, as Christianity tells us, we are part of everything. This interconnection has to be sacred, reverent and respectful of different ways of knowing and being. All of nature- humans, animals, the earth itself, is interconnected and interdependent. We have the power to preserve or destroy this interconnectedness."

"It is high time the ideal of success should be replaced by the ideal of service." Albert Einstein

Her husband Gordon set up 'The Big Issue' magazine for the homeless. Never get complacent with success and wealth. There is always so much more to do. "Wealth *should* be the ability to be generous. Support any group that gives a sense of reverence or care to indigenous groups, they are the most under-represented group on earth, yet their wisdom is enormous."

4) **Sogyal Rinpoche** (June 2002, London.)

Mini biography- Sogyal Rinpoche is a Tibetan Dzogchen lama of the Nyingma tradition. He has been teaching for over 30 years and continues to travel widely in Europe, America, Australia and Asia. He wrote the best-selling book *The Tibetan Book of Living and Dying*.

Sogyal Rinpoche was introduced by John Cleese. He began by saying that we should prepare for death now, while we are alive and well.

“Dying is very easy. You breathe out, then you don’t breathe in again!”

Westerners are too busy wasting time, always doing things, active, busy, not relaxed. Easterners are too relaxed, laid back, inactive, not working, doing nothing. Neither of these is constructive. You need a happy medium, *the Middle path*.

Change keeps life alive and is inevitable. Movement is important. The heart is not still but always pumping, keeping you alive.

Let go. Letting go is the path to freedom. Non-attachment. Surrender. Don’t grasp at the ungraspable. Meditate/ reflect on impermanence. Loose the clouds and gain the sky.

Reflecting on death helps us to sort out priorities, to get perspective. As Pablo Coelho said: “An awareness of death encourages us to live more intensely.”

- 1) Commit not a single unwholesome action, as far as it is possible.
- 2) Cultivate a wealth of virtue
- 3) Tame the mind and heart
- 4) This is the teaching of all the Buddhas

We are all interconnected- One. Therefore helping others helps you and harming others, harms you. So be wisely selfish, for what you do for another, you do for yourself.

Two important realities: 1) Impermanence 2) Interdependence

It is an essential Buddhist conduct to refrain from doing harm. If you cannot help, at least do not harm. *Non-violence*. This gradually develops into altruism, and then into compassion. All the suffering in this world comes from thinking just of ourselves. All the happiness comes from thinking of others.

“We are what we think, having become what we thought.” Buddha.

Our every thought and word counts. Adopt all positive thoughts, words and actions. Body, speech and mind are very interconnected.

The Truth is the same in all religions.

The mind is like a crystal. Whatever you put it on or near, it becomes. Put it in light and surrounded by goodness. (Crystals are used in computers. They work like minds.)

The mind creates Samsara (illusion,) or Nirvana (enlightenment.) Samsara is mind turned outwardly, lost in its perception. Nirvana is mind turned inwardly, at home in the light, truth and love.

Happiness is affected in part by our environment and outer conditions, but mainly by the mind. The root is the mind. It's the universal principle. The antidote to distraction is mindfulness, being present here and now. Lightly focus on the breath, the holy breath.

Quality of mind is to know the whole journey, to be free from a grasping mind and go back to knowing.

Meditate with the mouth slightly open, let the breather, the breathing and the breath become one. 3 in 1. They merge together.

Study the life of Milarepa.

In an instant, complete delusion.

In an instant, complete enlightenment

Release all attachment.

Shine like the sun! Experience tremendous warmth and light, the luminosity when everything glows as one.

If you know how to live well, you know how to die well, and that starts now, in this moment.

At the moment of death, there is clarity, bliss, no thoughts, no negativity. Peace. At death two things count: 1) How you have lived, 2) Your state of mind in that moment.

There is so much hope in us. We have so much potential. Humans can be like a lotus in a dirty pond, yet remain completely pure. Gold, in mud, stays gold.

When you bring spiritual love to someone, it is as if you are the ambassador for all Buddhists and masters of light. Their spirit is behind you. At death, unite in your mind with the wisdom of all the Buddhas, spiritual masters and leaders like Jesus, Mary, Sai Baba. See their embodiment of light. Visualize receiving great compassion from them. Ask: "Please purify all my negative emotions and fears." Then let the body dissolve into light. This is very significant. It purifies karma. Rest in the beingness of wisdom and become a being of light.

May your last breath in take away all the world's suffering, and your last breath out, fill the world with light and love.

Always give a dying person permission to leave.

He finished with a lovely story about light:

An old woman in India heard that Buddha himself was coming to a festival of light (Diwali,) invited by the great kings. She longed to see him. She was very poor and only had one penny to buy oil for a lamp, but no lamp. It was not enough, but a kind local man heard what she

wanted it for and gave her a small, old lamp to take. She was humbly grateful.

She walked for miles and miles for days, without food, to the festival. Everywhere there were lamps and ornate lanterns in his honour, all very beautiful and expensive. With immense devotion, she put her little lamp before the Buddha and said with compassion: “May this light take away all human suffering.”

At the end of the elaborate festival, a man was blowing out all of the lamps, but he couldn't blow out the smallest one. Buddha smiled and told him not to even try. “Not even all the oceans or winds could put it out, because it was given with pure, unconditional love.”

5) **Stephen Hawking** (Cambridge, 2003)

Mini biography- Stephen Hawking is the former Lucasian Professor of Mathematics at the University of Cambridge and author of A Brief History of Time, which was an international bestseller. Now the Director of Research at the Department of Applied Mathematics and Theoretical Physics and Founder of the Centre for Theoretical Cosmology at Cambridge, his other books for the general reader include A Briefer History of Time, and The Universe in a Nutshell.

“Humanities deepest desire for knowledge is justification enough for our continuing quest, and our goal is nothing less than a complete description of the world we live in.”

Hawking talked about ‘the universe in a nutshell,’ about brane theory where the earth is like a huge membrane, which is difficult to measure in terms of movement and expansion because we move with it.

He spoke about unity, unified theory and singularity; his quest for the complete theory on why we, and the universe exist. Although he may not believe in God, he once said that through science we can know the mind of God so perhaps we can come to a point where science, religion and philosophy meet and complement each other.

I got a wonderful insight into Hawking, the human being rather than genius.

The lecture was held in a school his son had attended, to raise money for it. At the end, some 6 year olds joined him on the stage to ask him some questions about the universe! It was like watching Einstein chatting to children at home, a real gift.

The first child asked how many planets there are, and from memory, Hawking went through all 8 planets of the solar system, when each was discovered and by whom, what they are made up of and why Pluto is slightly different from the others and therefore no longer considered a planet.

The next child asked what gravity was! The audience let out a laugh as if to say you can't explain such things to a kid, but Hawking did just that very simply, in his terms: "Imagine you're in the playground at school, and you throw a ball to your friend. The ball flies through the air in a straight line, then begins to fall toward the ground due to a magnetic force (gravity), before your friend catches it."

Then a boy asked him "What's the naughtiest thing you ever did at school?" He replied: "I once threw a stink bomb at my teacher when I was 9. He was furious!" Then he added that that was the naughtiest thing he would admit to anyway!

He was asked about time, and spoke of how our version of time is purely man made and not real. Everything is occurring now. He spoke of light being the fastest thing at 300,000km per second.

The last child asked if he thought there was life elsewhere, beyond earth. Hawking said that life is very common and he was open to there being other life in this vast universe. Then he paused and said "Intelligent life however, we have yet to find on planet earth." (Coming from him that's quite something!)

He stressed the importance of work, which gives life meaning.

Hawking joked that, (like the Dalai Lama,) when he was young he used to love taking things apart to see how they worked, but wasn't so good at putting them back together again!

The school presented him with a book, which had the children's versions of answers to the questions he'd been asked, as a gift.

When everyone thought the lecture was over and they started wheeling him off the stage, he said: "wait, I want to say something to the children" He told them to keep asking questions, even when the adults didn't know the answers, which would often be the case! He claimed that he is still a child inside, still asking questions and looking for

answers and that they should stay open and keep discovering everyday.

“Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up.”

“If you are lucky enough to find love, remember it is there and don't throw it away.”

He left after an inevitable standing ovation. It was a truly inspiring and humbling event, which I was very grateful to have attended.

(Several years later, by coincidence, I became friends and later flat mates with his son Tim, and great friends with his daughter Lucy who also attended my yoga classes. Through them I met Stephen again many times at his family house and spent many joyful hours talking with him, swapping bucket lists and ideal dinner parties and just thoroughly enjoying his company and his legendary fancy dress parties and admiring his incredible will to live, as he was diagnosed with ALS at age 22 and lived to 76.)

His top bucket list dream was to go to the moon “but no one will send me, my doctors won't let me.”

His ultimate dinner party guests were: Elizabeth 1st, Richard Branson, Napoleon, Marilyn Monroe, Eve “not Adam, he was a whiner trying to shift the blame,” and Julius Ceasar.

6) **Deepak Chopra** (May 2004, Kensington, London)

Mimi biography- Deepak Chopra is an Indian author, public speaker, alternative medicine advocate, and a prominent figure in the New Age movement. Through his many books and videos, he has become one of the best-known and wealthiest figures in alternative medicine. He lives in California.

“Knowing the nature of reality is our ticket to freedom.”

There are no questions your soul doesn't know the answer to.

Our bodies and the universe are inseparably one. You are not separate from any form of energy in the universe. Our bodies are pure energy. We have in us the same atoms that were in Jesus, Buddha, Da Vinci, Pol Pot, Gandhi or Hitler; A tree in Africa, a shooting star, a monk in Thailand. We all share the same bodies. We are all one.

“Every atom belonging to me, as good belongs to you.” Walt Whitman

I am that, you are that, all this is that and that's all there is!

“The same stream of life that runs through the world and dances in rhythmic measure, runs through my veins night and day.” Tagore

4 steps to perfect health:

- 1) Meditate everyday (twice)
- 2) Take time to be silent
- 3) Get away from judging and labelling
- 4) Love: give and receive it

We are choice makers and these choices make a difference. There's no right and wrong, it's all choice.

Meditate with a mantra. There's a mutual interference between the thoughts and the mantra. When you least expect it, they cancel each

other out. No thought and no mantra = the Gap (the presence of the soul.)

Slip into the Gap, release your desires, let go of any attachment and let the universe handle the details!

“When I really found out who I was, I realised I was not in the world, the world was in me.” Rishi

All things are possible in the unified field.

Start to see your body less as physical, and more as cells of light, subtle light consciousness. Your body has a hundred trillion cells, more than all the stars out there. Each cell does 6 trillion things per second in union with all the others.

The human body can think, act, eat, digest, and make music all at the same time.

“This moment is as it should be, because the whole universe is as it should be.”

Our higher self is sacred and profane, Divine and diabolical, light and dark. We are all made of both. Don't judge it. Be grateful for your fullness and authenticity. It's ok to experience pain as well as bliss. We all have a Mandela and a Hitler in us.

“I am of old and young, of the foolish and the wise, maternal and paternal, a child as much as a man, stuffed with the stuff that is coarse as well as the stuff which is fine, a learner with the simplest, teacher of the thoughtfulest, of every hue and trade and rank, every caste and religion, of the new world, of Africa, Europe, a wandering savage.” Whitman

There is a domain of existence where we are all connected. Knowing this makes prayer, psychic healings, telepathy, prophecy and past life remembrances very natural.

Start to see the world as an extension of yourself. For example if the trees don't breathe, you don't breathe. Nature is a living organism connected to you as one.

Every relationship is a mirror.

Pay attention to your internal dialogue. Your thoughts create your world, and don't worry about what other people think. Affirm: "I am completely independent of the good or bad opinions of others."

Know the spirit is emotionally free.

Harmonize the masculine and feminine in you. Power and intuition. Yin and yang.

Pay attention to coincidences and synchronicities in your life. There are infinite possibilities.

"When I die, I will soar with the Angels, and when I leave them, you cannot even imagine." Rumi

When you are in the bliss state, wherever you go, flowers will blossom. Being happy for no reason whatsoever. Not from an external event, or a positive mind, but beyond the poles of opposition. That is bliss.
'Ananda.'

Every thought becomes a molecule. Activity in your cells is directly influenced by how you think. Cells are living, conscious beings. Being happy produces healing, 'cancer killing' cells. Happy thoughts create happy molecules.

Uni-verse = One song

Use meditation and ayurveda for perfect health.

Change your thoughts about ageing. You become wiser, more dignified, respected and admired. Don't have a vocabulary for negative thoughts.

The greatest threat to life and health is having nothing to live for. Keep interested in life. Keep growing. When you stop growing, you become old. Choose to improve with age. Go outside into nature, do a little exercise, eat fresh food and stay positive. Have an appreciation for simple life pleasures and a strong will to live. Expectation rules outcome; an open loving person ages gracefully. (Also Vitamin B12 helps prevent senility.)

“When you label me, you negate me.” Kierkgard

There are no words to describe bliss. The true soul; water cannot wet it, fire cannot burn it, it is beyond time. The goal is, as William Blake said: “To see the world in a grain of sand, and a heaven in a wild flower, to hold eternity in the palm of your hand, and infinity in an hour.”

Deepak’s seven spiritual laws of success:

- 1) The law of pure potentiality (meditation, non-judgement.)
- 2) The law of giving (circulate gifts and money. Give and receive.)
- 3) The law of cause and effect (observe choices and consequences.)
- 4) The law of least effort (acceptance, responsibility, defencelessness.)
- 5) The law of intention and desire (release and surrender desires.)
- 6) The law of detachment (all is possible, nothing is certain.)
- 7) The law of dharma (your unique talent. How can I help?)

“You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait, just learn to become quiet, still and solitary. The world will freely offer itself to you to be unmasked. It has no choice, it will roll in ecstasy at your feet.”
Franz Kafka

There is no higher life purpose than trying to open your awareness until the full impact of reality, in all its beauty, truth, wonder and sacredness is consciously experienced.

7) **Marianne Williamson** (July 2004 and various other occasions, London)

Mini biography- Marianne Williamson is an American, internationally acclaimed spiritual teacher, author and lecturer. She has published many bestselling books, including *A Return to Love*, *A Woman's Worth* and *Everyday Grace*. She founded Project Angel Food, a meals-on-wheels program that serves homeless people with AIDS in the Los Angeles area, and she started the grass roots campaign supporting legislation to establish a U. S. Department of Peace.

There is one Truth with a capital T. Only love is real.

We are all one. There's only one of us. We're like sunbeams of the same sun and waves of the same ocean, thinking we are separate.

God is love, and love is all that there is, and what is all encompassing, has no opposite. God is an energy, an idea. In Aramaic it's 'Mother/Father.' You are a child of the Divine.

There is only one problem: separation from God

There is only one solution: union with God

The 'Course in miracles' is one way to get there. Another is transcendental meditation. There are many ways.

The path is a shift in perception from fear to love. Be the love that is missing in a loveless world.

God's will is for the perfect you, so release your life to God, then you'll have whatever is blocking you shown to you, to be healed. Each person has a highly individualized curriculum.

"Dear God, please make me who you want me to be, take me where you want me to go, tell me what you want me to say, and to whom."

Every situation is ultimately a lesson in forgiveness. Ask 'who am I not

forgiving?’

Forgiveness is a process. The goal of the course is to find inner peace through forgiveness. Use the light. Envelop the person in light, then let your light merge with theirs, in love. It’s the Holy Spirit’s function to forgive. It’s our part of the bargain to get out of the way.

Don’t judge others, just be concerned with your own atonement. Would you rather be right or happy?

Suffering gives us X-ray vision into the suffering of others and makes us more compassionate. Ask that your suffering not be in vain, but helps other beings.

Asking for a miracle is saying: “I’m willing to see this differently. Please shift my focus and way of thinking above the cause level.”

Get out of the way and let divine intervention come in. (Enlightenment is a process of unlearning.) Be open and ready to receive.

The time to live fully is Now!

“Am I being, in this moment, all that I am capable of being?”

In each moment, be radically available to be used by God, to be put to good use as an instrument for the light. ‘Please use me now.’

It is time to stop being who you are not. Be grateful for all the good in your life and live in integrity with that. Daily spiritual practice is vital.

There is no one more worthy of love than anyone else. God loves us as One.

Everything is planned, there’s a reason for every relationship. You are destined to meet certain people, but at liberty to do what you will with that relationship. (Fate/ free will.) Surrender your relationships up to the Divine for blessing and the highest outcome.

Only what you are not contributing can be lacking in any situation.

You may attract in a mate, someone who triggers earlier wounds. You can either go into fear, or use the opportunity to heal and move on. Everyone you meet will be your crucifier or your saviour. It's up to you. Don't allow anyone to take your moral authority. Don't disempower yourself with anger.

Standing up and speaking your truth will empower you. A meaningful life is not a popularity contest. If you're not ruffling feathers, something's wrong! Don't worry about if they're impressed, are *you* impressed?

Why are we struggling with wings of a sparrow, when wings of eagles have already been given to us?

It is who we are, not what we do that represents our greatest work in the world.

No one else's good fortune diminishes our own.

The whole world is inside of you. You are the vastness of the universe. You can accomplish anything. You just happen to have within you the eternal light of the universe. When Jesus said: "you can do the same and more," he either meant it or he didn't!

Nothing exterior can dim the Light that is within you.

You are heir to the laws of the world you believe in. In every experience you can have a grievance or a miracle, not both. It's not up to you what you learn, only whether you learn through joy or through pain.

"Be positive. Have fun. Send love. Kick ass!"

Prayer is the medium of miracles.

The gap between heaven and earth is who you are now and who you are

capable of being. Ask for help to remove your wall of Jericho.

The crucifixion is like the ego- look at it but don't dwell on it. The resurrection is opening the heart to fears with love, to heal. Don't see your wounds as something to be ashamed of. The depth of your crucifixion is how high your resurrection will be. You can go off track, but be open and willing to surrender and be guided back home from the depths, and it will happen in a direct vertical line upwards. Believe in miracles. Ask for them. It's never too late.

There is no order of difficulty in miracles.

Who is the 'me' that the right man for me would be magnetized towards?

Just love your neighbour and yourself. The highest commandment is to love one another. Think or say 'Namaste' on meeting people: 'the love in me salutes the love in you.' Walk around doing this and I defy you not to be happy!

The holiest place on earth is where ancient hatred becomes present day love.

What matters most in life is not what you achieve, but what you die trying to achieve.

Affirm 'life is good, I am so lucky to be here.'

For years there's been a committee in your head. Time to take charge of the meeting! Listen to the still small voice of God. (The ego speaks first, and loudly, so go beyond that through meditation to the stillness and truth.)

With every thought we think, we can make the world a better place. The butterfly effect is real.

When we become the people we are capable of being, we enter the

quantum field of infinite possibilities, the realm of inner peace. Even if we don't live to see that day come, we will toast each other with champagne in heaven for having worked towards making it happen.

See luminous energy emerging from your heart extending outwards to touch all things. Bless your home, your past, your family and friends, send this light to your own body, your country, warring nations, the entire planet. Use it like a magic wand and watch miracles occur.

When enough of us love, fear will dissolve. When enough of us find peace in our hearts, war will cease.

“There is a collective force rising up on earth today, an energy of the reborn feminine. She is peeking around corners, taking over businesses, tucking in the children, and making men go wild in every way.” - from ‘A Woman’s Worth.’

There is a holiness in the air today. Modern priestesses are appearing all over. We use whatever our business is as a front for talking about things that really matter. They are bearers of the goddess torch. Queens. They are absolutely powerful.

At every moment, a woman makes a choice between the state of a slave girl, and the state of a queen.

We can't look to the world to restore our worth. We're here to restore our worth to the world. Forget looking for earthly role models, there aren't many. Look inside instead.

Your job is to shine! And thus illuminate the world.

A profound lesson lies in realising how threatening our light can be. It's important to be conscious of that lest we subconsciously dim our light in order to avoid offending anyone. Pray for protection and humility as you shine brightly in the world.

The recognition of our oneness with God/ Light, is the death of the ego and the end of all fear. Knowing the truth of our spiritual oneness, and

embracing it within our hearts, is the ultimate answer to all the world's problems. We are one with God. We are infinite love. Only love is real.

Heaven is here and now, in our capacity to realize our oneness.

Tell yourself: "I am on this earth as a vessel for Love. I am permanently employed working for the Divine to spread light and love. "Remember you are in this world but not of it.

The person that you are is not your career. It's about *being*, not doing.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves: 'who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened in shrinking so that others will not feel insecure around you. You were born to make manifest the glory that is within us. It is not just in some of us, it is in everyone, and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fears, our presence automatically liberates others."

8) **Jane Goodall** (6th Sept 2004, St James's, Picadilly. London. Also in Rio- Brazil during the Earth Summit in 2012.)

Mini biography- Dame Jane Goodall DBE, is a British primatologist, ethnologist, anthropologist, and UN Messenger of Peace. Considered to be the world's foremost expert on chimpanzees. She is the founder of the Jane Goodall Institute and the Roots and Shoots program, and she has worked extensively on conservation and animal welfare issues. Her books include Reason For Hope.

“Every individual matters, every individual has a role to play, every individual makes a difference.”

Her mother Vanne, taught her from a young age: “If you really want something, and you work hard enough, take advantage of opportunities and never give up, you will find a way.”

It had long been thought that humans were the only creatures on earth that used tools. When Jane's work as a young girl in Africa proved this wrong, Luis Leaky famously responded: “Ah! We must now redefine man, redefine tool, or accept chimpanzees as human!”

In Gombe, Africa, she found herself thinking: “This is where I belong. This is what I came into this world to do.”

Jane believes that there is but one guiding force in the world or God, but with many different names: Allah, Tao, Brahma, the creator. “God is the great spirit in whom we live, move and have our being.”

“I found more nourishment for my soul in nature than in a church.” She always enjoyed aloneness. After months in Gombe she saw the ‘civilized world’ that we have created, with new eyes: the world of bricks and mortar, cities and buildings, cars and roads and machines. Nature was almost always so beautiful and so spiritually enriching. The man made world seemed so often horribly ugly and spiritually impoverished. Going from the peace of the timeless forest and simple, purposeful lives of its inhabitants to the materialistic, wasteful rat race of Western society was

always a difficult and sad transition. Away from nature she found it harder to sense the presence of God, until later when she learned to keep the peace of the forest within her.

“What an amazing privilege it is to be utterly accepted by a wild, free animal.”

Jane sees science and religion as totally compatible. Albert Einstein begged us to widen our circle of compassion to embrace all living creatures and the whole of nature in its beauty. It’s interesting to note that Einstein, Albert Schweitzer, Pythagoras, Gandhi, George Bernard Shaw, Benjamin Franklin, Leonardo da Vinci, and Tolstoy, amongst others, were all vegetarians and respecters of all life as one.

One unforgettable day in the forest, Jane was blessed with the experience of oneness: “Lost in awe at the beauty around me, I must have slipped into a state of heightened awareness. It seemed to me as if ‘self’ was utterly absent: I and the chimpanzees, the earth and trees and air, seemed to merge, to become one with the spirit of life itself. In a flash of ‘outsight,’ I had known timelessness and quiet ecstasy. I knew this revelation would be with me for the rest of my life, imperfectly remembered, yet always within, a source of strength on which I could draw when life seemed harsh or desperate. The forest, and the spiritual power that was so real in it, had given me the ‘peace that passeth all understanding.’”

Jane is always asked in today’s chaotic world, how she keeps hope for the future. She maintains that she focuses on the peace within and gives thanks daily for all the good things like people, friends, health and nature. And she surrenders; “not my will but thine be done.” Peace comes from not fearing death and knowing that the spirit continues on.

“One of the best ways to combat despair is to take action”

4 Good reasons for hope:

- 1) The incredible human mind
- 2) The resilience of nature

- 3) The energy, enthusiasm and commitment of young people who want to right the wrongs
- 4) The indomitable nature of the human spirit (achieving seemingly unattainable dreams through perseverance.)

A life lived in the service of humanity, a love of and respect for all living things. These are attributes of saint-like behaviour. We must each try to be a little more Saint-like.

“So let us move into this new millennium with hope, with faith in ourselves, in our intellect, in our indomitable spirit. Let us develop respect for all living things, let us try to replace violence and intolerance with understanding and compassion, and love.”

9) **Dan Millman** (London, May 2005)

Mini biography- Dan Millman is a former world champion athlete, university coach, martial arts instructor, and college professor. After an intensive spiritual quest, he wrote various books including *The Way of the Peaceful Warrior* and *The Laws of Spirit*, which was the focus of this talk.

1) **The law of balance:** Not too much or too little

“Be humble for you are made of earth.
Be noble for you are made of stars.”

-Serbian proverb.

We are creatures of moderation. We can't swim as fast as fish, run as fast as cheetahs or lift as much as gorillas, but we have all of these abilities in moderation, in balance.

If the pendulum of our lives swings too far to one side, it will inevitably swing too far to the other.

What habit are you overdoing, or under doing? Can you redress the balance?

2) **The law of Choices:** Choose life, health, happiness, joy....

We choose when we take action. There are only 2 things we have to do. We have to die, and before that we have to live.

Recognize that you have the power to say no, before you can say yes to life.

Dan said every morning his wife, Joy, tells him “I *choose* to be with you above everyone else on the planet.”

“When you sit, sit. When you stand, stand. Just don't wobble!” Choose and commit.

3) **The law of process:** Every journey has a secret destination, of which

the traveller is unaware.

Instead of defining the goal as success, see every step in the right direction as a success.

4) **The law of presence:** Live here, now!

Life is a series of moments. Each moment counts. Be here now. The passing moments are all you can be sure of. Extract their goodness now.

Focus on breathing to stay in the moment. That leads to relaxation, present moment awareness and elegance.

Life becomes easier when lived in the present.

5) **The law of compassion:** There are no ordinary moments.

“Be kind to others because they are battling their own fears.” Plato

See everyone as connected to you, with the same needs and desires.

Forgive yourself. Extend compassion to yourself.

6) **The law of faith:** Have the courage to live your life as if everything that happens is for your highest good and learning.

Nobody needs to seek out adversity! Everybody has mental, emotional and physical pain to deal with.

Choose to believe that you chose this life, your parents, life lessons, dreams etc.

See the Divine perfection of each moment.

“There are 3 mysteries in this world: Air to birds, water to fish and humanity to itself!”

7) **The law of integrity:** “My life is my teaching.” Gandhi

I am not bound to succeed, but I am bound to live out what light I have within me.

“Live according to your highest light, and more light will be given.”
Peace pilgrim.

Live and speak your truth.

8) **The law of action:** All know the way. Few walk it.

The smallest kind deed is better than the loftiest intention.

Turn what you *know* into what you *do*.

Dream big but start small.

9) **The law of cycles:** What goes around, comes around.

“Presume not I am the thing that I was.” Shakespeare

“No hardship can be permanent.” Truman Capote

What you give out, you get back.

Do unto others as you would have them do unto you.

10) **The law of surrender:** Thy will be done.

Surrender is the wisest thing to do because life will unfold as it will anyway.

Stress happens when we resist what is.

Learn to wish that everything will turn out exactly as it does. Be grateful for it all.

“When my house burnt down, I got a better view of the stars.” Japanese

saying. Attitude is everything.

11) **The law of unity:** We are all one.

See the world from space, and yourself as a tiny speck stressing about your finances and relationships! Keep perspective on it all.

Our true essence is never born and never dies.

If you can see everything as you, all jealousy, hatred etc disappears.

“We sit together the mountain and I, until only the mountain remains.”

Enlightenment is like being at the peaks of ecstasy and the depths of despair, alternating between the two at the speed of light.

If you want to be happy, imagine losing everyone you love, and everything you care about going away. Then getting them all back!

10) **Neale Donald Walsch** (Findhorn, Scotland. May/ June 2005)

Mini biography- Neale Donald Walsch is an American author of the series Conversations with God. He is described as a modern day spiritual messenger and he is also an actor, screenwriter and speaker.

“We are here by divine appointment. It is no coincidence.” The exact, right and perfect people are gathered here at this event.

Neale said it is time to remember fully who we are and what to do, time to choose to be who we know we really are. He promised we would leave here changed, and that one day I too would be sitting in a similar room, teaching those who pretend they don't remember. It's time to stop the nonsense. Time to give people back to themselves. We just need to finish our unfinished business here in preparation.

He told his own story as detailed in his books.

Look people deeply in the eyes.

Neale explained that there is nowhere where my soul ends and his begins, our souls are one, intertwined. The same is true of God and us. We are all one. (This is how psychic intuition is possible and real.)

There is only one energy in the universe, manifesting itself in a gazillion ways.

The illusion of separation helps us to live our singularity more easily. It has a purpose.

Change must be effected at the level of belief, not at the level of behaviour. Problems must be approached at a spiritual level. Lightworkers must work at the level of cause.

One person can change everything. (Look at Gandhi, or Hitler.)
What is the most important thing in your life? What is its purpose? It is to recreate yourself anew in every golden moment of now, in the

grandest version of the greatest vision you've ever had about your life.

We will have a life review at death. Bear that in mind now!

Change the lives of those whose lives you touch. Pay attention to the smallest things.

You create the exact right and perfect places, people and events in your life. It's all perfect.

Self realization is needing nothing outside of yourself, having forgiven all, shown gratitude to it all and being ready to move on seeing the humour in it all.

Nurture those who don't know they don't know. Teach those who don't know but know it. Avoid those who don't know and think they do! Humour those who know and pretend they don't. Help to wake up those who know but don't know they know. If you know and you know you know, you fly with wings of angels through life.

Let your light shine.

Know you have been sent nothing but angels.

4 Paths to enlightenment:

1) Intellect 2) Service 3) Ritual 4) Devotion

Take what you know and physicalize it. Become it with gratitude. Ask for help to move it from your mind to your heart, hands and words, that you may touch others and shine in their lives and your own.

In disasters, see the perfection, including for the so-called victims. There are no real victims and villains.

Life explains itself through the process of life itself. Don't mourn death, it doesn't exist. Just mourn what humanity is doing to itself, and help change it.

Nothing is happening to us, everything is happening through us.

See things the way you want to see them, then they will become that way. Create perfection from imperfection. Shift happens!

Actually, loneliness, ground zero, can be the best place to be “when you lose all your supports, you find out what really supports you.”

Feelings are tools of creation. Use feelings proactively rather than reactively and you will change your life. We are human *beings*. Use choice, use your feelings wisely. They bring circumstances, and mass feelings bring mass circumstances.

The mind is the greatest gift. It duplicates what you think of and imagine! We are magnificent self-creating beings. We can create miracles daily. You can change your life overnight.

Discard other’s thoughts that are negative. Never again see yourself as a victim, remember who you really are, a co-creator with the Divine.

Give yourself the gift of silence 5 times a day. ‘Stopping meditation.’ Look for 30 seconds then close your eyes. (Try this with a mirror.)

Live each day as though it were the last in terms of seeing and appreciating everything.

The laws of the universe work whether we use them consciously or unconsciously.

As Sir John Templeton puts it, we need a humility theology; willingness to acknowledge we don’t have all the answers and that we are all one and ours is not a better way, merely another way.

Science is making leaps forwards because now science is willing to question the prior assumptions. Salvation is not even an issue. Let’s just work to create heaven here on earth.

Think: ‘what can I do to help?’ Deal with unfinished business, what’s the challenge between me and my highest life? Then do what you love.

Every act is an act of self-definition. Everything that presents itself, does so because you have chosen it. See the perfection. You even die at your own will. (If someone is born disabled it is due to a choice- beyond conscious, in order to experience specific soul growth.)

That which you wish to experience, cause another to experience. What you give away, you become.

Think outside the box, the matrix. Be in this world, but not of it. Express who you are outside of the illusion, everything else is fiction.

There is a miracle happening- Life, lived out through you, yet we have a choice about it. We embrace it by giving it away. The miracle is love. Let it go, allow it to flow through you, it stays with you as it flows.

Have gratitude for life in and as you. It’s all perfect.

Shakespeare, the metaphysician knew: “To thine own self be true.”

This is the turning point in human history. We are the saviours if we choose to be. The change is happening now. Everything is speeding up. What you believe, will be.

Wouldn’t life be interesting if you thought you came here to save the world.

You/ we chose to be here in this time and place on earth, to contribute to the incredible change. We’re all co-creating this.

Once you decide to *be* the message, your entire life will change. Demonstrate who you really are.

Our little concerns really don’t matter except to the degree that they make you create who you are.

You are the gift that you came to receive. You receive it when you give it away.

Step into your special-ness and share it.

Eileen Caddy, the founder of the Findhorn community, joined us and shared that the first words she heard from the inner voice, were: “Be still and know that I am God.” (It was the first time she’d spoken in public for many years. A real privilege for all of us present.)

There’s no need to resist evil. Firstly, there’s no such thing. Just choose and focus on good.

Ignorance can be bliss. How do we live the knowing?

There is a fear of ‘what if I’m wrong?’ or even worse: ‘What if I’m *not* crazy?!’ (Neale said he still hides behind humour.) A fear of the responsibility, because then you have to live it! Announce your fear. Don’t deny it. Get rid of the fear of being known for who you are. Call your fears adventure. FEAR = feeling excited and ready, or false evidence appearing real.

Become one with what you most fear, and all will be well.

Make decisions at the level of being-ness, not because of what other people think, but because of who you choose to be. Then go to the highest level of thought. See the magnificence of yourself and others and give them back to themselves.

Focus on reminding others and your own fears disappear. Acknowledge the possibility of communicating with God yourself, and your worthiness to do so, then open yourself up to signs. Don’t deny the message, own it and act on it courageously.

Sai Baba says: “I am God. You are God. The only difference is that I remember and you have forgotten temporarily. I will help you remember.”

It's an illusion that we need anything. We are living in a make believe reality.

Celebrate our differences, unity in diversity.

Don't miss the gift of your own life experience. It's priceless!

Heal yourself and let others see themselves as you and be inspired.

The woods are dark, there's a long path to walk. Abandon yourself no longer. There is nothing wrong with feeling sad. It's natural and good.

Don't be on your deathbed saying to your family: "You hardly knew me."

Stop recreating yourself to 'fit in' to the norm. Choose *you*, even if it means losing others. Claim who you really are to family and friends, accept their perspective but live your truth.

3 fundamental beliefs: 1) We are all one 2) There's enough 3) We create it all

Start double tracking whatever job you're doing and what you want to be doing, until the latter overtakes the former.

If you think you'd feel bad giving things and people up to be who you are, try hiding your light to accommodate the 'norm.' That's hell!

Give yourself the gift of living your vision. Be gentle on yourself but don't delay too long. Don't wait for your own perfection. Be open to being an imperfect messenger. You teach what you need to learn. Be perfectly imperfect. Don't try to look good, just be honest. It's all perfect.

If you knew what you wanted next, what would it be?

What would cause that to happen?

Go to the first cause.

What more do you want out of life that you're not getting by being who you are?

You are *not* your story! Re-write it.

There's nothing to be afraid of. The world needs you.

11) **Wayne Dyer** (Wembley, London, September 2005)

Mini biography- Wayne Dyer (1940-2015) was an internationally renowned author and speaker in the fields of self-development and spiritual growth. Over the four decades of his career, he wrote more than 40 books, including 21 New York Times bestsellers. He created many audio and video programs, and appeared on thousands of television and radio shows.

“We are not our bodies, our professions or our careers. Who we are is divine love, and that is infinite.”

Wayne began by thanking us collectively for his beautiful home in Maui, paid for by his various books, recordings and talks.

He encouraged us to check every thought that we have and never finish a negative thought. Just be ourselves and if it is destined that others should recognize you, that's up to them.

Wayne based his talk on a quote from Patanjali, a man who wrote 2,300 years ago in India, 300 years before Christ. Back then he referred to many incredible things, for example levitation and bi location. Patanjali wrote the famous ‘Yoga sutras’ and is in Wayne’s opinion the greatest writer there has been. He wrote: “We are spiritual beings having a human experience, not human beings having a spiritual experience.” Wayne believes the Bhagvad Gita is the holiest book on the planet. These works help us move into Siddhi consciousness, God consciousness. (He also believes that the Abraham teachings are the best on the planet now.)

“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.” Patanjali

It speaks of the rewards of living in spirit. Patanjali taught to focus on what you want, and know it has to show up and that what we think about expands. “Be steadfast in your abstention of thoughts of harm directed towards yourself and others.” Remember every creature just wants to be loved.

The only error you need to correct is the belief in your separation from God.

“Find someone who thinks they are alone, and let them know they are not.” Mother Teresa. (He met Mother Teresa, and said there are 27,000 people on the planet today calibrating at her level (see book: Power Vs Force by David Hawkins.) When somebody at that level enters a room, the energy changes. Illness cannot exist with them. The two highest calibrating beings alive today are Sai Baba and Mother Meera. Christ has been the only one to reach the level of Christ consciousness.

Anything that unites us, strengthens us. Anything that divides us, weakens us. (This can be proved with kinesiology.) Organized religion will always weaken us. Wisdom is avoiding all thoughts that weaken you.

Ego would have us believe that we are what we do and what we have. Nonsense. We just *are*. If you are what you do, then when you don't, you aren't. If you are what you have, then when you don't have it, you aren't.

A motivated person strongly believes that nothing can prevent their dreams from manifesting. Sometimes inspiration gets a hold of you and takes you where you were supposed to go. Enthusiasm and passion are proof enough that it can be done. By believing passionately in something which doesn't yet exist, it is created. That which is non-existent, just hasn't been sufficiently desired yet.

Don't hold your thoughts on what always has been or never was or what can't be done. Never. Keep the belief that the dream is on its way. Even obstacles become opportunities; you can't help but create it. Always

look for evidence that it's on its way. The greats have a vision that they never let go of. Get yourself in a state of awe. The law of floatation was not developed by dwelling on sinking! Look up, keep the dream in mind.

“The dream is my master.” Walt Whitman

Don't die with your music still in you.

Inspiration can even come to you from the worst moments. There's a reason for everything, even the most horrific events. You can find inspiration in anything! It's all perfect. All the people here are meant to be here. There are no coincidences. Always be aware of alignments, numbers, synchronicities, signs from animals etc.

If you knew who walked beside you at all times on the path that you have chosen, you could never experience fear or doubt again.

There are things that you feel compelled to do now that will be relevant for later. Do them!

It's about remembering. “The memory of God comes to the quiet mind. It cannot come where there is conflict. A mind at war with itself remembers not eternal gentleness.” A Course in Miracles

The morning breeze has a message for you, if you wake up around 3am, don't go back to sleep but listen for the message. It's a call to creation. All things come from silence, go into meditation (you can make up for an entire night's sleep in 20 minutes deep meditation anyway.)

Mozart, Arthur Miller, Michelangelo; all creative geniuses, allowed the writing or music to happen *through* them. They knew they were merely channels for something greater than themselves. Wayne has a desk with inspiring images and scents, he waits to feel *drawn, called* to write. It isn't what we call God that makes it God. Whatever we call it, everything comes from it. It gives life and light. God is perfect oneness. Don't come from two-ness! We come from something beautifully Divine, keep your thoughts aligned with that and despite being

bombarded with bad news daily, keep focused on the many good things and know that you can never fail, and all will be well.

“When you are dead, seek your resting place not in the earth, but in the minds of men.” Rumi

Like St Francis of Assisi, ask to be made a channel for peace and come from oneness.

Choose you thoughts well: about growing old, illness etc. Illness is just resistance to wellness, age brings wisdom, perspective, grace.

Wayne spent the first 10 years of his life in an orphanage, even then he always intended the best to happen, and was the richest little kid there!

Be a disturbing element. Ruffle some feathers! Challenge the status quo. Ram Dass taught Wayne to come onto a stage from the audience, to be one of them.

In the Bamemba tribe in South Africa, when someone misbehaves, they are put in the middle of a circle with the whole village around them and each tells that person all the good things about them. Naturally this procedure hardly ever needs to happen. The peace pilgrim wrote about this beautiful ceremony. This is the way to help people, love them through it. Most families do the opposite.

Wayne joked: “Your friends are God’s way of apologizing for your relatives!”

“The only way you convert someone from being an enemy to a friend is through love.” Martin Luther King

The enemy is hatred itself.

In Rwanda, one million people were slaughtered with machetes in 1994 in 91 days in a wave of racial cleansing. 9/11 was a pub brawl in comparison. A brave woman survived it by living in a cupboard with no

food, praying, making herself invisible. Miracles do happen, and now she is writing a book called 'Left to tell' to share what happened with the world. She taught herself English in that cupboard. Now she knows why! Her name is Immaculee Ilibagiza. Read her story.

Have a mind that is open to everything and attached to nothing.

Say daily: "Thank you, thank you, thank you!"

If we were to awaken to the moment, we would see reality. We are not our personality. We let go of our fears and attachments and seek union with God. Be transformed by it and all the world will follow." You can either be a host to God or a hostage to your ego. The choice is yours. Choose wisely.

12) **Eckhart Tolle** (October 27th 2013 London.)

Mini biography- Eckhart Tolle is a spiritual teacher and author who was born in Germany and educated at the Universities of London and Cambridge. At the age of 29, a profound inner transformation radically changed the course of his life. He is the author of the #1 best selling New York Times *The Power of Now* (translated into 33 languages,) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time.

The atmosphere was set with music to quiet the mind, and Eckhart was introduced as ‘The greatest spiritual teacher of our time.’

He began by saying that the mind is a tool to be used by you, not something that runs your life. We’re now evolving beyond that madness.

The most wonderful opportunity is to realise within you the transcendent experience.

You are, as a person, a temporary form of consciousness housed in the body.

Unhappiness or suffering is the sense that there’s always something missing. Stress is that idea that you’re here but would rather be there, somewhere else, or you are here but wanting to be in the future. 90% of suffering does not come from the conditions of your life but from your mind’s attitude to them. The mind argues with ‘what is,’ which is silly as the ‘isness’ just is, and acceptance would bring peace of mind.

He joked about daily frustrations like making an important call to find yourself on hold listening to bad elevator music with an occasional recorded voice lying to you that: “your call is important to us.”

All you ever have to deal with in real life, as opposed to imaginary mind projections, is this moment.

You are the Light/ Consciousness of the world. Know yourself as that.

That's the end of suffering and the beginning of awakening.

Our primary purpose is to be fully Here Now. To Be. To enter presence in the now.

Our secondary purpose is to be used as a channel for that Light to work, or to manifest your particular gifts through.

Live from the timeless depth, then use your mind as a positive tool to create and manifest.

Presence is the eternal I AM consciousness itself; the timeless stillness beyond thinking. The space or pause between breaths or thoughts.

In the Now there is no problem.

Presence brings spontaneity. When you 'get it' you feel light, you loose fear. You're living just meeting yourself in other forms. Recognising this. Recognizing yourself everywhere is love. Love is recognition of the One. There's one 'I.'

You are what you are looking for. You can only know that in the Now.

You and life are one. You cannot loose your life.

Say: "I am the universe experiencing itself temporarily as this form." (You're in the dream of form, but you're not form.) Who I am cannot be defined in terms of form but can be experienced directly.

I am one with life.

This particular life is just a flash. The totality is infinite. Know yourself as timeless, formless, unlimited, eternal peace.

The ancients had a deep sense of the sacred. Live in the joy of life.

You form stressed thoughts about 'them,' 'they.' Whoever 'they' are.

As Churchill said it becomes: "One damn thing after another."

Human history is formed by this predominant state of consciousness. 90% of suffering is unnecessary. It can be transcended.

Buddha knew this and explained it with his Four Noble Truths and their solution.

‘Sin’ only means missing the mark/ the point of existence. Being unconscious.

In you there is a dimension of consciousness deeper and more real than thinking.

You are a wave or ripple on the sea surrounded by other ripples on the surface of life. The ripple’s greatest opportunity is to realise its depth. The ocean frees the ripple identity. The delusion is the iceberg image, believing only in what’s above the water, which you can see. There’s so much more to who we are. Realise who you are beyond form. You speak of ‘your life.’ You don’t have a life, you ARE life. You are a temporary expression of the one life. You are life expressing itself.

You are a particular way for the universe to experience itself.

We still have to live life normally. You can’t say to a child who is saying “look I can jump!” Do not identify with your vehicle body. That will lead to ego, which will lead to suffering. They have to go through the process. It’s fine to connect with objects like your body or house, but do you derive your happiness from them?

To reach Enlightenment, the transcendent state, we must let go of needing to arrive somewhere in the future. Realise nobody and no thing can make you happy.

Imagine you are a speck on a vast sphere (which you are being here on Earth.) You feel small, separate, insignificant.

The very source of all life is you. Everything is connected with who you

are, to that one source which is you. When you get this, you'll emanate Loving Kindness.

Your life consists of sense perception, thoughts, feelings, emotions, and the light of consciousness itself. God, or your true, deeper self. The essence of who you are is the formless, timeless being itself. Eternal.

Individuals, tribes, religions, nations thrive off 'otherness.' That creates untold suffering. The mind creates labels. 'He's a liar!' He lied ONCE to you, as you have to others and he's got the label. Even those awakening, fall occasionally into unconsciousness. It's conceptual rationalization. It's madness, but it's normal.

We have a collective manifestation of hell on earth.

Right here and now there's a man on this stage looking out at all of you. Who am I?

Ramana Maharishi always asked that question. I am the conscious presence that is doing the looking.

That alert presence that was looking for yourself, IS yourself.

Think of the fish who wonders what water is. It spends a lifetime looking for this all pervasive essence called water that it has heard of. Finally, ideally, the fish realizes 'I am everything! That which cannot be named could be presence or consciousness. Can you become aware of your own presence? It's a subtle but enormously powerful energy field. We all have moments where we dissolve into something greater.

It is necessary that you become familiar with the beautiful state of not thinking. (Not through drinking!) Just pure awareness. An elevation in consciousness. Discover the ability to step out of thinking into pure awareness. It already arises spontaneously here and there. Sometimes nature does this for you. You feel good because you've stopped thinking. You feel more alive. Catch those moments. Be conscious of them, then you can prolong them.

It's like seeing something new. Look out of a window, alert but not thinking, as if for the first time. A window meditation. A window creates a 'frame' for meditation. The personality recedes. Presence arises. You are consciousness perceiving. Realise you love this moment.

“Embody Transcendence.” Dalai Lama.

That shift of identity from personal self to consciousness itself is the most important growth. Gradually you can choose to experience this, in a high level of awareness. I am the presence through which I perceive. Be an alert presence. Free, spacious. Become free of the illusion of being only a person. Even inanimate objects are alive, are energy. Use your senses to perceive yourself as consciousness. Make it experimental.

This should be taught in schools.

It does not matter whether in the eyes of the world you are a success or not. You can live in two worlds: the form and the formless. Dance between them, thinking and awareness. You no longer derive your sense of identity from what your mind tells you and you live in the flow of life.

Access consciousness prior to form, it is the source of who you are and of the universe. That frees you from the limited 'me' delusion.

The present moment, now, is one of the access points or portals into presence. Another is through sense perceptions, for example the window exercise.

To know yourself as consciousness is inherently pleasant.

‘Sat-Chit-Ananda.’ - Truth, consciousness, bliss. The bliss of consciousness itself.

Everything you see is a temporary manifestation of that same consciousness. It's only when you are connected with life itself,

consciousness, that you can enjoy all its manifestations.

You can use this energy, directing it, receiving it through thought to create, invent, make music. Let it be created through you from the deeper level of being. Be a conduit for it.

Some of you are frequency holders. Just being; benevolent, good, holding the energy for a new world. That's good and important. Others create. We all have our role to play.

Be still. Be present. For example when you're waiting for something, in a queue.

Look at all the different expressions of the ONE life. Manifold expressions of it. People, nature, events, sounds...

Meditation helps. All spiritual practices are ultimately designed to take you into that spacious presence. But don't let the technique get in the way.

Balance form and formless in yourself. You are that which is beyond form.

This is your life, here and now!

Who you are is the Now. Timeless, limitless, ageless. A conduit.

Most scientists ignore consciousness. A Zen master only has to hold up a finger to demonstrate Zen. No words are necessary.

Presence cuts through time and karmic accumulations. He has received letters from people in prison saying they now realise that they are free.

Sometimes losing everything brings deep peace.

Being here today means we're already in touch with presence. This energy field deepens it. The time to access presence is here and now.

The collective is now ready for a big shift. No longer care about

opinions.

Another portal is the inner body. Feeling the energy, aliveness, tingling. Every cell is alive. Choose to be present. Choose to disengage from the insanity.

The essence of all spiritual practice is being present, both form and formless. Then gradually that becomes your normal consciousness. If you lose it, notice that and return to the present moment. Merge you- the person, with you- the presence. Merge the Atman with Brahman.

Anything else is madness. We are moving out of the madness.

You're the same before awakening and after awakening, but more loving, peaceful, spacious and happy.

Your life purpose goes far beyond you as a person. It's your awakening.

It's a miraculous time to be living, with this shift in consciousness taking place. Be grateful for challenges that come, they'll come even when you awaken.

Joy, aliveness comes from within, from the source. Then it beams out from you and is reflected back. The essence of the secret of life is this, and it has been deepened here tonight.

Go out into the world as an aware presence. The enlightened person's main focus of attention is always the Now.

Realise deeply that the present moment is all you have.

Thank you.

13) **Angaangoq Angakkorsuaq**- An Eskimo Shaman (April 26th 2010 St James' Picadilly.)

Mini biography- Angaangoq Angakkorsuaq, shaman, healer, storyteller and carrier of the Qilaut (winddrum), is an Eskimo-Kalaallit Elder whose family belongs to the traditional healers from Kalaallit Nunaat, Greenland. He bridges the boundaries of cultures and faiths in people young and old. His work for the Environment and Indigenous issues has taken him to more than 60 countries in the world.

Greenland, his home is the largest island with the oldest crust on earth and is home to 250,000 eskimos.

He began by burning sage in a smoke ceremony to The Great One, which clears all negative energy or defilements. He took the smoke to his eyes, in order to see only beauty, to his ears to hear only good, to his mouth to speak only truthfully, positively and to his heart to love all. He mentioned the need to bring back ceremony, a dying art.

Many cultures use a similar cleansing ritual to clear a place or create sacred space, sometimes using sage, or 'palo santo' in parts of South America, waving frankincense in churches, or burning incense in Asia.

His great great grandfather passed the shaman title or role down to him with teachings and the gift of a caribou hoof. Sadly he was the last one to receive this wisdom in the lineage and so wants to share some of it.

He shared a story of him with Nelson Mandela, both singing and crying along to the sound of a drum with a 98 year old shape-shifter.

About the Environment he said that nobody can stop the melting of the ice, it's been continuous since the 70s and is very visibly noticeable where he lives with 20cm of ice melting a day, but we must simultaneously work on melting the ice in our hearts. The way to melt the ice in our hearts is to live our beauty and smile lots. The most beautiful smile is a smile of the heart.

We have not treated our one earth and mother well. Now the waters are inevitably rising. He believes that London is one of the places that will be underwater. It's a low lying place vulnerable to flooding.

Greenland can get to -77 degrees in the North, but recently they've had temperatures of 37 degrees! The ice is melting at 20cm a day, and legend says that when it gets to 2 km, the sea will rise 7km. The calendar prophecies of old are being realised and are coming to an end.

In his culture, they always respect their elders, the keepers of wisdom.

Our capacity to love one another is limitless.

He spoke of the beautiful unity in diversity and how sad it would be if there were only one kind of flower in the world. It's the same with humans.

Sweetgrass, which he brought with him from Greenland, is one of nature's best medicines. It helps you to sleep and eases the nervous system. It's better and cheaper than Vallium! "Don't tell the NHS I told you."

We are all delicate like grass, but when we find balance and merge body, mind and spirit, we become unbreakable.

The old ways are being lost. His grandmother always wore only Arctic hare skins, and they've always hunted and eaten seals, but the EU is now prohibiting them from continuing these practices. They'd rather they ate pig! As long as people are working with nature, communing with the spirits of the animals, thanking them for offering their lives and using every part of the animal then no harm is done. Stopping those natural ways does harm.

His people have never experienced war, ever. He considers himself so very privileged to be from Greenland and have had wisdom of old passed down to him in that peaceful land.

The world has much to learn from the indigenous people and shamans of old.

14) **Gregg Braden** (October 8th 2010 London.)

Mini biography- Gregg Braden is a New York Times Best selling author, internationally renowned as a pioneer in bridging science, spirituality and human potential. From 1979 to 1990 Gregg worked for Fortune 500 companies such as Cisco Systems, Philips Petroleum and Martin Marietta Aerospace as a problem solver during times of crisis. He continues problem-solving today as he weaves modern science, and the wisdom preserved in remote monasteries and forgotten texts into real world solutions.

The things that are falling apart are the things that are no longer sustainable. Outmoded economic institutions, Middle East unrest, lack of transparency.

Science is only 3000 years old. Spirituality is 5000 years old. Civilization is not linear but cyclic. Archaeologists are finding evidence of advanced civilizations from 10,000 and 15,000 years ago! (Like Caral in Peru, Tiahuanaco in Bolivia and Gobekli Tepe in Turkey.) It's a problem for traditionalists. For example Egypt is now a Muslim country. Muslims believe that civilization is 6000 years old so won't accept that the Sphinx could be older.

A 5,125 year cycle, or world age, is coming to an end. According to the Mayans we've been in the fifth world age and are transitioning into the sixth around the rare astronomical alignments on December 21st 2012. His mother thinks the world's going to hell, but he's an optimist who has studied the prophecies and can see a bright future ahead.

Indigenous traditions have always known about the cycles and world ages and about the precession of the equinoxes which has one wobble every 26,000 years (25, 625 to be precise.) Within that there are 5 smaller cycles of 5,125 years, each a world age. The Mayans, Tibetans, Hopi, Egyptians, Quero shamans of Peru and others all share this knowledge. There's evidence of it in rock carvings around the world, for

example the Hopis rock art which points to two possible futures from this time on, one that ends abruptly (the path of greed and profit,) and the other continues on (the path of love and balance.) Also megalithic structures in Peru built by the Incas, for example the temple of the sun at Ollantaytambo, suggest that *if* we survive the transition into the sixth age we'll move into a golden age. Also the Denderra calander in Egypt shows that we're now at the end of the fifth of five world ages, at the transition point to the sixth.

The Mayans had 5 different calendars to show the previous 4 world ages. The first ended with wind, the second with fire, the third with ice, and the fourth with water (possibly Atlantis sinking,) and the fifth is due to be 'Movement.' Earth quakes? Or perhaps movement of minds ready to create a critical mass shift in consciousness. The present world age according to the Mayans began on August 11th 3114BC, and ends on Dec 21st 2012. They claim that every 26,000 years consciousness changes on earth. It's not an end as such, just the end of an age and a new beginning. World age endings bring global changes.

Our generation must be very strong to live between both worlds without getting lost in the intense and confusing but brief shift. We must deal with personal, societal and cultural changes. We must choose cooperation and love over fear and collapse. Emotions are key. Human emotion / feeling is our most powerful tool. The heart's electromagnetic field is 5000 times more powerful than the brain's. The 45 books that were edited out of the Bible in the 4th century concerned the power of feeling from the heart to create. The lost mode of prayer involved feeling the desired result with thankfulness in advance, surrounded by its result in your mind. Claim the finished product, and *feel it* in detail. Feel 'as if' the outcome has already come to pass. The Nag Hammadi Coptic Dead Sea scrolls showed how to create 'head- heart coherence.' That's the great secret of the ages, and it's right inside of each one of us and puts us all in a position of empowerment (thus the editing.) The Essenes would affirm: "I am already healed" when undergoing a health problem. Every thought and feeling counts. Strong collective positive emotion has an impact globally. Much research has been done on this through

institutions like the Institute of Heart Math. They have looked into how the earth's geomagnetic field is affected by global emotions, for example fear on 9/11 and an outpouring of love when Princess Diana died. We can collectively choose to create a peaceful, loving world and claim it. Individual choices count as well as the collective, and we are at a 'choice point.' Our true power lies in the heart, which is why practices like Metta, the Loving Kindness meditation are so powerful. They are real and palpable. The ancients knew this and modern science is now confirming it. Everything is connected and human consciousness affects it.

There's a living matrix of energy and everything is connected. In 1944 Max Plank, founder of Quantum Theory confirmed this. In the 1990s Vladimir Poplin did experiments on light photons, the building blocks of atoms, and concluded that DNA, which we are made of, had an affect on the photons (what the universe is made of.) Emotion changes DNA, and DNA changes matter. Love and gratitude opened it up and anger and fear contracted it. The quality of emotion in our hearts changes the patterns of our DNA. Emotion and belief is the language through which we interact with the matrix. We are powerful creative beings.

Compassion has a real impact. More information flows from the heart to the brain than vice versa. A Tibetan monk told him that it's not about the external chanting but the feeling going on inside whilst chanting.

Science now acknowledges the power of belief and the placebo effect (See Bruce Lipton's work in *The Biology of Belief*.) Belief is key. What we *believe* to be true may be more powerful than the reality. We have often been taught to disconnect from emotions, but they are in fact the key. We must relearn the language of the heart, and daily focus on feelings such as love, appreciation, gratitude, cooperation, peace and compassion. We can positively influence the geomagnetic field of the earth. It only takes the square root of 1% of a population to reach critical mass, so with 7 billion people that's only 8366 people.

The Head- Heart Coherence method:

1) Heart focus. Bring your attention to your heart, touching it with a finger or with your hands in prayer position at your heart.

2) Feel the feelings of love and appreciation deeply.

3) Breathe long, deep breaths.

3 minutes of coherence can last 6 hours.

It's super simple yet very powerful stuff and corroborated by science. It works.

15) **Juan Nunez Del Prado** (April 2013. London.)

Mini biography- Juan Núñez del Prado is an anthropologist, alto mesayoq and one of the most knowledgeable people in the world regarding the spiritual tradition of the Andes. He teaches about the Andean tradition, what people could gain when practicing this wisdom teaching and how he uses the tools they passed down.

Juan's father was a Peruvian anthropologist who found the descendants of the Incas, the Laika, in 1955. They wore the Royal robes, and they are the keepers of legends. They can still tie and read the Kipos (strings which were knotted as a form of language to record wisdom and history used by the Incas instead of writing.)

He began by speaking of the original seven civilizations since Neolithic times as an overview: The Babylonian, Sumerians, Egyptian, Hindus, Chinese, and Central and South American. The oldest traces of them are from the Sumerians 5,500 years ago and the Pre-Inca civilization in Caral, Peru from 5,300 years ago.

Then he went into the values and beliefs of the Inca and pre-Inca cultures:

Ayni- Reciprocity and generosity. 'Today for me, tomorrow for you.' It's an idea of helping each other out. The Inca civilization, which was founded around the 10th C had 50 million people at its height and no poverty because of this philosophy which worked like a type of social security. It was a utopia of sorts.

Kusay- Life or life energy, is the notion that everything is alive. We are immersed in a friendly universe filled with abundant, free, living light energy.

Kusay Puriy- 'Walking through the living energy.' The idea that you can have direct, meaningful relationships with everything, including the

trees, lakes and mountains, not just people. We are all one, and each of us is part of the whole.

Places used to be built in harmony and resonance with nature, like Machu Picchu. This is still possible. They also believed in direct communication with the Divine source, known as Wiracocha, with no intermediaries necessary.

Qanchis Nan- The way of 7 steps, leading to the development full human potential. These 7 steps are universal. They're in the Bible. It's the fruit of the tree of life and leads to us being gods and goddesses. It's the same principle as that which says you have a Buddha inside you, or Jesus saying that we'd do the things he did and more. It's what Rumi was talking about as birds crossing the 7 valleys, or the ascent up the 7 chakras. It's all the same and all suggests that all we need is within us. We all have the Inka Mujay, meaning the seed, within us. All the information to become Enlightened in one lifetime. We water the seed and it grows towards Enlightenment. The path is totally open to all. It's a stairway to heaven from 1-7! No dogma. Each person can turn their seed into a unique tree, there's no need to be like anyone else. Just be uniquely you. You know what is right inside yourself. You don't need others in order to know. You have an internal compass. These levels are a map, the seed within you is the compass. Choose a direct mystical experience.

Here's a general overview of the 7 levels:

- 1) People use sacred objects to connect with the Divine. Yet if they lose the object they believe they lose their power.
- 2) Polytheism. Separate gods for everything. Zeus, Tara, Mary, Apollo, Ganesh...
- 3) Monotheism-One God. Whether the name be Yaweh as Moses called it, or the Tao according to Lao Tzu, Allah or Wiracocha. Only one way to connect. Exclusive. If one was right, that made the others wrong.

4) The Mystic- Direct connection. One Metaphysical force but many paths. Beyond religious behaviours. Inclusive. More open, ie Tao, or energy. The names of God are just seen as fingers pointing towards what was beyond the name. All one. (The Dalai Lama who works for all humanity and Mother Teresa are considered to be 4th level people, as were Gandhi and Martin Luther King.) We are in the age of the 4th level.

5) Total Healer- In this level any disease or circumstance can be fully healed with the touch of a hand. Jesus, Moses, some Buddhists and Incas. Great beings who healed. This can be reclaimed now. (From this level on, the initiation into it cannot be received from humans but as a direct transmission from source.)

6) Enlightened beings like Buddha. They literally glow with light. Pachacuti Inca was one also. Equal to God. Creators. It can be reached.

7) God on Earth- a fully formed human living at full potential.

These stages can be mastered with 3 simple techniques. The old world ended in 2012, now is the time of the remembering and reclaiming our full potential as humans on earth, fully developed in love, intellect and action. We are now in the 'New Age.' The Incas have a prophecy that 12 high level people (level 5 and above) are going to rise up; 6 men and 6 women (the Incas honoured women as equals.) Some will help through love, others intellect and others action. A time of interchange and sharing wisdom, for example, yogis, Buddhists, Inca descendants and many others all helping the world as one.

The 1948 Declaration of Human Rights was a huge step towards it, and the European Union. It is prophesied that there'll be 11 nations.

If you want to change the world, first change yourself.

Forget Original Sin. The Andean people have no such notion of sin. Just express your original virtue. Suffering is not a virtue!

Despite what the Spanish did on arriving in the Americas; destroying the

ancient cultures, burning their knowledge, melting their gold to send it to Spain, killing en mass etc, the Andean people don't project: "look what the West did to us!" but rather they take responsibility. 'We had killed our pure leaders and were in civil war at the time the Spanish came. We opened the door for that invasion.' It's a very healthy perspective.

In the 1990s the Mayan leaders, Peruvian Quero Shamans and Hopi leaders met to compare their prophecies about 2012 and the times to come. The Hopi prophecy was that long ago Buffalo woman came to teach them the Sun Dance and other life tools and announced that she'd return when the age was ending and baby white buffalo calves started being born. That knowledge was passed down orally and finally in the 1990s they began to appear. We are now in the New Age and the 5th level is available to us.

How? Here are 3 simple yet very powerful exercises from Peru:

We have an energy field. Our body and energy field make up our temple (or Wasi.) This energy field is surrounded by a bubble of sorts (a Pqqpo.) You choose what or who you invite into your wasi or temple with your intention. You can intend to open your bubble or energy field or to close it. We are in charge of how we connect with living energy. Intention is key.

First exercise. Sami Chakuy- Shower of Light.

Focus your intention on opening your bubble / Aura at the top (or crown) and intend to pull down the Light from the cosmos or Father, through your wasi or energy field and down into Mother Earth. Then release any problem or limitation or what they call heavy energy (the Andeans don't use the word negative) into that flow of light and down to Pachamama, Mother Earth who can transform it. She can take care of it. That's her job, it's like food to her, which she takes and transmutes to use as fertiliser. When you're finished, you can close the bubble if you choose.

With this simple exercise, know that you don't have to avoid anything in life, because if any energy is heavy, you have the capacity to change it.

We can actually do something about it and change heavy energy into light. We can make things lighter. We can create light. That is personal power. That way you can maintain wellbeing all day long every day. It's empowering. Personal power is the gift of the 4th level.

You can use this technique with Light, with the sun, with the sea, anything in nature consciously. It can be done in any position and at any time. By doing this you are creating a reciprocal relationship with the cosmos and mother earth. Ayni in action. If there's one commandment to follow in life, it's perform Ayni. Give and take. Receive the gift of life and give back. Receive Light from above, embody it and send it down below, then receive love from mother earth, embody it and send it up to the Father, the light.

Second exercise. Saywa Chakuy- Colum of Light.

Engage with the soles of your feet, connecting down to Pachamama or Mother Earth, really rooting down into the core of the earth and ask to receive her energy from below. Draw it up through the energy body and allow it to go up to the Father or Cosmos.

This exercise empowers you, and supports you. It's receiving Mother's milk or Manna which is deeply nurturing and nourishing. (A mother eats heavy food for both herself and her baby and then feeds the baby milk to nourish them.)

By doing both of these exercises together you become a channel or vessel between Mother Earth and Father Sky, a conduit between the two. As above, so below.

If Mother Earth is supporting your growth and Father Sky is encouraging your growth, who or what can possibly stop you growing?

Also these exercises are 100% portable, they work anytime, anywhere. Even when you're on a plane or driving or showering or whether you are in paradise or prison. You don't need any external tools to do them and you can do them alone or in a crowd. They are priceless gifts.

The Masters say that just these two exercises alone can lead to Enlightenment.

Sami Chakuy clears you, makes space, brings lightness and clarity. Saya Chakuy fills you with love, manna, grounds you and empowers you.

They are complimentary exercises that work well together. Let them flow through you and see your life improve.

See them as toys rather than tools. Play with them joyfully, like children. Be playful not serious with these magical exercises.

Energy follows intention. Help yourself first then others. You have available to you all the energy of Mother Earth and the Light of the Cosmos, and can send it out of you to anyone anywhere or to help or improve any situation.

Our bubbles or auras merge with others and there are chords called Seques. You are connected to everything and can connect at will with intention. These chords are visible to seers. Everything is energy.

There is a third exercise, which is the most powerful and comes from the Andean tradition. (Juan did not know this but it stringly resembles the Tibetan Tongleng practice.)

Third exercise. Juchamijuy- Transforming heavy energy.

Jucha means heavy energy and Mijuy is eating. You take on heavy energy and then transform it into light.

The naval (or Qosqo) is the centre. There, you can digest and transform energies (as our stomach does with food.) It's our spiritual stomach.

Place a hand over your naval and sense where this energy centre is. You can consciously open it up and activate it (draw the hand away a little)

and close it down (bring the hand back) or even do it without the hand just using your intention. Draw or pull heavy energy into your naval using your intention, ask or command that it digest the energy, then that energy will split into two (if you don't feel it command that it does,) you should feel it. Then the light energy flows up and into your bubble or aura and the heavy energy flows down to Mother Earth.

You can try it on yourself first, then someone you know, a loved one, then someone neutral, and gradually to people you've had difficulties with leading up to the 'heaviest' person in your life. That's when you graduate. After that you can try anything. Work on your town, a country like Syria or Iraq, bigger causes or groups of people, the world! There are no limits.

Doing this involves becoming like Mother Earth. She transforms heavy energy to Light. To an extent we all do this unconsciously. Now we are learning to do it consciously. It looks and feels like wisps of clouds being pulled, transforming and turning into light. It is very powerful. Learn how to walk through life as living energy.

When you do this for another person or place, you're helping them by taking that energy, you're feeding Pachamama, and you're empowering yourself. Nobody even needs to know you're doing it, it's very discreet. You can be reading a book and taking on other people's heavy energy and transforming it. No one need know. It's service to the world. It certainly affects the places where you do it.

Bless those who've never known about these exercises. They have tangible, palpable affects.

Only do the amount that is right for you. Start small. You'll feel when the heavy energy has cleared, and stop when it's enough, don't do too much. The simple intention is to pull the heavy energy from someone or something and turn it to light.

Don't fear being contaminated by the heavy energy, because you know how to take it on and transform it. Remember *you* decide what enters

your aura/ bubble and no one can take your light, but you can choose to share that light. It's not dangerous, but you have to know how to clear yourself by filling up with light and sending down heavy energy to Pachamama. They have *never* come across anyone who couldn't eventually clear the heavy energy. You can get 'full' and want to pull back and clear, then rest a while, then try again until it's done. It shows you that *anything* is possible in a very positive way and there's nothing to fear.

Nature can sometimes be harsh, like bears and crocodiles and lions hunting smaller animals, but not Jucha, it's all light.

It's best not to think in terms of good and bad, or light and dark, rather just know everything is energy and energy can be transmuted. Being *against* anything creates heavy energy. If you don't like something, just imagine the solution. Gandhi was never *against* the UK or Churchill but rather just pro-Independence. Similarly, Mother Teresa would not join an anti war march, but she would attend a peace march. It's a subtle but significant difference.

Humans have the monopoly on heavy energy! But the truth is we're mostly light. Also, when you die, all your heavy energy goes.

Doing Jucha Mijuy makes you grow fast and is for spiritual grown ups. You become part of the solution. You start to see the whole world as a buffet! But if you get indigestion go back to the first two exercises for a while.

One final tip that healers use. If you'd like to send light to others, do the column of light first, then send out the energy of Mother Earth to them, not just your own.

Your happiness in life comes from within. It's an inside job. It's up to you. We live in a friendly universe, full of abundant light energy.

These three exercises can create miracles. The Andean people live in a harsh environment without many external resources but they are truly

happy internally and very empowered people. Enjoy life. Know that you have the essence of Enlightenment within you, and we *all* go to Heaven or to the light in the end.

Don't feel you need more than this. This alone is super powerful!

www.aynirmanakuy.com

16) **Andrew Harvey and Scilla Ellsworthy** (February 2014. London.)

Mini biographies- Andrew Harvey is a British author, religious scholar and teacher of mystic traditions, known primarily for his popular nonfiction books on spiritual or mystical themes, beginning with his 1983 *A Journey in Ladakh*. He is the author of over 30 books, including *The Hope*, *A guide to Sacred Activism*, *A celebration of Rumi* and *The Direct Path*. / Scilla Ellsworthy is a peace builder, and the founder of the Oxford Research Group, a non-governmental organisation she set up in 1982 to develop effective dialogue between nuclear weapons policy-makers worldwide and their critics, for which she was nominated three times for the Nobel Peace Prize. She served as its executive director from 1982 until 2003, when she left that role to set up Peace Direct, a charity supporting local peace-builders in conflict areas. From 2005 she was adviser to Peter Gabriel, Desmond Tutu and Richard Branson in setting up The Elders.

They began by saying that it's important to face where we are now as a human race. 2 billion people are living on less than \$1 a day. There's a matricide going on in terms of the environment, many people are starving, there are countless child soldiers out there and 95% of the population are in total denial. It's insanity. Crisis is coming sooner than people realise and humanity is unprepared, but there is much we can be doing to prepare. It's time for extinction or growth. There's a great death going on in the world, but also an incredible birth and awakening. There's a birth of a new kind of human being who is beyond nationalities, honouring both the god and the goddess and putting love into sacred action, turning up to serve the Mother, our Earth.

The Divine Goddess has been denied for far too long. It's time for her to be honoured in both her main aspects: as Kali or the Black Madonna; the ferocious mother saying 'don't you dare hurt my creation, animals and earth,' and as Devi or Mary who is pure unconditional love and compassion.

New Age 'magical thinking' is not enough to turn things around. Action

is needed. It's time for a universal mysticism and for people to work as one.

Sacred Activism is the marriage of deep spirituality with great action. Fusing heart and mind, merging peace and passion. Let whatever situation upsets or angers you fuel you, but tackle it with light and love. Both the sword and the rose are needed. Scilla used the Dalai Lama as the best example of living sacred activism. Love in action. What's required now is authentic love.

When you die you are going to be asked: "What did you do whilst there was so much suffering there on Earth?"

You are infinitely powerful because of the Divinity within you and nothing and nobody can diminish that.

Service is what is required. Turn towards the divine and ask for guidance, and then serve yourself and be a light to the world and all sentient beings.

Do what you need to do to maintain your energy and stay sane during these times, through things like yoga, meditation, a balance of both cool calming exercises and warm heart-opening practices, shadow work and deep breathing, or repeating a mantra like 'La ilaha ilallah' or 'Om Mani Padme Hum.' For her, it's the mysterious brilliance of nature and this world that keeps her in humble awe.

Andrew said he feels like apologising to young people for the state the world is in and encouraging them to develop a spiritual practice of their choice now otherwise they'll enter the fire wearing a paper tutu!

We are all part of one tribe, all humans and animals together as one.

Ask yourself what breaks your heart the most? Paradoxically that will lead to your greatest joy as it's most likely where your service lies, in the healing of that heartbreak for yourself and others. What is your deepest yearning? What is the contribution you most wish to make? What skills

do you have? What is your highest potential? What's holding you back? And what are you going to do from now on to live your highest potential?

Scilla said that listening is an important and largely lost art. The great world changers are great listeners. Listening both to others and within themselves. Angry finger pointing achieves nothing, but gracefully, clearly communicating and listening with the heart and head brings good results. (She presided over meetings about nuclear weapons with the key figures both pro and against through her company Peace Direct. She also, unknown to any of them had 5 well known meditators sitting meditating in the room below for the whole day! Genius. The result was a disarmament treaty. We went from having 35,000 armed nuclear heads to 5,000.)

Another important trait is raw courage. Facing fear and keeping going. She said it's healthy to imagine having a conversation with your fear as if it is a child. Ask it what it's scared of. Hear the answer candidly. Really listen to it and the feeling behind it. Then ask what it needs to relieve that fear. Have compassion and it will melt away. Facing fear lightens it up. It's the same with despair, sit with the despair and it will transform.

Andrew shared a simple exercise of breathing in Divine Light and Love and breathing out Fear and stresses, nine times.

When you feel grief at issues like the one in Syria, share it with people you trust and make a positive plan, however small, to help. Align with joy, as descending into fear doesn't help. Have a strong faith that you are supported by a far greater/ higher being/ intelligence.

Think of the one man who stood in front of the tank in Tianamen Square. Think of Aun Sang Syu Chi walking peacefully up to a man holding a gun and gently placing her hand on it. Think of Nelson Mandela forgiving the guards who made his life hell or the Dalai Lama's attitude towards the Chinese. These are the examples to live by, people of

integrity who see their so called 'enemies' as fellow vulnerable human beings calling out for love.

One of the greatest, most powerful tools to use, particularly to help with forgiveness is Tonglen, the Tibetan practice of taking on another's pain or suffering and sending them love and light. You can do it on yourself using a mirror; take on the pain (in the form of a black ball of smoke) from your human self and send love from your higher or Divine self. Then do it on others, loved ones, neutral people, 'enemies,' and the world. The Dalai Lama does this daily for the entire world. Essentially, from the highest perspective, you and the other are one. Walk in their moccasins and treat them with compassion, as you would want to be treated.

You can tell if your ego is talking if you're enjoying your own brilliance. Instead, ask Spirit to speak through you, put your focus on others, not the self. Merge yourself with a Divine being, perhaps the goddess in some form, and let them work through you. Be her hands and heart in the world.

There are five sacred passions we must embody in order to re-connect with the Goddess. These come from Andrew's book- The Return of The Mother:

- 1) Rediscover your link to her and celebrate it. You can do this by reading about her, connecting to Mother Earth, chanting 'Ma,' meditating on her image or cultivating the more feminine, nurturing side of yourself.
- 2) Develop a passion for all of creation as a manifestation of her.
- 3) Develop a passion for all sentient beings, all animals and Gaia. (57 billion animals are kept in unnatural conditions and killed every year just to satisfy our desire to eat meat when we could very well live without it.)
- 4) Develop sacred relationships, with nature and with friends and all people. This includes sacred, tantric romantic relationships where sex is

holy and tender.

5) Dedicate your life in service to help the new birth that is occurring. Be the goddess' arms and voice. She needs us and we need her.

17) **Amma** (December 2007 and various other events in London and at her Ashram in Kerala-India.)

Mini biography- Mātā Amṛtānandamayī Devī, better known simply as Amma, is a Hindu spiritual leader, guru and Humanitarian who is revered as a saint or a Mahatma, the Divine Mother Goddess incarnate. Sometimes known as the hugging saint, she walks the path of loving and serving the world, through compassion in action.

Amma said that people are always checking their bank accounts, and they become happy when they have money and depressed when in debt, yet there is a much more important account in life; the account of human values. Values like love, compassion, kindness, humility, hope and patience. That's the account we should keep tapping into and filling up. That is one's real life savings; the main one being love.

She said consider that there's someone out in the world who is very low and considering suicide, but decides to wait and see how the next person they meet treats them to make the final decision, it's up to all of us to be the people who would cause them to be hopeful and go on living.

Love of power takes away the power of love. True love is fearlessness.

Amma emphasized the importance of not procrastinating as we spend half of our lives asleep and a quarter growing up, so we only have a quarter left in which to do our best and fulfil our greatness. Overcome the fear of failure and live fully now.

She spoke of meditation as being like gold; a true gem, which brings freedom, clarity, peace, vitality, health and even prosperity. Daily meditation is key. It helps you to develop internal detachment, to leave a gap inside, become a witness, remaining calm and peaceful inside despite all external circumstances. Our true nature is like the limitless sky and our thoughts are merely passing clouds. Meditation helps you realise this.

God dwells in a compassionate heart. Make your focus giving rather than receiving.

Instead of saying “I love you.” Say “I AM love.” When there is pure love in our hearts there is no separation, everything simply becomes one. We are all searching endlessly for this kind of love from external sources yet it is waiting patiently inside each one of us. The treasure we seek is truly within. Love is our true nature and becoming that love is what we exist for. Merge into the pure love that is in your own heart. Love is the whole point of life and selfless service is the channel through which love flows. When we stop thinking about ourselves, and start focussing on others, we will find that the Divine provides us with everything we need. When you give to others you receive so much more. Surrender to the Divine with trust and faith that everything is unfolding perfectly.

Find your talent, and use it to serve the world. It doesn't matter so much *what* you do, as *how* you do it. It's the attitude behind our actions that matters.

Love is the greatest force in the whole world. Love can push the body past all normal limitations. The power of love heals all kinds of wounds. If we can develop true love inside ourselves and open our hearts to love, we will find that anything is possible. There is a scarcity of love in the world but it is what we came here to develop and experience and share.

Like the Butterfly Effect, if we can spread a little love, compassion and kindness around, it can create phenomenal ripple effects that we might never even have thought possible or we might not even know about.

You are not like a candle that needs to be lit, but rather you are like the self-luminous, self-effulgent sun. Your nature is to illuminate.

There is no difference between the creator and creation, just as there is no difference between gold and golden necklaces. Everything is God. Vedanta contains the supreme truth. All is one consciousness. Amma sees everything as a manifestation of God, and knows herself to be that state in which you are able to see all beings as part of your own self.

You have a choice in life, either to stick with fear and suffering, or move

towards forgiveness and love. You can choose to accept what has past and say yes to life. This brings peace of mind, the greatest wealth.

There is a direct correlation between the treatment of Mother Earth and the treatment of women on earth today. Both need to be remedied as humanity begins honouring the Feminine again, the Goddess, and female qualities like nurturing, caring, gentleness, compassion, healing and love. You may ask “aren’t humans too limited to help Mother Earth?” No! You have infinite power within you. The entire universe is within you. When people realise and use this power for good, we can create heaven on earth.

Simplify things. Be like an innocent child playfully experiencing everything for the first time. The present moment is all we have so just do good now and stop worrying about the future or dwelling on the past. Forget what is not relevant in this moment. Life is not a dress rehearsal. This is it, here and now.

Pray that you be blessed with a mind that does no harm to anyone or anything in thought, word or deed

The goal of life is to discover and know who you truly are, your true Self or Atman, which is self-luminous, immortal, fearless and indestructible. It was never born and can never die. The other goal is to serve. What Amma wants for everyone is Freedom, the ultimate kind. Surrender and become an instrument for Divine love and light.

Hold onto the sacred intention to live according to your highest ideals. Strive to love everyone and to serve others in whatever small way you can.

See the whole world as a temple, and everything as Divine.
My religion is Love.

(Mother Meera is another female Indian Mahatma who radiates pure light and love on a global scale, but she gives her darshan in silence. It is a powerful experience of receiving love and the Paramatman light from

looking into her eyes and being blessed by her in person, which I have experienced about six times, but cannot take up any words in this book of wisdom.)

18) **Byron Katie** (London 2014)

Mini biography- Byron Katie is an American speaker and author who teaches a method of self-inquiry known as "The Work," which she developed after a life changing awakening at a time when she was at the lowest ebb possible. According to her she has one job: to teach people how to end their own suffering. She shows people that all the problems in the world originate in their own thinking, and gives them the tool to open their minds and set themselves free. She has written several books including Loving What Is.

Byron's main message is: Love what is. All else is madness.

Do people love and value me? Who cares? Do *I* love and value myself? That's all that matters. It all comes from you, so set yourself free. If you believe you're not loved, you're simply breaking your own heart.

Self Realization is awakesness. This is a friendly universe. When you're awake, that's all you see, perfection.

Don't believe your thoughts or opinions. Just know everything is perfect. Equally don't worry about the future, it will unfold perfectly, keep your attention in the now. That's the reality of an Enlightened being. It's all perfect.

As Krishnamurti said when asked what his secret was: "You want to know my secret? It's that I don't mind what happens."

If someone came up to me and slapped me in the face, I'd think: "wow, I wonder what they're believing to do that. If I believed it maybe I'd want to slap myself too."

All our suffering is universal. Many others have experienced it and are going through the same thing. We're all ridiculous. We're all innocent people who suffer, as all humans do, and we're resisting it instead of accepting it and staying happy no matter what.

It's never too late to apologise and turn things around.

Know that you don't need anyone else to do, say or think anything in particular. You are responsible for your world. Choose love, choose forgiveness, choose freedom. Then that will be reflected back to me from the world. You don't need to depend on anyone for financial freedom. The work is yours not theirs.

“Life is really very simple. What you give out, you get back.” – Louise Hay

Think: “I am love.”

The world is perfect. It's what we're believing about the world that needs some work. Just assume, whether you perceive something as good or bad, that everything that happens to you and everyone you meet is there to help your journey to Enlightenment.

If something is 99% bad, then look for the 1% good and focus on that. Let that grow. Find the good in every situation, even death, or the threat of it. Don't assume that's a bad thing. It's another experience, and most probably a beautiful one.

As an example, you're in a good mood and happy and someone says to you: “Do you like to ski?” Suddenly, you're thinking of *that* relationship on the slopes, feeling like a total victim. You're in the old movie and your mood swings to terrible. It was just an innocent question about skiing, not at all related to your relationship, yet you allowed it to make you sad by making connections with the past. Separate things. Just live in the present moment, here and now, happily.

Anxiety is fun. Just think of how much people pay at amusement parks to feel it?

Just decide: “I love everyone in the world whether I like it or not.”
Anything that is not that feels wrong. I just have to catch up with that.

How many of you have ever had the thought that you shouldn't have been born into your family? They are our lessons and gifts. They are there to enlighten you! Choose to believe that you actually chose your family before coming here, as they are perfect for you and the lessons you needed to learn in order to grow and become your best self.

I am at home wherever I am. All people are my people.

Always be direct, honest and open. Real.

Your life's work is to end the suffering in your own mind and heart and become free, *then* you can help others. Use whatever tools or modalities help. There's no one way.

A beautiful mind is the greatest gift, over a beautiful body or anything else.

We are responsible for all that we are thinking, feeling and believing.

19) **James Lovelock** (2014 Hay on Wye.) Age 94

Mini biography- James Lovelock CH CBE FRS is an independent scientist, environmentalist, and futurist who lives in Dorset, England. He is best known for proposing the Gaia hypothesis in his book Gaia, which postulates that the Earth functions as a self-regulating system.

He began by stating that we are in a period of accelerated evolution. Information is our greatest asset now. Life has flourished on earth for billions of years because it discovered how to harness the energy of sunlight and use it to thrive and evolve. The sun continues to heat up but the ocean can absorb an enormous amount of heat. Singapore for example is 12 degrees above what was predicted to be the worst-case scenario, and it's still thriving. The world can stand much more heating than we'd imagined. Gaia won't die and surprisingly humans are now quite possibly the hope. We've invented ways to cope with changes. 3 billion years ago organisms converted sun into energy, which made life possible. Now we are the first species to harvest information and use it to change the earth.

Wet carbon life on earth is equivalent to his age, 94.

There's a lot of fear mongering going on, and the line that some 'greens' take, whilst made with good intentions, is not based on scientific facts. He gets distressed when people destroy countryside to put down solar panels and turbines. It works well in certain locations, for example solar power is ideal for Spain or California, and wind power in the Elysian islands, but you have to work with nature.

He keeps the spirit of optimism.

"I'm not fretting about the future. There's too much to look forward to."

I'm an optimist. I do not envision the death of Gaia in the immediate future, either through human folly or otherwise. It can sustain life including human life for a good while yet, and human life can even be the catalyst for Gaian survival in the long-term.

He says life begins at 40, and he's still growing up at 94. "I'm quite ancient. In my youth England was one of the most beautiful countries in the world. I love the English countryside and still enjoy it in Dorset where I live, but much of it has been destroyed."

He was always a lone, independent scientist. "An obstinate, ordinary person." He's an inventor too. A visionary. Inventions don't come to rational minds, but rather through intuition.

He began his career at the Mill Hill Institute when NASA was just 3 years old, and by 'blind luck' they invited him to join their lunar science research.

His Gaia theory came from that. He was pondering on other planets and life on earth in the bigger picture. It came in a flash of enlightenment. He was at the Jet P L with Carl Sagan and saw the analysis of the atmospheres of Mars and Venus, which were made up mostly of CO₂. He immediately knew that somehow the Earth self regulates levels of O₂, methane and so on through some geophysiological system. Carl said: "if the sun is warming, and there was life on earth billions of years ago, why aren't we burning now?"

For years the theory was rejected. Scientists criticised it as counter to Darwin, but it isn't. It still hasn't properly been accepted, which is why he sometimes has been forced to be provocative, but the world is now more open to the idea.

He's always thinking of the long term. There's lots of talk of loss of biodiversity, but many species are actually thriving, and some increasing.

Gaia has consciousness through us. We *are* Gaia. We are parts of the same system. Everything we do affects/ makes changes to the earth.

The poles warm first, then the rest uniformly.

Gaia will go on even if we're wiped out. It's true that we live on an overcrowded island in an overcrowded world and ample farm land and food supplies are going to be necessary, but the truth is that it would be a great loss if we went, even to Gaia.

We are wasting money trying to 'save the earth' rather than ourselves. It's hubris to think that we can. She's been going 3.5 billion years. She'll take care of herself. But obviously certain things help like cutting fuel consumption. 90% of the first world live in cities, and 50% of the third world. Bees and termites are great examples for living with cooperation in cities with air conditioned towers in deserts, and where everyone has a role to play. We can learn from them and live together in harmony with Gaia.

20) **Sir Bob Geldof** (From various meetings from July 2005, 2014 and at the Royal Geographical Society May 18th 2015.)

Mini biography- Sir Bob Geldof is one of a kind and hard to define. He is an Irish singer-songwriter, author, political activist and actor. He is widely recognised for his anti-poverty efforts concerning Africa, including for setting up Live Aid and Live 8 which have raised £250 million. Geldof currently serves as an adviser to the ONE Campaign, founded by Bono, and is a member of the Africa Progress Panel, which advocates for equitable and sustainable development in Africa. A single father, Geldof has also been outspoken for father's rights. Geldof is a recipient of the Man of Peace title which recognises individuals who have made "an outstanding contribution to international social justice and peace," among numerous other awards and nominations. He has received more Nobel prize nominations than anyone else, has suffered tremendous personal losses and is planning on going to space!

In 1984, sitting watching the news on TV about the famine in Ethiopia, with his then wife Paula Yates, his heart broke and he decided something had to be done. All he had was a passion for music and some good musician friends. The result was Live Aid, an epic, global musical event, which raised awareness and a ton of money for Africa. It touched a chord in people's hearts. The world became enraptured by it. People would walk up to him on the street and hand him money, some people even sold their houses and gave the money to Live Aid. He received letters from around the world addressed to Bob Geldof- England. He's not sure if that global trust in one individual will ever happen again. He *had* to make it work. Everyone trusted him. He panicked and experienced cold sweats of fear about failing personally and failing those it was all for during those days, but he just kept going for the bigger cause. The fund has since spent £5000 every day in Africa, for 30 years.

The First Law: Do no harm. We must recognize other hurt people and respond. That's charity, and without it something inside of us withers and dies.

“Aid does work. Trust me.”

7 of the top 10 fastest growing economies are in Africa now.

The UK is leading the way. We help Africa five times more than Germany and twice more than America. (Also for what it's worth we're the largest nation in maritime protection.) The British have shown they care.

He said it's been the most murderous and barbaric century, full of wars and fear and greed. We live in a fearful, fractious world. Technology plus money plus human greed= a mess. After wars, reconstruction happens but with fear as the foundation. Also God dies to many people, because how could a god allow it all to happen, or if he did, who needs him?

It is time to construct a better world, a new and better 21st Century, and trust is the key to that new world. Trust is all we're left with. We have to trust each other. When trust goes, love goes. Look at any relationship.

Our ability to communicate might just be the silver lining. Get good people around you and share skills to make things happen. The greatest single invention of humankind, according to him, is the Internet or world wide web created by Sir Timothy Berners Lee. The internet allows global communication. It puts the poor on the map. Africans and others are no longer mute. Communication is open and they have a voice. They must be allowed into the game. Economy doesn't exist outside of humanity. The internet has only been around 25 years! It will change everything. In 1770 Adam Smith said money had to have an ethical, moral component, an element of generosity, charity and public spirit. Some bankers have proved they cannot be trusted with the world's money. The system isn't designed to work in your favour. It's not ok to have a world where 10% consume 80% of resources and 2 billion people live on less than \$1 a day. The spring well of all of this is poverty or inequality.

Competition and inequality have caused all this which suggests that this century we should focus on cooperation, compromise, compassion. It's all about integrity, authenticity, truth. Be genuine, real and authentic. Humility is required.

God bless the entrepreneurs. They destroy outmoded ways and take some power away from the governments, politicians and bankers. They don't belong in a world of 'that's just the way it is' or 'how things should be,' they just do what's real and needed. At the moment we don't have decent leadership so the people will teach the politicians to follow.

Henry Ford is a great example, and more recently Richard Branson, Steve Jobs, the people behind Google and Amazon. They're not saints, but they are onto ideas that work and make things better.

Twenty years on from Live Aid, he was behind Live 8. He managed to convince Tony Blair to look into why Africa remained outside the economic wheel, in poverty. The government made a report. Geldof said: "let's fix it." Blair told him politicians wouldn't, so he decided to do Live 8, another global event of music and raising awareness, in tandem with the G8 summit, which forced political change in Africa. Debts were cancelled and Aid was doubled so that their money didn't have to leave the countries but could be invested there instead. That, he says, is the only thing he can think of that he's almost proud of doing. It's leading to positive change. He's not in the least bit interested in a legacy. "When it's over, it's over."

He's going into space because he wants to see the beauty and perspective of it all from up there. The possibility.

The key thing for any of us is to commit. Choose what we're outraged about and commit to doing something about it. In those Live Aid days when he was out of his depth as a young musician suddenly having meetings with Margaret Thatcher and Reagan and doing global interviews, he got a letter from a man in Saudi addressed to him 'by care of her majesty the Queen.' In it the man said he'd seen him being

interviewed about this epic effort to help Africa and he'd thought he looked scared and tired. He enclosed a quote by W H Murry, which deeply resonated with Geldof and he has had it on display in his house ever since:

“Until one is committed, there is hesitancy, the chance to draw back. Concerning all acts of initiative (and creation,) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it.”

(I've omitted the sprinkling of F words he used throughout.)

21) **TKV Desikachar** (April 2006- London.)

Mini biography- TKV Desikachar was the son of the legendary Yogi Krishnamacharya. Krishnamacharya was an exceptionally learned scholar and ayurvedic practitioner in India. He travelled by foot to Lake Manarsova by mount Kailash in Tibet to train with a Master called Rama Mohan for 7 years. He mastered the art to the point where he could stop his own heartbeat at will and used yoga to heal countless individuals that he taught. It's largely thanks to him that Yoga was introduced to the West. It was him that taught BKS Iyengar who created the now world famous Iyengar Yoga, and also Pattabhi Jois who re-introduced Ashtanga Yoga to the world. His other great student was his own son, TKV Desikachar. TKV Desikachar apprenticed with him for 30 years and grew up immersed in the yoga tradition, taking in and incorporating that wisdom into his own style called Vini Yoga, focussing on catering specifically to each individual. He also got a degree in engineering. His book, *The Heart of Yoga* is a classic text on Yoga. / He was also with his son Dr Kausthub Desikachar, BKS Iyengar's nephew, who authored a biography on his grandfather, called "The Yoga of the Yogi."

Yoga is primarily for the mind, and a system of healing. It was this aspect of yoga, 'Yoga Cikitsa' that particularly got Desikachar's attention as he watched his father help clients. He witnessed so many cures of things that had seemed incurable. Once he saw a woman run up to his father and hug him as she'd slept well for the first time in 25 years without pills. It was that side of yoga that made him commit to it, as a healing art, and has led him to teach everyone from Krishnamurti to local homeless people. Traditionally yoga is taught to everyone individually as everyone is unique and has different needs.

Even the yoga poses (or asanas,) were not initially just for the body, but rather to affect the mind. Change the mind to change the system. Move from distracted mind to a calm one. The bottom line of illness is something that disturbs the mind. Yoga influences the mind to become more calm and stable. This is the main goal of the yoga poses and all aspects of yoga. Mind over matter. Take care of the mind and it will take

care of the body.

Yoga is non-denominational. Everyone's beliefs and religions vary and are equally valid. As his father said: "Yoga should adapt to the individual, not the other way around." Yoga is also accessible to anyone. Krishnamacharya often said: "The only prerequisite to doing yoga is the ability to breathe."

Krishnamacharya got a top Indian lawyer from being completely paralyzed by a stroke, to walking and eating and writing, using mantras and visualization. You don't necessarily need the asanas or postures to bring about a cure. Each case is very individual. What you visualize with faith comes to pass.

The whole journey of yoga and healing is one from Dukham (suffering or illness) to Sukham (happiness and health.) Arogyam is a state of continual health and absence of suffering, and its most important aspect is 'citta sthairyam' or stable mind. Peace of mind and stability of mind through all of life's ups and downs is the goal. One pointedness; Firm like a mountain and calm like a still lake.

The goal of yoga is a strong, calm mind.

You can cure the symptoms of an illness, but unless the cause in the mind changes, it is not fully healed. The most important factor is the role of the mind. Healing must be a holistic concept. Healing the body, mind, emotions and spirit simultaneously, not just the superficial symptoms. Even if a disease cannot be fully healed, much deep inner healing can occur.

His father Krishnamacharya never got ill despite travelling lots and being very busy. A strong, firm mind is able to deal with any physical problem easily. Krishnamacharya, when he was 62, demonstrated to him stopping his heartbeat for a full 2 minutes. He never did it for show but just to demonstrate what's possible; total control over the body. He practiced what he preached. He only once demonstrated it for scientists and journalists when his fame had spread, again, just to show that it was

not a fairytale but real. Similarly, when he was 92 and someone wondered why he mainly practiced pranayama (breathing exercises) he went through a demonstration of all the yoga asanas just to prove he was still perfectly capable of doing so. He was a very humble man with great internal powers developed through yoga.

The ideal is to be able to withstand extremes with equanimity. For example stay centered and calm through wellness or illness, when praised or criticised, through births and deaths, staying balanced and ‘at the still point of the turning world.’

Yoga is a very self-empowering process. If you go for a massage or surgery you remain passive but with yoga you take total responsibility for your wellbeing. You actively participate in the process and the results come from your practice. The teacher doesn’t do the actions for you. This in itself can cure low self-esteem and bring great confidence. They’ve seen countless examples of the transformation of people who had lost all hope; People improving enormously and becoming enthusiastic about life again through doing yoga. However you have to show up or accept help in the first place.

This kind of yoga is very individualized. One person might need a calming meditation or visualization practice whilst another needs stimulating through dynamic exercises to increase stamina. Even two people with the same illness might have different reasons that it manifested and the way to heal it will differ. He teaches Vini Yoga catering it around an individual’s needs. The goal of asana practice is to bring us back to Samasthiti (or mountain pose. Standing still and perfectly aligned.) Then you can focus on meditations, pranayama, mudras, scriptures etc.

Conviction or faith is an important aspect in healing. Conscious practice with conviction brings results. Krishmacharya had total faith. He was 100% surrendered to Divine Will. It helps to tell people you’re thinking about them or praying for them when they are low or ill. But you don’t have to have faith, it’s one of many options set out in the Yoga Sutras of

Patanjali.

Trust is obviously another key element between the healer/ teacher and a client. Integrity is of utmost importance and also not to impose one's beliefs on anyone but work with their own culture and beliefs as far as possible. Use your inner instinct and training as guidance.

The healer must respect the lineage and tradition, humbly serving something greater than oneself and knowing you have its support. You can imagine having your teacher there with you as you teach. Always keep the original source wisdom in your mind to keep you on track as a vessel for something greater than you. The teachings are more important than the teacher.

Loneliness appears to be a big problem today. With internet, bank machines, drive throughs, deep human connection is being lost which can bring pain.

Perspective is important too though as we often complain even when the majority of our life is perfect. Suffering is caused by the mind (our thoughts) and so is liberation. We ultimately have a choice. "The mind can make a heaven of hell or a hell of heaven" as John Milton said. Laughter is a great medicine, as are smiling, having a positive outlook, accepting that things change and practicing moderation. There are many ways to help ourselves and each other.

Starting the day well helps enormously. In India they generally begin the day with prayer and meditation, asking for protection and a good day and greeting the sun taking in its warmth, light and life-giving rays. That tends to beat caffeine and a newspaper as a start to a morning. We must be attentive to avoid bad influences, people and environments and cultivate their opposites; a healthy environment, good friends, healthy food, pleasant music, rest, inspiring books, good role models etc. Choose wisely what you dwell on and are surrounded by as you imbibe the energy of what you focus on.

Breathing is another vital factor in health. We can control our breath to

calm or stimulate our system at will. We have the tools within us. Extending the inhale stimulates, extending the exhale calms. Stillness can be found in the pauses between inhalations and exhalations. Generally speaking, we have all inhaled (received) so much. It's time for more exhalation (giving back) literally and metaphorically.

Love, care and affection are the most important aspects of healing. Quality of life is very important. Enjoying it, wanting to live fully.

Death is not something to be feared. Our deceased ones are still with us energetically and we can connect with them. When Krishnamacharya was dying in 1989, TKV Desikachar was asked if he was sad. He said he wasn't because he used to get to spend 2-3 hours a day with his father, and could now spend 24 hours a day with him. Growing up, whenever he'd had a problem, he'd sit with his father who would tell him an appropriate story and chant mantras to him which always helped. Now that he has gone, Desikachar, when needing guidance, visualizes sitting with his father and being comforted by his wisdom. That works to make him feel better now.

Be happy for those who are doing well and compassionate for those who are suffering.

Know yourself. Use self-enquiry. Ask yourself 'Who am I and what am I here for?'

Ultimately Yoga is balance.

During this week immersion with TKV Desikachar and Kausthub Desikachar, we were shown and taught many healing techniques and asanas and meditations, far too many to mention. If you would like to learn a couple of them for example a sun meditation and a strength meditation, then see my book: Little Book of life tools.

(The other great Yogi taught by Krishnamacharya, whom I have also trained with briefly and who has since passed on, is Sri Pattabhi Jois. He remained fit as a fiddle well into his 90s when I met him, and brought the dynamic, fast paced, purifying Ashtanga Yoga to the world. He was a

wonderful, luminous man of few words whose main advice regarding yoga was: “Practice and all is coming.”)

22) **Dr Masaru Emoto** (Imperial College- London. 2004)

Mini biography- Masaru Emoto was a Japanese author, researcher, photographer and entrepreneur, who claimed that human consciousness has an effect on the molecular structure of water. He shared his findings in books, including *The Hidden Messages of Water*.

The planet, and our own bodies are made up of 70% water, and water has been shown to have memory and respond to emotions like love and gratitude or conversely hate or being ignored.

Dr Emoto explained how water exposed to words like hate, when frozen, form ugly blobs of crystal, whereas water exposed to words like love and gratitude form the most magnificent, perfectly symmetrical, beautiful crystals. Similarly, water exposed to classical music or images of nature or benevolent people like Gandhi form stunning, perfectly balanced, awe inspiring crystal images, in complete contrast to those exposed to heavy metal or an image of war or a person like Hitler.

He said that when he saw the result of water exposed to love and gratitude, it was so beautiful and the implications so big that it actually changed his life from that moment on.

What does all of this tell us and why is it important? Well if words, images and sound affect water in this way and the vast majority of both the Earth and ourselves is made up of water, doesn't it mean that we should pay attention to the thoughts, words and environments we expose ourselves to?

The importance of being positive cannot be underestimated. Every thought and word has a profound impact on our own bodies and the wider world. You impact the world more than you might realise, and it in turn impacts you, so choose wisely what you think and say and the environments you expose yourself to.

His experiments show us visually what the ancients told us but there was no scientific evidence to illustrate it; that thoughts, words and intentions,

are creative forces and have an impact on the world around us. As within, so without.

23) **Al Gore** (Downtown LA Convention Centre. Los Angeles August-Sept 2018)

Mini biography- Al Gore is an American environmentalist, former Vice President of the United States of America, and an author. He is a Nobel Peace Prize winner for his work over the last 40 years as a Climate Change advocate.

Climate change is an existential threat to our humanity and our world.

We are going to win this, there's no doubt about that, but the question is, when?

Look back and know that you were not silent, you didn't ignore the situation. Supplement your passion with new information. What has the biggest impact is why you feel so deeply. What moves you? Understand the severity of the problem and the happy news that we have the solutions.

Quite simply, we need to phase out oil and gas.

To be an effective advocate, be aware of those who try to divide people. Instead bring people together. We are one human race, and we all want to breathe fresh air!

Show examples that have been successful, even in small ways, like solar and wind projects, electric cars. Use them to inspire others.

He described himself as a recovering politician.

Become a powerful advocate for good.

The biggest source of CO₂ emissions is now cars and trucks.

Elon Musk is a hero of his, and a friend. Tesla is doing great things to bring electric cars to people.

The stone age did not end because of a shortage of stones and the fossil

fuel age will not end because of a shortage of fossil fuel, but because something better came along.

Fossil fuels *are* being phased out. Natural gas can and is being phased out, and renewables are being phased in with the goal being to get to 100% renewable. New technologies start out being more expensive, but now Solar and wind are cheaper than gas and coal.

California is now about 50% renewable with a goal to be 100% renewable by 2045!

Solutions include raising a tax on gas, and carbon pollution, stopping subsidies to fossil fuels, conscious consuming, more efficient housing, voting for those that care about the bigger picture and the environment. It's important to change the light bulbs but way more important to change the laws, the policies so alert influencers and politicians and lawyers to the urgent need for change.

Policy is important. Solar companies have opened their doors for business.

Rudi Dornbush, a twentieth century economist said: "Things take a lot longer to happen than you think they will, but then they happen much faster than you thought they would."

Show up. Meet people. Communicate. Not just on your phone or computer but in person. Vote. Speak truth to power. Take action. Then things can change.

The three vital questions before us are:

- 1) Must we change?
- 2) Can we change?
- 3) Will we change?

And, in case there's any doubt, the answer to all three is a resounding yes.

He said that he is an optimist and we are making progress. He compared it to the excitement when your favorite sports team is playing and are way behind, then momentum suddenly shifts, and everything changes. You win! Against the odds. That's what's happening.

The health aspects of climate change are the main way to connect with people.

In the majority of the world, climate change is considered to be the number one issue, with terrorism at number two. Yet in America, it doesn't even come up in the top 10 issues. The USA is unique with its loud and rich denial engine. USA news channels devote only 45 minutes a year to climate change, despite all the recent major natural disasters which are connected to it. Fossil fuel companies are one of the main sponsors of advertising on TV.

Fossil fuel companies made 'clean coal' ads, like tobacco companies hired actors to be doctors and say there was no problem with cigarettes and your health. That was blatantly false. Fossil fuel companies are doing the same thing.

American democracy is not working as it is supposed to now. It's been backed by big money, lobbyists and Russia. It's been corrupted. It used to make good decisions for the people. Political candidates beg lobbyists for money, and are therefore influenced by what those people want them to say or do. Legislation is literally written by the lobbyists.

We are all the best messengers. It can be a burden but it's also a necessity. Climate change is not at the end of the century, but now. It is going to effect the rich as well as the poor.

In 25 years, three and a half million people will be exposed to deadly heat and droughts.

We are sacrificing the polar bears, the pandas and our futures. Our children don't deserve what we're doing to them.

This topic is extremely complicated as it encompasses food shortages, weather disasters, immigration, energy, ocean temperatures and acidification.... Everything is interconnected.

Yet there's hope.

Slavery was at first accepted and economically viable, then later seen as an atrocity and abolished, Women were powerless until they stood up for their equal rights and got the vote, apartheid was seen as normal until it wasn't and now it's time for the earth to be honoured and respected and taken care of for the future for us all. Big changes do happen when they have to.

It's important to get the balance right between informing people enough to wake them up, but also giving them hope, not leading them into despair. Too much doom and gloom will make people go from denial to despair, without the crucial step between of taking action knowing that things can change.

If we all worked together as one, change would happen. Fear mongers don't want that. False fears divide people. Don't let that happen. Instead unite as one. Have multi faith, multi racial meetings. Use social media. Be a voice for those who don't have one. With people who aren't on the same wavelength, find common ground, there always is some. See the world through their eyes and find a way to relate. People don't want to be told what to do, but rather to be shown the way and then encouraged to go and do it themselves.

In 30 years we'll have heat waves of 130 degrees! Yes it's urgent! It's like the film Independence Day, but real.

The oceans are getting warmer which has huge implications. We're heating the surface of the ocean, and causing the O2 levels of the sea to decrease. This will affect the quality of the air we breathe. More acidity, coral reefs dying, fish being toxic, (a billion people in the world's primary source of food is fish.) disruption of the long term gulf stream

and the ocean losing its ability to absorb CO₂. There's been 1% warming in 7 years. It was predicted to take 30 years. 60% of the Great Barrier Reef has just been destroyed due to temperature rises in the water.

Plastic in the ocean is a massive problem. In 2 decades the weight of plastic will outweigh the fish.

Over fishing is another general huge issue that needs addressing, and fertilizers in rivers and in topsoil. Red tide too, which uses up much of the oxygen when it comes. Too much food being thrown away is another huge connected issue. Monoculture is another. Better to have many small diverse farms.

Mr Gore is a vegetarian based on his knowledge of climate change and what will help reverse it.

Al Gore loves the quote by the Scottish climber, William Hutchinson Murray:

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiation -and creation- there is one elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then providence moves too.”

California's GDP has increased by 47% whilst decoupling from fossil fuels, so it can be done.

Energy storage is getting really good. Lithium ion batteries are working well. Prius cars and the fact that 90% of energy storage now is pumped hydro.

The Paris Agreement is key. Every country in the world came together to make commitments to combat climate change. The longterm goal is to get well below 2 degrees C, preferably to 1.5 degrees C and to achieve

net zero emissions by 2050. Regular reviews are promised to keep on target and improve on the goals every 5 years. Every country has to implement laws and regulations in line with these goals, including healthy energy systems, inclusive economic growth and sustainable communities. As we all know President Trump pulled out, and his administration is trying everything to stop all this and hinder solar and wind production, (which is insanity) BUT, crucially there's a transition time which means that that does not go into effect until one day after the next US presidential election. He cannot withdraw officially until November 4th 2020. Also, America did not just go along with Trump, but many people and Mayors, led by LA's Eric Garcetti, clubbed together to stay on target regardless of Trump pulling out. Many other countries have met and are now exceeding their goals so there is a positive outlook despite Trump.

The continued decline in cost of renewable energy makes progress much easier.

We need to take CO₂, methane and black carbon out of the air. Methane is the second biggest of greenhouse gases. It traps 86 times more heat than CO₂.

Fracking is linked to air pollution, earthquakes and water pollution and indigenous people are adamant it is terrible for the earth herself.

It's vital to remember that we give power to the Whitehouse or our governments, not the other way around.

Get people to put thought into how they transport themselves and their stuff, and how they power their homes.

Be more educated about this topic than those you ask to change. Know your stuff better than others.

Be flexible and inclusive and pro-active. Be honest, humble and straightforward.

The economy and the environment can move forwards together healthily.

LA Mayor, Eric Garcetti said: “Let’s be the generation that saves the world. Picture a post Trump, post internal combustion era now and manifest it. Don’t let deniers get you down, let them be the footnotes of history. The power is in your hands. Imagine the book of life. On page 49 slavery ends, by page 210 there’s de segregation, on page 390 apartheid ends and finally on page 604 the world is 100% renewable, living in harmony with nature! Let’s make this happen!”

Al Gore’s uncle was a fire fighter and a hero to him as a child. He gathered some current fire fighters from California and Australia to discuss the current situation. They want to drag politicians to the fire zones when they hear them say climate change is imaginary. It seems climate is the poison chalice in politics, as politicians stick to the status quo. Fire fighters are in the thick of it and are asking us to wake up. There’s now a year round fire season in California, which is unheard of. In Australia it’s gone from a 6 month season to a 10 month season. They’ve had to add a new fire category beyond low or urgent called catastrophic. Climate change is real! With each 1 degree increase in temperature, there’s more lightning, another cause of forest fires.

They recommend not mowing your lawns during the heat of the day, getting water pumps, clearing the area around your house of leaves, not building in fire zones or if you’re there then certainly using fire resistant materials. (Obviously not building in flood zones is also advised.) Property developers are interested in money despite practicalities so use common sense and make wiser decisions.

Learn the dynamics of the system you want to change. Be well informed, and walk the talk. Our own individual energy consumption is very important. Do the right thing at home.

California, Sweden and Norway have the best building energy systems

in the world, including good insulation and solar roofs. They use less energy than normal and produce their own energy. They are self-sufficient. California has saved \$70 billion since 1978 through energy efficient buildings.

We should expect houses to be well built and sustainable, just as you'd expect an air bag to work.

Population is another key issue here. It is the climate issue writ large. The population has quadrupled in the life span of people still alive and elderly today, and it's still growing. We are actually seeing a stabilization of the population now in most countries. We are moving from high birth rates and death rates and big families, to low birth and death rates and small families. The key factors for change are:

- 1) The education of girls
- 2) The empowerment of women
- 3) Ubiquitous access to fertility management
- 4) Reduction of child mortality rates

(Japan and France are examples of countries with too low populations. In those cases things like offering more child care at work would help.)

We will most likely stabilize at around 10 billion people.

The people tend to 'get things' before the politicians. Ask your governments 'when are we going to have an electric bus system, sustainable transport, and cheap, clean options?' Your tax money pays for those things. You have a say. Use that power.

Diesel has been linked to asthma and cancer. It's as bad as coal, and that's unacceptable.

We need a critical mass of activists. We must combat inertia.

The age of renewables is here. They are cheaper and cleaner and good

for the economy. They provide new jobs and provide efficient buildings making us all more secure and self reliant. The public supports it. We will win.

We need to battle down the walls of opposition. People should not be allowed to manipulate facts. Demand transparency.

Mother Nature is relentless in forcing us to face the threat of climate change.

It is a global threat and a risk to the human species but there is hope.

The bad news is that the atmosphere is a tiny layer covering the earth and is being used as a waste dump, an open sewer. We're putting 100 million tons of heat trapping, global warming pollution into it every single day. It's totally unsustainable. The main problem is CO₂ from the burning of coal, oil and gas. Also agriculture and burning of forests and crops contributes hugely. Tragically we still rely on fossil fuels for 80% of the world's energy. The addiction metaphor applies here. We're addicted to fossil fuels.

The recent hottest temperatures on record are disrupting the water cycle and warming the oceans and drying out the land causing severe droughts. We have turned up the earth's thermostat, causing wild fires, ferocious storms, ice melting, ocean acidification, food shortages, the spread of diseases and immigration. On top of all that 50% of species are being lost on our watch. There's a 6th major extinction going on. (The fifth was caused by a meteorite.) Now, we are the meteorite. All of this needs money to solve so it's also a very expensive problem.

The good news is that we are capable of rising above short term thinking. that wind and solar production costs are going down and they are growing exponentially. They are gifts from nature ready to be harnessed. We get enough energy from our sun every day than the world uses in a year! And we can store that energy to be used at night or in the future. Electric cars, having been 'killed' a few decades ago, are coming

back with a vengeance thanks to the likes of Elon Musk. We have the solutions. We just have to implement them on a global scale. It's happening.

It's not that we need to vilify the coal miners or fossil fuel industry people. They probably got into it with good intentions to put food on the table for their families, but now we all know better and have to adapt accordingly.

Be optimistic but deal with reality.

Speak truth to power like your life depends on it. It does! Power of the people will prevail. We need to reach people who aren't aware, rather than just preaching to the converted, or people on the same wavelength.

If I love you, I have to make you conscious of the things you don't see. Be unapologetically honest, including about the gaps in your own understanding or any hypocrisies in the way you are living. Hold each other accountable.

You can't talk about climate change without talking about those on the front line affected by it. Support the indigenous and poor communities. Give them resources and education around these themes. Think locally, and act globally.

Essentially climate change brings about an erosion of privilege for everyone. We're all in the same boat.

The best lack all intention while the worst have passionate intensity. We need the best to have passionate intensity and the worst to lack intention.

Anyone working in climate change can experience burn out or despair. Take time for yourself. Stay positive. Be kind to yourself. Focus on the hope. Set incremental goals not huge distant ones. Go into nature, laugh, do yoga, see friends, laugh. Humour is a great medicine. . It's a marathon, not a sprint. Find comfort in discomfort. There will be

setbacks. Keep going. Step by step. Be ready to be called out or confronted and just follow your heart. Help yourself first, then others, then the world.

This can sometimes feel like an overwhelming challenge. But there are many small victories along the way. Are we, as humans, destined to destroy our planet or rise above the seemingly insurmountable problems? We learn the most from the most painful experiences. This is the biggest challenge we've ever faced. We all have to fix it together, as one. We all want to breathe fresh air. This work is extremely important. It's worth dying for, to turn things around.

Al Gore wished that he could just transfer from his heart how passionately he feels about this.

Future generations will take note of what we did. It was abundantly obvious that we'd affected the earth beyond dispute and argument. What did we do? They'll look back and say, either:

- 1) What the hell were they thinking- Didn't they care? Or
- 2) How did they rise above the difficulties and do it- Thank God they did!

This is happening on our watch.

There are many ways to help. Normalize the new. Live somewhere where you can walk or cycle to things, or drive an electric car, have a solar powered house, use LED bulbs, use eco natural, toxic free products, live in a self sufficient home, contact influencers to bring about wider scale change, buy and use less or no plastic, buy ethically, go organic and /or have an organic vegetable patch, eat a vegetarian or vegan diet, use renewable energy, get involved in your local community, buy local, recycle, offset your carbon footprint, plant trees, be a voice! Pick up litter, do the small things too, it all adds up.

You have power. That's not really something you get taught, but you do. Fight for your rights and the rights of the earth. Connect with your community. Be one. That's what they're scared of. A united people can make change happen in a big way. There's a reason why you're here. Go and make a positive difference.

24) **Monty Roberts** (Over 2 days. Cotswolds. England. October 2018.)

Mini Biography- The original Horse Whisperer. Monty Roberts created non violent techniques to start and train horses, based on learning their language by observing wild mustangs as a boy. When it comes to horse related pursuits, Monty has been involved in 52 disciplines at world class level. The next highest contender has been involved in 7. This man knows a thing or two about horses.

Monty, now 83, (a very fit 83. He does 100 press ups and core exercises daily, follows a healthy diet, takes supplements, and spends lots of time outdoors,) said: I don't know how to bring my career to an end in a world that needs these techniques with horses who need these techniques.

The world has to catch up with the idea of non violence.

A good trainer can make a horse do anything he wants. A great trainer can make the horse *want* to do them.

He won 11 World Championships.

If your work looks hard, take a hard look at your work. It should be easy honed through practice not luck, and non violent. Also if you get bored with repetitive training choose another job.

Our physiology says so much. Slow your breathing right down, get your heart rate to drop into the 40s. The horses respond to that well, you're relaxed and so will they be. People react to it well too. A calm horse is the way to go.

My father was one of the most violent men ever with horses. They resented him and would never have let him near them to ride after a thrashing. He thrashed the willingness out of them and ruled by fear.

Things are changing, but there's still much to be done.

Horses naturally go into pressure. We have to teach them to come off pressure.

Mounting and dismounting, particularly mounting, cause the most serious injuries to riders. The horse has to learn to stand still for you, but never by force.

PICNIC- Positive instant consequences, negative instant consequences. The emphasis being on 'instant.' Within 2 to 3 seconds of whatever behaviour you want to address.

Keep a smile in the line attached to the horse, not constant pressure.

Never tolerate the negatives. Always tolerate the positives.

They weigh around 700 pounds, you weigh around 50-80 pounds. You don't want to say to a horse 'you must.' Much better to say 'would you like to?' That way you won't get crushed.

Horses love to be loved, and they can love.

They don't ever want to feel pain or to feel unsafe, just like us.

Repetition is good when you're doing it right. Repetition is bad if you're doing it wrong.

After mounting it's a good idea to take 2 steps back, to train the horse not to go rushing off as soon as a rider is on his back.

You can't be human and train a horse. You have to be part horse. Imagine what it's like to be them, to see through their eyes and hear through their ears and smell through their nose and run like them (their hearing, sight and sense of smell are all far greater than ours, and well, they can run a lot faster!)

Praise them when they get it right.

Think- I don't want to load him. I want him to load himself.

Remember a great trainer can get a horse to want to do things. He talked about how most horses own their humans. That humans must take back control to have a bi lateral partnership between human and horse.

His father's violence had an enormous effect on Monty's life. If his life has taken any route in particular it has been a path moving away from his father's way of doing things. He hadn't planned to talk about this, but once he started it flowed, with him (and me) in tears throughout. His father was violent towards him as a child, beating him with steel chains, he thrashed horses used fear to train them (which was the standard way and in some places still is,) and Monty once witnessed a black man lose his life after an encounter with his father while he was a policeman. Monty hated his father for all of that. Children can so easily become their parents, follow in their footsteps, copy their mistakes if they don't consciously steer their life in another direction, and truly he said he wanted to kill his father.

One day a nun called sister Agnus Patricia who suspected Monty was being beaten, asked him to take off his shirt. She saw the marks all over him. He said he wanted to kill his father. She said she understood but that he should not do that, because if he did, he'd be remembered as the boy who killed his father and would never be able to fulfil his dreams and horses would miss out. She asked if he had a dream and he said yes, he wanted to be a world champion and work with horses. She turned it around for him, got him to focus on that instead. He is forever grateful to Sister Agnus for that pivotal moment. In 1949 he said to himself 'somehow I'm going to change things.' He formulated his life purpose: "My goal is to leave the world a better place than I found it, for horses and for people too." And that's what he's been doing ever since.

We watched Monty do 'Join Up' and work on various issues with certain 'problem' horses. He really does seem to have a special affinity with them, as if a lifetime of learning their language and spending so much

time with them has made him one of them, totally accepted and trusted by them. It was a privilege to watch. They can tell he loves them and he means them no harm and they want to be with him as partners.

He talked us through the 4 signs he looks for in join up:

- 1) The horses inside ear locking on to you, facing towards you, which is saying their attention is on your, you have their respect
- 2) Licking and chewing, which is the manifestation of a reduction in anxiety and adrenalin. They're starting to relax and want to communicate.
- 3) Lowering the head. This is a way of them saying I need guidance and am willing to listen to you. Please lead me.
- 4) Going in smaller circles, meaning I would like to connect with you, to come to you.

They all happened as he predicted and always do in every join up, which he has done thousands of times.

When he is given a horse that is tricky at the mounting block or won't stay still, he takes them to the point where they voluntarily, on their own, without a rope, walk up to the mounting block and stand patiently!

When he is given a horse who is 'nightmare' to get into a trailer, within minutes he'll have that horse not only walking into a trailer easily but then voluntarily, without a rope, choosing to walk into the trailer itself!

It really is quite phenomenal to witness. He makes horses *want* to do things rather than forcing them to.

Monty grew up learning through behavioural psychology that animals don't have feelings and can't love etc. Monty used to think that way, but his observations have taught him how very wrong that idea is. They are sentient beings with souls and have feelings and they absolutely can and do love, and also they love to be loved.

Shaking the head is another sign of a reduction of anxiety.

Horses are 50 million years old. It's not 'natural' behaviour to have tack on their backs or for them to have humans on their backs and be ridden. There's no such thing as 'natural horsemanship' in that sense, but there is bad horsemanship and good horsemanship.

Delete the word 'Can't' from your work with horses. Whenever someone tells him they can't get a horse to do whatever or that a horse can't do something, if the horse is present, he immediately not only gets that horse to do it, but also gets the horse to *want* to do it.

Yes to discipline, but no to violence, without exception. Things can be done, and peacefully. Give the horse regular assurance, praise it when it does something right or good. Be clear with your instructions. Gradually fear or uncertainty is replaced with willingness. So many people have said to him that he's using a 'different horse' having seen them before and after, but he never is. There's no trickery. He doesn't meet the horses before to sneak in some extra training. It's all real. There's no magic but it is magical.

He described his beautiful home in California, and mentioned a family of deer that he's been working with for 46 years. Horses are flight animals and deer are 100 times more sensitive than horses. He has learnt so much from them, for example how important eye contact and subtle eye movements are to animals, which he then incorporated into his training methods with horses. Horses graze in open fields so just have to keep an eye on the distance for predators, whereas deer are browsers who spend time amongst bushes to get their food and predators can sneak up on them so they have to be super aware and vigilant. They are nocturnal too.

On his 83rd birthday he came across a tiny, totally vulnerable deer that was much too small and helpless to fend for itself and would have been taken by a coyote for certain, so he took him in and cared for it. He had a 1000 to 1 chance of survival yet he made it. The Queen named that deer Benediction, as he is a gift, a blessing that came to Monty on his

birthday. When he said it was a very grand name for a tiny deer, she said he could use Bennie for short. So that's his name. That little deer completely changed his life. Totally. He showed him total unconditional love (which is what deer represent in the shamanic world.) He asks for nothing and gives everything, Monty said to me, through tears. He also said that he feels he is no longer human. He relates far more to animals.

Things are changing. He is not hugely optimistic about the way the world is going but he does go to bed every night knowing that he has done the best he can for horses. In fact he has done so to the point of sacrificing his own private life for his career, as he travels the world every year to work and teach his method and do all he can to help. He's doing everything he can to promote non violence, but it's us who have to carry the flame, carry on the work. We are the ripples that will have an impact after he has gone. Non violent methods are becoming more popular, but not fast enough.

When Monty began creating his non violent methods based on observing mustangs in the world, he had to hide his techniques as he was mocked for being different and wanted to change the way things were. He even had several death threats! Until one day a man called Ferral was up on a high point and could see Monty inside his solid round pen working with the horses. He was intrigued. He realised how amazing what he was doing was and he knew that the world needed to see it. He finally convinced Monty to do an open house showing of his techniques. The community turned on him. It was too threatening to their way of life, to the way things had been done for six thousand years. They turned on him..... until The Queen of England read an article about him and invited him to Windsor Castle to demonstrate his methods on her horses. That was a massive turnaround. She was very impressed and made his work respected and admired globally. Everything changed. He is very grateful to the Queen for that.

There is a way. We can turn things around. We have to!

25) **Malala Yousafzai** (Westminster. London. 10th November 2018)

Mini biography- Malala is a Pakistani activist for female education and women's rights. She is the youngest recipient of the Nobel Peace Prize, after being shot by the Taliban for attending school and speaking out about the right to be educated. Her autobiography, *I Am Malala* is a bestseller and she continues to be known for human rights advocacy.

Malala spoke of her closeness to her father and how he had always included her in adult conversations when she was a child.

Her father, Ziauddin, spoke about why they called her Malala, after a brave warrior who had never been known as someone's daughter or someone's wife but as Malala, and of the irony that he is now known as Malala's father.

They spoke about the horrors of the two years of the Taliban's rule in Swat valley, which grew incrementally and led up to her being shot. Of them depriving people of water, killing people in the square, which became known as 'bloody square.' People were taken from their homes and killed. Then the Taliban banned education and banned women from leaving the house. There was no equality. So they started speaking out. They targeted schools and later started bombing schools.

Her father taught her to believe 'how dare they deprive people of education. So she said "we had to speak up." She was 9 years old.

In 2009 peace was restored.

Reflecting back on that time in Pakistan, Malala said that it's easy to say now that I was not scared. I was sometimes. We went through two and a half years of terror. You finished the day grateful if you were alive and ok. Everyday was hard but you try to remain strong. People never think that these things will happen to them. Nor did I. Nor do the people in Syria now. But it can and does happen, and you have to speak out.

Her father said that he has only seen Malala cry a handful of times, but that (and some may be relieved to hear this) she is at least scared of spiders. Then she added, “and rollercoasters!”

Not living in peace. Having no liberty, is so unexpected for an 11 year old, and yet of course it's your life so it's normal.

It was in 2012 that Malala was shot by the Taliban whilst on her school bus. Her brother had actually been on the same bus but had been rebelliously hanging off the back and had been asked to get off. (Sometimes it pays to be a rebel.)

It was the second day of exams. She'd done well and felt good as she was on the bus with her best friend.

Malala has no recollection of the event or anything afterwards until waking up from an induced coma in a hospital in Birmingham, England. The country she has lived in ever since. Everything had changed. She thought maybe she'd been attacked. On the phone to her dad she asked him to bring her physics book. She assumed she'd be going home soon.

For her family it was awful and is still traumatic to think about now, especially for her father. When he heard that it had happened, he was riddled with thoughts about what he could or should have done differently. Had he caused it to happen by empowering his daughter and wanting her to have an education? He was tormented with these thoughts. Fortunately for him, his wife, Toor Pekai, is a very strong believer. They cried like babies but she never once blamed him. She told him that he stood up for education which should be a natural right, and that the people who shot her were criminals and they were in the wrong.

The family arrived at the hospital in England 10 days after Malala. When she saw them, for the first time, she cried. They were told she might not survive, and that if she did, she might not be able to speak. Seeing her was shocking as her face was so different and half her head was shaved. They cried like babies for their daughter.

Returning to Pakistan was not an option. It was far too dangerous and she was now too well known, and a troublemaker.

However, in 2017, Malala insisted that they visit. Her father wanted to wait until it was more politically stable. Malal realised that the time would never be right, that they had to just go. They did, and it was very therapeutic. It buoyed the country and highlighted issues around women's rights, education and feminism. They landed at the same airport from which Malala had been airlifted after being shot

Breathing that air again and standing on that land again was magical for them. They visited their valley and their old home. Malala saw her friends. It was a risky trip but well worth the risk.

At this point her Mother and two brothers joined the stage and for the first time ever they all spoke as a family about their story. It was a privilege and delight to witness. There is a respectful, playful energy between them all. Malala commented to one of her brothers "Why do you annoy me" His reply: "It's my job."

They reflected on how they miss Pakistan but are very grateful to be in England and for how things have unfolded.

One of the brothers joked that he doesn't read and also insisted that Malala wasn't the most important person in the family, and reminded her about equality. Then he said that she was his role model and deserves all the acclaim she gets.

They said that her father has the brains, her mother has the beauty and Malala got both.

She is now studying PPE at Oxford University. She's enjoying it there and is glad that she's being treated as a student, no different from anyone else. If she gives in a paper late she gets in trouble too. She also mentioned how amazing the other students were. Some people on the streets of Oxford ask for selfies, but not many.

The brothers have adapted well to life in England. For a while they kept who they were quiet as they wanted to be liked for who they were on their own, but now it's all out in the open.

Her father talked about a special moment for him when the principle of Oxford University, one of the best institutions of education in the world, and a man, served tea to Malala and admiring her example. That would be unheard of in the world she grew up in. The power of education breaks the chains of patriarchy and helps contribute to equality.

Collectively the family highlighted how sad it is that the Taliban turned the beauty and purity of Islam around through misinterpretation and fear. Whereas ultimately it's true essence is about love and peace. An important point to note.

The conclusion of the event was the importance of giving girls education, and letting them fly.

Greta Thunberg and Caroline Lucas (22nd April 2019. Friend's House, Euston. London)

Mini Biographies: Greta Thunberg is a 16 year old Swedish school girl and climate activist. She is known for having single handedly initiated the school strike for climate which led to over a million students striking across the globe. Since then she has met with Pope Francis, given speeches to the UN, EU Parliament and the British parliament and she was recently nominated for a Nobel Peace Prize.

Caroline Lucas is a Green Party Politician who has twice led the party, and was the MP for Brighton and Chair of the All Party Parliamentary groups on climate change. She has written a book called Honourable Friends? and is a much respected figure in English politics.

Caroline Lucas began by saying that she'd just come from Marble Arch where the Extinction Rebellion protests were going on, and that there's more moral political leadership there and in this room now than she's seen in her career in Westminster. The UN, she reminded us has warned us in no uncertain terms that we have 11 years left to turn things around or live on an uninhabitable planet. "Climate change is happening here and now and is very real. If things stay as they are, we are set to warm by 3 to 4 degrees by the end of this century. The lack of action to prevent this is the greatest moral failure of our time. It won't be those who protest or miss school who will be judged badly by history, it will be those who shut their eyes and closed their ears. Those who understood the science of climate change yet consistently failed to rise to the level of the seas, but sea levels are not the only thing rising. We are rising too and we are not giving up."

"We need an economy that doesn't think it is possible to have infinite growth on a planet of finite resources, because it is simply not possible." She emphasised the need to completely transform our economy so that it puts people and planet before profit, saying we need to speak the truth over and over again, until people listen. "Young people today are calling out leadership and a system that is profoundly broken. They are showing

the leadership that is so lacking in adults today. I get so frustrated when politicians tell me that you've got to be realistic about what's politically possible. I keep saying, no, let's go from what's politically possible to what's scientifically necessary."

We must demand more from our politicians. As David Attenborough said in his film *Climate Change- The Facts*: "What happens now and in these next few years will profoundly affect the next few thousand years."

Yet we know that even one person can bring about great change, and we are here to learn from the best.

Greta Thunberg entered to a standing ovation, along with Anna Taylor representing the UK climate strikers.

Caroline said "There's not much you can say to young people saying to adults 'you're screwing up my future.' It's true."

Greta expressed that she didn't have any expectations when she began her school strike alone outside the Swedish Parliament. She had learned about climate change in school, about deforestation and animal species dying out and us polluting the world. She was very moved by it and got down, depressed, stopped speaking unless there was something important to say. Then she decided she wanted to do something about it, so she just thought I'm going to do what I can to get attention on the climate crisis. She did not expect her actions to have the enormous impact they have had, with over a million school children around the world joining her in striking from school to highlight the emergency of the climate crisis. She just felt she had to do something, and started small.

Her main message she said is simply to listen to the science and the Paris Agreement.

She said that the disruption is symbolic. Missing one day of school a week is something children can catch up on, "but why should we study

for a future we won't have? This is an existential crisis. It affects the future of civilization.

“It's empowering to know that you are doing something, making an impact.”

Caroline said that when we all work together with courage, purpose and unity, change happens, and emphasised the importance of keeping momentum going. What needs to be done is enormous but we already have the solutions and a future that is 2 degrees warmer is no future at all. It's time for action and the task is clear. “What we're after is not a few more environmental laws on top of business as usual. There is no more business as usual in the future unless we fix what we're doing to this precious earth that we all depend on.”

When asked about her role as leader, Greta explained that “it's a movement not an organisation so we can be spontaneous and communicate online. In a movement everyone is equally important. I'm not a leader, just one of them., but people see me as a leader and that comes with responsibility. But I know that if I get sick of it one day, someone else will take over.”

Greta said that she supported the Extinction Rebellion protests that were going on in London the same week. “Civil disobedience is important to show that this is an emergency.” She commented on the fact that she is on the autism spectrum, and sees that as a gift because she is more likely to see through lies, doesn't mind speaking the truth and doesn't follow the stream, She sees things in black and white. You either live sustainably or you don't. There's no grey area for her.

This topic is the biggest priority and needs urgent attention but there is still time and definitely, we can turn things around.

Caroline referred to the line from Pete Poslethwaite's character in the film 'The Age of Stupid' where he says: “Why is it that we didn't act while we still had time?” That line haunts her and encourages her to act.

(The director of that film was in the audience and asked if it was time for a general strike. They seemed in agreement.)

Another question brought up going vegan or vegetarian. Greta said “That is of course something you can do to reduce your carbon footprint and we can’t continue treating animals the way we do.”

“The most important thing is to get the message across.” Greta explained.” She sometimes gets people in big SUVs waving at her walking along the street and saying “we love what you’re doing.” She just sighs and keeps going and keeps working on the message.

Many people including politicians are desensitised to words phrases like mass extinction or climate change.

“One of the biggest and most dangerous misconceptions is assuming that people know what’s going on. If they did and they are doing nothing, they’re be evil. People aren’t evil, they’re just uninformed. The media also doesn’t help but not making it a top story, instead focussing on football and fashion as if nothing was wrong.” Greta said.

They went into the psychology of why we humans don’t want to feel things, and how to get people to really sit back, close their eyes and go into the real possibility of the end of life as we know it. That’s what we’re dealing with! Denial is certainly easier, which is what many people are doing for various reasons including vested interests, one such person is the President of the current United States, Donald Trump.

When asked how she deals with deniers, greta replied “I don’t,” to applause.

Somebody asked “how can we help?” Greta said “In every way possible.” Then continued: “Believe the scientists. Talk to people. Change your own habits for example try eating a plant based diet.”

They discussed the important role documentaries and films have. They can help spread awareness and show the beauty of what needs

protecting, although Greta commented on how nature or wildlife documentaries often show the beauty of it all and just slip in a tiny piece at the end saying oh and by the way there's this thing called climate change but don't worry it's all in hand and here's what a certain village is doing about it. It's treated as an afterthought, rather than the thing that will destroy all that beauty just shown.

They went into how corporates must be challenged and forced to change and how greenwashing is a massive thing that needs to be exposed.

Caroline explained how politicians complain that big oil companies and other corporates have so much power and are bigger than some countries, but her view is that they have power because the politicians have given them power, and could just as easily take it away.

We need to put pressure on people in power to do the right thing, to meet every promise from a politician with a demand to go further, to respond to every accusation of alarmism with the reality of the science, to work together across the country and world to build this movement, to do everything we can to protect this precious world that we love.

When asked how long we've got if we don't change, Caroline said she didn't know exactly, but she knew that it would be the poorest, the people of colour and those polluting the least who would suffer the most initially, then everyone would suffer and we may go extinct.

Greta was asked about the support or lack of it she gets from her parents and teachers. She said that at the beginning her parents asked her if there was anything else, other than skipping school, that she could do. It's a parent's job to make sure their children are going to school so that was hard for them, but they were glad that she was so passionate about it and cared so much. As for teachers, they support her as human beings but not as her teachers.

When asked what she says to politicians who say she should be at school, she gave a threefold reply: "Why should we study for a future

that is being taken away from us? Also learning facts seems pointless if the most important facts we're facing today are being ignored, and to those who say we should stay in school until we become the next leaders, there isn't time for that. It will be too late."

When money came up, Caroline Lucas highlighted the fact that "the cost of trying to prevent the worst of climate change down the line is much more than fixing it now with the solutions we already have including renewable energy, and let's face it, we all know that £ trillions are always found to bail out banks. The money exists, we just need the will to use it for the right things." (This was just a week after a fire destroyed Notre Dame in Paris and within 24 hours, millions had been raised for its restoration.)

It was agreed that Ecocide should be made a law, the notion that destroying the natural world should be illegal, and the doing it be held accountable, as suggested by Earth lawyer Polly Higgins who, very sadly, had died just the day before. She has passed the baton onto us and we must continue her legacy.

Caroline's last comment was: "for all we stand to lose, we have not yet lost it. The future is still ours to shape. It's an awesome responsibility but it is also an amazing opportunity.

Greta finished by saying that we need to think of the bigger picture. It's pointless for the no fly movement and the vegan movement and the plastic free movement and the planting trees movement and the recycling movement to argue over which is more important. We have to take a holistic view. We have to collectively work on all these things. You can't just think that by buying a more eco soap, you're doing your part. It's all interconnected and we all need to take action in every way possible to bring about the necessary change.

LITTLE BOOK OF WISDOM

From my encounters with:

- 1) *The Dalai Lama*
- 2) *Nelson Mandela*
- 3) *Anita Roddick*
- 4) *Sogyal Rinpoche*
- 5) *Stephen Hawking*
- 6) *Deepak Chopra*
- 7) *Marianne Williamson*
- 8) *Jane Godall*
- 9) *Dan Millman*
- 10) *Neale Donald Walsch*
- 11) *Wayne Dyer*
- 12) *Eckhart Tolle*
- 13) *Angaangoq Angakkorsuaq*
- 14) *Gregg Braden*
- 15) *Juan Nunez del Prado*
- 16) *Andrew Harvey and Scilla Ellsworth*
- 17) *Amma (Mother Meera)*
- 18) *Byron Katie*
- 19) *James Lovelock*
- 20) *Bob Geldof*
- 21) *TKV Desikachar (Pattabhi Jois)*
- 22) *Dr Masaru Emoto*
- 23) *Al Gore*
- 24) *Monty Roberts*
- 25) *Malala Yousefzai*
- 26) *Greta Thunberg and Caroline Lucas*