

Manifesto for a New Earth

by Alice Gardner

A New Earth is Arising

And we are the ones who have the power to help it happen in time.

The power of our collective intention is one of the most effective tools we have to help bring forth the highest possible outcomes for the good of the whole.

During this critical time in the world, we are birthing a whole new version of what it is to be human!



Re-connecting with what we truly are (our universal rather than personal selves) and taking direction from that center of knowing, is a vitally important way life is calling for us to develop right now.

In the past, our perception has become overshadowed by patterns of automatic and almost mechanical thinking. These easy-repeat mental ruts can unconsciously dictate how we interpret and experience the world. This is a developmentally appropriate way that we have acclimated to the world and made life easier for ourselves. We don't have to rethink how to drive a car every time we sit down in front of the wheel – it becomes automatic.

As mature adults we develop the ability to become aware those thought structures, to stand outside them and see them for what they are. We then are able to choose whether they are appropriate or helpful for each situation. We become available to open up our perception and let something new in. This newness can take the shape of previously invisible possibilities, fresh thinking, innovation, insight and creative new responses to old familiar stimuli.

This process is enormously important for the survival and well being of our world at this time, just as the imposing of those automatically functioning thought structures was also important developmentally when it worked well for us.

Our world situation is a danger to us collectively if who we truly are is not activated as the source of our identity and given the ability to impact our relations, decisions and actions.





A lot of inherent motivation to change is being given to us through our seemingly precarious and dangerous world situation.

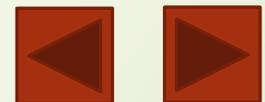
All we have to do to feel this is to expose ourselves to the news in our various media sources enough. What do we feel? What do we think? We may wonder if all that is good and beautiful in the world is in danger of destruction. Are we humans really willing to sacrifice the well being of future generations for a quick profit or to win against enemies right now?

What if the current world situation is just the birth pangs for a new level of consciousness for humanity and not as dire as it appears to be from the old mindset?

Could we possibly be imposing our own outdated mental structures on the world, and seeing a distorted version of reality through them? Could the politicians, the terrorists, mercenaries, arms dealers, addicts, criminals and others be doing the same? Is the world-view we all make decisions from still valid?

What if it's all happening just to move humanity along towards its evolutionary potential? What if it is time for that now? What if this world is exactly as it is to give us the motivation we need to take this challenging leap into a very different way of being with each other, and with the earth with all its precious forms of life.

Can we respond to this motivator in a creative and innovative way?



Are we ok with paying the price of **not** growing up as a species?

The weight of history is behind responding to personal or global problems by activating old habituated thoughts and interpretations. What is different for us now though, is that we are beginning to be able to observe our thoughts – we can see how our thinking works. So the challenge becomes how we respond to the fears and insecurities of the mind we observe BEFORE we make a decision or react. We can check first to see if there are different perspectives we can view events from and/or different ways of interpreting and inwardly processing whatever it is that is happening.

We have choice now. We can choose to use these new capabilities and the increased options which come with them, or we can view and interpret in the old way. The old way leads to our deciding who is wrong or bad and to wanting to fight against that - fighting for the side we think is right.

Is there really choice like that now? Some people would say there is no choice, but I say that we always have two basic options:

- **We can keep living out our old pre-programmed perceptions, interpretations, behaviors and thoughts and hope we don't destroy ourselves in the process;**
- **Or we can look deeper, see who we truly are beyond our ideas, reassess our interpretations, find a new world view, and begin to experience life very differently.**





When individuals do reach this developmental point, we are no longer on a solitary path towards enlightenment or salvation.

It becomes important to begin to connect with the larger community of awakening.

Functioning as active cells in humanity's collective body can feel quite different from the internal process we have evolved through to reach this evolutionary moment. It is a leap of sorts, a leap into an entirely new way of relating to everything. It is an experience of full interrelatedness with life and a release from the mind's ideas about being separate. Viewing other people as expressions of the same one being that we also are is a radical change.

We listen internally for the knowing in our true Self beyond thought (our beingness) and as we begin to be in touch with what to do in each moment from that source, we naturally sync up with what others are sensing to do too and we learn from each other's unique perspectives. Together a pattern is created beyond what any individual could have thought to be possible.

The important thing is to stay open; to be willing to stay with not knowing what to do until it is revealed in each moment.



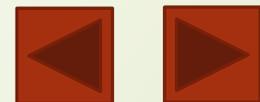


An new earth directory called [“Evolutionary Connections”](#) is growing online, where I share information about the people, teachers and organizations others may want to know about for support, encouragement & community. There are other directories listed there as well. The community of support is growing by leaps and bounds and there are innumerable opportunities to find others you feel resonant with and to work together with others who have similar interests and intentions. **The internet is fabulous for finding each other.**

My sense is that each of our mental selves/egos are constructed in unique ways based on what is in our families, what has happened to us and what we thought about it. Therefore the process we need to follow to relax our pre-programmed ways of thinking and acting are also just as unique. Each of us must find what resonates for us; each must find which people or groups are a fit for us in the deepest sense. We just stay alert for that feeling of resonance and follow it when it appears.

By following this thread of resonance, we each will find ourselves on our own unique pathway out of the maze of the mind into the clear light of the present moment & the experience of a new earth.

There are many ways we can support each other as we step up to meet the challenges of this evolutionary change-point. I have been helped enormously by a number of "spiritual teachers" and by working on a weekly basis over the phone & internet with peer-partners who have enough similarity in developmental processes to my own. I will be offering a short how-to manual about that particular kind of partnering/support in the summer or fall of 2018. I hope it will be an effective contribution towards building a network of awakening peers supporting each other's developmental journeys. [Send in your email address here](#) to be notified about its release.





One of the commonalities many of us experience on our unique pathways out of the mental maze, is noticing how the mind may want to usurp the whole process. The mind can often find not-knowing how to proceed unacceptable and throw every fear at us about what bad things might happen if we don't follow the methods of its old familiar world view. But we know where this has gotten us previously. We can now witness and face fears squarely and make a free choice about how we want to live. Our fears are meant to protect us and we can meet them with gratitude and embrace them as a part of a past that has brought us here.

Mind needs to relax into a support role. It hasn't done well with being in charge – just look at the state the world is in. This is a direct consequence of mind running the show, with all its fears, insecurities and pre-programming making the decisions. We have come to the end of mind's usefulness as our dominant navigation tool.

Even our thinking around trying to be better or trying to do this right is extra activity which can block the directness of being here in an open spacious way and make room for what new possibilities there are. The space I am asking you to sense in yourself is the one that is there before any “trying” or “getting somewhere” thoughts arise. It is what those thoughts arise in -- the background behind all the busyness. It is the space from which everything arises and to which it returns once the thinking or other kinds of movement subsides.

Stay connected with that spacious “I am” place beyond mind, rest in that identity as you, and observe mind's arising thoughts from that place. From there, mind can sometimes be a harmless noisemaker and potentially also be the most fabulous tool our true Self has ever wielded.





Entering the collective field together.

Connecting deeply with another person who is also capable of transcending the mental version of themselves seems to have a vibrancy and a magnetism all its own. The mutual support inherent in this kind of contact within a community of awakening seems to help tremendously to move us along on our evolutionary next steps. In deep connection with another, we may experience a specific part of ourselves which ordinarily remains hidden behind the noise of our thought processes and preconceived notions. Deep connection with others is one of the ways of encountering the sacred in the midst of our otherwise complex and challenging lives.

Having relationships in your life which are specifically set up to provide this kind of access can be an incredibly helpful support to an individual's development. [Patricia Albere](#) calls this "mutual awakening". It can be done in pairs, in 3s, or larger groups can be highly successful too, but can often be more unwieldy, especially at first.

Workgroups and partners like these are often assigned to you if you sign up for online workshops with various teachers. Cultivate those relationships and strengthen them if you can, and don't end them at the end of the course they came from – they are precious.

Out of my personal experience, my best suggestions for what makes a successful group, threesome or partner for your journey are some of the things listed on the next page.



Working with Partners

- Create a committed container which feels supportive of the people in it and is nurturing and accepting of whatever arises. As you practice unequivocal acceptance of each other, you will learn to have it within yourself, for yourself too. Start with a few minutes of meditation together.
- Maintain an open curiosity about what is possible within your container - a spirit of mutual exploration, curiosity and discovery about what is or is not happening in the moment. Whatever is present is an opening to explore.
- Be willing to speak without knowing what you are going to say before you say it, and without necessarily having to make any sense.
- Assume a "beginner's mind", as best you can. Relax the judge & interpreter. Share what is present.
- Practice deep listening when your partner is speaking. When your partner pauses, listen deeply to the silences in the conversation. The silences are very important.
- Refrain from the sort of storytelling that takes you out of the present, and refrain from every other exit strategy that you normally would employ to avoid the depth of engagement and the avoid the present moment. Talk **from**, not **about** what comes up. Show up.
- Be willing to speak up authentically even if you might be in error or feel embarrassed. Welcome both the light and the dark in yourself and your partner(s) to the best of your ability and support each other in doing the same.
- Notice and care for the space in-between you, the "we" space. Practice speaking from the space, rather than from the individual you. Risk feeling foolish. Speak even at risk of personal loss of face.
- Bring to each other a trust in the larger process of our evolving humanity which overrides any personal self-interest in being right, doing it properly or in keeping up appearances.



Actions You Could Choose To Take Right Now

- ❑ Commit to whatever practice works for your growth and development as an individual. Develop the inner skills to stay with your true Self. If you don't know which practice is for you, try things out. Take classes. Find a practice that works for you or make one up, and then make a solid commitment to it.
- ❑ Take good care of yourself, whatever that means for you! You want to be standing on a solid base for this work, including a well balanced life and a strong physical vehicle.
- ❑ Surround yourself as best you can with an environment that supports freedom and creativity instead of your old pre-set programming. Within whatever environment you are in, find ways to give to others, to support other's well being and overall development.
- ❑ Begin staying aware internally more of the time, even and especially when your mind or your environment is noisy. The spacious beingness is always right there in the midst of everything. It never goes anywhere - there is nowhere for it go.
- ❑ Look for people to partner with, or classes to take that support your development. There are a LOT of options out there. Don't ignore them because you are too busy. Make time for this. Prioritize. It matters.

What do you choose?



Are you in? This is the choice-point.

You have options...

You could say that you knew all this already and then go back to "normal" life, or you could make a new commitment to taking action on this information in whatever way is resonant to you.

You could maybe say that these are interesting new ideas but not useful to you because... and then consider your usual reasons (too busy, no resources, no time, no hope, its too late).

Will you choose to employ this kind of habitual thinking?

Or will you take heart and turn toward the challenge of the situation you are in with renewed attunement to our community's collective intention to fulfill our evolutionary potential in time?

Perhaps you have been inadvertently looking at the world from a perspective similar to the vanishing caterpillar who only sees the end coming and can't see the possibility of a butterfly.

Maybe you can look again now?

Will you take a stand with the new possibilities and pull together with others who are doing the same?

Will you step up?

You decide.

We are at a turning point and this choice is fully within your power.



▶ ABOUT THE AUTHOR

Alice Gardner is a spiritual explorer, author of [2 books](#), [blogger](#) and [mentor](#) who dedicates her life to doing whatever she can to help humanity fulfill its evolutionary potential in time. She has created a website to that purpose at alicegardner.org including the [Evolutionary Connections Directory](#) to help people connect with and be able to palpably feel the community of awakening people who are already out there doing work in the world to bring this vision to fruition.

- ▶ **SEND THIS MESSAGE FORTH!** You are invited to pass along a copy of this document to anyone who you feel may be ready to commit to this collective intention. Circulate it freely as part of your contribution to connecting up the dispersed strands of this community. You have permission to distribute it electronically, on social media, on your website or by any other means but not to charge money for it.
- ▶ **CHECK OUT THE ONLINE COMMUNITY** – Sign up to receive Alice's ongoing blog posts & communications as this collective intention moves forward. [Explore the Directory](#). Build your network of connections – [Go to the Online Community](#).

ALICE GARDNER'S WHEREABOUTS

Alice has recently retired from Stanford University School of Medicine in the California Bay Area and will be traveling around the US and Canada for five years while continuing to write books, blog and do whatever she can moment to moment to bring this collective intention to fruition in time. If you would like to invite her to visit your town in her travels, she can be contacted at

alice@evolutionaryconnections.net

EVOLUTIONARY CONNECTIONS DIRECTORY

Feel free to check out the listings in the [Evolutionary Connections Directory](#) and to visit the websites of anyone listed there that interests you. It is all free and IS offered as a service to the arising community of awakening that comprises this new earth. It is offered with enthusiasm and love for the amazing possibilities that life holds for us at this critical time in history.

Also feel free to suggest new listings you know about for Alice to check out!

SPREAD THE GOOD NEWS!

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