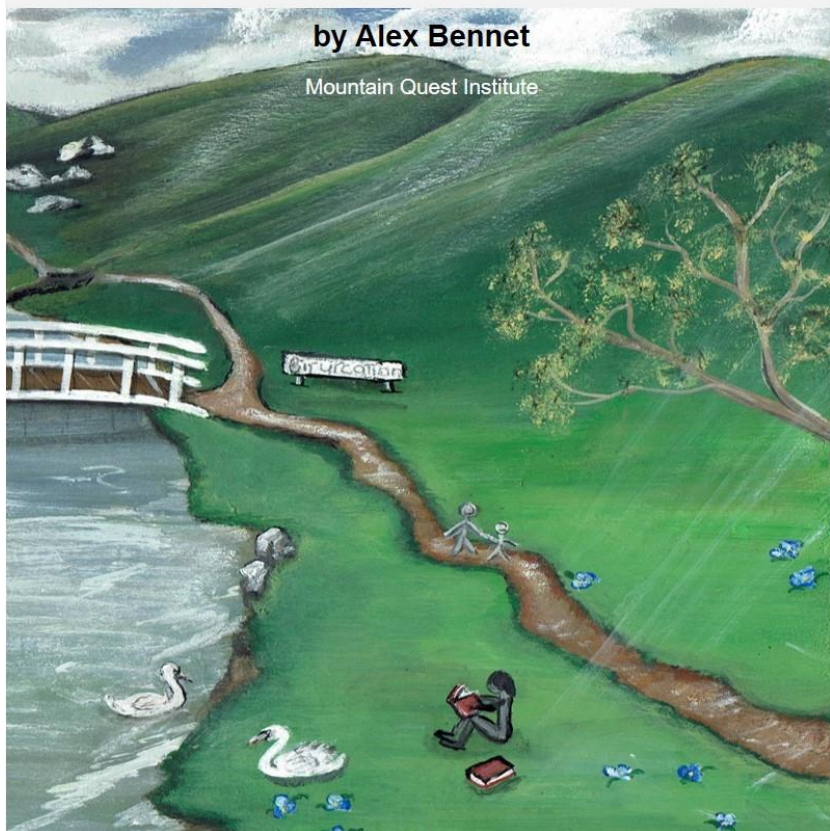


Possibilities that are **YOU!**

Volume 21: The Bifurcation

by Alex Bennet

Mountain Quest Institute



This is 21s in a series of 22 short books, what we call Conscious Look Books, that are conversational in nature, taking full advantage of the reader's lived experience to share what can sometimes be difficult concepts. We live in a world that is tearing itself apart, where people are out of control and wanting to control others, rebelling from years of real and perceived abuse and suppression of thought. Yet, this chaos offers us as a humanity the opportunity to make a giant leap forward. By opening ourselves to ourselves, we are able to fully explore who we are and who we can become. With that exploration comes a glimmer of hope as we begin to reclaim the power of each and every mind developed by the lived human experience!

These 22 concepts are part of the learning journey of which we are all a part, the Intelligent Social Change Journey (ISCJ). This is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thought and feelings into reality. Grounded in development of our mental faculties, these are phase changes, each building on and expanding previous learning in our movement toward intelligent activity.

These little books share 22 large concepts from the Profundity and Bifurcation of Change (which is written from an academic viewpoint). Each book is independent and includes seven ideas offered for the student of life to help us become the co-creators that we are. These books, available in soft cover from Amazon, support idea exploration, class discussion, other discussion groups or can be used as special occasion gifts.

Possibilities

that are **YOU!**

Volume 21: The Bifurcation

by
Alex Bennet



An imprint of **MQIPress** (2018)

Frost, West Virginia

ISBN 978-1-949829-20-4

Copyright © 2018 MQIPress. All rights reserved.
In the spirit of collaborative advantage, with attribution,
any part of this book may be copied and distributed freely.
To keep MQIPress publishing, donations are welcome.

MQIPress



Frost, West Virginia
303 Mountain Quest Lane, Marlinton, WV 24954
United States of America
Telephone: 304-799-7267
eMail: alex@mountainquestinstitute.com
www.mountainquestinstitute.com
www.mountainquestinn.com
www.MQIPress.com
www.Myst-Art.com

ISBN 978-1-949829-20-4
Graphics by Fleur Flohil
Cover Art by Cindy Taylor

*We are faced with the fact ... that tomorrow is today.
We are confronted with the fierce urgency of now ...
Over the bleached bones and jumbled residues of
numerous civilizations are written the pathetic words:
"Too late."*

(Martin Luther King, Speech at Riverside Church,
New York City, April 4, 1967)

Preface

This book is for YOU. Regardless of economic success or educational prowess, beyond cultural influences and habitual routines, YOU have been and continue to be a student of life. And since our time in this learning sphere is precious, the challenges and opportunities are both rapid and continuous, always offering new insights. YOU are a verb, not a noun. Forget what you were taught in grammar school!

Now, we live in a world of demanding challenges, where people and systems are rebounding from control, rebelling from eras of real and perceived suppression of thought. With the acceleration of mental development over the past century has come increased awareness of human capacity, with economic success in small bites for many and large bites for the few, and for some coming with an arrogance that says, “Look at me. I’m right, you’re wrong, and I’m not listening.”

Because of our Economy’s focus on the material, economic success begets economic success and the separation of wealth grows larger, flaming the difficulties of surviving in a CUCA world, that is, a world of accelerating change, rising uncertainty, increasing complexity, and the anxiety that comes with these phenomena.

Yet all of this **offers us, as a humanity the opportunity to make a giant leap forward.** By opening ourselves to ourselves, we are able to fully explore who we are. With that exploration comes glimmers of hope as we contemplate the power of each and every mind developed by the lived human experience!

As YOU move through your life of thoughts, feelings and actions—even when you have to repeat things over and over again as part of the experience—YOU are advancing toward the next level of consciousness.

Here's the bottom line. Everything that has been learned and continues to be learned is out there ... and as a student of life, YOU have access to it all. So often it is expressed in ways that don't make sense because of the language and media being used. It just isn't presented conversationally, and you don't have a chance to ask questions from your unique point of view.

So, these little books—which we refer to as Conscious Look Books—are specifically focused on sharing key concepts from *The Profundity and Bifurcation of Change* series and **looking at what those concepts mean to YOU.**

These books are conversational in nature, and further conversations are welcome. We invite your thoughts and questions, not guaranteeing answers because there is still so much to learn, but happy to

join in the conversation. Visit Mountain Quest Inn and Retreat Center www.mountainquestinn.com located in the Allegheny Mountains of West Virginia or email alex@mountainquestinstitute.com

As my partner David reminds us: *Run with the future!*

Our gratitude to all those who take this journey with us, and a special thanks to the colleagues, partners, friends, family and visitors who touch our hearts and Mountain Quest in so many ways.

With Love and Light, Alex and David

Contents

Introduction (Page 1)

Idea 1: The expansion of human consciousness is underway today. (Page 3)

Idea 2: When we feel uncomfortable with life, we know that change is beginning. (Page 11)

Idea 3: We can choose beyond duality. (Page 17)

Idea 4: There is a split in the road up ahead that represents a point of choice. (Page 25)

Idea 5: Humanity is at the sprouting point in terms of our expanding consciousness. (Page 31)

Idea 6: The world view at an expanded level of consciousness will provide a new starting point for learning and increasing complexity. (Page 39)

Idea 7: There are so many questions left to answer. (Page 45)

What does this mean to me? (Page 47)

Introduction

At no time in history have Martin Luther King's inspirational words been more needed to ring out around the world. Biologist Bruce Lipton and humorist Steve Bhaerman demonstrate the lifespan of a civilization with a very simple graphic showing the rise of development, a leveling out as the civilization moves into rigidity, the insertion of challenges as the environment shifts and the rigidity (active resistance to change) continues, and the inevitable decline that follows inflexibility and the cessation of learning. Today, humanity is in the throes of global challenges and at a decision point regarding survival of our planet and our race. As Bruce and Steve describe: "Today's world situation reveals that we are deep in the throes of global life-threatening challenges that are directly linked to civilization's misperceived societal truths. We are entering a transition period between a civilization that is dying and one that is struggling to be born. From the ashes of the old civilization arises a new one—we are living the story of the Phoenix."¹

Indeed, a great upheaval is underway, ushering in a new era for humanity. As nuclear physicist Robert Oppenheimer wrote, "The world alters as we walk in it so that the years of man's life measure not some small growth or rearrangement or moderation of what he learned to childhood, but a great

upheaval."² This time has been referred to by mystics as a Quickening, a Great Shift, a transformation, a time of transition, or the end of the world we once knew and the birthing of a new world. *Humanity is in labor*. And as with any birthing process, there are pains that come with it.

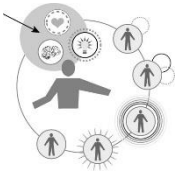
<<<<<<<>>>>>>>>

INSIGHT: A great upheaval is underway, ushering in a new era for humanity.

<<<<<<<>>>>>>>>

This is the 21st Conscious Look Book in this series, and indeed there is one more. All of the books to this point have focused on separate aspects of our journey, all intended to provide new ways of thinking and feeling, helping you understand the power of your thought, and providing the tools that can support your choices. This little book brings you to the point of choice, for each of us individually and as part of a larger humanity.

New beginnings are at hand.



Idea 1: The expansion of human consciousness is underway today.

The expansion of human consciousness underway today was eagerly called forth as we neared the end of the last century, whether couched in cognitive or cultural terms. Recognizing that humans create reality, as early as 1977 industrialist Aurelio Peccei, founder of the Club of Rome, prophesized: “There cannot be any salvation, unless people themselves change their values, mores, and behavior for the better. The real problem of the human species ... is that it has not been able culturally to keep pace with, and thus fully adjust to, the changed realities which it itself has brought about ... It is only by developing adequately human quality and capacities all over the world that our material civilization can be transformed ... This is the human revolution, which is more urgent than anything else if we are to control the other revolutions of our time.”³

<<<<<<<>>>>>>>>

***INSIGHT:* “The real problem of the human species ... is that it has not been able culturally to keep pace with the changed realities which it itself has brought about.”**

<<<<<<<>>>>>>>>

This concept of conscious evolution is an important theme of our times. Evolution often comes in the face of crisis, where there is a huge pressure that puts us at risk of extinction unless we get really innovative and evolve; and there have been a lot of crises happening in the world since the turn of the new millennium. We see some people reacting with survival-based instincts and trying to cling to control, while others are doing away with old methods and responding with great innovations. These are truly unprecedented times.

<<<<<<<>>>>>>>>>

INSIGHT: Evolution often comes in the face of crisis, where there is a huge pressure that puts us at risk of extinction unless we get really innovative and evolve.

<<<<<<<>>>>>>>>>

At a 2011 university graduation lecture given by Barbara Marx Hubbard, futurist and co-founder of the Foundation for Conscious Evolution, she forwarded the idea that each successful evolutionary shift could be identified as a *consciousness raising experience*, the view that evolution results in a gradual (or sometimes rapid) rising of consciousness. Certainly, we can look back on the various evolutionary stages and see that, indeed, evolution has led to ever more complex and self-aware beings. Our consciousness, self-awareness, complexity and multi-dimensionality of thought have continued to

increase over time as we and our technologies evolve.

Barbara recognizes that humanity is poised to make a leap that is "as great as that made from the Neanderthal to the Self-aware human."⁴ Not only are we about to make another big leap, we are also now *aware* that we are evolving AND that we have the power to *co-create our own future*. This awareness and the ability to collaborate with our own process as co-creators presents us with an amazing opportunity: the chance to launch into a new age of conscious evolution, the *Golden Age of Humanity*.

The push now is towards a new level of harmony, a balancing of our senses that can lead to beauty. We are entering an era that seeks connection and integration rather than separation, that embraces synergy rather than conflict. With all our marvelous individuation and diversity, it is time to bring the pieces together into a greater whole rather than continuing to break things into separate parts.

<<<<<<<>>>>>>>>

INSIGHT: We are entering an era that seeks connection and integration rather than separation, that embraces synergy rather than conflict.

<<<<<<<>>>>>>>>

Philosopher and educator Will McWhinney recognized our realities as a product of second-order

change, and that symbols, mental images, sensory impressions, events and naming give reality to our perceptions. He says this reality can move in two different directions: *conventionalizing* or *differentiating*. Conventionalizing moves toward a monistic position, bestowing order and rational integration, forming generalities and models, and “systematically organizing empirical knowledge to gain power over ideas as well as resources.”⁵

Differentiating is the opposite, leading to the creation of new symbols, concepts, relations and metaphors. This differentiation can emerge from recognition of patterns of behavior, or the bisociation of ideas (creativity). For example, Ben Franklin, Thomas Edison or Edwin Land of Polaroid had whole catalogs of different ideas. As Anthropologist Roy Wagner says, “A differentiating symbolization specifies and concretizes the conventional world by drawing radical distinctions and delineating its individualities.”⁶ Through deep differentiation, new wholes are generatively created, transcending the separation of subject-object and making the change distinct. This is a form of *reframing*,⁷ similar to developing a new market for a product, only at this level developing the new human.

You may need to read the previous paragraph another time ... I did as I was writing it. The bottom line is the tremendous value of differentiating your thought. Remember, humans are verbs, not nouns.

In *The Global Brain*, similar to Hubbard's conviction, Peter Russell, mathematician, physicist and computer scientist, said that we as a humanity had advanced in our evolutionary journey to where we were poised to make a leap to a global consciousness.⁸ Peter sees the Earth as a self-regulating living organism. As such, this leap is just as significant as the emergence of life itself. The Global Brain refers to the interlinking of billions of minds together as one system, although when this book was published this was still a dream. To leap, of course, involves inner spiritual development and transformation of the individual human consciousness.

Artist and educator José Argüelles said the future is already beginning.⁹ We would go further. The future is already here. Thinking in terms of the Earth as an ecosystem and the interconnectivity of humanity, we exist in a new stage of consciousness as *part of the Noosphere*, the energy field described by the French geologist/paleontologist, Pierre Teilhard de Chardin, as "a human sphere, a sphere of reflection, of conscious invention, of conscious souls."¹⁰

Just as Peter Russell predicted, this new phase of humanity is **dominated by consciousness**, and we are in the midst of the "sundry effects of the *biosphere-noosphere transition*, the chaotic and dissipative shift into the new order of planetary

reality.”¹¹ Collectively, as a planetary organism, there is a new planetary consciousness emerging, a Oneness, which we individually as an evolving human spirit and collectively as an evolving humanity have the opportunity to embrace. This is our choice, what we describe as the *Bifurcation*, holding onto the past *or* flowing into the future.

Mulhall offers a vision of the future based on transhumanism, that is, **moving beyond human** into the realm of superintelligence and superhealth, which includes increased emotional and social well-being. The World Transhumanist Association describes transhumanism as a radical new approach to future-oriented thinking based on the premise that the human species does not represent the end of our evolution but, rather, its beginning. They go on to formally define it as follows:

(1) The study of the ramifications, promises and potential dangers of the use of science, technology, creativity, and other means to overcome fundamental human limitations.

(2) The intellectual and cultural movement that affirms the possibility and desirability of fundamentally altering the human condition through applied reason, especially by using technology to eliminate aging and greatly enhance human intellectual, physical, and psychological capacities.¹²

Many other changes come along with this transformation. Mulhall says that transhumanists

agree on one concept, that the “era of Homo sapiens as the only self-aware, technological lifeforms on earth may be about to end. We may be at the same relative stage as when Neanderthals met the first Homo sapiens, except this time the transition may be decades or centuries, not thousands of years. It may involve not just one subspecies of posthuman, but many, each emerging in a time span that seems like spontaneous combustion compared to the rest of history until now.”¹³

The focus is not on what it is to be human *now*, but *on what we can rapidly become*, what may be a new species of human: posthumans or transhumans in an era of transhumanism.

[Your Thoughts]



Idea 2: When we feel uncomfortable with life, we know that change is beginning.

Sameness gives comfort; yet it is this same *sameness* that bores us and holds us back from being the verbs, the continuous learners, that we are or can be. Noting that nearly all change produces some level of fear, we agree with the modern-day spiritual messenger Neale Donald Walsch, when he says that “Life begins at the end of your Comfort Zone.”¹⁴ When we feel uncomfortable with life, we know that change is beginning. Neale's words reiterate the thought that began this book: “Life is change, and when there is nothing that is changing, there is nothing that is living.”¹⁵ The aspiration is to purposefully co-create the change you want to happen.

Humans are designed to question and doubt, with freedom of motives and choice.¹⁶ In the cascade of choices available at every level of change, there are three direct factors—aspirations, insight, and incentives—that influence every choice that is made.¹⁷ Individuals in any social situation are influenced, in conjunction with other factors, by their individual aspirations, all underpinned by a complex set of values, emotions and expectations. In a complex world where individuals do not know what they know (or don't know), we are influenced more and more by intuition and insights, thus aspirations

often go hand-in-hand with insights. As Strategy Advisor and Professor Roger Martin says, “Aspirations help define what insights are valuable, and such insights are pursued to the exclusion of other insights.”¹⁸ Incentives provide the impetus to move forward in accordance with aspirations and insights, or disincentives may discourage such a choice. Thus, these three factors are mutually reinforcing in a cascade of choices, with each and all highly dependent on the situation and context at hand.

<<<<<<<>>>>>>>>

INSIGHT: Humans are designed to question and doubt, with freedom of motives and choice.

<<<<<<<>>>>>>>>

A fourth factor influencing each of these three is learning capacity. Sustainability in a changing environment requires learning. When learning capacity is high, there are more choices, and a better chance of adjusting and responding to the needs and opportunities at hand, enabling choices that match aspirations, insights and incentives. A low learning capacity insinuates an inability or difficulty in adjusting and responding to changes that present themselves.

Agreeing that aspirations, insights, incentives and learning all directly impact choice, building upon beliefs, values and mental models

experientially developed, there is still the freedom to choose. Nowhere was this more obvious than in the United States 2016 Presidential election. However, choice does not end with the results of an election. People are responsible for the governments under which they live. Informed by the physical, mental, emotional and intuitional planes, the balance between freedom and imposed and supported societal or governmental limits is an intelligent choice that drives actions.

This brings us to the CHOICE facing humanity today. The Intelligent Social Change Journey (ISCJ)—the expansion journey we are all on—is a developmental journey of the body, mind and heart, moving from the heaviness of cause-and-effect linear extrapolations, to the fluidity of co-evolving with our environment, to the lightness of breathing our thoughts and feelings into reality. These phase changes might feel familiar to the journeyer, because they are. As babies, we are born connected to our mothers and families and to the larger energies surrounding us. This is the place we begin breathing our thoughts and feelings into reality (in the ISCJ this is represented in Phase 3). Then, around 4th grade, when we begin the process of individuation, we look to those around us as models, living in the NOW and very much co-evolving with, flowing with, our environment (in the ISCJ this is represented as Phase 2). By the mid-teens we were immersed in the learning of cause and effect,

whether imposed by parents, schools, religion or society. There is a heaviness here; with rules to be learned, and consequences to actions taken outside those rule sets (in the ISCJ this is represented as Phase 1). As we move toward adulthood, **this is the starting point** of the Intelligent Social Change Journey. What we are acknowledging here is that *this is a return journey!* In our infancy and early childhood, if we could remember, we have moved from Phase 3 to Phase 2 to Phase 1, where we start the conscious journey of expansion. See Figure 1.

In Phase 1, within the framework of our local environment and with a focus on the geosphere (the physical), diversity thrives on freedom as we follow our passions and individuate as we are able, deciding what we like and what we don't like. While there is much to learn in this phase, today as a global world, the large majority of our youth move rapidly into the NOW and co-evolving of Phase 2.

In Phase 2, with a focus on the biosphere (living organisms), these young minds are not tethered by action and reaction; they understand *concepts*, higher mental thinking, the way things are connected and the relationships among those connections. Through their interactions with others around the world, they honor diversity and have developed an empathetic understanding of other cultures. People are people, each unique and creative, each with likes and dislikes, each with

passions, and each choosing where to focus their energy and their creative juices.

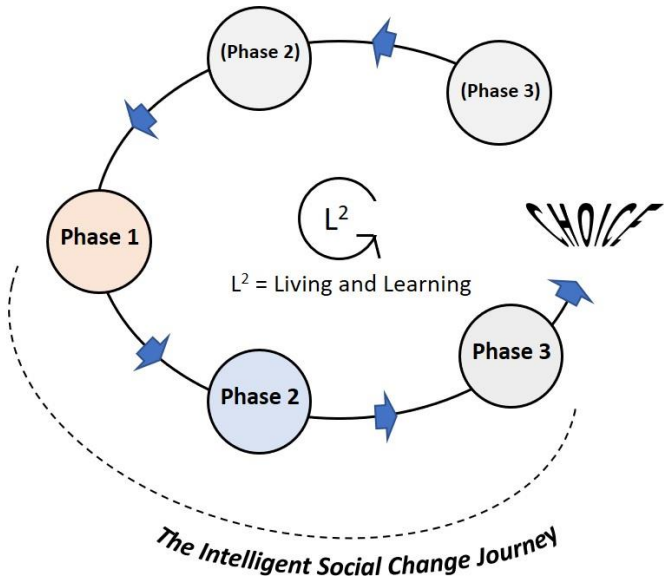


Figure 1. *The human journey of choice.*

Virtue grows from this Journey-nurtured diversity as we recognize the interconnectivity and interdependence of humanity, and strengthen our connections to the *Noosphere* (human thought and consciousness). At this point in our journey we move toward an understanding of Oneness and the thoughts and actions that Oneness advances. For example, balance and beauty are choices that expand

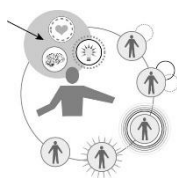
humanity beyond the limits of virtue to a larger frame of reference, helping us move fully into co-creating our collective reality.

<<<<<<<>>>>>>>>>

INSIGHT: Virtue grows from diversity as we recognize the interconnectivity and interdependence of humanity, and move toward an understanding of Oneness and the thoughts and actions that Oneness advances.

<<<<<<<>>>>>>>>>

And this is the entry into the expansion that occurs in Phase 3 of the ISCJ. The creative leap of this phase requires the ability to tap into the larger intuitional field that energetically connects all people. This can only be accomplished when energy is focused outward in service to the larger whole, requiring a deeper connection to others. Compassion deepens that connection. As can be seen, each phase of the ISCJ calls for an increasing depth of connection to others, moving from sympathy to empathy to compassion. There is a Conscious Look Book on *Conscious Compassion*.



Idea 3: We can choose beyond duality.

Philosopher and educator Will says, “Conflict is intimately related to change, and change engenders conflict.”¹⁹ Conflict and change have a symbiotic relationship, that is, they are two parts of a larger whole. Conflict is a condition of duality, which has both dampened our hearts and spurred us onward, placing us in competitive win/lose situations.

The concept of duality is the concept of opposites and contrast. Simple examples are black/white, good/bad, win/lose, and male/female. From a symbiotic viewpoint, the two opposites are part of a larger whole: one concept exists because the other exists. Historically, we have often been driven to change, to create and innovate, by occasions (events and perceptions) related to need, fear and survival. Thus, our experiential learning journey is heavily based on the “push” factor of negative events and perceptions. And learn we have! Take a moment and reflect on what you would define as the greatest learning experiences of your life, times when you pushed through difficulties, perhaps significantly changing the course of your life.

If we have really learned these lessons, we might question the continuing necessity of duality, and reflect: *Have we experientially learned enough*

to make wise choices in a world not grounded by duality? I've struggled for several years reflecting on this and related questions. Is duality necessary for effective choices? What would be the driving forces for growth and expansion in a life without duality? Note that our responses to these questions assume the *experience* of duality in the past, that is, the experiential learning associated with a full life of ups and downs, trials and tribulations, losses and successes, all of which have been used to propel us forward into expanded consciousness.

Per symbiotic thinking, the concept and potential of non-duality exists *because the duality we have experienced exists*. Thus, we acknowledge the significance of these experiences, which have anchored in and then honed our beliefs and values, have opened us to new ways of thinking and being, and have helped us to individuate and understand and appreciate our choices. Thus, we ask this question from a state of experiential learning and expanded consciousness.

<<<<<<<>>>>>>>>

INSIGHT: Per symbiotic thinking, the concept and potential of non-duality exists because the duality we have experienced exists.

<<<<<<<>>>>>>>>

Let's briefly view the experience of duality from the viewpoint of neuroscience. Generic

experiences, those that are repeated day after day, are low-intensity, faint experiences, with the objects of those experiences quickly fading from memory. These are experiences with low-contrast stimuli. The intensity of neural responses in the mind/brain, that is, the rapidity of spikes produced by neuronal firings, is proportional to the level of contrast of the stimulus. Low intensity neural responses are evoked by low-contrast stimuli, and high intensity neural responses are evoked by high-contrast stimuli.²⁰ A higher level of activity means the formation of a more robust neuronal code.²¹ Thus, higher contrast events have a higher level of neuronal activity resulting in a more concrete conscious experience. Of course, there is a threshold to be crossed. As neuroscience researchers Peter Fazekas and Morten Overgaard explain: “Neurons respond with an increased firing rate only to oriented edges with a contrast level that is above a threshold value. Above this threshold as the stimulus contrast increases, the neuron produces increasingly stronger responses (following roughly a flat S-curve).”²²

There is, however, also a saturation point, where an increase in stimulus contrast *ceases* to increase the firing rate.²³ This limit is consistent with the focus and learning threshold of consciousness in terms of an individual or organization, where something (an idea, strategy, event, etc.) above the upper threshold is either not recognized or does not make sense.

Of course, intensity of contrast is only one factor determining the level of consciousness. Researchers Peter and Morten say that "the quality of representations is determined by the robustness, the distinctness, and the stability of the neural code,"²⁴ with robustness related to *intensity* or amplitude, distinctness related to *precision* or variance and stability related to *temporal stability* or maintenance of the codes. Another example of intensity is attention. We know that attention to various features also increases the concrete conscious experience.²⁵ Precision is focused on the unique quality of representations, *what* is being seen, heard, felt, tasted, smelled. Temporal stability is the length of time percepts are held; with unconscious representations decaying quickly and conscious representations being maintained for a longer period of time.²⁶

From this short discussion, it is clear that the level of contrast, the uniqueness of specific incoming information, and whether we are conscious of an event, all have a direct impact on the neuronal activity of the brain, and therefore warrant reflection when exploring the significance of duality in the experiential learning cycle. This very discussion of whether duality is necessary is paradoxical, that is, as noted before, with non-duality defined by our understanding of duality. Recognizing the significance of contrast and the power of attention, the question becomes: *Are there attractors outside*

the context of conflict (duality) that can provide that contrast and keep our attention?

<<<<<<<>>>>>>>>>

INSIGHT: The discussion of whether duality is necessary is paradoxical, that is, with non-duality defined by our understanding of duality.

<<<<<<<>>>>>>>>>

Looking at the current world situation, we see the push of need, fear and survival woven throughout our systems. This is evident in the daily headlines, whether dealing with politics or economics, damaging behavior patterns, the ecosystem or in the experience of erratic and severe weather shifts.

Looking through the lens of the Alchemical cycle, humanity is indeed primed for a push into a new way of being! The concept of participating in our own evolution, in order to accelerate its progress, is central to the tradition of Alchemy. Alchemy is considered *the art and science of transformation and transmutation; of changing something into something even better*.²⁷ In the Alchemical cycle, we have moved beyond the Calcination, Dissolution, Separation and Conjunction stages into the Fermentation stage. This intense stage sees maturing of the new form and final death of the old. Think of this in terms of the life cycle of a butterfly.

In the Fermentation stage, anything that is not of the purest essence or is still corruptible *must* go.

Egos get burned, people get enflamed, systems break down, death occurs. These are the forces that can serve as the catalysts to shift us away from a crash course toward extinction, driving our world out of balance from selfish lifestyles and a continuous need for power and control. If we can harness the dynamics of change, we may yet be able to steer evolution onwards, beyond the struggle with our darkness, and into the glory of our more essential goodness and potential.²⁸

Looking toward a brighter future, we ask again: *Are these negative experiences necessary to sustain the depth of experiential learning happening today?* From a positive perspective, what is it that can capture our attention or provide the needed contrast to cause spikes in our neural activity? We suggest that for those who choose to no longer live in a reaction mode responding to need, survival and fear, who no longer require conflict in order to choose change, there is the *excitement of exploring the unknown*.

<<<<<<<>>>>>>>>

INSIGHT: The excitement of exploring the unknown has the ability to capture our attention and provide the needed contrast to cause growth and expansion.

<<<<<<<>>>>>>>>

Humans have an innate curiosity to discover new things, and an intense desire to explore the unknown. And there are other attractors as well. There are inner urgings to challenge and test ourselves, and, fulfilling the role of the co-creators we are, to create and innovate. And anticipation rivals boredom! In Figure 2 below we introduce a number of attractors that can provide the *pull* to create and participate in extraordinary learning experiences.

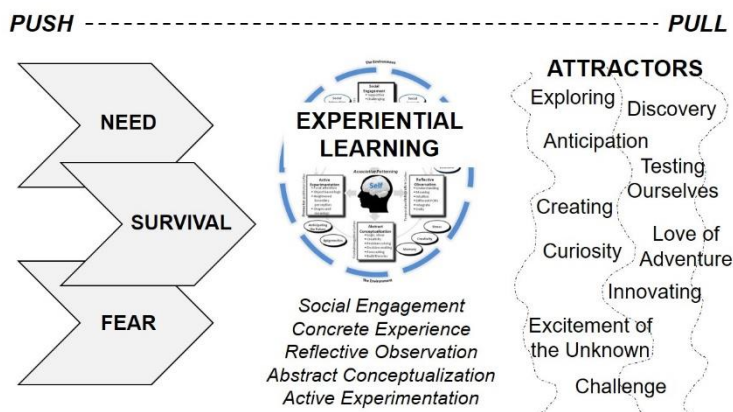


Figure 2. *Can humanity advance at the same pace without the push of need, fear and survival?* ²⁹

Whether responding to the push or embracing the excitement of the pull, there is a choice to be made. This brings us to the moment at hand.

[Your Thoughts]



Idea 4: There is a split in the road up ahead that represents a point of choice.

We are at the point of choice, and this choice is about who we are becoming, not who we are. For several generations, whether from an individual, organizational or global frame of reference, we've known the split in the road was ahead of us. In 1996, business lecturer Jennifer James wrote in her forward-thinking book, *Thinking in the Future Tense*, much of which is now taken for granted: "Understanding the nature of change is harder now because we cannot see the signs and signals that were once so obvious. Getting off a horse to step into a car was a pretty clear indicator that the age of mechanized transportation had arrived. Now change seems invisible, hidden in transparent pulses in the air. The appeal of a retreat to the past is not surprising. But it's too late to go back. We know too much. The new road will stretch out ahead of us regardless of our ambivalence."³⁰

Many of us know this in our hearts, and many of us have noticed it in the shifting focus of the workplace. In 2005 a participant in the KTML study³¹ noted that Knowledge Management hit a moment in human evolution of potential extreme importance. In his words,

“We as humans are confronting in our history the possibility to overcome a fundamental contradiction between our biological constitution and our social vocation, between our animal constitution and our aim to build civilization, and this is a contradiction that has been pointed out frequently by scientists and thinkers and historians and social biologists ... KM brings the opportunity to look above why humans are reacting the way we do, **to generate a further level of consciousness** that will help us rethink the social systems that we created before in the more mechanical way we inherited from the past ... from the mental reflection on knowledge systems as the core upon which social human life, human societies are constructed, that we are now facing this opportunity.”

<<<<<<<>>>>>>>>

INSIGHT: We as humans are confronting in our history the possibility to overcome a fundamental contradiction.

<<<<<<<>>>>>>>>

Our biologist Bruce Lipton and humorist Steve Bhaerman speak of the Bifurcation as a fork in the road, that is, **a balance point between the spiritual and material realms**. This is the balancing of the physical, mental and emotional, all interlaced with the spiritual beings that we are. This is the balancing of our five senses of form and two inner senses that connect us to the larger whole. In a poetic sense, this

is the balancing of our minds and hearts. Thus, we explore the sense-making of poet Cindy Scott in her poem "Balancing the Heart and Mind" that begins the Conscious Look Book *All Things in Balance*:

*How does one balance the emotional heart
With the logical intellect of mind?
Between passion and mind a harmony flow
is not always easy to find.*

For *I physically hang out in a body
of brief temporal carnality,
While I'm peering into the peculiar realm
of my Spiritual reality.*

*Armed with the various learned lessons of self
With awareness of where I've come from;
Helps me discern the tribulations of life
And those I have yet to overcome.*

Now, *I physically hang out in a body
of brief temporal carnality,
While I'm peering into the peculiar realm
of my Spiritual reality.*

*Somewhere along the way there's understanding
Of the path down which I am going;
Narrowing my focus so I can expedite
My conscious spiritual growing.*

Still, *I physically hang out in a body
of brief temporal carnality,
While I'm peering into the peculiar realm
of my Spiritual reality.*

The future is dependent on the choice that is made between two alternative paths. On the one hand, we can keep doing things the way we've done them in the past, certainly making some headway in terms of technology, only living by the law of the jungle in a pit of duality. As Bruce and Steve suggest:

“We may choose to stay in the same familiar world of dueling dualities, wherein religious fundamentalists and reductionistic scientists continue to polarize the public. This path will obviously continue to take us toward the same destination we are heading to now—imminent extinction.”³²

OR *we can choose to think and act together.*
This is returning to a point of balance.

“... as we return again to the balance point, we may choose to resolve our differences by seeking harmony over polarity. By combining formerly factious elements into a unified functional whole, we can open the door, transcend historic dualities, and experience an evolution that will provide for a higher-functioning, more-sustainable version of humanity.”³³

Bruce and Steve call for adoption of a new basal paradigm they call holism, that is, a paradigm based on the integration of a new science and ancient spiritual wisdom. There are three primary questions holism addresses:

(1) *How did we get here?* (Holism answer: a combination of evolution and creation);

(2) *Why are we here?* (Holism answer: Experience and learning for humanity's continued evolution);

(3) *Now that we're here, how do we make the best of it?* (Holism answer: Balance based on the recognition of Oneness, all things are connected).³⁴

We encourage each of you to ask these same three questions of your self:

How did we get here?

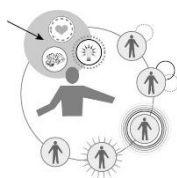
Why are we here?

Now that we're here, how do we make the best of it?

And perhaps one more question:

Where do we choose to go next?

[Your Thoughts]



Idea 5: Humanity is at the sprouting point in terms of our expanding consciousness.

Historically, we as humans work and strive to create change with only slightly visible results, then some event occurs which connects all this prior activity, and the understanding of value pushes everyone to a new stratum of recognition, with the entire plane of behavior shifting upward to a new starting point. A good analogy is the growth of bamboo. For the first four years the young bamboo plant is watered with relatively little visible evidence of growth. But during this time, out of sight the roots are spreading, interconnecting and growing in strength. Then, during the fifth year, the bamboo plant streaks upward some 20 or more feet.

Humanity is at the sprouting point in terms of our expanding consciousness. We've done a great deal of work growing our mental faculties, and learning through our connections to others. We look through the lens of Ken Wilber to further explore this transition. Ken, who himself has sprouted a whole Integral movement, says that humanity—both as individuals and as members of a historically located culture—is undergoing a process of *psychospiritual development*.³⁵ This transition is not much different than the shifting developmental stages each of us experiences in life, that is, moving

from a symbiotic state with our mother (representing Phase 3 of the Intelligent Social Change Journey) to separation; from focus on an individual body to membership in a group (representing Phase 2 of our developmental journey); and then into development of the mental ego (Phase 1 of our developmental journey), from where we start the Intelligent Social Change Journey, moving from the logic of lower mental thinking (Phase 1) to the concepts of higher mental thinking (Phase 2).

<<<<<<<>>>>>>>>

INSIGHT: Humanity is at the sprouting point in terms of our expanding consciousness.

<<<<<<<>>>>>>>>

As we expand through these stages or phases, our idea of "self" shifts and changes. We have a *higher awareness of being aware*, and with increased consciousness comes increased responsibility. We move into a state of self-governance, anchoring and putting into action every level of our multidimensional self in our continuous search for higher truths. We move beyond the mental ego into the heart (Phase 3 of our developmental journey), embracing diversity and expanding our individuation, while simultaneously connecting more deeply with others through conscious compassion. And, as those connections deepen, we move ever closer to that unconditional love that once appeared illusive and, even, unobtainable for humanity.

<<<<<<<>>>>>>>>>

INSIGHT: As our connections deepen, we move ever closer to that unconditional love that once appeared illusive and, even, unobtainable for humanity.

<<<<<<<>>>>>>>>>

There are two dimensions that Ken Wilber sees as necessary to transition from one stage to another: *the creative urge* and *the willingness to let go*, that is, be open to new thoughts and experiences.³⁶ **Note the similarity of these dimensions to those required for innovation!** This is not surprising. Certainly, the beginning of this transition is the global network of technology facilitating the movement of information around the world, and enriching the creative field from which innovation emerges. In order to have a successful innovation, there is the need to communicate with, and even develop empathy for, others in order to understand their needs and wants. Thus, while innovation is built on mental development, it requires the innovator to deepen connections with others, which are characteristics of Phase 2 of our developmental journey. Coupled to this expanding capacity for innovation are the attitudes of a new generation of decision-makers who are growing up green and growing up connected, and who are *not* satisfied with the world as it is.³⁷

Ken identifies four factors that are particularly important to facilitate personal transformation. These are: fulfillment, dissonance, insight and opening.³⁸

Fulfillment is the completion of basic tasks at the current stage, having the knowledge, a basic competency, to function adequately and be ready to move on. *Dissonance* is between the old (holding on) and the new (setting in), which could be emotionally charged through affective tacit knowledge. We now recognize that through choice, the excitement of the unknown can create this dissonance. *Insight* into the situation and what is actually wanted provides the direction to move forward and most likely draws on intuitive and spiritual tacit knowledge, and may involve consciously tapping into the intuitional plane. *Opening* refers to the quality of openness needed to move forward into a new awareness, learning and an expansion of consciousness.

Jean Houston, a scholar, philosopher and teacher, is more dramatic in her description of the choice upon us. She says that this time in Earth's history addresses the imperative "grow or die". As she quite eloquently describes: "We are guests at a wake for a way of being that has been ours for hundreds, even thousands of years Our challenge is to cultivate the vision and lay out the practical steps necessary to move through the opening times that follow upon closing times the new millennium we have entered is the intersection between worlds, between species, between ourselves

and forever we as a species stand at a crossroads faced with radical choices, any of which promise to make tomorrow look nothing like yesterday.”³⁹

That wake is turbulent, an ending—breaking apart and crumbling—of all that we have known, the future that we expected. We are beyond our comfort level moving toward the unknown. Yet from this very place, when we look inside, we can perceive great potential and unlimited POSSIBILITIES.

<<<<<<<>>>>>>>>>

INSIGHT: We are at an ending, a breaking apart and crumbling of all that we have known, the future that we expected, and are moving toward the unknown.

<<<<<<<>>>>>>>>>

We've entered the *Jump Time* that Jean describes, “a whole system transition, a condition of interactive change that affects every aspect of life as we know it.”⁴⁰ Recognizing that virtually every human system—organizational, economic, environmental, political, etc.—is undergoing a state of deconstruction and breakdown, the Jump Time phenomenon is focused on possibilities. Jean says five forces are driving this jump into the future:

(1) The Evolutionary Pulse from Earth and Universe (realization that we are co-creators);

(2) The Re-patterning of Human Nature (tapping into the creative mind and engaging the full human capacity);

(3) The Re-genesis of Society (becoming and thinking global);

(4) The Breakdown of the Membrane (dissolving of old barriers); and

(5) The Breakthrough of the Depths (a spiritual yearning; balancing inner growth with outer accomplishments).⁴¹

In this journey, *the choices of each individual make a profound difference*. "Our individual life is part of the unfinished symphony of the cosmos."⁴²

This is the creative leap ahead for humanity. There is an influx of energy, an increase in forces, and the expansion of consciousness. Only, unlike the transition into puberty, we have a choice whether to hold onto the survival mode of our childhood personality focused on seeking pleasure and avoidance of pain, or to let our emergent self grab the reins and embrace a new way of being. Or do we? We know that a living system cannot stay in stasis; that we require growth to survive.

The possibility of a creative leap at the level of humanity is not a new idea, although it does take on new meaning as we begin to explore the ideas of Quantum theory. In 1972, paleontologists Stephen Jay Gould of Harvard University and Niles Eldredge

of the American Museum of Natural History challenged Darwin's concept of phyletic gradualism, which is the theory that changes within species evolve over long periods of time.⁴³ Steven and Niles discovered through new evidence from fossils that new evolutionary forms had emerged over a few generations rather than through a long, slow process. This is *punctuated equilibrium*, accepted today as one kind of evolutionary change.

Or, in the language of complexity theory, we might describe this time in history as reaching a *tipping point*, when a complex adaptive system changes slowly until all of a sudden it unpredictably hits a threshold which creates a large-scale change throughout the system. Gregg Braden, an American author of New Age literature, and others use the term *turning point* to remind us of the words attributed to Lao-Tzu (6th Century B.C.E. Chinese philosopher), *If you do not change direction, you may end up where you are heading.*

The *100th monkey effect* refers to a hypothetical phenomenon where a new idea or behavior spreads instantaneously across a group or among groups when a critical number of members in one group adopt that idea or behavior. This infers tapping into the *Noosphere*. In Quantum field language, we would talk about enough energies heading the same direction in a probability field such that a *Quantum leap* occurs. What is clear is that

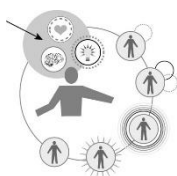
from whatever frame of reference we choose to look,
we are poised for a creative leap at the level of
humanity!

<<<<<<<>>>>>>>>

***INSIGHT:* From whatever frame of reference we
choose to look, we are poised for a creative leap at
the level of humanity.**

<<<<<<<>>>>>>>>

[Your Thoughts]



Idea 6: The world view at an expanded level of consciousness will provide a new starting point for learning and increasing complexity.

Let's see what this might look like as a graphic. In Figure 3 we show the relationship of the expanding CUCA environment (increasing change, uncertainty, complexity and anxiety) and the creative leap that represents an *expanded state or level of consciousness*. In the current environment (lower left of figure), we are embedded in ever-increasing complexity, opining about how much simpler things were in the past. Those of us that are older can identify with that thought.

In the center of the graphic is a box referencing the development underway in preparation for the creative leap. This development would include:

- Growth of Sciences; Introduction of Quantum Physics
- Expanded Knowledge; Knowledge Sharing; Search for Truth and Beauty
- Global Connectivity; Growth of Cooperation and Collaboration
- Honoring of diversity and Freedom; Individuation and Oneness

- Recognition of Human as Co-Creator; Valuing of Innovation
- Balancing of Senses; and Physical, Mental and Emotional Planes (Holistic Human)
- Expansion from Sympathy to Empathy to Compassion
- Releasing Stuck Energy/Forgetting; Retaining Learning Lessons.

The content of the 22 Conscious Look Books has been an attempt to surface and connect aspects of the amazing developmental journey underway in which we all play a leading role—whether as a participant, resister or observer—in preparing for this consciousness shift.

An insight is that the world-view at this expanded level of consciousness, represented by the upper pair of glasses, is quite different, such that the current condition of the world—the way things are—is simpler, providing a *new* "norm" and a *new* starting point for learning and increasing complexity.

From the viewpoint of our new starting point, we experience the total complexity of today as chaste simplicity. *And we begin our journey of expansion anew.*

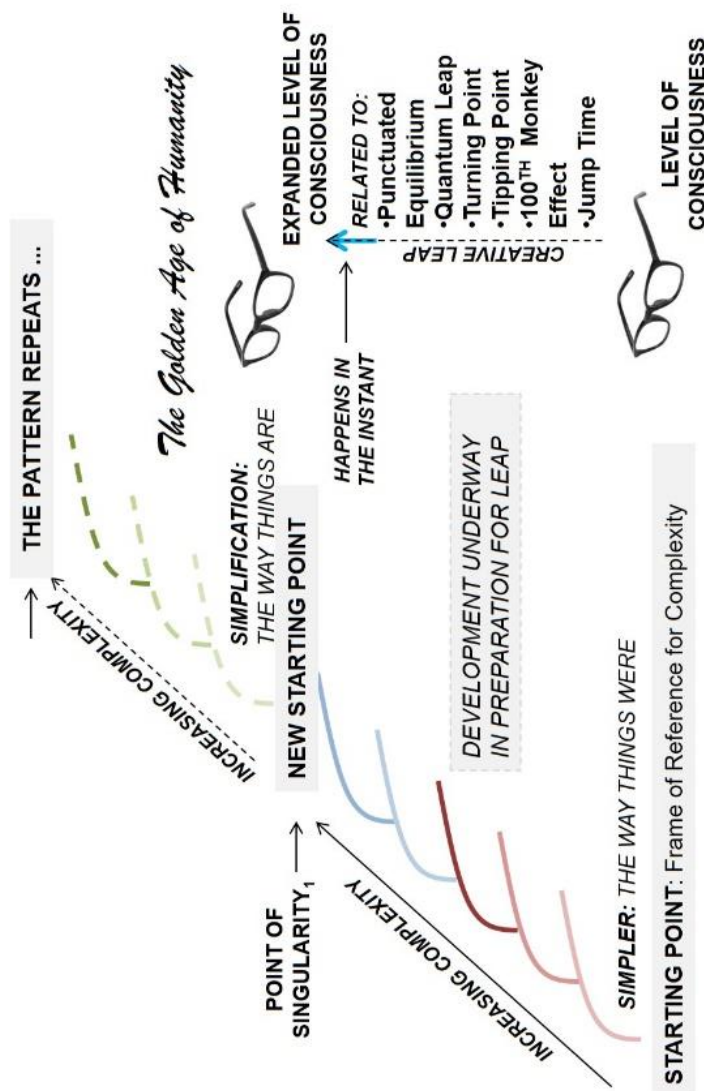


Figure 38-3. Complexity begets complexity, from which emerges simplicity.

<<<<<<<>>>>>>>>

INSIGHT: From an expanded level of consciousness, the current condition of the world—the way things are—is simpler, providing a new starting point for learning and growth.

<<<<<<<>>>>>>

What is also insinuated in this graphic is that *this shift is coincidental with the point of singularity*, a time when humans have advanced technology so far and fast that it enables humans to transcend their biological limits.⁴⁴ Point of Singularity₁ represents the point where technology catches up with the mind/brain operating at the level of consciousness prior to the creative leap referenced at the right side of the graphic. Point of Singularity₂ represents the point where technology catches up with the mind/brain operating at the expanded level of consciousness after the creative leap.

Recognizing the current human limits to fully understanding the capabilities and possibilities of the human mind/brain, we contend that the Singularity, which we agree will happen soon, *is thought of and defined by our **current** limitations*. From the Quantum perspective, behind a closed door "all that is possible exists", and, prior to opening the door, what is behind that door is potential. Once the door is open, our frame of reference shifts such that "all that is possible" after the door is open can be quite different than "all that is possible" *before* the door is

open. This is the realm of *incluessence*, that which is beyond our ability to imagine or dream.⁴⁵

It is most likely that the Singularity will occur in concert with our consciousness shift, and indeed this is part of our human journey, the instant where we surpass our current level of thinking, whether expressed through technology or through the expansion of our consciousness and mastering of our mind/brain. Focusing and creating from this *new place of learning and expansion*, there is a new point of Singularity to move towards.

Are we ready to take this creative leap?

Our futurist Jean Houston contends there is only one path we can choose. Her words ring true to our minds and hearts, and so we choose to share them here.

“Though the forces of entropy and fear seek to contain or regress us, we know there is no going back. Our complex time requires a wiser use of our capacities, a richer music from the instrument we have been given. The world will thrive only if we can grow. The possible society will become a reality only if we learn to be the possible humans we are capable of being.”⁴⁶

Can we become the *possible humans we are capable of becoming*? We, as individuals and a humanity, have a choice, with that choice informed by the mental faculties we have developed in this round-trip journey of change. Choice empowers change, enabling us to embrace the future as the co-creators that we are.

[Your Thoughts]



Idea 7: There are so many questions left to answer.

In the Alchemical cycle, we have been in the *Fermentation* stage facing the Shadow and Dark Night of the Soul, representing the further breakdown of hidden impurities and the final death of the old structure. What is in front of us is the sixth stage of *Distillation*, where we harness the subtle energies and *infuse consciousness into our very substance*, elevating to higher realms and anchoring those subtle energies back into tangible form as we head toward *Coagulation*, a crystallization into final perfection. Such are the POSSIBILITIES for humanity.

Social theory teaches us that the conversations we have today directly impact the decisions we make tomorrow. From neuroscience we know that the thoughts of today become the reality of tomorrow. As we tie the thoughts within this book together and bound it in order to share it with you, we wonder:

How will these conversations influence the choices before us? Have we integrated the pieces sufficiently for understanding to emerge?

As organizations, and as individuals, can we overcome the arrogance that has resulted

from escalation of our mental faculties? Can we balance our physical, mental and emotional planes with the spiritual essence of who we are? Can we find our humility and humanity?

Will we stay in the safety of the known and keep repeating the past? Are we content to live in Plato's shadows on the wall of the cave, or will we move out into the light of consciousness?

Are we ready to embrace this future as One, honoring diversity and valuing individuation and each unique journey in our search for truth?

And, repeating the question that keeps emerging into thought, ***Are we as a humanity ready to take the creative leap?***

What does this mean to me?

Whether as a participant, resister or observer, we have all been preparing for this consciousness shift. Nonetheless, as we rapidly approach the point of choice, more and more thought and action are required of each of us, remembering that NOT making a choice is, indeed, a choice.

Here are some of the thoughts shared in this little book:

-  A great upheaval is underway, ushering in a new era for humanity.
-  Evolution often comes in the face of crisis, where there is a huge pressure that puts us at risk of extinction unless we get really innovative and evolve.
-  We are entering an era that seeks connection and integration rather than separation, that embraces synergy rather than conflict.
-  Virtue grows from diversity as we recognize the interconnectivity and interdependence of humanity, and move toward an understanding of Oneness and the thoughts and actions that Oneness advances.



We as humans are confronting in our history the possibility to overcome a fundamental contradiction between our biological constitution and our social vocation, between our animal constitution and our aim to build civilization.



We are at an ending, a breaking apart and crumbling of all that we have known, the future that we expected, and are moving toward the unknown.



With all our marvelous individuation and diversity, it is time to bring the pieces together into a greater whole rather than continuing to break things into separate parts

**From whatever frame of reference we
choose to look, we are poised for a
creative leap at the level of humanity.**

Are YOU ready?

Are we as a humanity ready?

This volume of **Conscious Look Books** builds conversationally on the ideas presented in *The Profundity and Bifurcation of Change Part V: Living the Future*, as presented in Chapter 38: “The Bifurcation.” Co-authors of the original text include David Bennet, Arthur Shelley, Theresa Bullard, John Lewis and Donna Panucci. Full references are available in the original text, which is published by MQIPress, Frost, WV (2017), and available as an eBook on www.amazon.com

Endnotes

- ¹ Quoted from Lipton, B. and Bhaerman, S. (2009). *Spontaneous Evolution: Out Positive Future (And a Way to Get There from Here)*. Carlsbad, CA: Hay House, 206.
- ² Quoted from Copeland, L., Lamm, L.W. and McKenna, S.J. (1999). *The World's Great Speeches*. Mineola, NY: Dover Publications, 644.
- ³ Quoted from Peccei, A. (1977). *The Human Quality*. Oxford: Pergamon Press, xi.
- ⁴ See Hubbard, B.M. (2015). *The Evolutionary Testament of Co-Creation: The Promised Will Be Kept*. Los Angeles, CA: Muse Harbor Publishing.
- ⁵ Quoted from McWhinney, W. (1997). *Paths of Change: Strategic Choices for Organizations and Society*. Thousand Oaks, CA: SAGE Publications, Inc., 64.
- ⁶ Quoted from Wagner, Roy (1975). *The Invention of Culture*. Chicago: University of Chicago, 44.
- ⁷ See Watzlawick, P. (1974). *How Real is Real?* New York: Random House.
- ⁸ See Russell, P. (1982). *The Awakening Earth: The Global Brain*. London: Routledge & Kegan Paul. Also, Russell, P. (2007). *The Awakening Earth: The Global Brain*. Edinburgh: Floris Books.
- ⁹ See Argüelles, J. (2009). "Afterword: WorldShift 2012—A New Beginning" in Laszlo, E., *WorldShift 2012*. Rochester, VT: Inner Traditions.
- ¹⁰ Quoted from de Chardin, P. Teilhard (1959). *The Phenomenon of Man*. St James Palace, London: Collins, 63.
- ¹¹ Quoted from Laszlo, E. (2009). *WorldShift 2012: Making Green Business, New Politics & Higher Consciousness Work Together*. Rochester, VT: Inner Traditions, 98.

- ¹² World Transhumanist Association (July 7, 2001). Definition of transhumanism. Retrieved 08/14/16 from www.Transhumanist.org/index.html#transhumanism
- ¹³ Quoted from Mulhall, D. (2002). *Our Molecular Future: How Nanotechnology, Robotics, Genetics, and Artificial Intelligence will Transform Our World*. Amherst, NY: Prometheus Books, 107.
- ¹⁴ Quoted from Walsch, N.D. (2009). *When Everything Changes, Change Everything: In a Time of Turmoil, A Pathway to Peace*. Ashland, OR: EmNin Books, 44.
- ¹⁵ Ibid., 47.
- ¹⁶ See MacFlouer, Niles (2004-16). *Why Life Is...* Weekly radio shows: BBSRadio.com (#1-#480) and KXAM (#1-#143). Retrieved from http://www.agelesswisdom.com/archives_of_radio_shows.htm
- ¹⁷ Quoted from Martin, R. (2000). "Breaking the Code of Change: Observations and Critique" in Beer, M. and Nohria, N. (Eds.) (2000). *Breaking the Code of Change*. Boston, MA: Harvard Business School Press, 394-415, 463.
- ¹⁸ Ibid., 461.
- ¹⁹ McWhinney, 21.
- ²⁰ Reynolds, J.H. and Chelazzi, L. (2004). "Attentional Modulation of Visual Processing" in *Annual Review Neuroscience* 27, 611-647.
- ²¹ Fazekas, P. and Overgaard, M. (2016b). "A Multi-Factor Account of Degrees of Awareness" Draft paper retrieved 11/17/16 from ResearchGate https://www.academia.edu/29703924/A_Multi-Factor_Account_of_Degrees_of_Awareness?auto=download&campaign=weekly_digest
- ²² Ibid., 8.
- ²³ See Schlar, G. and Freeman, R.D. (1982). "Orientation Selectivity in the Cat's Striate Cortex is Invariant with Stimulus Contrast" in *Experimental Brain Research*, 46, 457-461. See also, Reynolds and Chelazzi.
- ²⁴ Fazekas and Overgaard, 7.

²⁵ See Asplund, C., Fougner, D., Zughini, S., Martin, J.W. and Marois, R. (2014). "The Attentional Blink Reveals the Probabilistic Nature of Discrete Conscious Perception" in *Psychological Science*, 25, 824-831.

²⁶ See Greenwald, A.G., Draine, S.C. and Abrams, R.L. (1996). "Three Cognitive Markers of Unconscious Semantic Activation" in *Science*, 273, 1699-1702. Also, Dehaene, S., Changeux, J.P., Naccache, L., Sackur, J. and Sergent, C. (2006). "Conscious, Preconscious, and Subliminal Processing: A Testable Taxonomy" in *Trends in Cognitive Sciences*, 10: 204-211. Also, Kiefer, M., Ansorge, U., Haynes, J-D., Hamker, F., Mattler, U., Verleger, R., and Niedeggen, M. (2011). "Neuro-Cognitive Mechanisms of Conscious and Unconscious Visual Perception: From a Plethora of Phenomena to General Principles" in *Advances in Cognitive Psychology*, 7, 55-67.

²⁷ See Hauck, D.W. (1999). *The Emerald Tablet: Alchemy for Personal Transformation*. New York: Penguin Group.

²⁸ See Bullard, T. (2013). *The Game Changers: Social Alchemists of the 21st Century*. Self-Published.

²⁹ The experiential learning model used in the figure is taken from Bennet, D., Bennet, A. and Turner, R. (2018). *Expanding the Self: The Intelligent Complex Adaptive Learning System*. Frost, WV: MQI Press.

³⁰ Quoted from James, J. (1996). *Thinking in the Future Tense: A Workout for the Mind*. New York: Touchstone, 15.

³¹ See Bennet, A. (2005). *Exploring Aspects of Knowledge Management that Contribute to the Passion Expressed by Its Thought Leaders*. Frost, WV: Self-published.

³² Lipton and Bhaerman, 207.

³³ Ibid.

³⁴ Ibid., 211.

³⁵ See Wilber, K. (1999). *The Collected Works of Ken Wilber*, Vols. 1-8. Boston: Shambhala

³⁶ Ibid.

³⁷ See Tapscott, D. (2009). *Grown up Digital*. McGraw Hill, New York.

³⁸ Wilber.

³⁹ See Houston, J. (2000). *Jump Time: Shaping Your Future in a World of Radical Change*. New York: Penguin Putnam Inc.

⁴⁰ Ibid., 11.

⁴¹ Ibid., 12-15.

⁴² Ibid., 18.

⁴³ See Gould, Stephen Jay, & Eldredge, Niles (1977). "[Punctuated equilibria: the tempo and mode of evolution reconsidered.](#)" *Paleobiology* 3 (2): 115-151. (p.145)

⁴⁴ See Kurzweil, R. (2005). *The Singularity is Near: When Humans Transcend Biology*. New York: Viking.

⁴⁵ *Incluessence* refers to a state of Being far beyond the small drop of previous possibility accepted as true, far beyond that which we have known to dream. Taken from Dunning, J. (2014). Discussion of consciousness via the Internet on December 13, 2017.

⁴⁶ Houston, 32.

The Volumes in
Possibilities that are YOU!

All Things in Balance

The Art of Thought Adjusting

Associative Patterning and Attracting

Beyond Action

The Bifurcation

Connections as Patterns

Conscious Compassion

The Creative Leap

The Emerging Self

The Emoting Guidance System

Engaging Forces

The ERC's of Intuition

Grounding

The Humanness of Humility

Intention and Attention

Knowing

Living Virtues for Today

ME as Co-Creator

Seeking Wisdom

Staying on the Path

Transcendent Beauty

Truth in Context

A great upheaval is underway, ushering in a new era for humanity. This time has been referred to by mystics as a Quickening, a Great Shift, a transformation, a time of transition, or the end of the world we once knew and the birthing of a new world. Humanity is in labor. And as with any birthing process, there are pains that come with it. This little book brings you to the point of choice, for each of us individually and as part of a larger humanity. Are we ready to embrace this future as One, honoring diversity and valuing individuation and each unique journey in our search for truth? Are we as a humanity ready to take the creative leap?

