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A Magazine Devoted to the Journey of the Soul

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Collaborating in Community

Bob Proctor: Think & Grow

Colette Baron-Reid: Spiritual Cartographer

Marilyn McGuire: The Nautilus Awards



**Colette
Baron-Reid**



**Bob
Proctor**



**Linda
Biehl**





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LIVING KNOWING BEING

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EDITOR'S LETTER



Welcome to 11:11™

A Magazine Devoted to the Journey of the Soul

BY SIMRAN SINGH

Collaboration in Community can span many levels and must be looked at from the smallest expression of community in order to sustain. A multitude of great ideas are birthing right now and are most needed. However, we must be mindful whether these are methods of escape into a greater illusion or well laid plans of responsible creation, authentic collaboration, and selfish to selfless service. The mindset, lack or fullness position, and degree of intimacy we operate from in the world will constitute whether we are truly in a place of collaboration or convolution.

Current situations of the world have birthed seeds of unity, activism and co-creation among many. Is it a mind thing? Is it a heart thing? Is it a whole body experience? Or, is it an opportunity to have greater intimacy with the individual soul experience?

We are moving into opportunities creating the desire to collaborate more and more. Collaboration becomes a marriage, of sorts, where new adventures are birthed, but also where old wounds are unearthed. This is actually a wonderful combination because it allows not only the individual to evolve and grow, but also supports the organization in having a soul map to follow, so that mishap and dissolution can be avoided.

A thing can be only equal to the sum of its parts. Collaborations will have all of the strengths and weaknesses that exist within the principles involved, and change course only as the principles evolve. The goal is to move towards collaboration as we reconcile our own convoluted stances.

Convolution is coming together with another, but the end result is only a modified version of one of the original forms. We have to ask ourselves, 'What is really being sought out here?' If this is not addressed, then the resulting form will also be enmeshed with control issues, resentment or the inability to sustain itself in integrity to the true mission and vision. The primary questions to ask must be, 'Am I collaborating to escape from facing my own experience?' or 'Am I stepping into this collaborative journey as an attempt to discover any unhealed aspects of my life, while serving the greater good?'

The latter question is the sustaining one. It offers the ability to engage with responsible creation through open awareness of one's patterns, beliefs, behaviors, strengths and gifts. Secondly, it allows authentic collaboration because there is a commitment to be real and present to the weaknesses and strengths, so the greater good of the group can be served. Finally, it is allowing oneself to be selfish enough to have intentional growth, so that you may give fully and completely in the act of selfless service.

Just as in all aspects of the human experience, we can only give of ourselves to the extent we are willing to give to and be with ourselves. Collaboration begins at home. For us to be proactive and sacredly active in the world, we must engage in the deepest degree of self healing, with all that we have access to.

Collaboration in Community begins with the body, body systems, health, exercise and nutrition. Are you working in unison with your cells, muscles, organs, mental capacity, creative capacity, emotional capacity and restful capacity? Once that degree of collaboration occurs, the awareness of our own landscape must be present. Are you collaborating with yourself first? How can you collaborate with another human being or organization if not bringing all of you to the table, understanding what the entire journey thus far has represented?

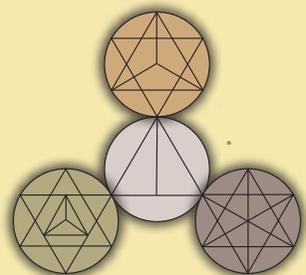
If we begin from a deficient or lack based position, everything that we work with will grow from that platform and will hold that pattern and energy. It is often why so many individuals and businesses initially desiring collaboration walk away feeling frustrated or as if they are doing all of the giving and none of the receiving. We give to the extent we receive from ourselves. Others give to the extent they have healed. It is essential to give from a full plate.

One plus one does not equal two when it comes to relationships of any kind. For a relationship on the personal, organizational or global level to sustain, one whole being plus another whole being adds up. Or, at the very least, being coming together for a common good with the knowing of their responsibility in the evolutionary process are the ones that have the possibility of expansion and wholeness. Our utmost focus must be the personal work we can initiate. The every touch into the world will be a collaborative experience for the collective. Community is all around and within us...Ready to Collaborate?



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WORKSHOP 101:

The World Community
in Collaboration Project

BY DONNA SAVAGE

I had a dream...

A friend told me she was taking me to a place where I was to meet enlightened beings. We drove to our destination and parked in a vacant dirt lot in the country. There were no buildings and no people around. I was confused and questioned her as to why we had stopped.

My questions ended mid-sentence as a portal opened right on the spot where we had parked the car. We entered a parallel world. This place was filled with people that I recognized from my community. I knew, without being told, that everyone there was a spiritual being of higher awareness. Seeing who they were gave me the understanding that I was in the company of others like myself.

As I looked around, I saw close friends, co-workers, and many acquaintances. Also among them were people who were generally disliked and who appeared to have no consideration for anyone.

As I awaken...

I tried to remember who from my community was an enlightened being. However, the names and faces of the people in the dream had faded.

It was in these moments that I understood the message of the dream. Every person was in collaboration with me so that we might all reach our fullest potential. It was not for me to remember who was enlightened because knowing that would interfere with my development.

I am in a workshop...

I am sitting with a group of people, most of us strangers to each other. We are taking each others measure, assessing the group, drawing conclusions about one another, curious, and a little anxious as we anticipate the events ahead. We are here by choice and with a common goal. Each of us, in our own way, is looking to the others to give and receive support, unconditional love, and complete acceptance. We may not yet realize that is our goal, but it is.

There is only one obstacle. Me/Them/Us. Every person in that room has "issues" that make it hard to open up, be vulnerable and show who they really are. During the getting acquainted period, thanks to the introductory exercises and the skill of the facilitators, the obstacles to cohesion begin to show themselves in the personalities of the participants.

One by one, they vie for the attention of the group, either blatantly or subtly. The first one to take the stage is the Actor, attempting to steal the show. The Leader steps in shortly after, aligning with the facilitator to bring the group together. The Angry One sits on the back row on the edge of an outburst. The Victim sits as far from this one as they can even though they have yet to meet. The Peacemaker is sensing hostility between these two and is wondering how to make it all nice. The Savior gravitates to the Victim, and positions themselves

to ward off the Abuser who must be close by. The Analyzer questions and nipsicks every point the facilitator is making, taking up huge amounts of time with details insignificant to everyone else. The Bully talks over everyone when feeling challenged by the proceedings. The Quiet One just sits there. The Jovial One is cracking jokes and distracting the group from any introspection. The Helper is passing out papers or offering other assistance, often unsolicited. The Perfectionist notices that the facilitator has misspelled a word on the flip chart. The Observer is aloof from the group, focused on the overall dynamic and gathering information for a future application.

None of these people are being REAL. Their authentic selves are in hiding. Yet they have come together as a group. It is the facilitator's job to help them shift quickly out of their public personas into their truer selves so that a collaborative group will develop within a short time. Be the time frame a weekend or a week, the task is to break down barriers so the real work, the collaborative mission, of this group may emerge.

In this model called "Enlightenment Workshop" (01), all participants have made commitments of money and time to set the outside world aside and awaken to their inner voice. This dynamic is central to workshops I have attended. There are wide deviations in style and format, but the root of all is to birth a collaborative experience and determine the common underlying dynamic that, once tapped into, will unify the group.

Through the skills of the facilitator, a foundation is set for individuals to become vulnerable and open with people they have only recently met. This safe, contained environment makes it possible for the facades to be stripped away; in their place surfaces a group of raw, wonderful, beaming full-of-light people. Appreciation for the unique contribution of each person to the whole replaces false perceptions and separatism.

The unconditional love and support that ultimately flows from these encounters is always rewarding and feels wonderful. Many times I have fallen in love with a group of people in a workshop setting. Always the promises to stay in touch are heart-felt and well intended. People are in love with each other and with themselves.

I remember how I felt after my first workshop that lasted three intense days. Aspire Level One was designed so that each person was the "star" of their experience, focused on their own responses. From the beginning, all light was blocked from the windows and all watches and clocks were removed. We were not allowed to speak during breaks or at bedtime. Many of the exercises required wearing a blindfold. The purpose of these methods was to eliminate outside references to time and to other people's input.

My memories of that workshop as well as others that followed are as vivid and real for me as what another woman might remember about the birth of her child. I labored to birth myself. I was both exhausted and elated. I left Aspire with a feeling of having no skin. Nothing separated me from anyone. I sensed that we are all one heart beating,



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and it felt so good! The workshop was a collaboration that supported every person. It was amazing!

That is, until I got in the rush hour traffic to drive home. Just dealing with horns blaring and cars racing towards random destinations was enough to usurp my newfound “one-ness.” Where was the love?

After a week, it felt as if I had literally been run over by one of those Mac trucks on the freeway. I was a wreck. I was sensitive to everything and my awareness of other people’s pain was heightened, yet their words were nothing but noise. I wanted to help. I wanted to reach out. I wanted to share my enlightened view with everyone. They would have none of it. I recalled the old cliché, “you’ve got to have a thick skin” to make it in the world. I was ready to crawl into a hole and never come out again.

Hence the meaning of the word, “workshop.”

The highs in a protected group setting lead by a qualified facilitator are amazing. A participant can move through many “ah-ha!” moments, shifting from self-defeating behavior to making productive choices. As blocks to well-being break down, the person will transform destructive patterns, an investment in self that need never dwindle.

The caveat is whether the participant is willing to apply their workshop experience to their real life so they may fully reap the benefits. Some find it too daunting. Instead they seek out another workshop, attending one after another, hooked on the “high” of unconditional acceptance in this transient setting. This creates another façade—The Addict—in this case, a workshop “junkie.”

The feeling the junkie is seeking by way of the workshop is real and that is why it is so compelling. The junkie does not realize that the high they seek is a natural state of being for all humanity—that the essence of every person is loving, open, and accepting.

Workshop attendees may be evangelistic in their enthusiasm for the experience and want everyone they know to go. How does a person maintain an open, vulnerable disposition with the world—beaming light, joy, and love and not get completely squashed by the majority? How does one person maintain an inner glow in the face of cynicism and hopelessness?

Yet, the task is just that—applying the workshop to everyday circumstances. Although workshop attendees usually vow to stay in touch, it is more common that their names and faces quickly fade, just like in my dream, replaced by the faces of the people in the community where I lived. In my view, this is for the best as it is the application of the workshop experience to real-life that transforms the individual and their circle of influence.

WHAT IF the world is a transformational workshop?

What if—every person on the planet pretends that every moment of every day they are participants fully invested in a workshop called

“The World Community in Collaboration Project”— what could happen? What if—each time someone desires something, the proviso is that it be beneficial for themselves as well as the whole community?

What if—we drop all the Pollyanna views of the world and get down to basics?

Have you ever noticed that wherever you go, there they are—those people that drive you nuts? Have you ever left an organization, job, or relationship because of a certain person who was unbearable to you, just to find that shortly after you move on, the same type of person shows up again, and more often?

Meet your collaborators...

Perhaps you recognized your “button pushers” from the Enlightenment Workshop 101 attendees at the beginning of the article. Look closely. Study them. They have something to teach you about yourself. Use their façades as a mirror reflection of yourself and ask with an open mind and heart—how am I like this person? How are we the same? Next, see beyond the façade and address the authentic person who resides there. Notice what qualities about them you like. Again ask—how am I like this person?

If you desire to interact with people that you respect, then make an agreement to collaborate with the part of every person that you respect and ignore the rest. Conspire from your fullest potential self with the fullest potential of every person you are in contact with and you will begin to notice a shift in your daily interactions. Fewer of the troubling ones will be in your orbit. More and more, you will feel supported.

The difference between the WCIC Project and the model, Enlightenment Workshop 101, is that the facilitator of the WCIC Project is no longer an overseer to the group. The facilitator is the guiding voice that resides within every participant, prompting them to achieve their dreams while living by the mantra, “all this and more, to the highest and greatest good for myself and all concerned.” As participants fully engaged in The World Community In Collaboration Project strengthen the manner in which they regard each other in thought, word, and deed—transformation of the world community is inevitable.

ABOUT THE AUTHOR

Donna Savage is an author, artist, and energy worker who inspires individuals to live their authentic lives. She has been dubbed “an energy worker for energy workers” because she holds a grounded, expansive field that supports deep transformation.”

Her book, *The Man and The Shark: A Modern Day Fable of Awakening and Rebirth* is the story of one man’s awakening to his essential nature, and a metaphor for the awakening consciousness of mankind, a timely message for 2011. Wildlife and aquatic photography ground this multi-dimensional tale, designed to be reread for deeper levels of meaning.

Her contemporary abstract artwork is an exuberant expression of her love of dance, movement, and color.



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