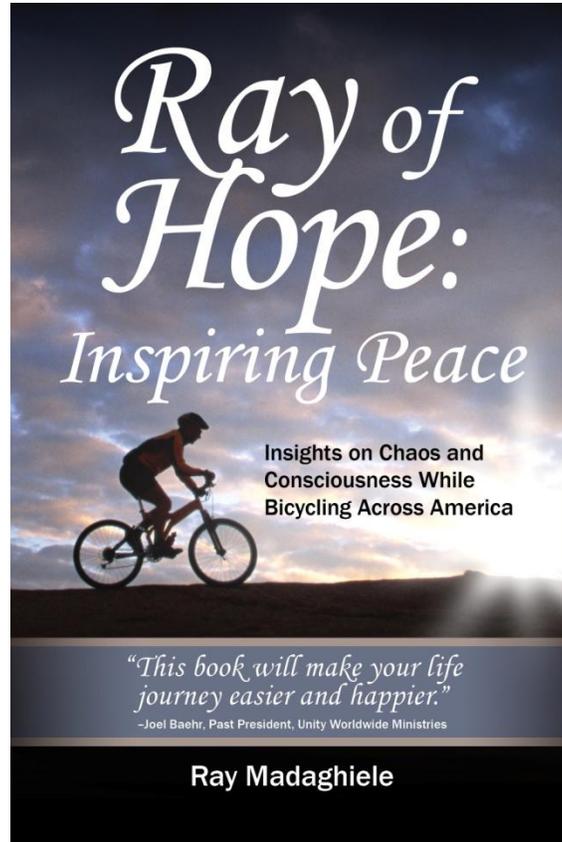


***** DRAFT ADDITIONS FOR THE NEW 2012 EDITION *****

Ray of Hope: Inspiring Peace

Insights on Chaos and Consciousness while Bicycling across America



by

Ray Madaghiele

The complete eBook will be available July 4, 2012 at
www.RayofHopeInspiringPeace.com

Preface



Lyn and Ray in Kansas on the first day in their new "Madaghiele Mansion"

I can't believe it's been ten years since I pedaled my bicycle across America in the wake of the September 11, 2001, terrorist attacks that shook the foundation of our peace. My wife, Lyn, and I were inspired to deliver a message of hope and healing, and we chose as our way of doing that to play a version of leap frog across the country— with me on the bike and her in the support vehicle, a 1991 Toyota 4Runner filled to the brim with baggage. As we rolled, we connected with thousands of kindred souls in town after town. It turned out that many of those folks were also inspired to be rays of hope and light, serving humanity in their own unique ways. Clearly, the events and significance of 9/11 struck an emotional chord in everyone.

Ray of Hope: Inspiring Peace honors the sacred stories people entrusted us with, and it reveals timeless principles that can help each of us be more peaceful and joyful no matter what is happening in our lives and the world. Many people have shared with me that the first edition of this book helped them

to muster the courage and be motivated to act on their own inspired ideas.

With all the chaos that has surfaced in the world since my 2002 Cycling for Peace journey and the first edition of this book, you might be surprised at all the positive, productive, restorative and uplifting ideas and initiatives that have emerged. This book includes highlights of the incredible positive transformation that has occurred during the past ten years and that is continuing to unfold in the midst of today's economic, political and societal turmoil.

The 2002 Cycling for Peace journey transformed Lyn and me. When I pedaled the last stroke of the journey and we made our way into New York City on September 10, 2002, you would think I would have been exhausted and glad it was over, right? Mission accomplished! Now I can rest and recuperate. But that was not the case. Instead, we didn't want to stop. We felt that we should keep going—to continue the adventure and to connect with more people.

"But weren't you homesick?" some asked. As we had begun this adventure

we thought we might be, but we were not. Yes, I missed my boys, our friends and clients, but not our house or possessions. I believe now, that in those few short months, we discovered and lived the true meaning of, “Home is where the heart is.”

Here was another interesting discovery: We had packed our Toyota 4Runner with everything we thought we would require for our 80-day trip from Phoenix to Ground Zero, NYC. We packed too much! Much of the baggage we lugged with us was never used. What an epiphany! We learned that we do not need many possessions to live well and be happy.

As Lyn and I reminisced about our trip on our drive home from New York to Arizona, we realized that we shared similar feelings—a sense that there was more to do.

The first few months after returning home, we enjoyed reconnecting with familiar faces. Many organizations and schools asked us to tell the story of our journey and reveal the lessons we had learned. I was humbled by the overwhelming interest. It prompted me to write *Ray of Hope for Peace*, mainly to share the experience with my inner circle.

Still, an empty feeling persisted. What was it? Surely not to keep bicycling! But we definitely missed the adventure, the mesmerizing sound of tires on pavement, and the joys of discovering beautiful vistas, meeting interesting people, and making new friends.

Then we began a hearty dialogue with our friends Kay and Tom, who had been criss-crossing North America fulltime in a Recreational Vehicle (RV) for over ten years. They frequently shared pictures of the beautiful sights they had encountered and told delightful

stories of interesting people they had met. They owned the kinds of businesses that allowed them to be mobile. No longer did they feel the need to plant permanent, deep roots in any one locale. North America became their backyard. They were free to roam about the country at will. Their lifestyle intrigued us.

The Cycling for Peace journey offered us a taste of what Kay and Tom were experiencing, and as the result, their dream lifestyle became our dream.

As we began planning to make the conversion to a more adventuresome lifestyle, it became incredibly apparent that all the “stuff” we had collected over our lifetimes was really nothing more than a burden we had been carrying from place to place. All that “stuff” was anchoring us and limiting our freedom. It was time to lighten the load. We made a radical, yet logical, decision to simplify our lives. We began releasing unneeded possessions and downsizing our living space. Anything not used within the past two years was sold or donated. Well, almost anything.

I must admit that it wasn’t easy to part with some things—especially those with sentimental value. They held fond memories and had emotional links to significant times in our lives. We decided to store our photos, significant books and important papers in an eight-by-eight storage unit for future access. To help my boys cope with our changing lifestyle, we gave them the opportunity to take anything they desired back to their mom’s place. But every stick of furniture, all appliances, most artwork and all our knickknacks found loving new homes with appreciative friends (known and unknown).

As an engineer, I had learned that plans are meant to evolve as

circumstances change. That insight became very useful. A friend of mine, who knew of our RVing dream, alerted us in April of 2006, “If you plan to sell your home you better do it now. The economy is about to take a dive into a deep recession.”

“But we are planning to wait until the kids graduate from high school before RVing,” I said. Yet a voice deep inside me knew he was right and prompted me to act on his guidance.

Our house was listed and sold before the Arizona housing market collapsed. Happily, I had acted on my friend’s wisdom. I trusted that same wee, small voice within that had also told me in 2001 to cycle across America.

The Cycling for Peace adventure transformed our understanding of what is truly important to our sense of peace, happiness, and success. It became a stepping stone to our new RV adventure.

While renting a smaller, temporary home we worked with an RV manufacturer to design and build an RV that would fulfill both our personal and business needs. Our businesses are of the nature that, through the miracle of technology, they can be operated as we roll.

One of the most difficult decisions to make involved our 14-year-old cat, Ozzie. Do we take him on the road with us or find him a new home? It takes a special cat to endure the many hours of travel in a rumbling diesel pick-up truck with a fifth wheel in tow. As it turned out, he loves travelling with us! Ozzie really enjoys a good passenger-side lap during a full-day of travel. He has even become more social and talkative with all the new people we meet.

A new chapter in life began.

Nowadays, as we explore the beauty of North America in our RV, we continue to share an inspiring message of hope with everyone we meet. It surprises us that not many people seem to dig beneath the fear-provoking mainstream news to discover the many positive things that are happening in many sectors of society.

Today, as in 2002, people have a deep yearning to be involved in encouraging discussions that inspire hope in the midst of chaotic events. I have realized how important it is to our collective well-being for everyone to be a “ray of hope” to their circle of family, friends and associates. Such an attitude, with its positive behaviors, literally radiates ripples of energy of peace, love and joy out to our communities, then to our nations, then around the whole world.

A great deal of positive transformation is occurring, even though it is not generally reported through mass media outlets. Just surf the worldwide web, as I do—with the intention of finding positive, inspiring information—and I am certain you will discover many wondrous innovations and engaging initiatives. Like a geothermal vent, much is bubbling beneath the surface, ready to be tapped and channeled to create powerful outcomes.

The final chapter of this book highlights examples of some of the positive, constructive initiatives that are emerging to improve our world.

My hope is that, by studying and practicing the principles revealed in this book, your wellbeing will flow more abundantly to you and through you, causing you to be a brighter, more courageous “ray of hope” and light for all to see.

Chapter 26 – Call to Action: Be a Ray of Hope



Nighttime at the National September 11 Memorial, NYC.

State of the Planet

On September 11, 2011, ten years after the terrorist attacks, New Yorkers viewed the National September 11 Memorial for the first time. It's a reverent place, created to remember and honor those who lost their lives and to celebrate the resilience of a city and people reborn. Adjacent to the memorial, construction of new buildings continues to rise toward the sky.

The National September 11 Memorial is a tribute to the almost 3,000 people who were killed in the terrorist attacks of September 11, 2001 at the World Trade Center site, at a field near Shanksville, PA , and at the Pentagon, as well as the six people who were killed in the World Trade Center bombing in February of 1993.

The Memorial's twin reflecting pools are each nearly an acre in size and feature the largest manmade waterfalls in North America. The pools sit within

the footprints where the Twin Towers once stood. Architect Michael Arad and landscape architect Peter Walker created the Memorial design selected from a global design competition that included more than 5,200 entries from 63 nations.

The names of every person who died in the 2001 and 1993 attacks are inscribed on bronze panels surrounding the Memorial pools, a powerful reminder of the largest loss of life resulting from a foreign attack on American soil and the greatest single loss of rescue personnel in American history.

My son Joe, and his friend Mae, toured the new Memorial on a visit to New York in December of 2011. Joe described their feelings as concurrent waves of sadness and hope—the realization of what occurred there a decade ago, yet hope for a bright new future. Joe, an architecture student at the University of Arizona, marveled at

the tasteful beauty of the Memorial and the new structures rising adjacent to the site.

Also in 2011, the world celebrated the milestone fact that seven billion human beings were cohabitating planet earth (an increase of one billion people since 1999). Maybe “celebrate” is an incorrect term. Conditions today are crying out for our collective attention.

- Environmental conditions such as global warming and industrial abuses are continuing to pollute our planet and disrupt the delicate balance of our ecosystems.
- Antiquated financial systems are breaking down—worldwide.
- Political systems are gridlocked as indecision and sabotage (in the name of special interests and bipartisan politics) appear more important than the well-being of the masses.
- Healthcare costs are soaring as the “business” of providing healthcare seems to override the health and welfare of people.
- Educational systems have concentrated their focus more on getting students to pass standardized tests than on building a foundation for our youth to acquire the necessary skill sets and attitudes that will equip them to make good, ethical decisions and seek meaningful solutions to problems.
- Unethical behaviors of leaders and celebrities saturate news reports.

People are crying, “Enough is enough!”

So, you ask, “Where is the hope in the positive transformation in all this mayhem?”

Remember this universal principle: what we focus on gains strength and attracts more of the same. It is the law of attraction, and it is perhaps the most consistent and insistent demonstration of “cause and effect.” Even in the midst of the economic recession, political unrest, natural disasters, and societal woes, many people are actively involved in positively transforming the future of our planet to its next level. Even though mainstream news pays little attention to positive events, you can search the internet and almost immediately discover much to fuel your hope for our collective future.

2012 is an Auspicious Year

Astrologists see 2012 as the completion of a 26,000 year precession of the equinoxes—or cycles of the earth’s axis—commonly known as “The Age of Aquarius” made famous by the popular 60s Broadway play, “Hair” and the headlining song by the 5th Dimension vocal group. *Precession* means any motion of a spin around a cone, similar to the wobble experienced by a spinning top. The twelve zodiac signs take 26,000 years to precess the full circle of 360 degrees.

The year 2012 has great significance in the Mayan culture. The Mayan Long Count Calendar, which began in 3,114 B.C., ends December 21, 2012. A stone tablet was discovered in the 1960s at the archeological site of Tortuguero in the Gulf of Mexico State of Tabasco. The tablet identified December 21, 2012, as the day when a Mayan God would return.

Some Christian groups believe that the events of today are signaling the biblical fulfillment of the Armageddon that is outlined in the Book of Revelation.

The Hopi people (known as “the peaceful people”) see the events happening today as a cleansing of the earth and a signal and opportunity to clean up our thoughts and actions now—or experience further destructive consequences. It is our choice to either clean-up our act or end this “fourth world” and trigger the emergence of the “fifth world.” Although no firm date is identified, observation of natural and human-caused world events is pointing to the fulfillment of Hopi prophecies. What I love about these prophecies is that they believe that the timing and magnitude of our experience of any prophecy is dependent on our thoughts and actions now. In essence, therefore, our destiny is in our hands.

Hindus see today’s events as a signal that this materialistic, selfish “Kali yuga” age will end and the new “Golden Age” of righteousness and peace will begin. The purity of our Atma (God presence within each of us) will merge fully with God. We will fulfill the eastern salutation, ‘Namaste’, which means the Atmic presence in me sees and acknowledges the Atma in you.

Some see the chaos happening today as a wondrous opportunity for conscious evolution of our societal systems to our next level as a global society. In essence, chaos is an indicator of decaying, obsolete systems and provides fertile ground to sprout new ones.

A Possibility of What’s Happening

Cleansing and balancing is taking place on all levels. Old, outdated systems are naturally coming to the end of their lifecycles. The earth is being cultivated and fertilized for a new crop to emerge. So, instead of focusing on the magnitude of what is broken, why not

select a point of focus that makes you feel good and improves the world condition.

I believe that all seven billion of our brothers and sisters around the world possess their own piece of a magnificent puzzle that contributes to the well-being of our precious, blue planet. It is as though we have each come into this world with a particular role to fulfill in a divine play. What is your piece of the puzzle? What is your role?

I have discovered that peace and joy are states of mind. Peace is an inside job. It matters not what chaos is unfolding around us. We always have a choice regarding how to think, feel and act. Some people have become quite skillful at controlling their sense of peace, no matter what situations arise. Peace is a conscious decision and a learned skill.

The pendulum is a great metaphor for understanding what is possible for reaching a peaceful state. As you watch a pendulum, it swings from left and right and back again. For conceptual reasons, let us say that left is positive and right is negative. For example, let us use ‘positive’ to mean times of economic prosperity and ‘negative’ to mean economic recession. Interestingly, even during times of economic prosperity there are still poor and homeless people. Conversely, during times of recession there are people who create new ways to prosper.

To the skillful thinker, it really does not matter which direction the pendulum swings. His or her well-being is unaffected. Well-being can be experienced in either position, positive or negative. The key factor is our belief and focused intention!

Let’s take it a step further. Through our focused intention, we actually have

the power to influence the direction in which the pendulum swings. “How?” you ask. By refocusing our attention away from the pendulum swing itself and moving our focus to the pivot point—the point where the swing of the pendulum begins. It is a neutral location—the only place where the pendulum swings neither positively nor negatively.

To an observer, the pivot point is still. The eastern term “equanimity” best describes the stillness experienced at this central pivot point. Equanimity means not allowing ourselves to be affected by the highs and lows, the positives or negatives. It is the state of being at peace, or emotionally centered in the present moment, no matter what circumstances are unfolding. Not allowing ourselves to be knocked off balance, but instead deciding what energy we want to contribute that will cause the pendulum to swing more positive.

Remember, what is happening now is the result of thoughts, words, actions and feelings expressed in the past. The future will be influenced by the thoughts, words, actions and feelings expressed today. So why not use the moment of “now” to envision what you desire to experience tomorrow? What do you have to lose?

So What Positive Transformation is Occurring?

All these predictions and prophecies and theoretical viewpoints can make your head spin, if you let them. Not to worry.

Let’s look at some positive transformational activities that are occurring these days.

You may not be aware of it, but millions of kindred souls like you are discovering their interconnectedness

and consciously evolving our planet to its next level.

Barbara Marx Hubbard is one such person. In 2012, Barbara will celebrate her 83rd birthday. For the past 45 years, she has had a vision to connect people and organizations that offer innovative solutions and improved systems for consciously evolving our planet.

On October 15, 2011, Barbara, along with Stephen Dinan from The Shift Network, hosted a teleconference in which 16,000 kindred souls (myself included) participated on a call designed to accelerate this movement. Another call, on December 22, 2011, included 11,000 people who participated in formulating a vision for 2012 and beyond. The purpose and objectives of this co-creative initiative is described by Barbara and Stephen as follows:

“It is time to activate a new era of human possibility and potential!

Our many crises are pushing us to shift to a new level of consciousness and a new global culture. These driving forces are now reaching a critical turning point when the new ways can replace the old ways, dissolving millennia of fear, aggression, and discord and turning humanity towards peace, cooperation, and co-creativity.

What can we do to ensure this Shift?

Our answer is to come together on an unprecedented scale with acts of collaboration, generosity, and celebration of what is working. The Birth 2012 movement is designed to take this work to the next level. This movement will build from more than a year of positive evolutionary programs towards a

planetary Birth Day at the end of 2012.

Why not use the anticipation of a year of great changes to create mind-blowing, heart-opening, soulful collaborations that help humanity wake up in time?

Our goal is to reach a critical mass of 100 million or more positive co-creators of a new era by the Birth Day event on Dec. 22, 2012, which can mark the birth of a new era in human history.

We envision a Birth Day of inspired global broadcasts, grass-roots activations, massive prayer and meditation vigils, commitments to global interdependence, musical concerts, and acts of profound generosity. A day in which we remember who we are. Together, en masse, and in the service of birthing a new world.

You can read more about the Birth 2012 initiative in the epilogue of this book, "Learn from the Wisdom of the Ages," and go to the website www.Birth2012.com.

Relations Transformation

Let's look at just a few breakthrough transformations occurring in the 12 sectors as defined in Barbara Marx Hubbard's book *Conscious Evolution* and her *Agents of Conscious Evolution Training*.

The 9-11-2001 events rattled our perception of peace and safety and, simultaneously, opened our hearts and awakened our humanity. It was an intense period of time in which we discovered our vulnerabilities—and also our strengths—as a society.

After 9-11 we invented new ways to reach out to each other through the

evolution of a wave of internet social media sites, originating with MySpace in 2003 and followed by Facebook, LinkedIn, Twitter, Google+, etc. The list continues to expand.

Since 2001 there have been glimpses of our society shifting focus from "getting" to "giving." "Americans are the Most Generous, Global Poll Finds," was a headline in the *Christian Science Monitor* on December 27, 2011. The article reported results from the December 21, 2011, *Chronicle of Philanthropy*, where approximately 1,000 residents in 153 countries were asked whether they had donated money to charity, volunteered their time, or helped a stranger in the previous month. From the poll results, the United States was the number one country in giving, followed closely by Ireland, Australia, New Zealand, and the United Kingdom.

"Layaway Angel Copycats Spread," was Judy Keen's *USA Today* front page headline on December 21, 2011. The subhead stated, "Anonymous 'Layaway angels' are rescuing Christmas for needy families across the nation." The text revealed in part that "mystery donors are visiting stores and paying the balance on accounts that allow customers to pay for purchases over several months . . . The phenomenon apparently began three weeks ago when a woman paid off three layaway charges at a Grand Rapids, Michigan, Kmart. Media coverage prompted copycats." It's heartwarming to realize that even during an economic recession, people enjoy giving.

Another meaningful initiative for these times is the Sathya Sai Organization's Walk for Values initiative, which also includes service projects that donate food to food banks. Its focus is simply to encourage people to make a conscious

choice to live the Five Human Values: Truth, Right Conduct, Peace, Love and Nonviolence.

Free Walk for Values events are being held around the world. The following is an excerpt from a 2011 Walk for Values USA, Southwest Region, brochure:

Why Walk for Values? One lesson recent times has taught is that we are dependent on each other for our well-being and we each need to take even more responsibility for how we live. It's more apparent now than ever before that it's about making choices that benefit not just ourselves but everyone.

One important way we can do this is by practicing a set of values that for many generations have united communities and made nations strong. In particular, there are five values that are universal to all lands, peoples, religions, and civil societies. They are Truth, Right Conduct, Peace, Love and Non-violence.

For more information, or to register for a Walk for Values event, please see the epilogue in this book, "Learn from Wisdom of the Ages" or visit www.walkforvaluesusa.org.

Governance and Justice Transformation

On January 23, 2012, I had the honor and privilege of speaking at a rally for two bicyclists who stopped over in Tempe, Arizona, enroute to Los Angeles, California, from Atlanta, Georgia. Seijin Tranberg and Josh Wildman are 23-year-old college students who were inspired to raise awareness of human rights violations

occurring in Japan where some religious organizations are experiencing persecution. Seijin and Josh chose to endure the pain and uncertainty of cycling 2,300 miles in order to be "rays of hope" for improving human rights worldwide.

In 2008 the world watched as the United States of America elected its first African American (and Asian) President, Barack Obama, a mere 50 years after the civil rights movement claimed equal rights and civility for African Americans. Quite amazing, don't you think, for a nation whose founding fathers' initial prosperity grew on the backs of African slaves. Our election of a person of color inspired hope in other nations around the world, societies that are experiencing persecution and inequality. In that same election year, Hillary Rodham Clinton came the closest any woman has come in the history of our nation to being a presidential nominee.

In 2009, grassroots groups like "The Tea Party" movement began to form, protesting political policy and influencing election results. Mostly focusing on right wing conservative agendas, it caused the pendulum to swing radically right. Then, as with any extreme movement, it faced resistance from the masses.

From Thanksgiving through Christmas, 2011, television news of our brave soldiers returning home and embracing family members triggered tears of relief and joy. Congressional and military leaders decided it was time to bring our troops home from Iraq after nearly ten years of selflessly serving our country in the Middle East. Our veterans served gallantly for the promise of peace and American freedoms.

What was the cost of our choice to go to war during the past 10 years?

According to a September 11, 2011, article by Roberta Sund in the *Times Record News*, "*The Brown University costs-of-war project reports the following "very conservative" estimate of the cost of the Iraq/Afghanistan War:*

- 6,000 soldiers killed
- 137,000 civilians killed
- 7.8 million refugees created
- \$4 trillion (equivalent to our cumulative budget deficits for the years 2005-2010)

"So in one sense the terrorists succeeded, not only in bringing down two buildings, their inhabitants and our sense of security, but also a large part of our economy as well. Osama bin Laden is said to have hoped to entice America into "bleeding wars" in the Middle East and that he did."

Time will tell whether or not lasting peace will result from flexing our "military muscle" to fight terrorism in foreign lands. War seldom has a long-term peaceful effect. And always there is a significant price to pay—both financially and socially.

In early 2011 a significant worldwide movement began gaining momentum. It began with masses of people in Egypt and Tunisia gathering to protest and overthrow their abusive, self-serving government's monarchies in exchange for a democratically run government. They won! A wave of similar protests in other countries resulted. Some governments retaliated with arrests and violence. People sacrificed their lives in the hope of creating fairness and democracy for all. The world's people watched and seemed to draw power from each other's courage to stand up for human rights.

Laws concerning immigration were enacted in Arizona in 2010 which ignited a national debate on a state's right to

override the United States Constitution. The issue of racial profiling has been at the forefront. The courts have already limited Arizona's law. Next, the U.S. Supreme Court will decide whether Arizona's law should be revoked. Other states are watching before enacting similar legislation.

Economics Transformation

In 2006 a *Fortune* magazine article by Carol J. Loomis reported that Warren Buffet, one of the wealthiest people in the world (estimated to be worth \$44 billion) announced that he planned to give away 85% of his wealth to charitable organizations before he dies. He targeted five foundations, giving the largest portion to the Bill and Melinda Gates Foundation, the world's largest philanthropic organization. Bill Gates told *Fortune* magazine that it was Buffett who inspired him and his wife to think about giving money back to society.

Then, in August of 2010, a *Wall Street Journal* article by Shelly Banjo and Robert Guth reported, "U.S. Super Rich to Share Wealth." The article stated, "Mr. Buffett announced that 40 of America's wealthiest individuals and families . . . have signed the 'Giving Pledge.' Mr. Buffett and Mr. Gates in June had asked the individuals and families to publically commit to give away at least half of their wealth within their lifetimes or after their deaths. The pledge stemmed from a series of dinners the two men held for the nation's billionaires over the past year to discuss the effects of the recession on philanthropy.

"The push by Mr. Buffett and Mr. and Mrs. Gates is publicizing what had been a private matter for many wealthy people. Many of those who joined the

pledge already had intended to give away much of their money.”

The 40 philanthropic ‘Giving Pledge’ letters can be found at www.givingpledge.org

Also, in the midst of Congress’ political gridlock to attempt to balance the budget in 2011, Warren Buffett proposed that the wealthiest 1% be taxed the same rate as middle-class Americans. He also proposed other measures that would reduce America’s growing deficit. Members of Congress repeated referred to this as the “Buffet Rule” of fair taxation.

On September 17, 2011, the “Occupy Wall Street” movement began, springboarding off of the Egyptian and Tunisian protest successes and the USA’s dismal financial and employment conditions. It began with protestors setting up an encampment in New York City’s financial district to protest financial policy and abuses of Wall Street financial institutions. The common rallying cry was for fair treatment of all, to have the 1% of the wealthiest respect and consider the wellbeing of the 99%. Their first targets were the big banks and financial institutions on Wall Street. The idea spread like wildfire to other cities across the United States. People camped out peacefully in parks and on streets, braving the weather and enduring retaliation of military and municipal police peacekeepers. Some were injured during crowd control measures. Many were arrested. Still they gathered. Their collective voice caused banks to withdraw their plans to impose additional banking fees on depositors and borrowers.

Environmental and Scientific Transformation

Natural disasters have become more prevalent and severe. Hurricanes, earthquakes, tornadoes, flooding, droughts, wildfires, and tsunamis seem to be happening on a larger scale and with greater frequency. Could they be wake-up calls to recognize the harm we have inflicted on our environment?

In 2006 Al Gore became an active, post-vice presidential force for highlighting the impacts of global warming, even starring in an award-winning documentary film titled *The Inconvenient Truth*.

Heightened concern for the detrimental effects of global warming has breathed new life into the renewable energy industry and has caused car manufacturers to offer new lines of electric and hybrid gas-electric cars.

Enthusiasm for organic and hydroponic gardening has expanded in an effort to reduce the use and ingestion of harmful inorganic pesticides, herbicides and fertilizers. As part of his college studies, my son Dominic, took an environmental sciences class at the University of Arizona in which their class project was to grow and harvest a hydroponic garden. Lyn and I enjoyed some of the “fruits of his labor” as a Christmas gift from him that year. Delicious and healthy!

Companies like BioPur Inc., from Massachusetts, are converting used cooking oil into bio-diesel fuel and creating a supply and distribution system to make it readily available for agricultural, residential and commercial purposes.

Spiritual Transformation

The human potential and new thought movement continues to grow in popularity as a source from which people may receive spiritual nourish-

ment. It has provided an avenue for people, both the “churched” and those who do not necessarily agree with doctrine and dogma of mainstream religions.

Organizations like the Arizona Interfaith Movement continue to host activities that promote building bridges among religions and cultures. They continue to teach and advocate living the “Golden Rule.” Learn more at www.azifm.org

Christians are expanding their view of the true message conveyed by Jesus. The release of supplemental Christian gospels discovered decades ago has shined a new light on Jesus’ teachings as written by other disciples such as Thomas, Judas, and Mary Magdalene.

The Dalai Lama has been more visible and vocal, encouraging people and governments to be more peaceful, compassionate and forgiving of each other.

Spiritually based videos and movies have gathered a loyal following. Some examples are films promoted by Spiritual Cinema Circle (www.spiritualcinemacircle.com), including: *What the Bleep Do You Know?*; *The Secret*; *The Celestine Prophecy*; and *Conversations with God*.

Infrastructure Transformation

A “Go Green” movement has emerged. Architectural and engineering designs are including renewable energy, recycled building products, and other energy-saving measures.

The renewable energy industry is growing. More wind turbines and solar panels are showing up on the landscape, both on the utility grid and on private dwellings.

Our RV manufacturer integrated a solar electricity collection system in our

RV. It supplies all the power we need on a sunny day and stores what we do not use in four deep-cell batteries for use in low power producing periods. An inverter converts the direct current (DC) battery power to alternating current (AC) for use with our AC appliances. Pretty slick! It has taught us to be conscious of our power usage and to conserve. We have also begun replacing our incandescent light bulbs with light emitting diode (LED) lights which consume much less energy. It is all part of our commitment to leave a smaller carbon footprint during our stay on planet earth.

Native American communities across the nation have embraced renewable energy as an income-generating enterprise, a means to decrease expenses, and a way to be kind to our environment. Henry Red Cloud sees himself as a solar warrior for Native America. Henry returned to the Pine Ridge Indian Reservation in South Dakota to found the Lakota Solar Enterprises, which builds and installs solar-heating equipment that saves low-income families money on heating bills.

Companies like Solar City will even design and install solar panels on your home and charge you a monthly lease fee if you don’t want to pay the capital cost of purchasing and installing solar panels.

Working from their garages, inventors like a Mensa friend of ours named Ray are re-birthing power generation technology postulated centuries ago, in theory, by physicists like Nikola Tesla. What do you think of this idea: a generator—the size of a compact washing machine—that can power all the electrical needs of ten homes?

Health Transformation

In 2010, President Barack Obama and Congress passed the first major healthcare reform bill since Medicare was established in 1965. It may not be a perfect plan, but it is a step in the right direction, considering the soaring costs of healthcare and insurance. As small business owners, we have seen our medical and health insurance costs increase an average of 25% per year since we opened our doors in 1998—not to mention the pre-existing conditions not covered under our insurance.

The Baby Boomer generation's health-consciousness has continued to evolve since the "Green Revolution" movement began the expansion of organic farming practices. Lyn and I began practicing the "Bragg's Healthy Lifestyle" several years ago, and we are eating healthier, exercising more consistently, and fasting once per week. Each of us has lost more than 25 pounds and gained more energy to do the things we love. For more information see www.bragg.com.

As I mentioned, my son Dominic studied hydroponic gardening this past year and is thinking about starting a business in that industry when he graduates. Hydroponic gardening supply stores have been opening around the nation as food costs and people's demand for higher quality food have increased. Hydroponic gardens can be grown in various environments, both indoors and out.

And finally, alternative medicine options are becoming more popular and available.

Media Transformation

The internet has continued to expand as a resource for receiving national and local news, which has triggered the collapse of print news. A friend of ours

has experienced first-hand the buyouts and downsizing of the newspaper industry.

The social media are being embraced as a means to spread news and mobilize groups around common causes. YouTube videos, blogs, websites and fan pages are being used to convey information and engage people in dialogue.

A company called SendOut Cards even makes it possible for a person to design cards on the internet and, with the push of a button, send the order to the company to be printed, stuffed in an envelope, stamped and mailed for you. Lyn is an independent distributor with this unique greeting card and gift-sending service. We love it for staying connected with people as we travel. We have even sent cards from a cruise ship.

Even long-standing traditional bookstores are closing their doors as consumers shift their buying habits to purchasing eBooks to view on their electronic devices.

Since 1994, Amazon has made purchasing just about anything one could desire easier and less expensive from the convenience and comfort of your home (or portable) computer.

Arts Transformation

Steve Jobs, founder of Apple Inc., (who made his transition in 2011) revolutionized the entertainment industry and ushered in the Digital Age. Apple made digital media possible, popular and profitable.

YouTube has given anyone with talent an inexpensive and visible platform. Television shows like American Idol and America's Got Talent have discovered and created overnight sensations the likes of Carrie Underwood, Kelly Clarkson, Justin

Bieber, Susan Boyle, and Jackie Evancho.

Net Flix made movies and streaming video readily available at will on personal computers, eliminating the need to venture out to the corner video store.

Spiritual Cinema Circle was cofounded by Stephen Simon and Kathlyn and Gay Hendricks to offer wholesome and uplifting movies that may not even make it mainstream. One can subscribe to a monthly subscription service and receive a DVD each month with several selections, many award-winning.

See www.spiritualcinemacircle.com.

Education Transformation

Schools like Starshine Academy in Phoenix, Arizona, are teaching children critical thinking skills, building their self-

esteem, and making childhood dreams possible.

Online universities are offering opportunities for busy people to attend classes and earn degrees on their schedule.

Non-mainstream educational opportunities—such as webinars and tele-seminars—are being offered by a multitude of companies and individual subject-matter experts on a wide variety of topics. Some offer unique certifications.

What is Your Piece of the Puzzle?

Whether it is Birth 2012, Walk for Values, or some other meaningful endeavor, I invite you to become actively involved in the conscious evolution of our precious planet and elevate humanity to the next level of transformation. It will feed your soul.

Thank you for choosing to be a “ray of hope.”

Many blessings on your journey.



Thoughts to Ponder

Chapter 26 – Call to Action: Be a Ray of Hope

1. What is happening in your world right now that you want to affect in a positive, constructive way?
2. What change would you like to see in the present ‘pendulum swing’ that would help to accelerate positive transformation?
3. What talents, skills and abilities could you more consciously express in order to positively affect the pendulum swing?
4. What is the first step you will take to participate in the conscious evolution of our planet and humanity?

Additions to Chapter 28

Epilogue: Learn from the Wisdom of the Ages

Wisdom from Barbara Marx Hubbard and the Birth 2012 initiative

(excerpts from Barbara Marx Hubbard's Foundation for Conscious Evolution website www.barbaramarxhubbard.com)

Conscious Evolution Defined

Conscious evolution is the evolution of evolution, from unconscious to conscious choice. While consciousness has been evolving for billions of years, conscious evolution is new. It is part of the trajectory of human evolution, the canvas of choice before us now as we recognize that we have come to possess the powers that we used to attribute to the gods.

We are poised in this critical moment, facing decisions that must be made consciously if we are to avoid destroying the world as we know it, if we are instead to co-create a future of immeasurable possibilities. Our conscious evolution is an invitation to ourselves to open to that positive future, to see ourselves as one planet, and to learn to use our powers wisely and ethically for the enhancement of all life on Earth.

~~~~~  
(The following is an excerpt from Stephen Dinan's *The Shift Network* website, a collaborative effort with Barbara Marx Hubbard, [www.birth2012.com](http://www.birth2012.com) )

*As we find ourselves in a time of great changes, many people are faced with uncertainty and fear, which is only exacerbated by the media frenzy of doom and gloom scenarios, an escalation of natural and man-made disasters and so called "preachers" claiming the apocalypse is rapidly approaching.*

*Barbara Marx Hubbard—visionary, social pioneer and author—has put forth a more hopeful vision that centers on the year 2012.*

*In this vision, she declares that the fears around a prophetic "end" date are actually a "birth" date—a symbolic marker of the movement into a new era of human evolution. Seen through this lens, we can celebrate what is already shifting toward sustainability, peace and innovative solutions in every field.*

*Barbara calls this vision 'Birth 2012': a growing movement of worldwide citizens who are committed to linking hearts and minds with others and consciously co-creating the next stage of our evolution.*

*The movement is envisioning a global Birth Day celebration on December 22, 2012 to cap a year of programs and initiatives that will help us make a positive evolutionary shift. Barbara has set this day as a "due date"—a vital evolutionary signal—for all of us to wake up, synergize among ourselves, celebrate what is working and ignite a new way of being.*

*Many respected thought leaders have joined Barbara in this powerful vision. A Welcoming Committee of 12 leaders from different sectors will model how we can have cooperative, synergistic leadership of many movements in service to us all giving our greatest gifts to help make humanity Shift in time.*

*The purpose of Birth 2012 is to facilitate the highest level of planetary coherence that has happened on a single day.*

*If you are interested in being an integral part of the conscious evolution of our planet, please check out Barbara*

and Stephen's websites for valuable information, tools and networking opportunities. In 2012, Barbara is releasing her new book *Birth 2012 and Beyond: Humanity's Great Shift to the Age of Conscious Evolution*.

### **Wisdom from Jack Canfield and William Gladstone**

Learn more from

[www.goldenmotorcyclegang.com](http://www.goldenmotorcyclegang.com) and [www.jackcanfield.com](http://www.jackcanfield.com)

(The following are excerpts from *The Golden Motorcycle Gang: A Story of Transformation* by Jack Canfield and William Gladstone, 2011)

*It takes work to change this world. Do not be fooled by those who say the world will take care of itself. It won't. Our scientists have studied the nature of systems, and our present-day systems—whether in terms of ecology, economics, business, government, education, or health—are literally breaking down. Ignoring these breakdowns can only lead to entropy and the destruction of our planet. It is not too late for change, and just as with any task, the first steps need not be large. Each of us has a unique gift and a unique set of talents. We are here to use them.*

*We encourage you to review the five questions that Barbara Marx Hubbard was given in 2003:*

- 1. What do you know of the original plan?*
- 2. Do you have any memory of having volunteered to be of service to Earth at this particular time?*
- 3. If so, do you remember your contract?*
- 4. What do you do best in the world that only you can do?*

- 5. What are you to do now, and what tools or resources do you need to do it?*

*It is not essential that you answer yes to the first three questions. If you do happen to remember your original contract and specifically why you came to Earth, that is wonderful and a clear sign that you're part of the Golden, Silver, or Diamond Motorcycle Gangs. However, the truly important questions are the last two: 'What do you do best in the world that only you can do?' and 'What are you to do now, and what tools or resources do you need to do it?'*

*What is ultimately important is that you make the effort to consciously be the best person you can be, and to allow yourself to dream your greatest dream. If you're able to sense that you really are connected on the deepest level to all other human beings, animals, and plants on this Earth, you can use that perception to make a difference.*

Jack is co-author, with Mark Victor Hansen, of the phenomenally successful *Chicken Soup for the Soul* series of books, which consists of more than 225 titles, 60 of which have appeared on the *New York Times* and other bestseller lists. In 2004, Jack Canfield created the Transformational Leadership Council (TLC) as a way to gather leading owners of transformational training, coaching, and media companies—along with transformational thought leaders—into a single association. Many of the members of TLC offer ongoing training, workshops, coaching, and consulting, which will enable you and your organization to continue on your journey of self-exploration.

I invite you to immerse yourself in the inspiring products and services that Jack offers.

## **Wisdom from the Sathya Sai Organization's Walk for Values**

The Walk for Values USA website is [www.walkforvaluesusa.org](http://www.walkforvaluesusa.org)  
(excerpt from the Walk for Values website)

*If you are like us, it can be disheartening to watch the news and read newspaper accounts of so many destructive and unethical acts being exhibited in so many different sectors of society. Would you like to join us in making a positive difference? We would be honored to have you, your family, and friends walk side-by-side with us for a very meaningful endeavor.*

*Since 2002, thousands of people like you have participated in free Walk for Values USA events throughout the world.*

*The Walk for Values USA is bringing awareness to the universal human values of Truth, Right Conduct, Peace, Love and Nonviolence. You can join hundreds of people from all walks of life who will step out to make a commitment and inspire others to practice the values, one step at a time.*

*Walk for Values USA is unique because, unlike other walks, it is not a fund-raiser, protest, rally or demonstration. Walkers will simply pledge to "adopt a value" for the Walk and to continue to practice that value in their everyday lives.*

*Basic human values make us all better people. Throughout the nation, people who care make a world of difference. Human values are universal and transcend the barriers of race, religion, culture and ethnicity.*

*They are the pillars of every society, and they are especially needed for creating and renewing a strong, proud and confident United States of America.*

*Come walk with us to show your belief that when these values are expressed, the result is kindness, compassion, honesty, empathy, tolerance, generosity, forgiveness, and a sense of security.*

These free events are organized by the Sathya Sai Organization. So far, Walk for Values events have taken place in five countries around the world: Canada, United States, Australia, Hong Kong, Malaysia, and New Zealand.

To watch a three-minute video about the Walk for Values USA event held in Tempe, Arizona, on January 21, 2012, go to the following YouTube link: <http://www.youtube.com/watch?v=YofAwuXvkx4>

*"If there is righteousness in the heart,  
there will be beauty in the character.  
If there is beauty in the character,  
there will be harmony in the home.  
When there is harmony in the home,  
there will be order in the nation.  
When there is order in the nation,  
there will be peace in the world."*

*- Sathya Sai Baba*

Won't you join a Walk for Values event near you? For more information and to register, go to [www.walkforvaluesusa.org](http://www.walkforvaluesusa.org)

## **Wisdom from the Occupy Wall Street Movement**

(The Occupy Wall Street website [www.occupywallst.org](http://www.occupywallst.org) )

People have developed the courage to gather and deliver a unified message that it is time to change systems that are no longer serving the masses.

The Occupy Wall Street (OWS) movement that arose in 2011 has had a profound effect on actions of financial institutions. It has brought together a diversity of people from different generations, cultures, religions and political affiliations with common interests to see beneficial change happen. As a collective body OWS is a pure grassroots effort organized mainly through internet social media outreach, a web of connectivity. The following is an excerpt from the OWS website:

*Occupy Wall Street (OWS) is [a] leaderless resistance movement with people of many colors, genders and political persuasions. The one thing we all have in common is that We Are The 99% that will no longer tolerate the greed and corruption of the 1%. We are using the revolutionary Arab Spring tactic to achieve our ends and encourage the use of nonviolence to maximize the safety of all participants.*

*This OWS movement empowers real people to create real change from the bottom up. We want to see a general assembly in every backyard, on every street corner because we don't need Wall Street and we don't need politicians to build a better society.*

*The only solution is world revolution.*

*OccupyWallSt.org is the unofficial de facto online resource for the growing occupation movement happening on Wall Street and around the world. We're an affinity group committed to doing*

*technical support work for resistance movements. We're not a subcommittee of the NYCGA nor affiliated with Adbusters, Anonymous or any other organization.*

*Occupy Wall Street is a people-powered movement that began on September 17, 2011 in Liberty Square in Manhattan's Financial District, and has spread to over 100 cities in the United States and actions in over 1,500 cities globally. OWS is fighting back against the corrosive power of major banks and multinational corporations over the democratic process, and the role of Wall Street in creating an economic collapse that has caused the greatest recession in generations. The movement is inspired by popular uprisings in Egypt and Tunisia, and aims to fight back against the richest 1% of people that are writing the rules of an unfair global economy that is foreclosing on our future.*

*The occupations around the world are being organized using a non-binding consensus based collective decision making tool known as a "people's assembly". To learn more about how to use this process to [organize] your local community to fight back against social injustice, please read this quick guide on group dynamics in people's assemblies.*

*Solidarity Forever!*

*This text has been prepared by the Commission for Group Dynamics in Assemblies of the Puerta del Sol Protest Camp (Madrid). It is based on different texts and summaries which reached consensus in the internal Assemblies of this Commission (and which will be made available on the official webs of the 15th May Movement) and from the experiences gained in the General Assemblies held in this Protest Camp up until 31st May 2011.*

**The purpose of this Quick Guide** is to facilitate and encourage the development of the different Popular Assemblies which have been created since the beginning of the 15th May Movement. This Quick Guide will be periodically revised and updated. On no account is it to be considered a closed model which cannot be adapted through consensus by any given Assembly. From the Commission for Group Dynamics in Assemblies of the Puerta del Sol Protest Camp we invite our friends and comrades to attend and take part in the meetings, work plans and internal Assemblies of this Commission, which are open to anyone who wants to come to them and actively participate in maintaining, perfecting and developing them.

### **Open Reflection on Collective Thinking**

While we would like to share our impressions so far, we encourage you to continue to reflect on and debate these impressions as we feel that Collective Thinking is an essential part of our movement.

To our understanding, Collective Thinking is diametrically opposed to the kind of thinking propounded by the present system. This makes it difficult to assimilate and apply. Time is needed, as it involves a long process. When faced with a decision, the normal

response of two people with differing opinions tends to be confrontational. They each defend their opinions with the aim of convincing their opponent, until their opinion has won or, at most, a compromise has been reached.

The aim of Collective Thinking, on the other hand, is to construct. That is to say, two people with differing ideas work together to build something new. The onus is therefore not on my idea or yours; rather it is the notion that two ideas together will produce something new, something that neither of us had envisaged beforehand. This focus requires of us that we actively listen, rather than merely be preoccupied with preparing our response.

Collective Thinking is born when we understand that all opinions, be these opinions our own or others', need to be considered when generating consensus and that an idea, once it has been constructed indirectly, can transform us.

Do not be discouraged: we are learning; we'll get there: all that's needed is time.

The online guide goes into great detail to help the user understand reaching consensus, different roles, code of conduct, and processes for peaceful and productive assembly. It is a teaching tool for anyone who chooses to organize an Occupy Wall Street event.

**Wisdom from Randall Dighton (songwriter)**

(permission granted by the artist)

**We Are One  
by Randall Dighton**

We are one!

every faith and race and nation!

We are one!

We're all part of God's creation!

We are one!

It's a cause for celebration!

We are one! We are one! We are one!

We're all waves of one sea and we are one!

We're all leaves of one tree and we are one!

We are all humanity and we are one!

We are one!

Now, we all are created by one great and loving God,

Whose power and Whose wisdom we all laud.

And no matter what you call Him by or how you say His Name,

the Exalted One we worship is the same!