

## Restoring Spirit in Life Today 16<sup>th</sup> May 2020 Synthesis

This is a communication based on a webinar that was held on May 16<sup>th</sup> 2020 in lieu of a real time gathering in London booked for that day to explore this theme.

It was a remarkable unity of experience and a harmonious sense of onward movement was generated. It seems that this period of lockdown has prompted a dawning sense of our deep interconnectedness with each other and with all life forms, especially those in the natural world, there for us to respect and nourish rather than exploit and destroy.

We feel there were several conclusions:

- That small groups meeting in this way can enable beautiful networks that are not hierarchical and that are generating a synergy of vision and purpose which is calling us to act locally, feel globally and think cosmically. This will generate the synergy that is needed to enable us to discover new ways and resist a return to the old normal
- There is a strong sense that Spirit is now coming out of institutions and landing in the home and local communities. It is therefore needing new language and new rituals to anchor this in new ways
- There is a growing heart awareness of the importance of love and kindness, generosity and compassion in all our connections and relationships that enables us to promote well- being and discover new ways to transcend old paradigms so as to embody the new
- The vital role of daily gratitude for Life which includes the kingdoms of nature and multi - dimensional levels of being
- That each of us is a bridge to the new and by being our true selves we need to wake up, sit up, listen up, stand up...and be the change in each and every day



## **The Great Pause**

*Let us take a moment to pause.  
A pause within this time of the 'Great Pause'  
This time, when the world has come to know stillness and the value of turning within.*

*Let us take a moment to reflect  
On this turning point, within this time of the 'Great Turning'  
As we feel the full potential of what lies ahead.  
Like a chrysalis that hangs by a single thread,  
Imagining its life to come, as a butterfly,  
So too, are we hanging by a single thread, imagining  
A golden pathway for the future of Humanity.*

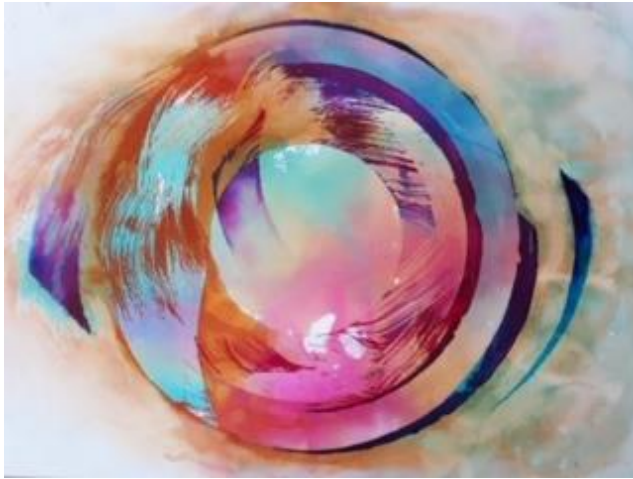
*So let us now begin to move our language  
From the language of alienation, to the language of inclusion  
From isolation, to connection  
From distancing, to intimate sharing  
From locking down, to rising up  
From masking our faces, to revealing our true beauty  
From protecting our bodily health  
To embracing our spiritual well-being.*

*We know that the only true contribution we can make  
Is to bring about the transformation our heart desires for the world  
In the crucible of our own inner being.  
For this is where the magic of transformation will begin.  
The soul of humanity will become visible  
When we see that, and become that, for ourselves.*

*So let me take a moment to reflect  
On what my experience of 'love in the time of Coronavirus'  
Has meant to me.  
What gifts has it brought to ease my weariness  
What insights about myself have been laid out clearly for me to see  
What challenges have shaken me to my core  
As I have faced my fear and re-invented it, as love  
What epic acts of courage and citizenship  
Have I witnessed in my community  
As neighbourhoods, cities and whole countries  
Have re-discovered the Karuna, the loving compassion  
In this time of Corona.*

*Let me sit and simply be, with all that is moving around me  
The still point, in the turning world  
The eye, at the centre of the storm  
Where the eternal part of my essential self  
Remains unchanged, remains forever still and strong  
Let the light I carry within me, carry me forward  
Shining the path ahead,  
Showing me the way to journey towards the  
Light of Love, the light the Truth, the Light that simply Is,  
Forever and Unchanging...*

(Sent by Phillipa Blackham)



TRANSITION BATIK  
(Sent by Nina O'Connell)

**Themes from the notes taken on the day**

- ✚ Awake to doing things differently.
- ✚ Restoration of social networks.
- ✚ Focusing upon what can be done not what cannot.
- ✚ Friendly resistance to the pull of going back.
- ✚ Worldwide de-institutionalisation of Spirit.
- ✚ Re-Sacralising the home.
- ✚ Transcending fixed ways to enable new paradigms.
- ✚ Wake up, Sit up, Speak Up, Stand Up, Listen Up.
- ✚ Meeting in new ways with new perspectives.

*"What is arising now is not a new belief system, a new religion, spiritual ideology or mythology. We are coming to the end not only of mythologies, but also ideologies and belief systems..."*

*Eckhart Tolle.*

(Sent by Brian Holley)

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**"RADICAL OPTIMISM"**

(Sent by Jen Kershaw)

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**ANEW!**

Creating  
The New Normal  
Anew  
From within  
Through Presence

(Sent by Keith Beasley)

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God Snuck Home

*No longer bound by the expectations of a 'consecrated' building*

*She's concentrated her efforts on breaking out*

*Now in the comfort of a well-worn dining table she shares some bread with friends*

*And she laughs*

*And she weeps*

*In the sacred space of home*

(By Ruth Wells)

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**"ROOTING THE SACRED IN THE FAMILY AND HOME"**

(Sent by Dominic Dibble)

“REBRANDED SPIRITUALITY”  
(Sent by Judy Hamner)

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***Themes from the notes taken on the day***

- ✚ Small groups and gatherings create synergy, beautiful networks and connections.
- ✚ Heart awareness and deep interconnection
- ✚ The Cosmology of Consciousness and Science of Love.
- ✚ Radiating love is a being activity that affects all.
- ✚ Emerging compassion deepening relationships.
- ✚ Restoration of loving kindness, generosity and wellbeing.
- ✚ The beginning of Consciousness.
- ✚ Acting local, feeling global, thinking cosmic

“BE-ISM RATHER THAN ACTIVISM”  
(Sent by Hannah Hardy)

~ ~ ~

*“Don’t go back to sleep, people are going back and forth across the door sill, where the two worlds meet. The door is round and open, don’t go back to sleep” Rumi.*

~ ~ ~



(Sent by Philippa Blackham)

“THE IMPORTANCE OF ALL SENTIENT BEINGS“

Link to Anna Braydenbach, Inter Species Communicator:

<https://www.youtube.com/watch?v=rQehXoCipts>

(Sent by Jenny Cuff)

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(Sent by Philippa Blackham)

**Themes from the notes taken on the day**

- ✚ Gratitude for all realms and multidimensional awareness.
- ✚ Each a bridge to the new.
- ✚ Enabling one another to recognise our true selves.
- ✚ Globalising localism.
- ✚ Find the unity that underpins diversity.
- ✚ Creative education.
- ✚ Awake to doing things differently, making better choices.
- ✚ Nature is responding.

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“COMMUNITY“

(Sent by Heather Giles)

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(Sent by Philippa Blackham)

CONSCIOUS AGEING

finding the right language to help the older generation connect more deeply to the rich inner space as they journey through the long ageing process  
(Sent by Rosita Gaston)

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“WE ARE BEING BROUGHT CLOSER TO DEATH AND CONFRONTED BY THE NEED TO KNOW WHO WE TRULY ARE, TO GO FROM EGO TO ESSENCE AND COMMUNICATE THIS KNOWLEDGE OPENLY“  
(Sent by Jancis Browning)

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*"We are at this moment participating in one of the very greatest leaps of the human spirit to a knowledge not only of our outside nature but also of our own deep inward mystery."*

By Joseph Campbell  
(Sent by Brian Holley)

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**Themes from the notes taken on the day**

- ✚ The value of stillness, turning within and waking up.
- ✚ The importance of ritual to anchor change.
- ✚ Realising the power of spirit.
- ✚ Return of the cosmic dimension to thinking.
- ✚ Becoming fully ourselves and flowing out to others.
- ✚ New meaningful and mindful conversation.

TRANSFORMATION BATIK  
(Sent by Nina O'Connell)

**"JUST BE"**

(a song sent by Hannah Hardy)

<https://youtu.be/ZZFnUPTKQ4w>

*Golden ocean, summer breeze  
Watch the waves and watch the trees You are the ocean, watch the waves you are  
Not bound by them  
So let them free and just see  
that there is no hierarchy*

*(Unchanging and free, just be  
Unchanging and free  
Just let yourself break free  
Unchanging and free, just be)*

*You are the sky the clouds are just thoughts  
Wipe the sky free away from your shadows  
Break the illusion, remember you're truth  
And you will be eternal proof  
Eternal proof*

*(chorus)*

*We are not fighting against,  
for we already know  
We just don't put it on show  
Just spread your wings and fly  
To the truth within you and I  
Truth within you and I*

*(chorus)*

## “THE ACTIVISTS TOOLBOX”

An online platform to inspire and educate anyone who wishes to change the world for the better by setting up local toolboxes in different regions that can help to bring communities together to create positive change locally.



[www.activiststoolbox.com](http://www.activiststoolbox.com)

(Sent by Jamie Turek)

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“FEELING GRATITUDE IN MY HEART “  
(sent by Marolyn Burgess)

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### EMERGING INSPIRING THEMES...

- ✚ Making Spirituality cool by rebranding, finding and using the right terminology and language
- ✚ The use of Gratitude and Kindness in the workplace to combat mental health and anxiety issues
  - ✚ Ways of encouraging localism
  - ✚ Exploring the Heart path of community interconnection across and to all ages
    - ✚ Normalising the multidimensional cosmology of true spirituality
  - ✚ Explore and communicate a cosmology of consciousness and a science of love
- ✚ ...what else do you see/feel?