Jennifer: Welcome, everyone, to Healing with the Masters, and we are here on Thursday, October 13. Masters, the word, means so much, but while we may think of masters as the wonderful guests that share their knowledge and experiences with us each week, I consider you to be the master, each of you in this audience, you, the participant. No one knows you better than you, and no one is more uniquely qualified to transform your life than you. Today we will together discover the tools and techniques to heal, to continue to shift your life into love and light and, in the process, truly make a difference on this planet. Together we are a powerful community. You matter. You can light up the world.

Tonight we are so excited to welcome a very, very important guest. Our guest tonight is Barbara Marx Hubbard. Barbara has been called the voice for conscious evolution of our time. Deepak Chopra said that about her. She is the subject of Neale Donald Walsch’s new book, The Mother of Invention. Buckminster Fuller, no less, has said, “There’s no doubt in my mind that Barbara Marx Hubbard, who helped introduce the concept of futurism to society, is the best-informed human now alive, regarding futurism and the foresight it has produced.” A prolific author, visionary, social innovator, evolutionary thinker and educator, Barbara is the co-founder and chairperson of the Foundation for Conscious Evolution, just a very small title of a company. She has recently partnered with the Shift Network as a global ambassador for the conscious evolution movement, a shift from evolution by chance towards evolution by choice, and it’s coproducing a global multi-media event, that we heard about last season when we talked with Neale Donald Walsch, titled Birth 2012: Co-creating a Planetary Shift in Time, scheduled for December 22, 2012, day one, a historic turning point event and awakening that is going to awaken the social, spiritual, scientific and technological potential of humanity. So that is a very small mission that you’ve taken on, Barbara.

Barbara: I get exhausted when I hear my bio. I actually do. I think, “Good Lord, what got into this woman?” I’m 81 now, and the only thing you can say about this is — you hear people say, “Why would you still be doing more?” Here’s the answer: because the universe always wants more. That’s from Brian Swimme. I mean, I’m just jumping in, but Brian said that the universe could have been satisfied with hydrogen. It was a big deal. Earth could have been satisfied with bacteria, which is quite amazing. So anyone of us — you talk about the master within. Anyone of us, it’s never over, because there’s so much within us to express. That’s one of the things I’m really seeing, and the more you express it, the more there is of it to express.

Jennifer: Yeah, and the more that shows up, the more opportunity there is for us to express something even better, isn’t there?
Barbara: Uh-huh.

Jennifer: Is that part of what’s going on these days? What is happening with the world these days? I read your book from 11 years ago, and it is astonishing how accurate you were. Astonishing how accurate it has been. At that time, you talked about the tipping point, and we’re in it. What exactly is going on there?

Barbara: Well, in evolutionary story, if you look at the many billions of years, you find that, when nature hits a crisis that can’t be resolved by doing more of the same, the species involved either innovate, transform and connect, or they go extinct. So what I’ve been able to do is place our set of crises in the bigger story of how evolution evolves. Every time a major crisis occurs, it’s very dangerous, but you have to look for what it is pressing us toward. Toward what kind of innovation might we be moving? This would be true in our personal lives, if we have a crisis, and it’s true in our global life. So here’s what you can see. Nobody would really want to preserve a world of complete inequality, of financial injustice, environmental destruction, separation, and there have been thousands, if not hundreds of thousands and millions of people who have begun to shift within themselves to a more spirit-based, cooperative, co-creative way of being.

I think what’s happening is the crisis on Earth is we can’t do more of the same and survive. We can’t have more overgrowth in the womb, more overpopulation, more fighting with these terrible weapons and survive. That means that all of us who have this flame of expectation, this deeper life purpose inside of us are being called forth by the crisis. So I feel that the crisis really is the major evolutionary driver that we’ve ever gotten as a whole species, and the whole species has been awakened, because this is now not one culture or one people or one group. It’s everybody, and that makes the crisis the greatest wakeup call that we’ve ever had in human history, because it’s collective crisis. You can’t fight against climate change. You have to deal with it. You can’t bomb it.

Jennifer: Right. We can’t point fingers at it, saying, “You’re to blame.”

Barbara: Go away.

Jennifer: Go away.

Barbara: Or we’ll just do more of the same and hope it will work.

Jennifer: So we’re at this kind of — what you call a tipping point. We’re at this place where we can’t ignore it. It’s like the volume is increased so much, and not only on the planet and not only in our infrastructure, not only in our banking, not only in our leadership in this country but personally. Each individually, we are being called to something, and I think those of us who are on these shows are really getting that it’s a call to something other than the devastation of the planet and the destruction of all of us. So there’s more going on here than just, “It’s all going to end, and the rapture’s going to happen,” or something like that.

Barbara: No. I think what’s really true is that the dangers are real, and my particular metaphor here is crisis is a birth. That doesn’t mean even that it will work. I’ve had five children, and anyone who’s had children or been related to birthing knows that when that baby is overgrowing in
the womb, first of all, it can’t continue to grow. Secondly it’s very dangerous, that passageway. It’s dangerous for the mother and the baby, but we’ve seen many, many biological births, so we know what it is. We’ve never seen a planet go from high technology, overpopulating, polluting and warring to sustainable, peaceful and evolvable. Nobody on this Earth has crossed that gap, but I am making an assumption, as a planetary midwife, a planetary doula even, that our crisis on planet Earth is natural, that it’s natural that an intelligent species would overpopulate and pollute and overgrow the womb. We didn’t even know we had an environment when I got started. I graduated from Bryn Mawr in 1951, and I was told that most of the problems are already solved. See, the intellectual colleges and universities in the ‘40s and ‘50s did not have really a clue of what’s coming.

Jennifer: Yeah, so here we are. We had this intellectual approach to the world. We had a mind-oriented sociology, anthropology, and we’re moving into something different. You’re calling it conscious evolution, so what is conscious evolution? What is that?

Barbara: Well, conscious evolution is the evolution of evolution itself. As the human species becomes, first of all, aware that the universe has been and is now evolving, that’s a big breakthrough. Secondly, we’re aware that we’re affecting our own evolution by everything that we do, the babies we have, the cars we drive, the food we eat, the wars we fight, and we’ve begun to see, if we would continue in exactly the way we’ve been doing, we will destroy our life support system. So that’s number two. Number three is we don’t want to just sit here and destroy ourselves, so we’re waking up to what can we do to shift the system to a more positive future. That means it’s a great wakeup call as to what do we want to create, and we have spiritual capacities. We have new social innovations in every field, like health, education, energy. We have tremendous technological breakthroughs that can destroy or create, really, with the power of God. So every one of us, whether we are aware of it or not, are members of a planet going through this crisis. What conscious evolution tells us is that the nature of consciousness is that we can be more creative and more effective and more tuned in to the deeper consciousness of what I would like to call spirit or universal intelligence.

Jennifer: So we have an opportunity before us, it sounds like.

Barbara: Uh-huh.

Jennifer: There is an opportunity for us to maybe approach this, so for the individuals that are going through real personal crisis, that are challenged with — there are some people that have emailed me recently, in recent weeks, saying, “I’m about to live in my car.” They’re listening right now. What kind of things do you share with them on what can they be doing? Is there something they can shift in their own daily practices or daily perceptions or the way that they’re looking at the world?

Barbara: Well, I think that’s a very real crisis. A couple of things are immediately important. Whatever the crisis is, if it’s financial, if it’s health, relationship, if you’re losing your home, whatever it is, first of all, say, “This crisis has some meaning for me to emerge, something that otherwise I would not be able to create.” Just that attitude — you have to have that attitude of looking for what’s emerging out of the crisis.

Jennifer: Yeah. That’s that birth piece, right?
Barbara: That’s the birth piece.

Jennifer: What’s emerging from the crisis? What is emerging from within me?

Barbara: What’s emerging for me from the crisis? Then the next thing is really to go within and see if there’s any flicker of attraction to what you might be able to do out of this crisis. So let’s take you’re living in your car and you’ve lost your home. There’s a tremendous need for community. You can’t solve this problem alone, and maybe the job, in the old sense, will not be coming back. Maybe you don’t want to wait around for somebody else to figure this out, whether it be the President of the U.S. or a financial wizard. Maybe you have to reach out and see who else is in this situation and how you can join together and create some kind of support for yourself, because one of the things I feel, particularly in American culture, that one of the greatest psychological problems we have anyway is loneliness. It’s loss of community. We don’t have the extended families. Many of us, if you don’t belong to some organization or some powerful church or temple or mosque, you don’t have much of community. So this would be a chance — if this happened to me, and it’s happened to me in different ways, is I would reach out and seek who I could find to share with how I’m feeling and to see how we could form something greater together. People are doing a lot of creative entrepreneurship. Instead of waiting for a job, they’re looking around to see what they can produce and create.

We were pioneers. We crossed this entire nation, and there was no funding, no jobs and no help. So we have gotten sometimes to feel it has to come from outside of ourselves, but if it’s really true that we can’t continue to grow at this rate, it won’t come back. This has to be a stimulus to creative community. It has to be a stimulus to joining together. There’s such a movement now, for example, local gardening, local food, local efforts to support each other with our children, and maybe, painful as this is, it is the rebirth and maybe new birth of a more loving community life that we’ve been missing.

That’s the way I would look at anything that’s happening. What’s emerging from me? What attractions do I have? How can I reach out and create a small community around what I’m doing and discover my own creativity in the midst of this crisis?

Jennifer: Discovering our own creativity in the midst of our crisis, and there’s something about creativity that’s going to be important for the next phase of our evolution.

Barbara: Yes.

Jennifer: I know you’ve written about that. Can you share a little bit more about how can we expand our own creativity? And we’re not just talking about drawing, right?

Barbara: No. No, we’re not talking about painting or music, although that can be very creative. The essence, I believe, of each person — there is an essential self in every one of us that is an expression of that unique spirit that we are, and the closer you get to tuning into your own spiritual essence, and maybe your own higher self — that’s who you are — the more natural is an expression of your creativity. That’s the creator within. That’s the divine in you, and everybody, I believe, has a soul’s code or a deep, internal purpose of why we were born. Most people, in most of life, don’t get anywhere near to fully expressing it, but when you hit a
situation of chaos, like we’re in, where things are not stable anymore, you have to look within to see, “What is wanting to be expressed through me that might be better, that might actualize more of my creativity?”

I have developed this whole thought, too. As women, particularly, women over 50, 60, 70, 80, that when we are no longer reproducing up to maximum, no longer procreating children at that extent, the next step is co-creation, from procreation to co-creation. That’s your own creativity finding partners to co-create, and when you can find even one other person who is interested in what your creativity is and you’re interested in that person’s creativity, you start joining. You experience what I call vocational arousal. You get excited.

Jennifer: Vocational arousal. I love that.

Barbara: Like you get excited if you’re looking for a mate. You find somebody that excites you. You’re attracted to that person, and nature’s plan for you, no matter what you plan to do, is nature had us producing out of that attraction. I think nature is going to get us to evolve out of the desire to join to create, because every time you find anyone that you are attracted to, who in anyway appreciates who you are — even like on this radio show for me right now, when I’m talking with you, I know that your life purpose is to bring forward people, in all your listeners and all the people you interview. I feel that in you. I feel my purpose is to make a contribution toward that. So really, right this moment I’m feeling that. It’s vocational excitement, arousal, gratitude for you, that you happen to have these ideas, that you’ve taken all the work to do this. You have a certain appreciation of me. So that would mean our listeners might be thinking right now of what is it inside themselves that is turned on by this. When do you remember having some kind of excitement about somebody or something that you might be able to further do or express?

I find, particularly as I’ve gotten older, that a deep life purpose, coming out of your own essential self — if you say yes to that deeper purpose, even if you don’t know how to do it or don’t know where it will lead you — just take first step, second step, and I swear to God, the universal process of evolution will carry you forward.

Jennifer: It feel like what you’re saying is, if we start really listening — with everything that you’ve suggested, whether we’re in crisis or whether we’re just someone who’s looking for a purpose, that if we simply take the time to listen, to listen to our heart, where our heart is guiding us — and it’s my interpretation — then the universe will kind of take us on a wave to that. Is that the idea?

Barbara: Yes. Even before that is to have faith that what — I call it evolutionary faith, whatever your faith is, that there is a meaning to the challenge you’re facing, because once you know there’s a meaning to something, you have a very different attitude than if you think you’re a victim of something.

Jennifer: That is incredibly important.

Barbara: Very different attitude.
Jennifer: So evolutionary faith. I love this, because it does feel different. When I’m trying to share with friends and family and even folks on my own healing process, that evolutionary faith creates something that allows you to have a different relationship with whatever is showing up, and that new relationship creates something different for themselves and on the planet. Is that true?

Barbara: You’ve got it, exactly. Just right there, in that instant of that faith, you begin to probe into what’s emerging, because something is always emerging. Even if we’re dying, something’s emerging, and then the first thing is that whatever you’re facing is an evolutionary driver. Something’s emerging, and the universe is wanting more through you, not through somebody else.

Jennifer: So if we’re really being pushed and, what I would call, compressed, the universe wants something more from us.

Barbara: Through you.

Jennifer: Through us.

Barbara: And through each one of us, and so instead of looking outside — “Oh, somebody else is going to figure this out,” “Oh, wait till the president has a better plan” — the poor president.

Jennifer: I know. How could one person possibly —

Barbara: Wait till the pope comes up with something.

Jennifer: So we’ve got the answer. We’ve got the answer. We don’t have to hand that to the pope.

Barbara: The pope or the president. We used to look to these people. Now almost all really powerful authorities in the old system are stuck in archaic, top-down structures, because there are those patriarchal structures that created civilization. They’ve had a lot of power and greatness in them, but they can’t handle or resolve the crises we’re in. So this means we’re thrown onto our own creativity. So we have the evolutionary faith. We know problems are evolutionary drivers. We know our crisis is a birth of something better, something new, something that there is a heart’s desire for something more. Then, not only do you listen to that heart’s desire, I always — in my book Emergence: The Shift from Ego to Essence, I go into an inner sanctuary until I can feel my own essence, feel my own higher, intuitive self, feel my own spiritual self, and then I bring into that my local self, which is anxious, upset, distressed. It’s feeling separated, and I really feel like the inner Mother/Father. To bring that wounded self in — I call it the inner sanctuary — until you can feel the essence of yourself radiating into that wounded and anxious self. Then from there, you start asking, “What attracts me? Where is this leading me?”

You have to develop a poised mind. In other words, don’t try to just figure it out with mental mind. There is always a higher knowing, but you won’t get it if the local self is in charge or if your mental mind is desperately trying to figure something out. Even if it’s 15 minutes a day, it’s absolutely necessary. I couldn’t have gotten where I am if I hadn’t done that and been a journal writer. I write a question in my journal. I have a poised mind, and I allow my higher
wisdom to come through. Then you begin to start acting on your own higher intuition. You start reaching out to people that you might be attracted to, that are near you, organizations that excite you, and you move in that direction of attraction. So conscious evolution is evolution by attraction to what you want to create.

Jennifer: Moving into attraction.

Barbara: Evolution by attraction to what you want to create. That’s so beautiful, to think that the crisis is driving us to be more creative.

Jennifer: That is such a hopeful statement.

Barbara: Isn’t it great?

Jennifer: Oh, my gosh. It’s so cool. I had a bit of a rough day today, and I was definitely in judgment and blame, in someone else has the dang answer. I don’t want to do it.

Barbara: I felt the same thing today.

Jennifer: Did you really?

Barbara: I was sitting at my computer, and I had not gotten dressed. It was 3:00, and I thought, “I don’t know. I can’t do this anymore. I don’t want to do it.” Then my friend, Patricia Gall, she just doesn’t even respond when I get that way. She said, “Do you realize that this is your life’s work? Aren’t you pleased you’re doing your work?” So I immediately said, “Oh, my gosh, yes,” because I’m fortunate enough to be doing what I’m born to do.

Jennifer: Yeah. I’m thinking about it, just what you said. I was thinking — my friend Mary actually Skyped me, because we had been talking about it. I’d been kind of upset just before the call, and I was thinking about the crisis is birthing something in me. That’s it. Now when I, and all of us now, can come, that there is meaning in here. It’s birthing something better. Now it just took all the energy out of what I was just feeling in terms of upset.

Barbara: It does, and even hearing you say that is affecting me, because you become an agent of conscious evolution when you say that.

Jennifer: Cool. I’m now Barbara’s agent.

Barbara: The agents of conscious evolution — the Jungian thought, the archetype — you might be in a sort of pattern — is an agency. It affects reality, so when you know that your crisis is a birth, that it has meaning, that there’s something deeper that wants to come out of you that is better, and you have evolutionary faith — this is for like 13.7 billion years; life has been going in this direction.

Jennifer: We have a little bit of evidence there.

Barbara: This is a trend, you might say.
Jennifer: A little trend, 13.5 billion years.

Barbara: If you feel the trend is towards breakdown of your life and our culture and our life support system, it’s almost impossible to move forward with hope. So the enormous importance of a worldview, like conscious evolution, is that whatever situation you’re in, you have a deeper sense of its meaning, of its purpose and your purpose within it.

Jennifer: Beautiful, and then there’s this other point that you brought up, which is about the inner sanctuary, which is radiating. It feels like taking that moment now that I’ve got here — I’ve got this hope in my heart and my being — and radiating that into my inner sanctuary and into the wounded aspect of my being.

Barbara: Right. That’s really bringing the inner Mother/Father God, and what I discovered in myself, my local self, what’s often called the ego, is not bad. It was just compulsive, over-anxious to get things done and so on, and I would get guidance from my deeper self, and then I would run out to do it. But the ego that ran out to do it got disconnected from that wide and whole source of my being. So what you do in the inner sanctuary is you radiate the internal presence of that being that you are, your spiritual essence, and the local self is attracted to come in there, because it comes into peace. It comes into wholeness. It comes into wisdom, and you really need to spend time in that inner sanctuary, feeling that so that the vibration of your own higher self starts to infuse your local self.

Jennifer: So just as we — in that moment, you described me having hope. It radiates that out to everyone who’s listening and even probably energetically to the planet.

Barbara: It does.

Jennifer: The same thing happens within.

Barbara: So it happens within, and after a while, in this emergence process, what begins to happen is that the local self remembers that actually it’s held in the arms of its inner Mother/Father. It’s not abandoned. It’s not isolated, and it loses its fear.

Jennifer: That is cool.

Barbara: And we know this is true of all great people. Like Mandela goes to prison for 27 years. Somebody — I met a man the other night who had been in solitary confinement for 27 years, criticized for being a Black Panther, which he actually hardly was, and he was being interviewed because he’s now working for prison reform. This is a very humble-looking, sort of beautiful — I’ll try to remember his name in just a moment, because I have his book. This man who was interviewing him said, “I don’t see how you could stand that.” And he said, “I wouldn’t change anything, because now when I go out for prison reform with the authority and authenticity of my experience, nobody can resist the fact that it’s true.” Just think about that. That’s probably one of the worst situations you can possibly imagine. I can’t think of a worse situation really.

Jennifer: Yeah. I mean a year, a month, a week, let alone 20-something.
Barbara: Years, and there are two or three others still in there. It’s really a criminal system in there when somebody gets trapped in it, but the thing that was so amazing was this man saying, “I wouldn’t have changed a thing.” So let’s go back to ourselves. If you have a crisis in your life and you wish it wasn’t happening or let’s get away from it or why am I a victim, just that thought — if I wouldn’t change a thing, what is the meaning of this? Victor Frankl found, in the concentration camps, the people who survived had meaning and faith in their lives. Otherwise you couldn’t survive. So we’re in a planetary crisis. The ones of us who can gain inner contact with that spirit within can give meaning to whatever the crisis is personally and socially and then can reach out to others to resonate.

Here’s another very important word in this process. Resonate means resounding back and forth your own higher, essential being. So if you go out into the work-a-day world and say, “I am giving birth to a universal human within myself,” nobody might hire you for that. You might get nowhere with that. You have to watch out. You don’t just go out into a world that isn’t perceptive to you and say all these things. I mean, I do now, because I’m so old it doesn’t matter.

Jennifer: Well, you have some authority behind it, too, Barbara, just a little bit.

Barbara: I’ve been at it for so long that I can be almost forgiven what I say by anyone, but here’s the thing. When you’re just sensitive, traumatized by various things, if you can tune within and get at your own essence and then do the inner work, then to find at least one other person where you can feel resonance, resounding back your own deeper self, not just your problems, and a deep ability to share with others, such that you’re not alone, it’s really important. I’m teaching agents of conscious evolution this wonderful training on the Shift Network. People from 56 different countries, for example, participate, and many, many of them feel alone, because if you have a consciousness like we’re talking here and you live — in most places in the world, it’s not exactly a new church or a new organization, and you may not have a community. So we listen to each other. We listen to these teleseminars and these wonderful radio shows, and all these teachers are out all over the place now. Still, if you don’t have community, it’s very hard to sustain it.

Jennifer: Right. I love this notion of resonance, and so when we’re doing what you’re talking about, we go to our inner sanctuary, we radiate into that wounded self, we ask what attracts me, we hold a poised mind and then we act — that’s another piece. We act on it.

Barbara: I didn’t emphasize the step that I find to be really important. It’s write in your journal.

Jennifer: Oh, yes, yes. You said about question — I love that. So that’s another thing that my friend Mary has been encouraging me to do as well, which is write and listen. Write and listen with that poised mind. I love that poised mind. It’s such a beautiful thing.

Barbara: Sometimes a really good way to do it is to say, “Here’s the situation.” Describe it in its worst characteristics. Don’t hold anything back. “I’m really miserable. I can’t do this.”

Jennifer: Can we blame, too, there? Can we do a little bit of that?

Barbara: Blame, anything you want.
Jennifer: Yay, we can do that.

Barbara: Get it all out. Then you have to have been in your inner sanctuary enough to have a poised mind. You’re not going to then figure out — and then you just say, “What does this mean? What guidance is there for me?” And you don’t think. It’s not channeling. It’s not that you expect some higher entity to come in. It’s really expanded knowing. Aurobindo had this phrase: the higher mind. It’s very intelligent, but it sees connections. It sees what’s emerging. It sees things before they’re fully happening. It sees your deeper heart’s desire, which the mental mind, in the business of the day and when you get reactive to situations, you actually can’t see it. You can’t feel it.

Jennifer: Right. You’re just in your mind reacting.

Barbara: You’re reacting, and your local self is upset. So that’s why this inner work — my book, *Emergence*, I’m very happy to say, is going to be republished soon, and it’s really good.

Jennifer: It’s a great book.

Barbara: I want to do as much as I can in offering this, along with more social and planetary evolutionary work. Without this inner work, it’s very hard to participate meaningfully in a planetary shift.

Jennifer: So part of our contribution to the shift of the ages, of the new evolution of human consciousness is to actually work on ourselves, to actually go within and ask these questions and write in your journal and ask what’s guidance there and then have that poised mind and hear from a new place in your being.

Barbara: Exactly.

Jennifer: That is part of the evolutionary shift of all of us.

Barbara: This is the inner shift to the outer shift. Then the next step is find at least one other person where you can develop some resonance, where you can express from that inner place. It’s a sensitivity, and you don’t want to do it if somebody is going to be critical or judgmental of you.

Jennifer: Or try to fix you or something.

Barbara: Or try to fix you, so it’s not therapy. There are now many, many circles, women’s circles, spiritual circles of different kinds that are like the beginning of the larger communities that are forming. It is not so easy to form a community, but you can usually get two or more people. You have to be brave enough to reach out for them if you feel lonely. You don’t just wait and hope that they drop on your head. You have to do something about it. I mean, I say this to myself. I’ll be busy all day on the phone, and then I’ll say, “Well, where is everybody?” Well, I didn’t have any time to even think about them, and now I’d like them, but they’re not here.

Jennifer: Right, right. So we need to plan ahead a little bit.
Barbara: You really have to reach out a little bit.

Jennifer: And it’s important that we’re not talking about commiserating or gossiping, and it’s not even about venting. It’s a different kind of communication here, this resonance that you’re talking about.

Barbara: It is, and it comes from this feeling of there being something within you that wants to be born. Now, if you think of it that way, it’s a very gentle thought, because you know how a newborn baby needs to be loved. That newborn baby cries. It panics. It doesn’t realize it can do more. I’ve thought a lot about this, because of my statement our crisis is a birth. It’s true on the planetary scale. If we have a very negative view of human nature and what we can do, it’s hard for us to give birth to it. Well, in our own lives, when we are gently giving birth to our next level of being, which I think many of us are, we have to be gentle with ourselves. We can’t be critical, and that feeling of loving yourself in your expression of what you’re giving birth to, it’s really an inner birthing process. I think of like — the first motherhood in my life was the five children, and the second motherhood was giving birth to this deeper self and my work in the world. Maybe the third motherhood is the larger planetary birthing.

Jennifer: Which you’re in full swing as the doula.

Barbara: Exactly. That’s right, and loving us enough. Loving us enough, you know.

Jennifer: Yeah. I didn’t want to say anything in that moment, because it’s such a sacred and important notion, this notion of love. It’s thrown out a lot. It’s bantered out a lot. I’ve got Barbara Marx Hubbard in front of me. What, Barbara, from your perspective, is the new kind of universal love that we are talking about that’s different than the love we’ve had in the past? I mean, the word has many, many, many meanings. What, from your perspective, is this new love that we are reaching for, seeking after?

Barbara: That’s a wonderful question. I can tell you, from my own experience, I’ve really fallen in love with the great creating process of universal creativity that is in every one of us. I’ve fallen in love with the idea that from no thing at all has emerged energy, matter, billions and billions of galaxies, trillions of planets, our earth, us, and that impulse is in you and me. The love I feel, it used to be called love of God, but this is love of the evolving aspect of the divine. I think of all evolution as a labor of love to finally create on this little planet some members of our species who really want to express more love or creativity, more connectivity, more coherence. I feel that when I do that, that I am not doing this alone, that I am in love with that pendency, that spiritual process, that God evolving consciousness force or evolving God. The languages are really not clear here, because you can get stuck in old words for new feelings. I think Andrew Cullen is very good on it myself. We call it the impulse of evolution or the evolutionary impulse. I love it. It’s the divine process of creation incarnate as us.

Jennifer: The divine process of creation incarnate within us.

Barbara: Yes.
Jennifer: So when we are doing this inner work that you were talking about earlier, it feels like that’s kind of an opening of the door to finding this energy within us and of loving the evolutionary, the evolving aspect of the divine within us.

Barbara: Yes.

Jennifer: Loving that own creative, creation impulse that is within us.

Barbara: Right. When you say yes to it and actually let it unfold, what starts to happen is that you and it are one.

Jennifer: There’s no duality anymore.

Barbara: It’s evolutionary non-duality. It’s not non-duality with the eternal aspect of the divine. It’s non-duality with the evolving core of universal intelligence. That’s a big oneness right there.


Barbara: It is a lot, because what it actually means, your impulse of creativity, is that life pulse, that universal process of creation indwelling as you and actually impelling you to express it. If you don’t express it, you will get depressed. We get substance abuse. We get addicted. We get ill. We get violent, but when we can say yes to it and you can differentiate it from your egoic impulse — that means bringing the ego within so it’s no longer a self-centered, dominating presence in you, but it’s actually learning to be one with the deeper self that you are as an expression of the whole self of universal intelligence. Gradually, even if you could have an upset or whatever happens, you begin to — I would say the word incarnation is good here. They use it in terms of like the Eucharist or you consume the body of God. I think we’re consuming the body of God within us as our own impulse to create. That’s a huge statement right there, but I think so.

Jennifer: Consuming the body of God —

Barbara: As our own impulse to create.

Jennifer: — as our own impulse. I’m going to have to meditate on that.

Barbara: It’s something to dwell on, that you didn’t create yourself. You didn’t create your own creativity, your own genius. It’s impelling every one of us because that’s what it does. It wants to be expressed.

Jennifer: It’s indwelling and being expressed through us.

Barbara: Yes, and then the yes that you can give it and the inner sanctuary where you can nurture it. Finally you realize it’s who you are.

Jennifer: This is all part of that notion of shifting from ego to essence.

Barbara: Yes.
Jennifer: I mean, is this what we’ve been talking about? Is there anything more? Why is it vital that we shift from ego to essence?

Barbara: Well, if we try to go out and shift the world from our egoic self, we get to be part of the problem, no matter what we do.

Jennifer: So we become part of the problem when we’re coming from the ego itself. Can you give us a description? What does a person that’s coming from their egoic self look like, and what, in turn, does it look like when they’re coming from their essence?

Barbara: Oh, it’s a real difference. If they’re coming from their ego, you can immediately feel that somehow you don’t relate to them deeply. They might take advantage of you. They might win over you. They make you feel less than who you are, or you want to follow them, because you think they might save you from something. There’s a whole set of things that diminish who you are if you’re with somebody who’s coming from ego. If you’re with someone coming from essence or you’re coming from essence as yourself, you are feeling the essence within others, and they are attracted to you, because the more they can be with you, the more their own essence starts to emerge. You become a force for good. You become an emissary of conscious evolution. It’s not an emissary of Barbara. It’s an emissary of the impulse of evolution within you.

Jennifer: So it feels like there’s a little essence here of service that comes in. Where does the notion of service come into this model?

Barbara: Yes. It’s interesting.

Jennifer: It’s not a model. It’s life. Sorry. I’m going to take that back.

Barbara: My great teacher originally, and this is Abraham Maslow, when he studied well people, beneficent, creative people, they had one thing in common: chosen work they found intrinsically self-rewarding. When you do it, you feel somehow there’s a joy of expression that is you and of service to at least one other. So in this model, if you want to put it that way, it’s not just going out to serve, but it’s finding that impulse of creativity within you and how it can best serve at least another while it’s rewarding you. Because if it’s self-rewarding, you no longer have the ambition to get ahead and to dominate and to control, and you also have the experience of the blessing of being able to do what you’re doing, rather than you’re doing it in order to get something more.

Jennifer: That’s so important, because I’ve met many, many women. It’s just a common misperception of our use of energy sometimes, I think, where they get completely burnt out, because they’re just doing, doing, doing for others. This is a whole different reworking of that model, isn’t it?

Barbara: It really is, and I think particularly for women — I’ve had a great privilege. A woman came to visit me, and she stayed, because she’s a real doula. A doula takes care of the mother, where a midwife takes care of the child, and she said, “I’m going to stay with you for a while, because you are a planetary mama.” Well, the planetary mamas are actually like you and me. They’re
women who are deeply turned on by wanting to give birth to something more, wanting to give something more. We are giving birth to something more. That’s really true.

Jennifer: This notion is following the impulse.

Barbara: It’s following the impulse, uh-huh.

Jennifer: And service while self-rewarding — I’ve never heard anyone say it quite like that, Barbara. It’s so cool, because I’ve been really playing with this notion of service for a long, long time, and it’s completely having, I call it, a service-oriented mindset, because I didn’t know what else to call it. But service while self-rewarding, meaning that I get filled up when I’m being of service. I’m not getting depleted while I’m being of service. I’m getting filled up.

Barbara: Right. You’re filled up when you’re doing your soul’s purpose that is of service. So let’s say, in my case, I feel my soul’s purpose is a communicator. So that’s not quite the same thing as paying back in an immediate, local way, which I think is very important too. Let’s say I would go down and do something for the homeless, let’s just say, or I would work in a hospital and serve like that. That’s okay, but it’s really more important to give your souls purpose out there, because it’s so much more useful if everyone can do that and be rewarded in the doing of it and be of service. Then the other things of ambition and getting ahead and needing more and more and more lessens. It really does.

Jennifer: Yeah. The ambition, and it feels like it’s kind of — I’m just being guided with this right now, that it feels like it’s kind of a feminine paradigm versus the masculine paradigm. Would that be accurate?

Barbara: I think we’re very fortunate in the fact that most of us have not been stuck in the patriarchy. Most of us have not been structured into that form, and so when we now no longer are reproducing up to maximum, we’re living longer, and the culture is welcoming us in many, many ways. We don’t have to fight to be a co-creative woman anymore in this culture. You do in other cultures. So that means knowing — when the Dalai Lama said the world is going to be saved by the women of the Western world, there’s some truth to it, because we have the freedom.

Jennifer: Ah, we have the freedom.

Barbara: We do.

Jennifer: We’ve covered some amazing ground here, and the questions we’re getting are very much about personal issues. So I kind of want to go back, again, and redress some of that. Some of the questions are: what happens when you’re living with someone who’s super negative? I haven’t had a job in years, and I’m now living a subsistence life, and I really don’t want to go out and try and find a job. It’s so frustrating. These are the kinds of questions we’re getting, the real basics. So just to kind of sum up this call and finish it up, when someone’s in it, like so many are, what do you do?

Barbara: I have realized the word job is not a good word, because first of all, you immediately lose your power, waiting for somebody to hire you to do something. Now, that’s not to say we don’t
need jobs, but if you don’t have a job, and lots of us don’t, then you have to say, “What’s wanting to be born in me? How could I reach out to do more of what I choose to do that could be entrepreneurial?” I think that whole idea of small entrepreneurial activities of service, where the rewards are coming from your own service of giving and creating, is probably the most creative way to go if you’re in that problem if you can do it at all, because otherwise, you’re completely disempowered. If you’re not going to get that job back, think of all the older people who don’t have the skills even if there are new jobs. They’re trying to train them, but we’re not dying. We used to die. It was easier. I think Social Security was much easier and all of that because they expected people to die at 65, 67. Look at us.

Jennifer: I hear so many stories. Louise Hay, she started her publishing company at 50, and it started out of a love from just wanting to get that book out and saying, “Well, the current industry isn’t allowing me to, so I’ll do it.” We did it on a dime. I started Healing with the Masters with $200.

Barbara: Look at this. Now, that’s the good example. I was a mother of five in Lakeville, Connecticut and depressed, and I realized, when I read Betty Friedan — this is so many years ago — that many, many women were depressed, and the reason was that they had no sense of identity other than their role of wife and mother. This is way back in the ’50s. Then I said, “Oh, I’m not just neurotic or depressed. I haven’t found my expression.” It made a shift, because I started to get a clue in what direction to look.

Jennifer: Again, that mindfulness, yes.

Barbara: I was mindful. Many of the women in my particular group there in Lakeville, Connecticut accepted the depression as a natural state of being and there was nothing they could do. So there was a lot of complaining and drinking and stuff like that, whereas I, getting Abraham Maslow and Betty Friedan and then Teilhard de Chardin, I realized that impulse in me that was making me depressed was something wanting to be expressed. I literally, by reading Maslow and a few others, started to look for what attracted me out of my depression. I tell you, it totally transformed my life.

Jennifer: I like that, from depressed to expressed.

Barbara: Yes. Then you reach out to — Maslow said the key to becoming self-actualizing is peak experiences, that is expanded moments of higher intuition, and secondly, at least one person to emulate, that you respect, who can get to know you. So I was very attracted to Dr. Maslow, so I called him up and asked him to lunch, and he came, believe it or not.

Jennifer: Wow. All you have to do is ask, right?

Barbara: You have to ask. You have to be bold. Don’t just sit there. I mean, I don’t want to, in any way, diminish these terrible struggles, but there isn’t any one of us who hasn’t gone through them in one way or the other. What makes the difference is whether you can tune into your essence, move the attraction, and the word courage, it’s a really good word. It comes from the word cart, corage, cor, and there’s a heartfelt saying here that, what you’re struggling with actually is an impulse for your own evolution. Just that thought — we’ve been over that before, but it really helps.
Jennifer: Yeah, and it’s interesting. It’s not just a concept. We’re not talking about an intellectual concept. We are truly talking about creating something different out of your perception, that when your perception changes, it actually does change your life. Isn’t that true?

Barbara: It does. As I’m talking to you, you find that there’s a biofeedback inside you. I call it the compass of joy. There’s an inner compass that helps you with your vocational arousal.

Jennifer: Oh, my God. I love that word. I get a little aroused whenever you say it.

Barbara: So you have to tune in to your inner compass of joy, and if your compass goes in the direction of some action or some other project or person, just go with it gently. It doesn’t mean you have to leave everything, but just try it out. Be experimental with what attracts you and follow the compass. If you’re feeling a lot of stress, stop, breathe. Just quickly, right where you are, do the heart mask. Put your hand over your heart and breathe through your heart. Remember what you appreciate quickly. Don’t let the irritation go too fast. Don’t let it get through your nervous system, because it will infect your nervous system for hours.

Jennifer: So we can catch it in the moment, that moment of fear.

Barbara: Right. The moment of fear is stopped. Breathe, go into the heart, appreciate and then see if you can tune into that deeper essence of your own being. You get that quick. It happens quickly.

Jennifer: And just remember that crisis is the birth of something better, and that is actually our phrase that pays for tonight. We have a contest, Barbara, where we give away $250 for a phrase that pays, and I usually try to choose one — we did this purposefully so that people would be conscious of kind of the theme. So crisis is the birth of something better is the phrase that pays for tonight.

Barbara: Good.

Jennifer: Yes, and it does pay to feel that way, doesn’t it?

Barbara: It does.

Jennifer: It does. It pays on all kinds of levels.

Barbara: Yes.

Jennifer: And someone is going to win $250, no less, if you go to:

healingwiththemasters.com/contest

And enter that phrase. Crisis is the birth of something better. Barbara, we are done. We are finished. I want to talk for another hour. This has been so much fun. Thank you.

Barbara: It was really great. I really appreciate it. I enjoyed it very much.
Jennifer: Oh, good. I’m so glad. If you are interested in more — and I know that Barbara has so much more to share. My goodness, she’s been doing this for at least a year.

Barbara: I’m just getting started.

Jennifer: She’s been at this for decades, folks, and she has some wonderful insights, because she’s been playing with this stuff that she’s sharing with us for a long time. She has a wonderful special offer, that she’s put together for us, that will allow you to play with Barbara even more and take some of these concepts much deeper. If you’re interested in more of Barbara, please do check out the special offer. It’s:

specials.healingwiththemasters.com/barbara

It includes the Gateway to Conscious Evolution. It’s a seven-audio download. This is 100 percent downloadable, this particular offer, and we’re also, once again, very excited to be getting — Barbara has created an opportunity to offer this at a sliding scale. We’re trying this for the first time this season, and it worked really well with my special offer for my show. You get to name your price, and it’s really incredibly reasonable. So you get the seven-audio set. There’s two amazing videos that talk about humanity ascending. It’s the Visions of the Universal Humanity, and it’s also Our Story, our personal story. It’s the story of evolution, that 14-billion-year journey of transformation that is now escalating to this moment of time. There’s also On Being a Feminine Co-creator. We kind of touched on that briefly. There’s a whole beautiful video download and digital PDF transcript for you on that. Then there’s the Evolutionary Communion Guidebook. This is really cool. It also comes with several MP3 meditations. So just imagine the beautiful presence and the huge energy that — I mean, you probably know this already, Barbara, but the energy of you is what you’ve been talking about, is creating a catalyst change within all of us. That energy is available in a meditative state, in that place that she calls the poised mind. You’ll be able to experience that firsthand with these audios. Then of course we also threw in our interview last year with Neale Donald Walsch about Barbara Marx Hubbard, about her book, the book that he wrote about her. We threw that in as well for you. It’s a wonderful offer. Again:

specials.healingwiththemasters.com/barbara

Barbara, did you have anything else to add about the offer?

Barbara: I just think that it will give you this deep, inner perspective that can unfold in your own life.

Jennifer: Beautiful, yes. Thank you so much, and I know that there’s something special that you have coming up in relationship to this event that you’re creating in December. Do you want to share a little bit about that?

Barbara: Yes. I’m initiating, with the Shift Network and Stephen Dinan, a marvelous project called Birth 2012 on December 22, 2012, and it’s an idea of converging and connecting what’s emerging and creating and loving until we can contribute to a collective shift in consciousness in time. So to avoid the worst of the crisis, we have to connect that in ourselves that’s emerging and created. On Saturday, October 15, we’re going to have an amazing free teleseminar called The
Welcoming Committee, and that’s people like Neale Donald Walsch and Michael Beckwith and Jack Canfield and Lynne Twist, a wonderful, wonderful woman, a marvelous shaman from Peru. They’ve been invited by Stephen Dinan and myself to welcome the world that’s already arriving, and they’re all creators of it. They’re coming together as a little, tiny microcosm to welcome, first of all, each other, because any group of us getting together to welcome what’s coming out of us as a little, whole system helps the planetary awareness. I’m sure of it.

We will be reaching out to people all over the world, inviting people to participate in the work of the Shift movement so that we can join together by December 21, 2012 to shift the system. I have a lot of teaching that I’m offering for people who would like to do some more teaching with me, called Agents of Conscious Evolution.

Jennifer: This is birth2012.com. Is that right?

Barbara: For this particular website, it’s:

birth2012convergence.com

One word.

Jennifer: And that’s going to be happening this Saturday. So if you’re being called to this and called to Barbara’s message, that’s something else you can check out, and of course, the special offer is there for you.

Barbara: It will be archived if people can’t do it on Saturday. It will be there for them whenever they want it.

Jennifer: Wonderful, wonderful. Barbara, thank you so much. I’ve so enjoyed this conversation.

Barbara: It’s been wonderful, yes. I’ve enjoyed it too. Thank you.

Jennifer: Beautiful, so thank everyone so much for being part of today’s show. It seems we always come to these calls as individuals, and in the end, we wind up a united community and united in our intention. We know we make the difference. We matter. You matter. I love you all so very much, and until next time, good night. Good night, Barbara.

Barbara: Good night.

Jennifer: Bye now.

[End of Discussion]
Buckminster Fuller has called Barbara Marx Hubbard “the best informed human now alive regarding futurism and the foresights it has produced.” Widely regarded as his philosophical heir, Barbara is a social innovator, speaker, author, educator and leader in the new worldview of conscious evolution.

In 1945, when she was 15 years old, the first atomic bombs were dropped on Japan. This terrible act prompted Barbara to ask the fundamental questions: “What is the meaning of our new power that can be used for the good? What are positive images of the future equal to these new powers?” This defining moment propelled her on her life’s quest to find answers to these questions. The insights she has gained has led to her definitive message of hope that, “Our crisis is a birth” of a more universal human and universal humanity.

Through her books, DVDs, educational programs, TV appearances, interviews and speaking engagements, her message continues to bring answers and comfort to global audiences seeking answers to today’s most pressing issues.

She is currently the producer and narrator of an award-winning, on-going DVD series entitled Humanity Ascending: A New Way Through Together. Part One: Our Story, now translated into seven languages, has been selected for the prestigious Spiritual Cinema Circle. Part Two: Visions of a Universal Humanity, brings together cutting-edge scientific, social and spiritual visionaries to create a positive vision of our future equal to our new capacities.

In 1990 she co-founded the Foundation for Conscious Evolution through which she developed the Gateway to Conscious Evolution, a global educational curriculum enrolling participants in the developmental path toward the next stage of human evolution.

In 1984 her name was placed in nomination for the Vice Presidency of the United States on the Democratic ticket, calling for a “Peace Room” as sophisticated as our war room, to scan for, map, connect and communicate what is working in America and the world.

As a citizen diplomat in the former Soviet Union during the 1980s she co-chaired a number of Soviet-American Citizen Summits, introducing a new form of conferencing called SYNCON to foster synergistic convergence. This model brings opposing groups and functions together to seek common goals and match needs and resources, including the growing edge of human capacities, spiritual, social and scientific/technological of the whole system.

Wisdom University has recently enlisted her to develop the first Chair in Conscious Evolution, where she will join with her colleagues to develop a comprehensive field of study to envision and manifest a positive future.

She remains a leader on the growing edge of the women’s movement, supporting the emergence of the Evolutionary Woman, the Feminine Co-creator, who is calling for the next level of creativity and partnership between women and men to guide our world through our current challenges and opportunities.

Barbara’s books include:

*The Hunger of Eve: One Woman’s Odyssey Toward the Future*
*The Evolutionary Journey: Your Guide to a Positive Future*
*Revelation: Our Crisis is a Birth — An Evolutionary Interpretation of the New Testament*
*Conscious Evolution: Awakening the Power of Our Social Potential and Emergence: The Shift from Ego to Essence*
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Delivering the Power Of Inner Healing

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New Age Study of Humanity’s Purpose, Inc.
EraofPeace.org

September 22, 2011
Marlise Karlin
Internationally renowned Author, Recording Artist, Educator, Humanitarian
“Igniting The Power Of Peace In People Around The World”
MarliseKarlin.com

September 27, 2011
Jennifer McLean
Host of Healing With The Masters
Launching Her New Book
Body Dialoging: 7 Steps to Coping & Thriving in Extreme Times
HealingWithTheMasters.com

September 28, 2011
Cynthia Kersey
Best-Selling Author
Motivational Speaker
Founder of the UNSTOPPABLE Foundation
www.unstoppable.net

September 29, 2011
Sherry Gaba
Celebrity Life Coach
Psychotherapist on Celebrity Rehab with Dr. Drew on VH1
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<td>November 3, 2011</td>
<td>Lindsay Wagner</td>
<td>Popular Actress, Advocate of Human Potential, Author of “Quiet The Mind &amp; Open The Heart” Workshops and Retreats</td>
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<td><a href="#">LindsayWagner.com</a></td>
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<td>November 8, 2011</td>
<td>Bill Bauman</td>
<td>Celebrated Leader of Leaders, Healer of Healers, Dedicated Servant of World Servers</td>
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<td><a href="#">BillBauman.net</a></td>
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<td>November 10, 2011</td>
<td>Morty &amp; Shelly Lefkoe</td>
<td>Founders of The Lefkoe Institute, Morty is the Creator of <em>The Lefkoe Method</em> series, Shelly is the Founder and President of the Possibilities of Parenting Center</td>
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<td><a href="#">LefkoelInstitute.com</a></td>
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<td>November 15, 2011</td>
<td>Geneen Roth</td>
<td>Oprah Winfrey’s Mindful Eating Coach, Psychotherapist Specializing in Eating Issues, Author of <em>The Self-Compassion Diet</em></td>
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<td><a href="#">GeneenRoth.com</a></td>
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November 17, 2011

Jean Houston

Scholar, Philosopher and Researcher in human capacities
Foremost Visionary Thinker
Principal Founder of the Human Potential Movement

JeanHouston.org

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November 22, 2011

Colette Baron-Reid

Internationally renowned Intuitive Counselor,
Educator and Motivational Speaker
Best Selling Hay House Author

ColetteBaronReid.com

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November 29, 2011

John Gray

Best-Selling Relationship Author
Men Are From Mars, Women Are From Venus
and the Mars/Venus book series

MarsVenus.com

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December 1, 2011

Mary A. Hall

Renowned Healer
Abundance Life Coach
Author and Speaker

MaryAHall.com

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