

CHOICE POINT

STEP FOURTEEN: WAKE UP

“Awaken: cause to become awake or conscious”

*“Sometimes you wake up
Sometimes the fall kills you
And sometimes, when you fall
You fly”*

-Neil Gaiman

John Paul Deloria:

“As we look around the world there are many trends and patterns happening right now. One is freedom. We want freedom, we deserve freedom. Another pattern is, we’re gonna speak up against governments now, because you’re not spending our money the way you should, you’re not taking care of us the way you should, you’re wasting tons of money, we’re now speaking out. Other patterns are manifesting themselves; is we’re gonna help the people across the border. We feel sorry for the people across the border, but we’re gonna do something about it. Other patterns that are popping up right now is, “Hey, there’s more to life than what we think or what we’ve been told. I’m gonna find out what it is. I’m just gonna be, with my eyes wide open to feel it, and not believe everything that’s ever been told to me or everything I’ve ever read, things are changing.”

Scilla Elworthy:

“People are waking up. Now what does waking up mean? It means I can best describe it this way: when I am in a state of anxiety of fear, I am kind of rushing around below the waves; I am with limited vision, limited breathing space, very limited possibility to act. If I can just move up a few levels, take a different perspective, move out of my mindset, by breathing, by relaxing, maybe going for a walk in nature, whatever it takes to shift, then it is as if my head comes above the waves and then I have got oxygen, I have got space, I can see, I can see the, the horizons and I have got a completely different perspective.”

Jack Canfield:

“There are certain lessons I may need to learn, certain qualities I may need to develop, certain Karma in me need to balance, certain service I may need to render, certain growth I may need to experience. But how I go about that whether it's willingly or being dragged through it by been given a cancer or automobile accident or divorce or my company failing or a scandal that I have to confront to wake me up. Or do I choose to wake up consciously by doing daily disciplines.”

Karmapa:

“awareness is very important. Everyone can develop that, anyone can, if you have lack of awareness, everything will collapse.”

**If you want to make your dreams come true
The first thing you have to do is wake up**

-J M Power

Scilla Elworthy:

“And what I'm observing in my work through mapping conflict and initiatives to prevent conflict or stop war all over the world is I am observing and measuring and tracking initiatives by people whose hearts have just lead them to do this kind of work and there are literally thousands of them now all over the world. There are

thousands down the road here. People who are waking up and connecting with one and other.”

John Paul Deloria:

“I’m gonna speak up. We wanna change, we the people are speaking up now. There’s some hard times but we created some of those hard times. Together we’re gonna get out of it and the end result will be fabulous.”

Barbara Hubbard:

“I think one of the most positive things we could do, identify the innovations that are working and celebrate them, connect them and continually communicate what’s working. And invite everybody, not just the great innovators, to add their particular creative contribution. And I’d like to see an internet site comparable to a nervous system for humanity, we could call it a synergy engine and the synergy engine would help people anywhere, put in what they want to create, find their partners, add their gift, into the fields where these great innovations are already working. And I think if we could do this as a communication connection function, we would find in a few years, that humanity would have hope for the future and not just hope, would have realistic pragmatic solutions upon which to make a positive future. We’re really close.”

Richard Branson: “There are lots of problems in the world, but if you have conflict everything else falls apart. So you know schools, um, health, everything falls apart. So conflict I think is the number one issue to try and get on top of. The second most important thing I think is health. If you don’t have your health then you are not going to educate yourself or you know be able to make a living for your children and so on. And the third thing is education. So I think those, those are the three areas that need the most work in the world.”

Barbara Hubbard:

“if you look at educational systems, religious systems, government systems, corporate structures, they’re top down models. Whereas people are connecting like this now. And I think we’re having a systemic shift. From the top down structures that built civilization but are failing to coordinate a solution. Because they’re not designed to do it. They’re designed to be separate. Whether it be organized religions, global corporations, nations states, that’s the design. Whereas underneath here the problems are global and connected. And so are the solutions. So I think we’re beginning to get through internet, not a revolution but an evolution.”

Richard Branson:

“The problem about leaving the big problems of the world to politicians is they are not often very long politicians. They may only be in you know a particular part of parliament for a year or two and then they are moved onto another department and then they may leave altogether and, whereas business leaders can be there for a lifetime. And so I think politicians play a very important role. Social workers play a very important role. But I think actually business could play the most important role and must because otherwise a lot of the problems of the world will not be resolved.”

Birke Beahr:

“And a lot of us kids we’re the future and we need to get the adults to take care of it now so that when we’re adults we don’t have this big pile of poo to take care of and try to turn it into something better. To make a difference in the whole environmental situation and even the health situation, you just need to take the steps by learning about stuff and doing more research

The internet is like one of the best things I could ever have it’s like a multi tool for me it’s like an encyclopaedia inside this tiny book like this big and that’s how I started learning about the food system and then I’d find out more and more about pesticide use and the damages of that to the eco system and then also I’d find out about GMO’s which was a really big thing to me

I believe our generation’s called generation Z and it really makes me mad because they say it’s the worst, it’s the most obese the worst working out, the worst health, the worst everything and so I’d really like to turn that around and change that because I’d actually like to make us generation A where we’re all perfect, where we’re just the healthiest kids there are and be generation A that’s what my goal is.

It was really interesting and as I was learning more and more it got me really interested in the good side of the food system like organic all natural and health foods and so I’m like okay, how do we trace this back to the source, and the first thing that came to me was the farmers and so they seemed to be making a difference personally to me that by growing this awesome food

You can make money at whatever you do, you can get a good job and make good money but you can't be happy by you might just be miserable being in an office all day long being a Doberst guy and so really I'd just like to make a difference and be happy.

Everyone has a choice to go out there and be able to say, 'this is the decision that I want to make that will help make a better world.'

When I started learning about these things about the food system, I really wanted to shout it off from the mountain top so that everyone could hear my message.

I was thankful enough to be given an opportunity to speak at a Tedx event.

At event:

'It seems to me like corporations are always trying to get kids, like me, to get their parents to buy stuff that really isn't good for us or the planet. Little kids especially are attracted by colourful packaging and plastic toys. I must admit I used to be one of them'

When they put it up on YouTube and it started getting more and more views and started going up and up and next thing I know, I guess the last time I checked it was around four hundred thousand.

At event:

'I want you to know that we can all make a difference by making different choices. By buying our food direct from local farmers or neighbours we know in real life.'

"I never thought that it would get such a listening that I can reach that many people with a message that I

care so much about. Since then I have spoken at different Tedx events, conferences in food and farming classes. It has just been such an amazing experience and an amazing opportunity for me to go out there and be able to make a difference in the world.”

At event:

‘And that my friends’ is how we can make a difference. One pea at a time. So next time you are at the grocery store, think local, choose organic, know your farm and know your food. Thank you’.

Robert Quinn:

“I think that there is something even more basic than your emotions and that is the conscience. And I think the conscience is calling for us to do things. They are going to put us in a positive space and those positive emotions are going to be there. And when we violate it, because of some fear or some other negative emotion, we lose energy. But when we do the work and it is usually work because it is swimming upstream of following that conscience, victory over self, good feelings, positive feelings, opening up the possibility, pursuing possibility. So it is a very simple dynamic.”

John Paul Deloria:

“The big shift that one should look at is not making decisions as to what would benefit me and what's in my mind from what I was taught, but, the big thing now is, open up and let your heart tell you what that decision should be and go with the flow.”

Barbara Hubbard:

“So we're right at that inflection point with chaos building and the desire for higher order emerging and the new capacities right here and I would say hundreds of millions of people wanting to express more of their gift, more of their creativity. It's the most powerful time for social change in the history of humanity.”

Tony Benn:

“So if a campaign is to succeed it has to have a lot of support. And that means there has got to be a very big

injustice which people want to change and when the big injustice is appreciated then of course they will join in because they feel a part of it. But of course the media spread pessimism deliberately. They say, oh well it's not worth it and it's going to fail. They are all the same, they are all crooked. That is in, is a deliberate weapon to undermine the desire to campaign which is instinctive in people if they think something is wrong. So you have to preserve the hope that something can be done. Indeed I think there are two flames burning in every human heart and every period in history. The flame of anger against injustice. And the flame of hope that you can build a better world. And my job in old age is to fan both flames as hard as I can.

Those who want peace have got to campaign ceaselessly for peace and if they do that I think they can pick up enough support because there is enough experience of war now for people not to want further war. So that's the hope that keeps me going and why I have concentrated on peace campaigning throughout my life."

**"I was once asked
why I don't participate in anti-war demonstrations.
I said that I will never do that,
but as soon as you have a pro-peace rally,
I'll be there."**

-Mother Teresa

Desmond Tutu:

"It's a beginning and we look for a glorious denouement when we will discover that we are actually members of one family"

**Now, you are ready for the next step of your journey in Aligning Your Purpose
Define Your Purpose**

