

EQUILIBRIUM

Equilibrium is a dynamic force to help transform the individual from the stage of adolescence to the stage of adulthood.



-- EQUILIBRIUM --

"Throughout the world, immense intellectual and spiritual energies are seeking expression, energies whose gathering pressure is in direct proportion to the frustrations of recent decades.

These rising impulses for change must be seized upon and channeled into overcoming the remaining barriers that block realization of the age-old dream of global peace.

It must be galvanized by a vision of human prosperity in the fullest sense of the term -- an awakening to the possibilities of the spiritual and material well-being now brought within grasp."

-The Prosperity of Humankind

We, who are here today, are in the beginning of the greatest, most exciting, most challenging, time our species will ever experience as a civilization.

Specifically; Humankind is leaving the adolescence stage and entering the adult stage of its journey. The new society forming before our eyes calls, for a new role of the individual.

There isn't a square inch of land on earth that is to be discovered. While there may be a few small groups deep in some jungle, essentially all humans are aware of each other throughout the world. Disagreements and misunderstandings can no longer be resolved by moving to the other side of a mountain range or crossing an ocean.

We, are now forced to face each other, which means facing ourselves. New levels of friendship demand a higher level of communication. The ability to improve relationships between each other is determined to the degree of clarity and depth the individual has with his/her own nature.

**To take part as an adult in an
advancing civilization,
the individual needs to be aware of the
time in which he/she lives.**
Has this happened to you?

You worked hard reaching a goal only to find it is not the condition you imagined, the joy and fulfillment you anticipated, has escaped you.

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Forward

The thoughts advanced by Equilibrium are put forth into the wind with the hope the reader may separate the grain from the chaff. Equilibrium's content suggests which way the wind is blowing and only time will judge its accuracy or folly. Equilibrium makes no claim to be comprehensive on the subjects it addresses for humankind is at the earliest stages of adulthood.

It is universally agreed by the majority of the worlds population, civilization is passing through hard times as a whole, and it will most likely get worse before it gets better.

The good news, we are, in reality, all connected as spiritual beings, as waves of one sea and leaves of one tree. **98%** of the earths inhabitants are good-hearted,.... hardworking people. The advancement of one is the advancement of the whole.

Equilibrium offers a new interpretation of the challenges we are facing today and some options that might be open to us.

By identifying and examining our motives and priorities used in the past 100 years, we may learn more about who we are, and how we arrived in the condition we find ourselves today. The process of purifying our motives, will also revamp our priorities.

High on the list of new priorities may be reordering our material world using the sciences to promote women's and man's enlightenment, resulting in a more safe and secure society.

Equilibrium asks the participants to take a conscious pause in their speed-living, in order to take a look around and within themselves. Taking a pause in life, is not easily accomplished because of the pressure from those rushing past us, in a din of frenzy-panic, competing to acquire temporary stuff, hoping to fill an emptiness that only seems to grow.

What are we missing?

We have fantastic inventions all around us, so why is

it we do not feel more joy than we do?

Why has our happiness not kept pace with the developing material advancements?

Why with more material things and activities to do, we feel less content?

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Are we choosing to keep ourselves so busy in order to prevent us to take the time to face important questions we so desperately want answers to?

When searching the depths of our heart do we find a mixture of happiness with bitterness and becoming more and more aware we may be losing hope for our future?

It is we humans who have created all the problems in the world we see today. The good news, it is we humans who can and will remedy the situation. The remedy begins by each individual making better decisions in their private lives.

Making better choices requires a clearer and deeper understanding of who we are, what options

are open and what tools are available for us to use. Tools that can help to improve ourselves which leads to the improvement of better relationships with others.

The quality and depth of the relationship we have with ourselves, determines the quality and depth of relationship possible with others. Therefore, to improve ones relationship with others, begins with increasing the depth and quality with self knowledge, 'Know thy self'.

Equilibrium is a dynamic force to help transform the individual from the stage of adolescence to the stage of adulthood.

Humankind has made progress and survived because it created a reference point, giving direction and focus, by answering two important questions. The two questions are:

1. Who am I?

What am I?

2. What is my purpose?

Why was I born?

The answers we have been operating on, no longer have the power to motivate humanity to arise and meet the challenges facing our society. We need to seek and find, new answers to these questions, discovering a higher purpose for living.

Entering adulthood, what can be called the fruition of the human race, requires individuals to discover new answers to these questions, a new level equal to the task at hand.

Humanity is approaching an event that happens one time to our species on this planet;

the transition from adolescence to maturity.

The past role of the individual, of....learning, obeying and preparing for responsibility...**only!**,is over.

The time has come for the first fruits to blossom.

The functioning of an adult to step onto the stage, and take their rightful place to play their rightful part, as one of the three protagonist holding up society, ...

This time.....is now here !

Institutions

Communities

Individuals

Some individual's have contributed in the past, today now the door is open to all, this is something new, never before seen.

One premise of Equilibrium is:

The unbridled speed of technological development has distracted humanity, to the point we have suspended the development of our inner awareness.

As noted by one world citizen,

"We are technical giants, and spiritual dwarfs."

---William Sears

We have lost the connection of who we are.

We are not our own masters.

We are almost complete strangers to ourselves.

We are unaware of how we have, hurt ourselves, been mishandled, starved for love and most of all,unexplored.

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The purpose of Equilibrium is: **Explore who we are.**

If, it is true we come from an all Knowing, all Powerful Creator, which the worlds majority has always believed, then because we have been given the power of knowledge and comprehension, this quality of development will be endless. We will spend eternity learning more and more about who and what we are, what our purpose is and why we were created.

This journey..... has just begun!

What are some of the new challenges facing the development of the individual ?

1. Improving our Reasoning Skills



*“These smug pilots have lost touch with regular passengers like us.
Who thinks I should fly the plane?”*

100 years ago, there was a fraction of information compared to today. Along with that fact most of the information then, was limited to those with wealth and privilege.

In the past, the challenge was to find and get hold of information, which gave us an advantage for making a living.

However, today we are swamped with huge quantities of information and a growing amount of the new generated information is, **misinformation** or what some call '**Fake News**'. Misinformation

produced by mistake or design, corrupted, misleading or out and out lies, is constantly growing.

Our reasoning skills are not keeping pace with the advancing power and complexity of our technology. We need stronger more **mature reasoning skills** that will enable us, to find and separate information we need from an **ocean** of information we do not need. After capturing relevant information, the next step, to extract accurate information from fiction.

Added to these processes, is the challenge of speed. The rate massive amounts of new information is being added along with routine changing requirements made on us, often pushes us to our limits. Therefore, more efficient reasoning skills are needed in order to keep up. A greater depth of knowledge of self with stronger more mature reasoning skills together, are essential in order to function in todays and future society.

We hear 'Fake News' thrown around with clarity like mud. What protections do we have from being manipulated or sucked into illusions? The ability to **see reason, clear thinking, in touch with reality,**

are qualities proportionally connected to the depth, we know ourselves.

There might be something else going on that has slipped our first notice. Examination of how we processed events in the past and how we seem to react today, possible clues of what and how we are changing, may be revealed. How, we are being influenced by the long term processes of mass-convincing and conflicting information, information that sometimes resembles fantasy more than reality.

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Years ago, when we decided to go to a circus some afternoon, we might have heard something like:

Come see the one and only miracle of nature !

**The Dog-Fish,half dog, ... half fish,
you won't believe your eyes !**

We buy a ticket to see the wonder of nature, the Dog-Fish. After entering the tent, we discovered a fish-tail has been sewn onto the back of a dog.

We may had said something like:

Oh, how could I have been so gullible,

I'm such a fool ?

But, now when we encounter this kind of thing,
we either **block out what we saw**
or
we close-eye-believe-it.

What is happening to us?

Our reasoning skills are still functioning
at the adolescent stage, it is now clear societies
complexity requires higher thinking skills.

The curriculum of Equilibrium has been designed
to bring about awareness and increase the
reasoning skills of the individual and the group.

2. Improving our Listening Skills

The need for us to have better communications
between each other, increases as the complexity
and speed of our civilization develops.

The faster we travel the further out we need to look.

Quote: "It no longer requires prophetic insight to
appreciate that the opening years of the new century will
see the release of energies and aspirations infinitely more
potent than the accumulated routines, falsities, and
addictions that have so long blocked their expression.

However great the turmoil, the period into which humanity is moving will open to every individual, every institution and every community on earth unprecedented opportunities to participate in the writing of the planet's future."

-- Who is Writing the Future? Bahá'í International Community

The forces releasing the individual into new opportunities of self-fulfillment can also become the forces of destruction, if new levels of self-control & self-discipline are not also increased. A strong self-discipline helps keep the lower nature in check, keeping the human being in control.

Progress has always been conditional. Acquiring a new gift or insight, there is always the condition some form of payment needs to be made, in order for the dignity of the receiver, is to be maintained.

Stop... a moment and ask, what has been driving, shopping strategy for the past 60 years.....?

How about the discount store?

As a general approach, it is somewhat human nature to look for a bargain. To buy something at a

good price, is not the same as to buy something at a fair price. **'Seeking a discount'**, mindset carried to the extreme, moves us away from fair-play. Instead of paying for fair exchange, we hope for fast track consumption of whatever we are targeting at the time. Living in a fog of always looking for the **'discount'** conditions us to operate on the paradigm of trying to get more and give less.

Maybe this explains, in part, the increasing participation in statewide lotteries throughout the world.

The short-cut, discount mindset, has so permeated society, we sometimes find, we even discount our friendships, from time to time.

We most likely all agree, we would like to have greater self-control and self-discipline in our character. Is this not one of the biggest differences between the adolescent and the adult?

The mobile phone, with its endless possibilities, requires a higher level of self control, if this wonder technology is not to consume, heart and mind.

The thought that our devices need more self control is rarely opposed by anyone, and equally rarely seriously addressed.

Humankind has always built what has been discovered. Might we be reaching the stage, where not all discoveries should automatically be built, for maybe some inventions are not for the welfare of the human race and may even if pursued cause large damage?

Increasing our ability to listen to others will require a higher level of listening to our own reality, because as stated earlier, we can not experience a virtue with others at a higher level, than we function at ourselves.

Equilibrium's activities are designed to help the participant become more aware of the emotions going on within as well as new information acquired by the mind.

For many years when married couples were asked,

Who knows the other best?

Almost universally, both man and women agree, the answer is: **the woman.** Why is this?

Part of the answer may lie in the use of power. For thousands and thousands of years power has been primarily in the hands of men. If I was living 200 years ago, my wife would need me to hook up the horses and take her to town. Today she has many options to carry out her tasks without my help.

Where does that leave me, as a man?

What happened to my contribution?

What is my new role?

Is, there a new role for me?

Women's role throughout the world is changing and changing fast. Some men are resisting this change and those that do must hide this resistance, because the world has universally accepted that men and women, should be seen and treated equally.

Women's advancement can be slowed down, but nothing can stop it, for, it is the thirst for justice in both men and women behind the change.

Women's role in the world, is emerging, blooming, everywhere. Becoming more visible and with increasing volume.

Man's role is disappearing..... at least that is how many men often feel. Of course, we know there is a place for all of us, men and women, to contribute to society, which bestows upon the giver lasting and true happiness.

One task, that seems to be facing men everywhere, to discover what their new role in society will be and with the love and patience of women, it will happen.

Men, having such unchallenged power for so long, maybe some of us have become a little lazy.

Wake up men !

3. The largest power shift in history

As women take their rightful place alongside men, there is even a greater power shift taking place throughout the planet. The shift involves the transference of power, from: **individual to group**.

At first, this may sound alarming and unfortunate for the individual. **The exact opposite is true**. Like many new concepts that enter the world, some will often view something 'new' and 'different' with

suspicion. Having stronger, more mature reasoning skills, and a deeper self-awareness, the individual will feel less threaten and therefore more open.

From the beginning of recorded time, power has been held by individuals. Most of the time unchallenged. Our paradigm of history is heavily influenced by the history books we read and now by the movies we watch. This one sided influence, helps form our world and historical view of humankind.

One sided because, books and movies with themes centered around peaceful times and peaceful life styles, do not make a profit easily, our exposure to this side, this day to day living, is sparse.

Truth is, our history contains many honorable Kings and Queens along with other powerful positions using authority with justice and mercy. Of course, we are aware of the times when power has been abused and many suffered.

The world has just recently witnessed a nation acting with the consent of the United Nations and acting without the consent of the United Nations. The consequences of the same action taken, had very different results.

This deserves more refection.

The future belongs to those who learn to work in groups creating unity, versus those who choose to ignore the will of the whole and act alone.

There is a learning curve in everything, here we see two groups structure. The red lines are lines of communication. **Just forming** groups does not automatically bring about unity. Unity of the group will depend upon the quality and quantity of the individuals contribution.

Are we on the same page?

.....if so, this gives us power to move forward.

The Challenge ! ! !

What kind of environment is needed to encourage the individual to come forth into their own?

What are some of the obstacles facing the individual to step up to the next level of their development?

Most of the human beings, most of their waking lives, walking on this earth, strive with all their might to perform well, to act how they think society wants them to behave.

Yes, there are those who have out-of-control-egos running around, however, this planet is full of people who are good-hearted, well-meaning, not needing to dominate others.

The people who have made it a priority not to cause trouble for others, have placed heavy filters onto themselves, in order to color

"inside the lines".

The challenge for them, is to find the courage to rediscover the hidden gems, born within them, and polish these gems to offer in service to the world.

To break out of the straightjacket they have chosen to wear, will take **'the will'** to do so. Education and encouragement are also used, which Equilibrium attempts to provide. The willingness of those who strived to **'fit in'** and not be the cause of trouble, contributed greatly towards the advancement of society, enabling humanity to survive its immature and tumultuous stage.

This brings us to the Key Conflict. People who live near the polite end of the continuum, will find it a

challenge to move towards the middle, which calls for an increase of honesty.

Activities are designed so the individual feels safe and receives appropriate encouragement. A safe environment does not mean an environment without any difficulties or struggle.

Whenever moving into higher energy, raising to a higher conscious level, there is always struggle and hard work. Called, moving outside the comfort zone.

A safe environment translates into an environment where, the participant is allowed the full range of emotions to feel and express what they are going through during the process. Added to this participants pledge to give a true effort to a set of conditions.

Such as:

- **honesty**
- **willingness to work**
- **a spirit of cooperation with others**

The pledge is reciprocal. What is expected of the participants, the participants can expect from others.

Equilibrium's journey begins with the individual. Activities and the materials are focused to improve the communication between the two capacities,

What we think & **W**hat we feel

The traditional learning environment we see today, guides the learner to discover and complete the lesson material. Students are preparing for a life of work, becoming familiar with what has already been discovered and is in play. **However !**

If it is true, the individual:

- has a new role to play in society

AND

- needs a new level of self-discipline

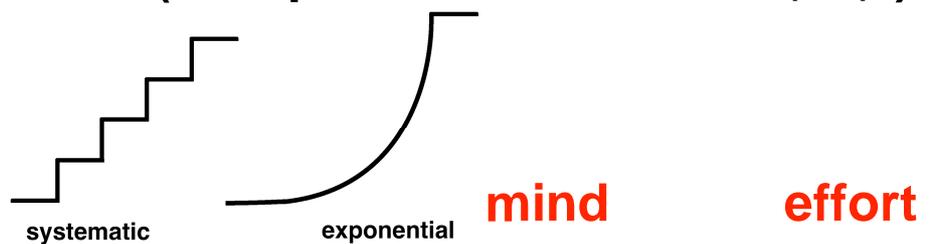
AND

- take on a new level of responsibility

How can the learning environment stay the same?

If **humanity** is entering a new stage calling for new skills, it stands to reason the learning environment will look different as well.

To start, both learning powers for acquiring knowledge and understanding are encouraged. They look like this: (**2 capacities**, stairs & swoop-up)



heart effort

Both, forces are assets for development, however, both are very different from each other. The increasing speed and complexity of civilization, requires both systems working together to help us keep up with increasing and changing information.

The exponential force, while discovered, recognized and used, in the world of science, has not been accepted to any meaningful degree, in the learning environment. One reason, the lag time between the start of the activity and a visible result requires patience and wisdom. After placing the seeds into the soil and even though the farmer does not see

anything in the early stages, the farmer knows there are important processes of growth going on.

People, who live near the politeness end of the continuum form habits to always respond with, '**yes**'. The habits act as a straightjacket keeping the person trapped constantly using energy to suppress their true thoughts. Our lower nature, the animal instinct, strongly supports this condition because it feels safe. Equilibrium's activities are designed to remove the straightjacket using a distraction.

Our lower nature, not only gives strong support but intelligent support. The two forces in the battle within us, have intelligences. It would not be much of a battle if it was not so.

The distraction is achieved by giving the lower nature something to do. Something to focus on. A good way to create distractions, is get more parts of the individual involved. This works out well because most people enjoy using more of themselves in the learning process than just to sit and listen to someone talk on and on and on.....like you are doing now.

The most important change in this new journey, is the attitude and expectations of the facilitator towards those who are taking the course. A clear understanding what the facilitator is responsible for and what is outside the responsibility of the facilitator is essential to success. An example as, viewing the participant containing hidden gems to discover and draw out vs. to **'stuff the duck'**.

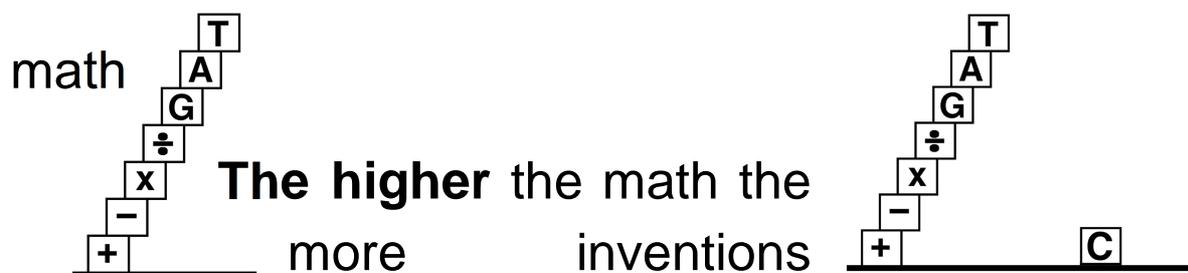
The best way to catch what Equilibrium activity is like, is to experience one. That is why we will hopefully experience an Equilibrium activity in a few minutes.

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Finding the unfindable.....

.....discovery of new dimensions.

Math was discovered and developed in a systematic way, step by step, like stairs.



discovered advancing civilization. However, these math disciplines could only give answers to problems when things stood still. If, there was any motion involved, these math tools could not give any answers at all. This greatly limited progress.

The attachment to these math tools kept the mind in a prison, the mind was not free to rise to the next level. Once the math tools were let go, set aside, this freed the person to discover**Calculus.**

Incorporating this learning power new dimensions yet not even in our imaginations will be discovered. Carried a step further, it could be said, math is like driving on the road, where calculus is like flying in a plane. Both have their place. The car is life on earth, the material part of life, while flying has more to do with greater vision and a connection of freedom of spirit. Is it possible to live in the plane while driving our car, not the other way round?

In conclusion:

This is a call for WAPP to develop a course that becomes a dynamic force to help transform the individual from adolescence to adulthood.



Activity

Take it to the Limit

Neal Young

1. Listen to song
2. Choose box
3. Form groups
4. Listen again
5. Silence
6. Write / draw / etc
7. Share