

Wake Up, Grow Up, Show Up - Session 1

Speaker

Marc Gafni

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Lesley: Welcome, everyone! This is Lesley Freeman with the Center for World Spirituality and your point person for our course that's starting tonight, Wake Up, Grow Up, Show Up, and participate in the evolution of love. Welcome, welcome. We have a big group of you together today.

And I'll start off with a short introduction of our technical piece here. So we're using MaestroConference; and if you have a question during the call, you can press 1 on your phone keypad and that will raise your hand. We'll know to call on you. And if you have any technical issue during the call that needs a little extra attention, press 5 and I'll come handle that with you personally in a small breakout session, just you and me.

And you've been receiving our emails, and you'll know we have a special members' page for all course participants, and that page will also show up when this call is over and you get the Thank You for Being Here page on your computer screen. It will show you that link and the password again. And we'll be sending that out frequently as well as on our Listserv which you've all been subscribed to just before the call started. So you can all be in touch that way, and we look very forward to all of our spirited and wonderful dialogues we can share together that way.

And now I'll introduce our teacher, Dr. Marc Gafni. Dr. Marc is a philosopher, visionary, scholar and wisdom teacher, and he is the initiating thought leader together with Ken Wilber of world spirituality based on integral principles. And he's the leading theorist and teacher of Unique Self Enlightenment. He is the co-founder and director of the Center for World Spirituality, an activist think tank dedicated to evolving and articulating a shared global framework of meaning and responsibility.

He holds his Doctorate in Philosophy from Oxford University, rabbinic certification from the Chief Rabbinate in Israel as well as private rabbinic ordination.

He's a rabbinic lineage holder in Bible, Talmud and Kabbalah and self-describes as a dual citizen of both integral world spirituality and classical Hebrew practice. He has been called also a master of the heart and a trailblazing visionary in opening up new possibilities for love, Eros and relationship.

His latest book "Your Unique Self: The Radical Path to Personal Enlightenment" received the 2012 USA Best Book Award in Spirituality. So, an iconoclastic artist and provocative visionary, Dr. Gafni has led spiritual movements and learning communities, as well as created and hosted for several seasons a popular national Israeli television program on culture, meaning and spirit on Israel's leading network.

So with that, I welcome our honorable, wonderful teacher, Dr. Marc Gafni.

Just one moment.

Marc: You had to read all that. That's terrible. Hey!

Lesley: Welcome, welcome.

Marc: Welcome, everyone. Welcome, welcome, welcome. You did such a good job, Lesley. Welcome everyone. It's a pleasure to be with everyone. And thank you to my partners Enrielle [*Phonetic*] and Lesley who created the context for this call, ran the marketing campaign, put up the landing page, and did all the things that brought us here that were so critical and important. So deep a vow to you, Enrielle, brother and deep vow to you, Lesley, holy sister, holy brother. And thank you very much.

I'm delighted to be with everyone. We're actually completely delighted by the response to the call. We did a much lighter what they call I guess marketing campaign for this course than we did for Your Unique Self, and the response was truly overwhelming but twice as many participants as we anticipated. And so we're just delighted to have everyone, and we're heading into a big and important conversation.

So let's begin here. Our topic is Wake up, Grow Up, Show Up. We're going to engage this topic over the period of three weeks. There is a Listserv as Lesley pointed out. And on that Listserv, you'll be getting, right after the course is over or the first thing the next morning, a course assignment that we invite everyone to participate in. And when you participate, you merely answer the question or do the exercise and present and then it's shared with everyone. So everyone gets to actually engage in a shared conversation together.

We decided to test run this option as opposed to a Ning forum, which we've used on earlier courses, particularly in the Your Unique Self course. This has the advantage of having all the comments that take place actually come into your inbox. So we're test running this, test driving it, this course, and I think we'll enjoy it a lot.

Now, our format is going to be a mixture of dharma sharing, practice and diet exercises like it was in the Unique Self course; and we're going to try and stick as closely as possible to the 90-minute framework of the course. So it's three weeks, 90 minutes each, and an assignment that takes place which you receive on the Listserv at the end of every course. So that's the framework.

Now, whether you are taking this course live or you're taking this course in the evergreen version, right? When it appears as a virtual product, make sure to really, really do the exercises. Whether you do them with a friend or whether you do them written out in your journal, the exercises matter enormously. And in the evergreen version, if you are participating in that, you will receive in the package that you received when you signed up the three core assignment questions which are the assignments, the invitations to discussion and deeper work at the end of every week, okay?

So I think that covers the logistics. Logistics are important. We can't skip them. I'm delighted we get to do them. Now let's get started into the deep content.

Welcome, welcome, welcome everyone. Wake up, grow up, and show up. Let's start with a little bit of the teaching of the dharma because the dharma here is so wildly important and so

widely exciting that it's almost beyond imagination. And it's so core, it's so essential to the nature of reality all that is, everything. Literally everything in our experience and our life is directly affected by this set of understandings.

So here we go, number one. And I'm going to set forth a series of 12 principles. These are the 12 principles of reality, the 12 principles of growth, the 12 principles of development.

The first principle is that the most important idea in the world is growth. Growing. The most important idea in the world is development. That's the first principle, and we're going to explain that principle. But the single most important defining feature of reality, both of reality as a whole and the reality of any individual in reality or any group in reality, is that reality grows. So that's both an introduction, that's a meta-frame, and I'm going to come back to it in our second principle. So let's hold this not as a first principle but rather it's a meta-principle. This is the meta-principle. What that means I'm going to come back to in our second principle.

Now, the first principle, that's our meta-principle. Our meta-principle is reality is growth. Reality is development. That's not superimposed on reality. It's the nature, the very nature of reality itself, the meta-principle.

Now, principle one. Principle one is life is pleasure. Isn't that a good one? Isn't that awesome? Yang Song, I see you on our call. Isn't that an awesome principle? Katie, great principle. Tanya, does that rock? Claire, right? Awesome principle. Terry, right? Christina. What a great principle. Right? Life is pleasure.

Now, within principle one, there are a bunch of subprinciples. So the first one is the opposite of pleasure is not pain but comfort. In a different context, some of you have studied this with me. I'm going to review it briefly because it's a critical principle, and it's part of principle one. The opposite of pleasure is not pain. Usually, if you ask a person, "What's the opposite of pleasure?" "Pain." "What's the opposite of pain?" "Pleasure."

That's a mistake. That actually is the definition of decadence. The definition of decadence is the belief that the opposite of pleasure is pain and the opposite of pain is pleasure. And decadence means you lose the flow. De-cadence. You've lost the cadence. You've lost the flow. And the flow is the upward spiral of growth.

So principle one: Life is pleasure. Principle two, the opposite of -- let's not call it principle two. Let's call it 1a. It's part of principle one. The opposite of pleasure is not pain. The opposite of pain is not pleasure. The opposite of pain is comfort, when I seek comfort. Comfort is legitimate in the right doses. It's legitimate to create comfort in order to create a context for me to feel able to function in my life.

But that's not the goal of life. If the goal of life is comfort, then I die -- as Pink Floyd said 25 years before the end of the 20th century -- then I die comfortably numb. So the opposite of pain is comfort. Pleasure always incorporates pain. Or if said differently, pleasure always incorporates creative tension of some kind. Okay.

Now, within this first principle, life is pleasure, opposite of pleasure is not pain, opposite of pain is not pleasure, opposite of pain is comfort, pleasure always entails, incorporates, includes a dimension of creative tension or pain, right? So the next part of this first principle,

1b, is the highest pleasure in the world is growth. That is a rocking 1b. The highest pleasure is growth. So we could discern our pleasures.

Imagine if you lived forever, and let me say this in a way that will appeal not to the feminine on this phone call but to the masculine, whether the masculine lives in a woman or in a man, not your highest level of consciousness. Let me speak to the slightly lower level of consciousness, which, of course, all of you being so evolved might not even recognize; but you may have a friend that recognizes it, so you may be able to identify with it.

So let me phrase this in the crassest way I can. Let's say you're going to live forever. You've fucked everyone and you've done every drug possible. What would then give life meaning? Do you get it?

And I'm going to say it again as blatantly as possible. You've gotten all the physical pleasure in the world. You've eaten all the great French food, being invited by Philippe and Claire to all these great French restaurants. You've fucked every person in the world. You've made ecstatic goddess love. You've done it all. You've taken every possible drug for every possible alter experience. Again, I know none of your can relate to this; but again, you might have friends that can.

So when all of this is over, what happens next? What gives your life meaning if you're going to live forever? That's, of course, the great novel about Dorian Gray. What happens when you live forever -- The Picture of Dorian Gray -- and you've done all of the first-level pleasures? What then gives life meaning?

One thing and one thing only. Growth. Growing. What makes life meaningful is transformational growth. Growth, transformation, the possibility of transformation, or what we might call the very possibility of possibility, which is growth itself. That is what then gives life meaning, and that is the highest pleasure.

So the first principle is life is pleasure. Opposite of pain is comfort, not pleasure. Pleasure incorporates creative tension and pain. And 1b, highest pleasure is growth. Growth. Transformation. Okay.

Now let's stay on this. We're still in this first principle. I want to talk about it a little bit because it's a big time principle, big, huge principle.

We believe that growth is child's play. Whenever you have a kid, a child, and then someone comes, an aunt, an uncle, a friend, a relative, and hasn't seen the child in a long time, they coo and con, ooh and ah, over the growth of the child. "My, how he has grown!" "My, how she has grown!" There's all this excitement, and it's excitement about growth because people rarely notice growth in the world, and physical growth is one of those things that are really, really noticeable. They are really, really noticeable. You really notice physical growth in a big way.

But actually, physical growth is just a correlate of the very core of growth in the world. And I just got a little note from Lesley to hold the microphone a little further from my mouth. Lesley, is that better? I'm going to take that as a yes.

Lesley: Hello. That's great.

Marc: Perfect. Thank you so much. Okay.

So physical growth is a correlate of deeper growth, of interior growth, of growth that actually takes place on all levels of reality, which we're going to get to. Now, paradoxically, adults usually stop growing. Most adult development, according to the best statistics we have, ends at age 26. That's shocking. Most people in the world stop growing at age 26.

When I'm talking about growth here, I'm not talking about physical growth. I'm talking about moral growth, spiritual growth, emotional growth, psychological growth, intuitive growth, all other forms of interior growth, cognitive growth. Most people stop growing at age 26.

So growth is exile to the realm of the children. But actually, the most serious adult business possible is the business of growth. The way it is is not the way it needs to be. It's not the way it should be. It's not the way it was intended to be. It's not the nature of reality. It's actually a violation of reality, which is why the failure to grow -- and I want you to get this sense, dear friends -- the failure to grow, I believe is -- and I think we can document it statistically based on longitudinal studies in mental health -- the failure to grow is the primary accounting factor for most depression, anxiety disorder, mental illness of many, many forms is rooted in the failure to grow because growth is an essential nature of reality, which was our meta-principle; and we're going to return to it, as I promised, in principle two.

So a violation of reality, a denial of essential nature, will always create mental, spiritual, emotional, psychological, existential depression, illness, and breakdown. That's really critical to understand.

So you think, "Oh, I am taking this course on growth." Hey, I am taking this course on growth, right, Lyn? Here I am in this transition point of my life. I'm going to take this course on growth. But this is really an extra. No. But actually, it's not an extra. Growth is the nature of reality itself; and you, I, all of us, we are part of reality. So therefore, our nature is to grow; and when we violate and deny our essential nature, then we break down.

Let me say it differently. The essential nature of reality is breakthrough, and by breakthrough I mean growth. I break through to a higher level. I transform. When there's a failure of breakthrough, there is breakdown. Those are the two choices: breakthrough or breakdown. Those are the two choices available to a human being. There actually is no other choice.

That's really critical to understand because often, when you look at developmental thought, it's reduced to all sorts of merely physical, objective, social, structural conditions that cause the human being to grow in order to survive. Now, we're going to talk about there's some truth to that. The need to survive does prompt a certain amount of growth, but that's just an expression of a deeper underlying principle which is reality is growth. That is the nature of reality itself. So that's a big deal.

And again, I'm still within the first principle, okay? Often, when we grow, it's episodic. It's haphazard. When we do grow, we have a moment of growth, then we lose it. Like receipts, it's hard to hold on to. Much like moments of joy, hard to hold on to. And to know how to realize growth and then stabilize that growth, I need to have a peek moment where I see into a higher level of development and I'm able to see it, awaken myself, and then to stabilize that peak, the peak moment which I peek into. Stabilize that. It's an art form. It requires practice,

and that's essential. It's an essential principle. In order to stabilize the breakthrough moment, you require practice. And that's our second principle.

Our second principle is that when growth does happen, it's episodic and haphazard; and in order to stabilize growth, to stabilize my peak experience, it will require steady practice. That's the nature of growth. It's also the nature of joy, by the way.

Let me just share with you a brief image which captured it for me many, many years back; and I'll apply it directly to this issue of growth and development in a second. And it's a story about a gentleman named Pinchas Sadeh, and Pinchas Sadeh was a great Israeli literary figure. When he was like 27, after releasing a famous bestselling novel which was called "Life as a Parable," he writes that he was reading Goethe. And I mention this often because it's so core. He was reading Goethe who wrote "Faust," and Goethe says that he collected 14 full days of joy in his life. And the young Pinchas Sadeh, the literary avant-garde Israeli writer, mocks Goethe. How could it be that Goethe was only able to collect 14 days of joy?

When I met Pinchas Sadeh later in his life in his mid 60s when he was sick; he was dying of cancer; and he said to me, "You know, I mocked Goethe when I was young in my late 20s, and now I am in awe. I'm in radical amazement of Goethe. I can't believe, I can't understand how he was able to collect 14 full days of joy."

To collect our days is a great art. To collect our joy and to hold it as part of who we are, as part of our developmental reality, as part of our emotional existential reality in this world, is a great art. The same is true, friends, about collecting our growth. To collect our growth is a very big deal. To take growth from episodic and haphazard and to collect our growth and then to build on our growth is the great characteristic of an enlightened being, and it's an enlightenment that's available to every human being who is wanting to step in and engage in practice. It's available to every person on this phone call.

I want to share with you a Hebrew phrase, a Hebrew word. It's a very simple word. The word is zaken. Zaken means an elder, but it applies not, of course, merely to an old person. Sometimes it doesn't apply to an old person at all. It applies to one who is wise, the elder as the wise person. And the word "zaken" is a short acronym for zaken ze sh'kana chochma which means -- it's a rough phonetic approximation -- the one who acquired wisdom.

Who's a zaken? Who's an elder, a wise one? The one who has acquired wisdom, meaning the one who has stabilized wisdom. The one who has had moments of insight, of breakthrough, but then stabilized into a genuine higher level of consciousness because the person is genuinely practicing.

I'm going to give you now a phrase. It's a biblical mystical koan. And the phrase is Avraham zaken, ba b'yamim. Abraham was old. Ba b'yamim, he came with his days.

Now, stay with me, friends. So Abraham was old, meaning Avraham zaken. He was one who acquired, who stabilized his wisdom, who attains great wisdom, which became internally stable, as a stable structure stage of consciousness living in Abraham.

How did he do it? Ba b'yamim, he came with his days. So what does it mean to come with your days? To come with your days means that you bring your days with you. See, so often,

people keep repeating yesterday. People live one day 365 times in a year. But one day doesn't build on the day before, but the day just keeps getting repeated.

But to be able to take the insight and growth of yesterday and then build on it tomorrow and then build on tomorrow for the next day, and then build on the next day for the day after, meaning to come with your days, meaning you actually incorporate, internalize the growth of every day and then grow the next small incremental stage, that is enlightenment itself. That's the second principle. The second principle is to come with your days, to actually capture your growth.

Journaling, by the way, is a fantastic practice to capture your growth. It's why journaling is so important.

Then you grow on the growth of yesterday. Mostly, when people grow, they have a breakthrough, they lose it, and they have it again a month later, and then again two years later, lose it again, again, two years later, and they spend their entire life in this circular motion. But you got to actually break out of the circle into the line.

And the line is linear. The line is moving forward. The line is thrusting forward. The line is attaining higher and higher levels, higher and higher positions because the line grows from yesterday. You build on your growth. Growth builds on growth. So to be a wise person, as a person who is a *zaken*, is a person who acquires wisdom. And to acquire wisdom is to be *ba b'yamim*. It's to come with your days, meaning to stabilize the growth of yesterday to bring you into tomorrow. That's the second principle.

Now, let me come to the third principle and then we're going to do a practice, but first let's do the third principle. Third principle is big. The third principle which I had said earlier was going to be the second principle, but it's not; it's the principle three; the third principle is reality equals growth equals evolution. That's a very, very powerful idea. The nature of reality itself is that reality is not a fact, but it's a never-ending evolving story. The universe is not a fact as we discussed in a previous course, the course *Your Unique Self*, which is now by the way available... It's not yet. It will be available online any moment. By the time you listen to this course and the evergreen version, if that will also be available, you can actually go to *Your Unique Self*, sign up and take the course. That will be true just about almost the next couple of weeks.

So when you think about reality, you think about the universe or you realized the universe is not a fact, it's a story, it's a never-ending story, it's an evolving story. And the core nature of the universe is that the universe reality is growth in action. It is action as growth. That's the nature of reality. Reality is always evolving and growing.

You begin with cosmological evolution. It takes billions of years. We start with the Great Flaring Forth, the Big Bang, and we see reality grow. The initial primal particles and the initial nanoseconds of the Big Bang come together because the universe is geared for, is designed for, the very fabric of the universe is entrepreneurial. We live in an entrepreneurial universe, which means we live in a universe, which is growth. The universe itself is designed for growth and its very nature is evolution or growth.

And evolution is just another word for growing, for growth. The nature of the universe is evolutionary. And so after the first Big Bang, which is the emergence of cosmos and the

emergence of cosmos is characterized by growth, growth to higher and higher levels of complexity because there's a principle of attraction allurements.

Eros, love by any other name, which lies at the very core of the universe. In this principle, the allurements of attraction of Eros, love by any other name, invites entrepreneurial emergence, i.e., growth. Because entrepreneurship is about seeing opportunities for connection, forming more complex units that have greater and higher capacity through higher and higher levels of mutuality, recognition, union and embrace. That is the entrepreneurial movement at its very core. That is the very nature of the universe at its very core. And that's the first Great Flaring Forth, that's the first Big Bang.

And then, at some point, the second Big Bang emerges. When that level of complexity, those higher levels of complexity burst forth into life, then the second great cycle of evolution, biological evolution, begins. And then biological evolution goes through higher and higher levels of complexity, and then complexity is paralleled by consciousness. So the higher the complexity, the higher the consciousness. So we begin with atoms, and then atoms give birth to molecules, and molecules give birth to single-celled organisms, prokaryotes, which I can never pronounce; and then single-celled give birth to eukaryotes, which then give birth to neuronal organisms, which then give birth to the neuronal, the neural cord. Each of these represents higher and higher levels of complexity, from atoms to early plants, to later plants, to early mammals. And then the neural cord gives form and gives birth to reptilian brainstem, the reptilian brainstem. And the reptilian brainstem gives birth to the limbic system. Then the limbic system gives forth for the first time right in hominids, a million years ago, right to the first triune brain, the neocortex. Then the neocortex gives birth to the complex neocortex.

What did I just trace? I just traced the physical exterior expression of development from the physiosphere, cosmological, atoms, molecules that have been awakened as the first cells, and I traced it all the way up through its physical correlates all the way up the lines of biological evolution.

And biological evolution, which is higher and higher levels of complexity, parallels higher and higher levels of consciousness. So an amoeba is less complex than a dog; a dog is more complex than amoeba and more conscious than amoeba. That's the entire level of development structure that I just unfolded, which is biological physical correlates expressed in exterior domains have interior parallels. There's interior development of consciousness in each one of these new levels of physical, higher level of physical complexity.

So what do you see? You see, and this is huge, the universe is growing. It's a very big deal. The nature of reality is reality is growing.

And then there's the third Flaring Forth or the third Big Bang. In the Your Unique Self course, in week two, we called the Five Big Bangs. But now we're explaining it from a different perspective, from the perspective of the universe is reality is growth. And the third Big Bang is after the neocortex emerges with its higher level of interior consciousness, and let's say the neural net or a neural stem, brainstem; when the neocortex emerges and the first hominids walk the great playas of planet earth, a new level of development emerges.

And that level of development really explodes about 50,000 years ago, some says 100,000, others say 200,000, but it's between that range. That's the beginning of the awakening of

cultural growth, cultural evolution or interior growth, interior growth, the growth of interiors and entirely new levels of consciousness.

Seven or eight new major structural stages of growth of consciousness emerge, and those seven or eight levels or structural stages of consciousness appear collectively. They appear within group memes. They appear within levels of society. Society gives birth to higher and higher levels of group consciousness. And there are seven or eight major levels, which I'm going to unfold with you over the next three weeks. But those seven or eight levels also live inside of you. That's both within the individual and within the collective, within the group and within the person. There are seven or eight major levels structural stages of cultural evolution.

The way we say it in a fancy way is we say, "Ontogeny recapitulates phylogeny," which just mean the growth of the individual and the growth of the social societal interior structure actually parallel each other. That's a big piece of information.

So all of reality is growing all the time, collectively, individually. The evolution of complexity is paralleled by the evolution of consciousness. That's a very, very important idea. That's the third principle. The third principle is reality is growth. That's the third principle.

And the fourth principle is this growth, which is the growth of complexity, is parallel through an interior growth process, which is the growth of consciousness itself. That's principle four. Principle four again is the growth of complexity is parallel by the growth of consciousness. That's a very big deal.

Now, again, these, my friends, these are core principles of reality. What we're unpacking here is a user's guide to the universe. It's knowing where you live, how you live, how the universe functions at the most basic level.

So what I want to do now is -- we've gotten to principle four. There are probably 12 more essential principles. No, there's not. There are actually eight more essential principles. I'll only get through about six of them at least.

But before we do that, let's stop for a second. Let's just do a simple dyad exercise. Lesley is going to put us into dyads, meaning pairs, and we're going to try and access the impulse to grow that lives in us or what sometimes is called the growth impulse or the evolutionary impulse, that impulse to become more.

And what we're going to do in dyads is very simply speak to your growth edge. What is the area of your life that you want to grow in and through? And by accessing in first person your growth edge, you are actually able to feel it in first person and actually feel the desire for growth living in you.

Remember, desire, there's always the desire to grow. And in the great Eastern system of Buddhism, Buddha never said not to have desire. Buddha said have a few desires but have great ones. And the great desire is the desire for your particular edge of growth, and identifying the edge of growth in your life is what actually allows you to feel the fullness of your Eros, the fullness of your aliveness.

So let's take these first four principles of evolution, these first four spiritual principles of reality, the first four principles, which are, remember, A, the meta-principle: reality is growth. Then principle one, life is pleasure. The highest pleasure is growth. Major principle. Big deal. Can't live without in the world.

And then we realize more deeply in order to stabilize growth, to move it from episodic and haphazard, to stabilize growth, you need practice. Practice stabilizes growth. That's the principle of practice which stabilizes growth and allows us to grow based on our growth of yesterday. That's the principle of being an elder. An elder is one who acquires, who stabilizes wisdom. A zaken, an elder in the original Hebrew, is ze sh'kana chochma, the one who has acquired wisdom; and is ba b'yamim, who comes with her days, who comes with his days, who grows based on the growth of yesterday.

Principle three: reality is growth, reality is evolution; and it begins with cosmological evolution, goes to biological evolution, moves to cultural evolution. And then as we're going to see later on, and two weeks from now it's going to move even higher, there are going to be two higher levels of evolution, the highest levels of cultural evolution, the highest levels of human growth.

And growth takes place, in this principle three, in all quarters, meaning in all sectors of reality. There are many lines of development. Growth is always happening. So I outlined a line of development, which was the exterior of the individual. We went from the exterior of physical reality which moves from atoms to molecules, to plants to animals, ultimately to be individual; and I took you through all those exterior levels of growth.

Those exterior levels, and this is this principle four; those exterior levels have a correlate. They have a parallel. As you're growing in the exterior, you're also growing in the interior. So the growth of complexity is also the growth of consciousness.

Now, remember, those are the four principles. Growth is always happening. It's happening everywhere. The nature of reality itself is growth. That's a very big deal. We're going to go deeper into that.

Let me just give you an example just so you get it for a second. So just take the way you gather food. Just take one line of development. How do you gather food? How do you survive in the world? How do you eat and nourish in the world? So if you look at that line of development, at level one, you've got the hunter-gatherer who gathers food by foraging. And then you get to early farming, horticultural, simple farm tools that are used by hand. And then you get to a later level of farming where you have an ox that pulls a plow, and that's called agrarian.

And then you've got this major leap years and years later, a couple of thousand years later, which is industrial, the ability to create nourishment, food, protection and shelter through industrial means. And then you move from industrial to informational. Manipulating bits of information becomes a way to actually create protection and to provide nourishment.

That's growth. That's a form of growth. And our ability to create food has, let's say in the last 50 years, quadrupled. As we move to higher and higher levels of informational technology, we have moved to higher and higher levels of creating synthetic crops and higher and higher possibilities of feeding growth. So we've moved from hunter-gather all the way up to very

sophisticated informational technology. That's a line of growth. That's just one example of a line of growth. But the nature of reality is that reality is always at all times growing, and this is a core understanding of reality.

Let me read to you from one mystical teaching to just get how dramatic this is before we do the exercise. This teaching comes from a book called "The Lights of Holiness" by my mystical teacher, by one of my mystical masters, Abraham Kook. He says something wild. I mean it's so wild that it blows your mind-heart out of existence.

And he says there are two types of perfection in the world, and there are two types of divine perfection. Wow! The first type of divine perfection, he says, is perfection that's so great and complete that no additional growth or evolution is relevant to it. That's usually how we understand divinity. Divinity is ultimate perfection. Now, what does perfection mean? There is no additional growth or evolution that's relevant.

But listen to this. I'm going to read the mystical passage directly. Kook then goes on and writes, "If, however, there was no possibility of additional evolving, there was no possibility of additional growth, then this in and of itself would be imperfection." In other words, if there's perfection, perfection has to involve growth because growth is one of the features of a perfect reality.

I mean take a look at yourself. If you see a person that's born into a perfect society, the perfect family, silver spoon, on every level, perfect parents, they have this lovely life, you say, "Wow, that's great!" But if you see a person who struggled, who fought their way, who bootstrapped their way to that same level of perfection, which person do you think is more perfect? Always the second.

So this is what Kook writes. Kook writes the shocking mystical principle. He says if there were no possibility of additional growth, additional evolution, this in and of itself would be imperfection, for perfection itself is constantly growing greater, and perfection which is growing greater has an advantage. It's a higher perfection than perfection that's static. It's more pleasurable. It's more uplifting. That's a shocking mystical principle, and I read to you from the original text.

So reality is growth. That's the meta-principle and these are the four expressions of it that we've unpacked in the first four principles. That's the principle of grow up. So what we're now going to do is we're now going to go into these dyad groups and just find and show through your dyad partner -- and the person with shorter hair, so the guy who had shorter hair. Talk about it between yourselves because that's really important to know. The person with shorter hair goes first.

Identify what's your edge of growth, where is the place in your life that you want to grow, and find one or two edges and share them. Each person will take a minute then we'll come back together, okay? One, two, three. Into dyads we go, groups of two. Make sure you identify yourself. Say your name. Shorter hair first, and then identify what's your one or two growth edges, the places where you yearn, you desire to grow, and find that at the core of your reality.

One, two, three. Lesley, let's go.

Okay. Welcome back, everyone. Awesome! So let me just ask a couple of you just to share with us just what your growing edge is. And everything we've done so far in the first 50 minutes or so is just explain this term "grow up." Here are the principles of grow up. We're unpacking the principles and, again, we're building together the source code of world spirituality. We're building the source code of the next level of consciousness, and grow up is an essential principle of world spirituality.

We're going to talk in this course about grow up, wake up, and show up. Right now we're focusing on the principle of grow up and we're identifying the core principles of growing up; and we're realizing that grow up is not just becoming a grownup, but actually, what happens is we identify growing up as going through childhood. Growing up means you go through childhood, and growing up means that the child's activity; now you're a grownup, you've already grown up.

You see that fallacy built into language itself and culture? That's a rhetorical fallacy as Professor Heather would say. Actually, when you become a grownup, an adult, that's where the major development actually begins. You actually can develop to higher and higher levels of consciousness, which is both the purpose of life, the pleasure of life and the joy of life. And then it's actually what allows you to align with reality itself because reality itself is growth.

So growth begins when you become a grownup. There is no place where you've grown up. And to shift that assumption in culture, which is so built into the very structure of language, we actually have to go slow. That's what we're doing on this call. Step by step and laying down new tracks in culture. Laying down a new source code in culture in which growing up actually begins in its dramatic form where you're actually a grownup. And we actually want to shatter that mental sickness, depression, anxiety, panic-producing, destructive tendency, which is true about the majority of human beings in the planet today, which is to stop growing when you think you've grown up, meaning adult development usually stops at age 26.

So let's just identify on this call in the energy of our tribe, our group, let's try and identify some growing edges just so we can feel their energy and their aliveness. So anyone who would like to raise their hand, press 1. Is that correct, Lesley?

Lesley: Correct.

Marc: Press 1 and we'll call on you. Just share with us your growing edge. I'm going to ask a few people. Let's ask three or four people to press 1 and be a voice in the room. Don't be hesitant and be willing to share with us and contribute to the overall **[0:47:48]** **[Indiscernible]**, the overall edge of the entire system. I see two people. There we go. We got a bunch of people there. Awesome! Okay.

So let's start with my friend, Terry Nelson. Terry Nelson, come on and just share with us what's your growth edge. It's great to hear your voice.

Terry: Okay. Hi, Marc.

Marc: Hey.

Terry: Let me say two things. One is I met Marc a few years ago and I was explaining to him how my life was great, and I could play golf all the time. I was listening to the siren call to the rocks to relax, which it was a dangerous thing. And, of course, Marc, in his sophisticated way said, "Well, that's stupid. You don't want to stop there." It really is a siren call to the rocks because I don't really have to work anymore and I can be relaxed if I want, but maybe the greatest risk is not risking or the greatest danger is not to grow.

But all right, so my growth edge is to come from growing but come from fullness rather than incomplete or have to defend or broken so that as I'm growing, I'm going forward I guess not looking over behind me to see, I don't know, all the things that I thought bad about me and I've got to defend but rather to go forward but from fullness, not from completeness but grow from full if that makes any sense.

Marc: That was fantastic, Terry. First of all, it's delightful to hear your voice as always.

And let me just reflect back to Terry and to everyone. Terry is making an essential point here, which is there are two kinds of growth. We grow from what Maslow, Abraham Maslow, called deficiency needs. I'm growing because I'm deficient. That's a legitimate and an important way to grow for a good part of our lives.

But then there's a second level of growth, which is growth that emerges from our fullness. So if you will, there's a half empty glass and the glass grows because it fills up in order to reach fullness.

But then, there's the second level of growth, which my cup runneth over, in which I grow from my very depth and source of my fullness itself. And that's an essential second level of growth. We're going to get to that, and we're going to talk about that distinction later on. I'm delighted to hear that you introduced it. Thank you very, very much. Awesome!

Okay, Wendy Foxworth, take it away. You're on. You got a microphone.

Wendy: Thank you. Thank you, Marc. Hi.

Marc: Hey.

Wendy: My growth edge is really learning how to work in groups and in relationship with others from the perspective of collective wisdom and/or relational consciousness rather than self-centeredness, and so basically learning how to co-create egoless community. And these too are shared with them rather than anyone expert's opinion or viewpoint. So that's a huge effort.

Marc: Okay. So Wendy, thank you so much. Let me just say a couple of things. First off, thank you, beautiful.

Wendy: Welcome.

Marc: Two is you're talking about the wisdom. Thank you. The wisdom of collective intelligence, the wisdom of what I call evolutionary "we" space, which creates what I call evolutionary intimacy; and you speak about it with enormous pathos and yearning and wisdom.

Let me just add something which might be helpful to you. There is no such thing as an egoless space. An egoless space never exists. We never want it to exist. If it does exist, it's pathological.

We never transcend ego. We never evolve beyond ego. Even at highest levels of consciousness, if you check out my friend Terri O'Fallon's research, at the highest levels of consciousness, ego is always present. What we do is we evolve beyond exclusive identification with ego. So instead of ego being a hidden driver in the system, the ego which is subject becomes object. We can see it, we can laugh at it, we can work with it, we can mobilize, and we can deploy it.

When that happens in evolutionary "we" space, then a larger wisdom of the "we" emerges. The experts don't disappear. The experts are still consulted, but the experts don't become the sole voice. We consult the experts, we internalize their wisdom, and then we draw on the highest collective wisdom of expertise that emerges in the community, which is a slightly different version and actually might be more helpful to you in realizing it.

And Wendy, welcome, welcome, welcome. Thank you for being with us. We're delighted. Thank you, thank you, thank you.

Wendy: Thank you for that explanation. That was great. Thank you.

Marc: Awesome! Awesome!

Now let's hear from... Who do we see here? Do I see Heather Fester? Do I see her hand raised? I think I do. Do I see Heather's hand raised? Where did she go? Heather?

Heather: Right here.

Lesley: Heather has the mike.

Marc: Awesome! Take it away, Professor Heather Fester.

Heather: Hello. Okay. Well, my growth edge, I'll just say a couple of them. One of them is in my teaching. I'm working right now on being more engaging in the classroom bringing more humor and dynamism into my teaching so that I can wake the students up and stay awake at the same time myself.

And then my other growth edge, I'm also working on the same thing in my writing. So just really making good choices to respect the person who is reading what I'm writing and make it alive and scintillating.

Marc: Yes. So waking up the students, waking myself up, bringing my pedagogy to this place of alive Eros and bring my writing to the same place. And Heather, here's the great thing, okay? I want to give you a practice with your permission, okay?

Heather: Yes.

Marc: When you feel into your growth, feel into it not from a place of desperation but from a place of alive yearning where the desire itself fills you, because we tend to look at growth, and Terry made this distinction implicitly, growth points out a deficiency. But one of the things that we try to course-correct in evolving the source code just in the last hour is that the nature of perfection itself is that it's growing. It's imperfect but it's yearning. And that that yearning force of being, that yearning for growth, that desire for emergence is the very nature of reality itself.

So when you feel this desire as you wake up in the morning or you feel the desire in the middle of the day to grow, feel the delight of the desire, feel the divinity in the desire, feel the delight and not being full in that way, and experience great joy in your yearning. Does that make sense, love?

Heather: It does, for sure. The feeling joy in the desire to grow, yeah.

Marc: Yeah, yeah. I can hear the lightness of your voice. Delightful. Thank you. Thank you so much, Lady Professor. Awesome. Thank you, thank you.

Let's have one more. Last one. Steve Raymond.

Steve: Rab.

Marc: Hey, holy brother. Take it away. Take it away.

Steve: Rab, do you remember the self-immolating monk during the Vietnam War? His name was Thich Quang Duc.

Marc: Yes.

Steve: And my edge of growth since having been involved in your teachings and you know what we've been through, I have reached a certain point of clarity with intention; and his persona has always attracted me because I can't think of no other person who has ever demonstrated such remarkable clarity of intention in his act. And for me, I've embraced him as a patron saint of intentionality within myself, of an absolute refusal to no longer allow even a molecule of the many lies which dominated my life, the internal lies that told me I was somehow not enough, all that old woundology stuff.

In a way, it's like a self-immolation of the inner wounds that I carried. That is my edge of growth. It's really moving into a new space of fullness, of joy, which I didn't feel on a daily basis now. Everything is new and it's coming into my teaching with, oh, just remarkable ways.

Marc: Awesome!

Steve: That is my edge of growth. It's unfolding and it has no specific plan or agenda except to follow that erotic impulse within me.

Marc: Awesome! Awesome! Thank you, Steve. Thank you, Steve. That's awesome.

So let's add on, friends, two principles from these sharings. And we're going to get in our next sharing -- hopefully, Miriam, we'll be able to pick you up, and Janet and the six or seven other hands that are up. I'm going to hold here.

So the fifth principle that I want to introduce is the principle that Terry introduced, which is there is growth from deficiency and there is growth from fullness, and that both of them are growth. And, of course, the reason there is growth from fullness, Terry, if you think about it, that is the principle, the mystical principle that Kook was pointing out, and that divinity is ultimate fullness. And yet, divinity is evolving.

The nature of the world is that there is, just to put it in mystical terms, there is a divine contract and withdraw. The infinite allows room for the finite, and then the infinite, as it was sketched into the finite, because where else can the infinite go? The infinite is everywhere. So the infinite participates, cloaks itself in the finite and then evolves, contracts to a point -- the Big Bang -- contracts to a point in the interior consciousness and then begins the process of evolution.

So actually, the nature of reality is the evolution of the manifest God. Reality itself is the evolution of the manifest God, and that's growth from fullness. The very nature of reality is that the infinite produces the finite. The source of world is the infinite. The infinite source births reality. All of reality is encoded with intelligence, and if you study anything, say molecular biology and physics, you understand the great intelligence that's encoded in reality at the moment of the Big Bang.

So source births reality and then reality evolves to higher and higher levels of source, so fullness births reality and then reality moves to higher and higher levels of perfection. So that's the growth that emerges from fullness. Growth isn't the function of imperfection. Growth is a function of fullness, perfection; and perfection, by its very nature, requires growth, requires imperfection.

Does that sound like a paradox? Of course, it's a paradox. The highest and deepest level of understanding is always a paradox, and the paradox is that perfection's highest level is imperfection. That is to say is the movement towards growth, which is precisely what we mean when we say that source, ultimate perfection, births reality, which is constant evolution and constant growth.

Just to touch that, to taste that is a great mystical awakening. And what that mysticism means, it doesn't mean woo-woo, doesn't mean new age. Mysticism means accessing the interior nature of reality itself in your first person. That's the fifth principle.

Then the sixth principle is a principle that Steve points out, which is the principle of negate and preserve. Although Steve didn't use those words, it's what he was pointing to. Meaning, in order to emerge to a higher level of consciousness, you have to die to the previous level. Now, to die to the previous level doesn't mean that you negate it completely. You negate and preserve. You negate a dimension of it, and you ascend to a higher level without leaving behind the previous level.

So that principle which is principle six, we might call transcend and include, that every higher level of consciousness transcends and includes the previous level of consciousness. So you don't leave a level behind.

So for example, we were talking earlier about creating an egoless space. We were talking with Wendy. We create an egoless space. We said you actually don't create an egoless space. You create a space in which ego is recognized, it's seen, it goes from being unconscious to conscious, and then you go to a higher level of self but you don't leave the ego behind. So whenever you go to a higher level of consciousness, you always take with you the previous level.

Let me give you a simple example, and it's a really, really critical principle. The simple example, it is one that we've talked about before, but it really bears, really honing it on to really get this in a really deep way.

So we're talking about levels of moral development, for example. So the first level of moral development is egocentric consciousness, and egocentric doesn't mean ego-driven in a negative way. It means being focused on your own personal development. It's a beautiful level of consciousness, utterly necessary.

The second level of development, which transcends and includes, it self-immolates if I borrow Steve's term, or it requires a depth to the inclusive nature of the first level. So you can't only be involved in egocentric development if you want to up your level. If you want to uplevel your game, you got to go from egocentric or personal development to sociocentric or ethnocentric, meaning the development of the nation, the tribe, the people.

Now, you don't leave ego development behind. You don't disappear. But the egocentric development is transcended and included as you now engage an ethnocentric national development.

And national development or development of the tribe appears in many, many forms, and we're going to talk about it in great depth next week. How tribes emerge. What does it mean to be a tribe? What are the different tribes that exist in America today?

I just met, the other day at a wedding in Boulder, an old colleague I had some lovely conversations with about 15 years ago, Mark Gerzon, who has written really important work on the different tribes that exist in America. And our friend, Dave Logan, who I'm really excited about doing a program with in January, he's written a really important book about tribal leadership. So tribes exist. Ethnocentric is the level of tribe. You are concerned with your part of the tribe. You are participating in the growth of the tribe.

Then you jump to a higher level of consciousness which is worldcentric development. Now, worldcentric development has a different flavor. The flavor of ethnocentric development is rooting for your national team. It's patriotism. It's liking living in the country of your origin where you feel most comfortable and most at home. Worldcentric development, which is this third level of consciousness, is feeling like a global citizen, so you're at home in the world, feeling part of the larger realpolitik.

Now, each one of these levels is legitimate, where you apply these levels to an ethical line, what you see is that you have an expansion at each level of your felt sense of care and concern. At the level of personal or ego consciousness, your felt sense of love, care and concern is for you and your immediate people -- your mother, your father, your brother. It's your immediate circle which is part of your personal circle, that's where your felt sense of

care and concern is; and your commitment to development and growth is for yourself and for those people.

That's by the way how much of America lives. Particularly, liberal America, the cultural creatives often live in that particular way. They're paradoxically at a level of egocentric personal development. They've been skipped at the center of development. They often have no sense of being American. But being American is actually a second level of development. It's where your felt sense of care and concern, of love, extends beyond your immediate circle to the entire nation.

Then, at the third level of moral or ethical development, your sense of felt care, love, and concern embraces the entire world. So now you have a sense of care and concern for human beings, everyone on the planet.

Now, remember, that can't just be cognitive. Again, many people have a cognitive sense. Many people on the phone now are nodding their head and saying, "Yeah, yeah. Of course, that's me. I'm worldcentric." Well, not quite. Worldcentric means you have a felt sense of care and concern for all the citizens of the world. That means you've got to be as concerned about something that's happening in Bosnia as you are about something happening in Boston. You've got to have an equally felt sense of care and concern for Bosnia as you do for Boston if you're American on this phone call. And if you're a Bosnian on this phone call, then you have to have an equal sense of felt care and concern for Boston as you do for Bosnia, okay? So that's worldcentric consciousness. That's a higher level.

And worldcentric consciousness transcends and includes ethnocentric consciousness. So in order to get to worldcentric consciousness, you got to die to -- that's the self-immolation that Steve was talking about -- you've got to die to a merely, to a limited ethnocentric consciousness; but you grow, you emerge to this higher level of care and concern, which is a new structural stage of consciousness, which is worldcentric consciousness. And that means you have care for all human beings on the face of the planet.

And then you can actually even emerge to a fourth higher structural stage of consciousness of Eros, of ethical consciousness, of identity, which we're calling cosmocentric consciousness. And cosmocentric consciousness is when you identify, you have a felt sense of care and concern not only for all the humans on the planet but actually for all sentient beings. You actually identify with the creative principle itself, which you feel awake and alive in you, what I've called evolutionary Unique Self.

You awaken as part of evolution. Evolution awakens in you. Your unique creativity is the creative principle at work, working you and working through you, living in you, as you and through you. You take responsibility for all past, present and future.

You have a felt sense of care and concern for all generations, past, present, and future; and you will work to rectify all past wrongs to correct and bring full presence to the present with complete equality and love and compassion for all. And you work to create the future so it will be the highest level of evolution of the good, the true and the beautiful as we move into the future. That's cosmocentric consciousness.

Now, each one of these levels of consciousness transcends and includes the previous level. And that's the sixth principle of growth, that when you grow from one level of consciousness

to another level of consciousness, you transcend and include the previous level. You negate the limiting dimension of the previous level, and you preserve its essential characteristic. So it's called in Hegelian terms "negate and preserve." So you negate the limiting level of egoic consciousness, and you preserve healthy egoic consciousness. You negate the limiting ethnocentric consciousness, which is "I only can care about my country Germany; I only care about my country Czechoslovakia," but you preserve the healthy identification with your people in your tribe.

Same thing with worldcentric consciousness. You negate the limiting dimension, which is you care only for human beings, but you preserve the healthy worldcentric love and concern for all human beings as you ascend to a higher level, the cosmocentric consciousness. So this is just an example of growth happening along a moral identity line of development, its higher levels of compassion and higher levels of identity. So it's an identity line of growth and it's a moral or compassion or love line of growth. And principle six is, again, that you transcend and include the previous level. That's the sixth principle of growth.

I think you're beginning to see just how dramatic this is. It's a big deal. Growth is everything. It's the essential principle of reality itself.

Now, let's get to principle seven, okay, the seventh principle. The seventh principle is the following.

The seventh principle is that everything that's valuable to you in your life is experienced and felt differently based on your level of growth or basically what we might call your level of development, your level of evolutionary unfolding.

So for example, I'm going to list ten qualities that I believe everyone on this phone call cares about. Ready? Here we go. Love, success, intimate relationship, sex, God, the good, enlightenment, truth, beauty and kindness. One more time. Kindness, beauty, truth, goodness, sex, God, relationship, enlightenment, success and love. I just listed ten different qualities.

Now I want to say something really dramatic. This is principle seven.

These qualities by themselves mean nothing. They're utterly irrelevant. They are only significant based on the evolutionary level through which they are refracted, the evolutionary prism through which they are experienced. That's a huge deal.

All of these are perceptions or states of consciousness. Love is a state of consciousness. It's a perception about the nature of reality. Reality is love.

Success is the productive full living in reality. Enlightenment is to know that you're one with the all. Relationship, intimacy, the experience of intimacy and relationship. God, the experience of first principle. Sex, a state; goodness, truth, beauty, kindness.

But all of these, we think that these are values by themselves; but actually, they're values that are refracted through a stage, through a structural stage of consciousness. Let me give you just a really simple example, one that I use often, but really, really drives the point home.

I was watching a movie not that long ago, a couple of years ago with my dear friend Sally Kempton; and it was a movie about a Chinese patriarch in the 1st century. And because he

loves his partner, his wife, when she had been disobedient to him by aligning with their son and not with him in a particular family feud, he strikes her three times across the face; and she vows in deep reverence and love and thanks him for his kindness. Wow! Wow! That's a big deal. Thanks him for his kindness.

Now today, if someone would do this same thing, we would call Family Services and arrest the man for physical abuse, and rightly so. But within that cultural prism, within that cultural context, within those set of laws, within that particular dynamic of gender relations, within that particular structure of inner relationship between the masculine and the feminine, she genuinely experienced him striking her three times across the face as caring and kindness. And in that structure, it might have well been an act of kindness. That's dramatic; that's wild. So it means that kindness per se is just what it is, but it only becomes awake or alive as it expressed itself through a particular structure of consciousness.

What we're going to see is, and this is principle seven, is that everything in our lives appears differently at different levels of consciousness. So sex means one thing at level A of consciousness and means a second thing at level B. As we talked about earlier, we're going to talk about seven or eight core interior levels of consciousness. I just mentioned the four levels of moral consciousness, of identity consciousness, as one broad example of four levels; but we're going to actually go into more depth and talk about seven or eight distinct levels of consciousness.

And even if you've heard pieces of this, it's going to take an entirely new level of meaning. We're going to actually experience these levels of consciousness in first person. We're going to actually experience sex at level one of consciousness and sex at level two and sex at level three; and God at level one and God at level two; and intimacy at level one and intimacy at level two and level three and level four and level five; and love at all the levels; and success at all the levels; and goodness, truth, beauty at all the levels; and kindness at all the levels; and enlightenment at all the levels.

So we begin to realize that actually growing up is essential; that if you only wake up, and to wake up is to have a state experience of great sexuality or oneness with all being or intimacy, but you don't grow up, then your waking up experience has very limited value because you might wake up and realize you're one with all being at an egocentric level of consciousness. Then you'll think, "I'm God. I'm one with all being. I and my family, we're God," because your experience of being one with all is refracted through an egocentric level of consciousness.

And if you're ethnocentric and you have a genuine awakening experience and you say, "Wow, I'm one with all being," you'll say, "We're the chosen people." My tribe. All Iraqis are chosen. All Tibetan Buddhists are chosen. All Jews are chosen. All Christians or whatever particular church are chosen. So I experience my awakening of being one with all being as expressed through the prism of my people, my tribe. So my tribe becomes the chosen people. So you see the experience of enlightenment of oneness is refracted. The experience of waking up is refracted and interpreted through my level of growing up.

So it's not enough to awaken. Awakening is insufficient. I've got to awaken, and then what do I have to do? I've got to then grow up.

So today, for example, is 9/11, and we all know the date 9/11. And 9/11 is when a man named Osama bin Laden was expressing a particular level of consciousness. If you look at Osama bin Laden's eyes, that man should have been given seminars at Esalen and Omega, and he should have started a center for world spirituality. I mean that guy has got these awake, burning, alive eyes, and he had a genuine experience of awakening. He had a genuine experience of spirit, which was absolutely real.

But his experience of awakening of spirit was refracted through an ethnocentric prism, the prism of "I am part of Islam and a fundamentalist Islam, and that fundamentalist Islam is the chosen people. And there's Dar al-Harb and Dar al-Islam. There's the nation of the sword or the nation of Islam. Whoever is not part of the nation of Islam deserves to be put to the sword, and their phallic arrogance needs to be cut in half. And so we're going to cut down the skyscraper. We're going to cut down the skyscrapers of Manhattan, which are the World Trade Centers, and we'll kill several thousand people as an expression of spirit, as an expression of us being the chosen people and needing to show the infidels that we are chosen and that their values need to be challenged."

So that's the experience of Osama bin Laden with the burning spiritual eyes, but that state of consciousness that he had achieved, that sense of oneness, that sense of awake, alive spirit, was refracted through an immature level of growth through an ethnocentric prism in which he arrested and froze at an ethnocentric level.

And the ethnocentric level became as an exclusive method of interpretation which caused 9/11. So as we're on that day again and we remember that day, we remember precisely what we're talking about -- a failure to grow up caused the spiritual disaster which was 9/11, which is why waking up is insufficient.

Osama bin Laden loved the children. Love was real. He loved his wives. He loved his people. But that love expressed itself through an ethnocentric prism. So for Osama bin Laden, let's take a look at it, love is success. He had a successful mission for his vision, a reality. That was a correct expression of his enlightenment. His intimacy and relationships and the responsibility towards them are extended only to his ethnocentric circle. His god was an ethnocentric god. His sexual rules governed his internal circle, a sense of goodness, truth and beauty and kindness. All of these were defined by his ethnocentric prism. That's very, very powerful to realize.

And that's why waking up to these ten qualities of consciousness is insufficient. You've got to grow up to a higher level of consciousness. That's utterly, radically essential. Okay, so that's our seventh principle.

Okay, now, let's go on. I want to go on. I want to cover, if I can, two more essential principles before we finish, and then we'll do one last exercise, then we'll have an assignment that will appear on our Listserv.

And then next week, we're going to begin the seven levels and we're going to do half of them next week. We're going to go through each level and show how to affect love, success, enlightenment, relationships, God, sex, the good, the true, the beautiful kindness. We're going to find in your first person and exercises in dyads. You'll be finding the light version of that level of that consciousness and the shadow version, where you need it as a creative principle

in your life and where it's a shadow principle, how to actually retain and deploy that principle in your life and how to transcend it to the higher level.

That's the process we're going to begin next week and that actually is a process in which you'll actually move through the levels of consciousness in your first person. You'll actually move all the way up to the highest levels of consciousness, many of which you've probably never touched before.

So actually, we're not going to talk just about these principles. We're actually going to experience moving up the ladder of consciousness as it lives in you yourself, as we begin this process of transformation next week.

What we're going to do now is finish two more principles. And again, even as we finish the principles, you begin to feel the transformation opening in you. So the eighth principle that I want to point out is the following.

Usually, when we talk about evolution and emergence, we're talking about including more people. So for example, if we're talking about the evolution of love, which is at the core of all development, all development in its highest form, it doesn't necessarily always happen this way in. In its highest most whole form, development is the evolution of complexity. Higher complexity is higher consciousness. And if you really wake up and you do it right, higher consciousness means higher, more expansive love.

So when you participate in your own growth, it's not you growing. It's not personal growth. It's the growth of the cosmos itself awakening as you. So the evolution of love, when you grow in your own love, in your own capacity to love, what is going to happen over the next three weeks, then actually, the universe is growing in its own capacity to love. You're participating in the evolution of love itself.

Now, the way that evolution usually takes place; and I'm now in principle eight; the way that evolution usually takes place is that more people are included. So when you move from egocentric to ethnocentric to worldcentric, more and more people are included. So it's an expansion of span. There's a greater span of loving.

Or when you self-love, when you begin to love yourself, there's a greater span of loving. Because when you begin to love yourself, when you evolve your own self-love, you begin not only to love which seems to be your goodness, you begin to love your shadow, you begin to love your brokenness, you begin to love all of your situation, you begin to love all of your story. So the span of self-love includes more and more of you. And then the span of self-love includes wider and wider dimensions of yourself. So the wider and wider dimensions of self, which include both shadow and which include your true self, your true essence or your higher self, that's an expansion of span. It's greater and greater span in self-love.

But there's also another dimension of growth. There's another dimension of evolution of love, which is not only loving more of yourself or loving more people, which are both expansions in span, but there's also an expansion in depth. There's a deepening of depth, which means you intensify your love for another person.

So if I love Chahati at level three, or Paul at level three, or Steve at level three, now I'm going to up that level three to level five. Now I love Janet not at level three but at level seven.

Wow! That's a deepening of love. Now that I met Julianne in person and I experienced her energy, I love her at level nine. So the deepening of depth, the intensification of love, is also a form of the evolution of love. It's a form of growth.

So principle eight states that there are two forms of evolution or two forms of growth. One is an expansion in span. There's greater span. You love more people. You expand. The second is an expansion or a deepening of depth, and deepening of depth means an intensification of love. And that happens by opening more and more of yourself and by deepening that opening, you open more and more of yourself and you deepen that opening. That's principle eight.

And I want to give a tag word to principle eight which is a Hebrew word which I think virtually no one on this phone calls heard before, but I want to offer that to you. It's a very beautiful word, and I want to spell it for you first. By the way, I can't tell everyone how excited I am that we're really laying down for the first time the principles of evolution. These are the principles of growth itself. These are the principles of reality itself.

So the Hebrew word is hitpatchut; and hitpatchut, literally translated, means development. That's what the word means. It means development. But the other meaning; and Hebrew always expresses deep rhetorical meanings to the economies of languages through using one word to express several meanings. So the other meaning of the word hitpatchut is opening.

So the word growth or development in Hebrew means opening because you're opening deeper channels in yourself. You're opening more and more of yourself to other. You're opening more and more of other to you. You're deepening the opening. So the process of evolutionary growth is both an expansion in span as well as a deepening of depth, an intensification of depth; and that's principle eight.

And finally, I want to conclude with the ninth and final principle. And the ninth and final principle is the principle of creativity, that this process of growth, that growth is in some sense in principle nine really another word for creativity.

We said that reality is growth. That really is another way of saying that reality is ceaselessly creative. The one thing we know about essence is that essence is creative. How do we know? Here we are. Nothing, nothing. Infinity decided to disclose itself in the finite. Nothing became something. And then that reality continued as a ceaselessly creative expression, and that creative impulse is the growth impulse. That creative impulse is the evolutionary impulse. That creative impulse lives awake and alive in you. That creative impulse is a moral, erotic, aesthetic, profane, holy impulse, which is the essence of who you are.

And creativity is not limited to the plastic art. It is not being good in art class. Creativity is about self-creation. It's about the holiest act possible, which is to create yourself, which is to participate not only in your waking up but in your growing up to a higher and higher levels of consciousness. And that process of self-creation is the evolution of God. It is the awake God filled living in you, as you and through you. It's what it means when the mystical sources say that God turns to human being and says, "Make me whole. Create me. Make me alive. My aliveness says infinity depends on you because I'm incarnating my infinity in you, as you and through you."

So the impulse to growth is the creative impulse itself, and the highest creative impulse is self-creation. And self-creation is the cosmos awakening to its own highest reality as you, through you, dependent on you. Wow! That's about as dramatic as it gets. That's about as exciting as it gets -- engaging in the creative project of your own growing up. It's a shocking truth. It's the shocking truth that lies at the very core of reality itself.

So we're going to end in the next two minutes. We'll be done in two minutes. We're going to end with a very simple two-minute exercise.

Now, I'm going to ask you to expand this exercise on the Listserv, and the assignment will be sent to everyone in the Listserv tonight by Lesley. And the assignment is very simple. What is the unique contribution of your creative project?

Now, I want you to follow with me, okay? What do we know about reality? Reality is growth. We've established that principle. That was our meta-principle. We've looked now at nine expressions of that meta-principle, nine principles which each expressed different phases of that meta-principle. Reality is growth.

Two, principle two, reality is Eros. Eros is the entrepreneurial universe which moves towards higher and higher levels of mutuality, recognition union or embrace. Reality is entrepreneurial. It seeks new connections, new value creations. That's the second nature of reality.

Three, reality is creative. Reality is ceaselessly creative. There is infinite creativity in reality.

And principle four, manifest reality is unique. Nothing in nature is identical to anything else. But what happens is we move from unconscious uniqueness to conscious uniqueness. And for a fuller explication of this, take the Awakening to Your Unique Self course. But for now, let that principle suffice.

So reality is growth. Reality is erotic, is Eros. Reality is creative. Reality is unique. It's pretty dramatic.

So the question we ask is "What is your growing edge? What is the particular creative project that your Unique Self wants to engage in the particular growth edge in the next year?" And I want to ask you to reach in and identify a particular growth edge, a particular creative project. And Lesley is typing this up as we talk because she is going to send this to the whole Listserv. And let's feel the wave of Eros, the erotic wave of the growth evolutionary impulse awake and alive.

And so here's the question. What is your growth edge? What is your creative edge in the next year? And name two steps that you can take, a first step and a second step to step towards that edge, to step towards that emergence.

And feel the God force awakening in you as you and through you. Feel not only your being which is waking up; you wake up to your beingness; but feel becoming. Feel becoming, awakening and emerging in you.

And just for the last 90 seconds, we're just going to go into dyads and just make a simple 30-second statement of what you're going to write about. You don't have to say the whole thing, but just say, "Okay. This is my creative edge. This is my growth edge."

Now, I know this is precisely the same but a deepened verse of the earlier exercise. But I want you to go deeper into it. This is not entertainment. Find the creative edge. Find the creative project which is yours for the next year, which you're going to tell us about on the Listserv. You don't have to name the first two steps, but actually really go deeper, actually find it.

So for Terry, Terry might name his book. I happened to know the Terry who spoke earlier. He has a book that he's writing. So his growth edge might be -- I'm just making this up -- to really step into writing, into the creative process of writing in a rigorous and disciplined way in order to produce the beautiful book that he is writing about Unique Self and churching. For Steve, it might be... For Jillian, it might be. For someone else, it might be creating a love of intimacy with their sister that wasn't possible before. But I want you to name something very, very specific because growth is always unique and specific to your unique story.

So we're going to go literally for 90 seconds into our breakout groups. We're going to come back, open the phone lines and say goodnight and meet again next week and meet again on the Listserv and then next week. We have established this week the nine principles of growth, the nine principles of evolution, which are the nine principles of reality, which we're now going to take into, incarnate into our individual lives as we move through, not intellectually, not cognitively, but first person as practice in the next two weeks so we're going to actually live as these levels of consciousness.

If there are shadow levels, there are light levels, we're going to feel them come awaken us. We're going to incorporate them. We're going to stabilize them. Then we're going to move to the next level. And we're literally, each one of us, in the next two weeks are going to go through, if we're willing to, if we're willing to open to it, we're going to radically open up hitpatchut. Development is opening. We're going to actually experience a genuine transformation in upleveling of our consciousness.

So let's go now and identify, just shout it out in your group, "This is my name. This is my growth edge." Name a specific project. And then in 90 seconds, we come back together and say goodnight.

Lesley, take us inside.

And we are back. So let me just point something out for everybody in the course. We're going to be covering eight major levels of consciousness. Originally, when I originally planned the course, what I was going to do the first week was survival consciousness, magical consciousness and power consciousness. I did not begin that this week to be really clear. I'm going to do that next week. So instead of doing two or three a week, I'm going to spend the next two weeks, I'm going to do all seven or eight levels of consciousness.

So I'm going to begin next week with those three levels of consciousness. So we're going to go through each level, actually experience it ourselves. We're going to do at least three exercises next week, or four, probably four. We're going to do a lot more dyad work next week because you're going to actually have to experience each level of consciousness yourself.

And this week, what we did is we set up the meta-principle and the nine applications, the nine principles that apply the meta-principle.

Friends, it is about growing. It is about the utter radical delight of stepping up through your own transformation and believing in its possibility. The only definition of essence that really holds is essence is the possibility of possibility. The greatest slave driver in the world is the belief that yesterday determines today and defines tomorrow. No. Time is an invitation. It's an invitation to the fullness of your growth, to the fullness of your possibility.

And so Lesley is going to send out an email to the entire Listserv inviting you to state what is your growing edge, what is your creative project in the next year, and what are the first two steps, and to declare it with full passion and to own it and to make it as specific and concrete as possible. And maybe you'll have two projects in different dimensions in your life, but to really claim growth, claim your project.

Then what we'll do is as we begin next week, to move through the seven or eight major structural stages of consciousness that all of society moves through and that every individual moves through, we'll see how you need each one of these seven or eight major levels of consciousness in order to accomplish the creative projects of your life. And actually, if you're lacking any one of your levels of consciousness, which almost everyone is, you can't actually accomplish the growth project of your life.

So what we're going to do is actually state your growth project on the Listserv. Then, I'm going to read every one of the entries as I did in the previous course and I try and do in all courses, to read every single word that you write. I'll be reading and occasionally commenting.

Then what we're going to do next week is we're going to see literally how every structural stage of consciousness, every one of the great seven or eight major levels of consciousness, is necessary to own it, to deploy its great capacities, then to transcend it in order to accomplish your life project, your creative project, the ceaselessly creativity of cosmos awakened as you.

And without all eight levels, you actually can't accomplish your creative project. You're then cut off your growth, which means you're cut off from the essential nature of reality. You're in denial of reality because reality is growth awake and alive as you.

Now, last sentence, I'm not jealous of anyone on this phone call. I vow; I'm in devotion to everyone on this phone call because everyone on this call has a unique creative project. We call that a Unique Self, a unique edge of growth that's unlike any other, a unique teaching to give to the whole group through sharing their edge of growth and sharing the steps and unfolding this with us together.

So we're now in an evolutionary "we" space. Feel the energy of a hundred people from around the world who are on this call, each in their own unique trajectory, each suspending and bracketing ego to come together in this larger Eros of evolutionary "we" space. What a delight!

So as we unfold the creative project of you that we're going to now engage in an enormous process of our personal evolution, of transformation, as you become reality, reality becomes

you and you explode to your highest level of realization. These aren't words. This is not just a clearing call. This is the essential nature of what we're entering -- reality awake and alive as us.

So let's uncork the phones if we can, Lesley, to just hear everyone and say goodnight to each other. What a delight! I look forward to seeing everybody on the Listserv.

Thank you, everyone. Good night, all.