

## **Conscious Community, in New Book, Spontaneous Evolution, by Bruce Lipton and Steve Bhaerman**

### **From Chapter on Healing the Body Politic**

#### **Page 333. Healing the Body Politic**

"We have seen how a body politic that has lost connection with its heart and soul can lose its way. To emerge a new political order in which each individual is viewed as an equally valuable cell in the body of humanity involves shifting our focus from a fear-based homeland security to a love-based heartland security.

In her aptly titled book *Waking the Global Heart: Humanity's Rite of Passage from the Love of Power to the Power of Love*, author and therapist Anodea Judith wrote that "the rite of passage into the future" is through an awakening of the global heart. If future generations are alive to tell the human story, "it will only be because the best of humanity prevailed and pulled together with a love so profound that the seemingly impossible was achieved."

The best of humanity to whom Judith refers isn't some righteous elite but, rather, the potential that each of us holds within. Perhaps love- the invisible force that can induce a cancer cell to slow its growth-is humanity's secret peaceful force that will enable us to transcend survival and live into thrival. If so, it's the most underutilized tool in our political toolbox and the one ripest for development. As discovered by HeartMath researchers, coherent hearts entrain with one another. Consequently, it is feasible that we can entrain our hearts to collectively focus love energy into a coherent healing force.

Indigenous cultures and medieval villages often had a communal hearth at the center of the village. Initially, the fire was used to keep predators away. Over time, it came to represent the presence of spirit looking over the community. In Western culture, where tending the spiritual fires has been left to religious authorities, people have become disconnected from their common spiritual bonds. The only time the masses experience a collective connection is when an extraordinary event occurs, such as a man walking on the moon, or when tragedy strikes, as in New York on September 11, 2001.

What would it be like to have a preemptive secular, yet spiritual, connection in every neighborhood, city, and nation to affirm the values that the vast majority of people have in common?

#### **Conscious Community Network**

Such a network has been quietly evolving in Reno, Nevada. Launched in 2003, an organization called the Conscious Community Network (CCN) brings together diverse elements of the city and surrounding region to improve the communal, economic, and spiritual quality of life in the area. Without fanfare-but with lots of fans-CCN has based its work on what it called "the universal spiritual virtues of Love, Integrity, Courage, Service, and Respect."

The CCN organization and its leadership mobilized local and state governments to establish Independents Day, an awareness campaign to encourage the public to buy local goods and services. They created a Local Food System Network of local producers and consumers that

birthed an alliance of persons with diverse religious beliefs who share a common desire for organic produce.

By weaving together common sense traditional values with the global understanding that we're all in this together, the Conscious Community Network created what is termed a third force, a political entity that more closely resembles the circle than the conventional American political box. CCN's work supports transpartisanship, which acknowledges the validity of truths across a range of political perspectives and seeks to synthesize them into an inclusive, practical unity outside of conventional political dualities.

CCN relies on grassroots volunteers who work directly with people, thus sidestepping the government or other established institutions. This completely organic and non-coercive, self-generating project offers an evolutionary model for non-governmental governance that expands awareness by creating community.

Business owner Richard Flyer, the organization's visionary founder, described this new awareness network as "an intentional community without walls, with a desire to open hearts and build bridges between people of diverse beliefs and backgrounds."<sup>32</sup> Flyer sees himself and his organization as a weaver of health-enhancing, life-affirming, joy-producing elements in the community.

Flyer's communal matrix offers a largely invisible infrastructure of relationships that support individual, community, and planetary health. Flyer suggested, "By connecting the dots between 'like-hearted people' who want to uplift humanity-people found within every local community and in all social groupings-we release the 'creative intelligence' to grow a new society within the old."

People in Reno and in countless other communities where wisdom councils, world cafés, and other active listening groups form are discovering two profound truths. First, the connection in the heart is far more powerful than divisive beliefs in the head. Second, the circle of inclusion is much more beneficial than the box of separation.

The heart of humanity is calling for a safe, generative environment of respectful communication, which is the foundation for a healthy and sane political structure. As with so many other aspects of this new, transformational story, We the People are being called upon to release our either-or polar positions and embrace both-and o