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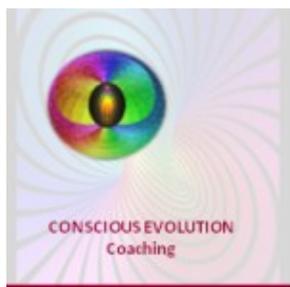
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Conscious Evolution Coaching

Public Group active 2 hours, 13 minutes ago

Conscious Evolution Coaching (CEC) is an Integral Evolutionary Practice facilitating graceful and harmonious transition for awakened souls who want to

- heal themselves through healing others
- accelerate the expansion of their own and others' consciousness
- raise their own and others' energy vibrational levels to the highest level
- together transform the increasing negativity and lowering vibrational levels of millions.

By joining and eventually leading one or more Circles of Practice with people of shared intention, practitioners can make an optimal contribution to the Birth of the New Era. By changing themselves and assisting others who wish to do the same, all parties achieve an accelerated growth in consciousness. In times of increasing stress and tension in the world, this counterbalances the resulting rise of Fear and Anger through the transformational powers of Love and Peace.

In contrast to other consciousness acceleration programs, Conscious Evolution Coaching provides deep support for both personal transformation and business development. Participants are helped to optimize their contribution and to make a fulfilling and sustainable living.

To learn more about how you can join a Join a Circle, see <http://www.consciousevolutioncoaching.org>

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Can a collapse of global civilization be avoided? (182 posts)



• [Amy Wolfman](#) said 1 week ago:

Michael, everyone, I am inclined to think that there will never be an extinction. This comes largely from my religious belief- it's in the Bible that God Promised that He Would Never Destroy the Earth again- like He Did During the time of the Great Flood. However, I do think that we need to be taking better care of the planet. I think we need to do our part to make Earth safer and to make the planet a better place to live.

I'm concerned about the weather patterns around the world lately. Has anyone been following the weather reports? In places like California- one day, it's in the '70s or higher, and the next day it's in the '40s- in May! I live in Texas, and two to three weeks ago, towards the end of April, I was getting ready to change to my spring wardrobe, and the weather report called for a cold front- it was going to drop down to the mid to low '40s! I was shocked- at the end of April? Then, a few days later, it was in the mid-70s even close to '80!

When I hear these kinds of weather reports, I tend to think that global warming is part of the problem. It sends off an alarm that we need to be taking better care of the planet- we need to be watching our emissions of certain chemicals- the kind that lead to the thinning of the ozone layer.

A while ago, I saw a movie about this- it was called "The Day After Tomorrow". It tells the story of a group of humans who basically repopulate the planet after it basically gets destroyed by global warming. I dismissed this as just being a movie, which it was, however, lately, I am seeing the same weather patterns that were shown in that movie- extreme flooding followed by extreme droughts, temperatures dropping by twenty degrees or more for several days and then shooting way back up, etc..... I can't help but think this is a sign that we need to be paying attention to.

Amy

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[Amy Wolfman](#) said 1 week ago:

I think I need to add to my earlier post. I do not think there will ever be a total extinction of the human race. I thought about the topic again after I posted my comments, and there is obviously something missing. Even when the situation is viewed from a religious standpoint, there is a big question that is left unanswered. Why did so many near extinctions happen at all? Religion isn't the total answer. It appears that there is a substantial amount of work that we need to do to ensure stability of the human race in the long term.

Amy

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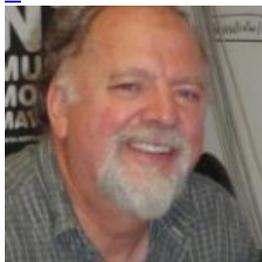


[Michael Wolff](#) said 6 days, 20 hours ago:

Thank you, Amy. I think the point is that if we look at all the signs, the extinction of our species is a possibility. The more evidence of global warming, for instance, that supports the theory, the more the possibility of extinction shifts to probability. We have the awareness of the potential for global collapse and possible extinction, and, it seems, two possible avoidance strategies: change ourselves or change the planet.

With Conscious Evolution Coaching, we have opted for the former. Changing the planet just looks like a solution arising out of the same level of consciousness that created the problems in the first place. Our goal is through mutual support and practice to raise our vibrations as high as possible as quickly as possible. We are motivated by the belief that the higher one's vibrations, the greater the transformative effect on collective consciousness. This leads to the the increasing possibility of avoiding at least the effects of catastrophic change. In other words, we don't need an actual catastrophic event to trigger the required shift in consciousness, just the vision that we can find ways to live more harmoniously and peacefully with each other and all of life on the planet. All we have to do is to hold the intention of raising our vibrations and embodying who we are in our daily lives.

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[Glenn Willard](#) said 6 days, 20 hours ago:

We are a world of 7 billion, each creating our own reality which shapes the collective conscious and the collective reality. An interplay of thoughts, desires, and intentions built on dreams, wishes, and whims. What one thinks and does – effects all. The higher the level of consciousness the greater effect – fortunately.

We are facing a paradigm shift and possibly a collapse of civilization. But since a great number of people are struggling with personal existence it slows process and makes for a gentler transition. If the change occurs too quickly many would fall into despair and allow a ‘Mad Max’ mentality to take hold. But people, even at the lower levels of consciousness have at their core a desire to love and be loved, even if it is at an unconscious level. This is our saving grace.

I believe collapse is inevitable, but it is the collapse of power, greed, and control. The world will change for the better, but at its own pace and from the bottom up. My little self sees it happening far too slowly, but my higher self knows that it is right on schedule at the perfect pace.

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[Michael Wolff](#) said 6 days, 19 hours ago:

Thanks, Glenn. That’s a beautiful vision. From the bottom up...

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[Charles Leiden](#) said 6 days, 18 hours ago:

Hello. These are ideas that I’ve pondered for most of my life. I agree with Glenn when he writes “each creating our own reality which shapes the collective conscious and the collective reality.” We are going through what the cultural historian W.I. Thomspon calls a ‘catastrophic bifurcation’. The dominant paradigm at present seeks salvation through exploitation of the earth. This obviously can’t continue without major ecological breakdowns. On one level the collective represents an addictive individual that is playing out the dynamic of bottoming out. Where is the bottom? I don’t know.

I do know several ideas. The universe is one and that is the basis of truth. Love is the core of this essential unity as Glenn writes. Check out my blog at <http://metahistoryandcosmos.blogspot.com/> Enjoy the days.

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[Patrik Jungblom](#) said 6 days, 17 hours ago:

Everyone has both a masculine and a feminine side. This basic polarity is part of you whether you like it or not, whether you are a man or woman, boy or girl. Essentially, the masculine side comes from a place of strength. Strength is at the top end of the scale, whereas weakness is at the bottom end. In contrast, the feminine side comes from a place of goodness. Here, goodness is at the top end of the scale, whereas badness or evil is at the bottom end. You develop the strength of the masculine side by having a deep belief in the value of your own life, and you develop the goodness of the feminine side by having a deep belief in the value of the life of others. The balance between the masculine and feminine side is very important. If you have too much strength for the amount of goodness you have, you can really do a lot of harm to people. Conversely, if you have too much goodness for the amount of strength you have, then you can do harm to yourself, because you tend to “give it all away”. On a more physical level, if you have a strong masculine side, you have the ability to take control of your own life, and if you have a strong feminine side, you have the ability to let go of trying to control the lives of others. A strong feminine side keeps you from interfering with the choices that others have the right to make for themselves. In terms of energy output, the masculine side always has energy available to put into accomplishing things, while the feminine side always has energy available for doing what is right or good. How developed one side is compared to the other defines the balance between the masculine and feminine sides. This balance not only determines how you treat others relative to yourself, but it also determines what types of emotions you feel most strongly. Why do some people have a stronger masculine side while others have a stronger feminine side? It depends to some extent on whether you are a man or a woman, because hormones do play a role, but it also depends a great deal on who you are as a Being. That is, both the masculine and feminine sides depend on what your Inner Self has learned to become. Balance Requires Developing the Feminine Side: For reasons of survival, liberation, business, and technology, most people have been able to develop the masculine side to a greater extent than the feminine. It may be that it is just easier to learn the lessons of the masculine side, but the result is that, as a species, we are left with a serious masculine/feminine imbalance. And it is a dangerous imbalance because it is a formula for destruction and hurting people. The time has come to develop the feminine side and achieve a greater balance in this area. It is time to recognize that the feminine side has value, and that its value lies in knowing and doing what is GOOD FOR PEOPLE. It is time to recognize that it is good for people to give and help each other, because that creates less turmoil in the world. It is time to recognize that at this moment in our evolution, most people are here to learn to develop the feminine side, because that is what will give us balance. I did a test on myself on the internet, (I don't know how accurate these tests are), but did one just because it interests me. 64.62% You are a paradigm of balance between your Masculine and Feminine sides, which is what most people strive to be. Most of your aspects – tastes, habits, and style – reflect a certain equilibrium that makes you who you are. You can get along with a variety of personalities without totally clashing, because you understand and appreciate a little of both sides. It is what makes you who you are. I do not claim to be better than anyone else on this planet, neither worse than anyone else on this planet. I do not know everything and I do not have all the answers. Everything is interpretations and you can't really compare interpretations in such of a way. My interpretation of this is that we need both “sides”, both the feminine and the masculine, both “sides” are required in this Creation of Life. What we do not need is that one “side” dominates the other. Which obviously seems to be the case in this world of ours. We need to realize and understand that one “side” is not better than the other. Just like a dove needs two wings to be able to fly. A human being needs both brainhalf's to be in balance. Otherwise this reality of ours, this world of ours, this universe of ours, comes in inbalance and becomes a logical bomb.

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[Amy Wolfman](#) said 6 days, 14 hours ago:

Michael, so, you're saying that our goal here- in this group, is to focus on raising the consciousness of people- globally- and this will eventually lead to improvements of conditions around the planet. Here is a major struggle I've been having since I joined the shift movement and started having these discussions- it seems that there is more required than just a change of mental focus. How can we change the planet just by focusing on the way things should be? Don't we need to actually physically be doing things that improve the quality of life on the planet?

What did you mean by your comment that saying we're going to change the planet only creates the same environment that caused the problems we're facing now?

Amy

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[Ellen Kratka](#) said 6 days, 14 hours ago:

I know this question was directed to Michael, but I wanted to contribute one piece to it.

The change is not in mental focus; the change is in energetic awareness of ourselves and others. That awareness and deep connectedness then allows us to have a tremendous positive impact on everything occurring on the planet, on many levels.

This shift can't really be described completely in words, but it can be experienced. It is what we do in our CEC circles, and an experience of it is available to anyone who does a discovery session with one of our facilitators. There is no obligation attached to it. To set up a session go to Conscious Evolution Coaching and make an appointment with one of us.

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[Michael Wolff](#) said 6 days, 13 hours ago:

Amy, I endorse what Ellen says but can add the following: as we consciously embody Unified Body/Mind by refining and enhancing our energetic awareness of others and the world around us, we inevitably engage more powerfully and consciously with finding ways to align our lifestyles. That leads to improvements in conditions around the planet. See my first posting in this topic as an example:

<http://shiftmovement.com/groups/conscious-evolution-coaching/forum/topic/permaculture-as-a-metaphor-for-the-evolution-of-consciousness/>

So, yes, in the new consciousness we do change our world by how we organize our lives. Changing the world is preceded (or accompanied by a shift in consciousness). What I was objecting to is the alternative view that we can address these looming environmental threats by using inappropriate technology arising out of the same consciousness in which many of the current problems have been created in the first place.

To be more precise, technological solutions for changing the world that are born out of Unconscious Separate Body/Mind will not provide a solution. But appropriate technological solutions born out of Conscious Unified Body/Mind will.

For example, imagine a small off-the-grid permaculture-based community. A micro waste-to-energy converter would be appropriate technology.

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[Amy Wolfman](#) said 6 days, 12 hours ago:

Very insightful, Michael. Thank you for sharing.

Amy

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[Werner John](#) said 6 days, 3 hours ago:

I'm loving this discussion. Feels like the big hearts and minds showing up are like colorful new flowers appearing in a bouquet. This gives me hope.

Amy, your question is on the minds of many. Not least Barbara MH, who has expressed surprise that more action didn't hit the ground in 2012. On one call she said she felt like she'd been talking about the Wheel of Co-creation for several billion years and is still waiting for it to manifest in the world! I was emailed a quote from the recent Summit: "The reason that we feel so strongly about cultivating resonance is not only that we love it, but that it is the way in which the pattern of every single person's deeper purpose, vocation and expression is revealed. It is the field in which co-creation or joining each other's deep impulse is nurtured, and in that sense it is the birthing ground for the Universal Human". Barbara Marx Hubbard, Summit, April 27, 2013

Barbara's vision seems to assume embodied full-spectrum humans doing their highest service in the world while

coming from Source. We may feel a bit confused though by the movers and shakers throughout history. Some individuals have been able to effect massive change through force of personality, or being the right person at the right time, or other mysterious factor. But our time seems different and our highest work may manifest now in concert with the whole evolving human organism. This may be why it's feeling slow. The inner work comes first.

Patrik's exposition of primordial male and female was good to remember. **There are other theories too about the ultimate source of our inner split, and the most fascinating I've encountered is by Australian philosopher Jeremy Griffith.** He claims that humans' transformation from instinctual living to thinking-based living was a long and traumatic one, with women naturally remaining more in the instinctual and men forging ahead with creation of the alternate human universe based on mind. And this is the source of our species' unusual male-female discordance. **His writings are available at the [World Transformation Movement](#) website, where you could spend days being quite blown away by how it all fits together. I have.** If anyone wants to study this I'd love to talk about it.

In reply to Michael's post about changing self vs. engineering the world, I want to recommend again seeing the video I've posted on [this blog page](#). In terms of the types of Golden Innovations Barbara MH sees coming out of the Wheel of Co-creation this is the best one I've encountered yet. Very hopeful. It's a Ted Talk by Allan Savory, who has spent a lifetime working on the vexing problem of desertification. He's now discovered the counter-intuitive answer and implementing this one idea worldwide could give us much more time to solve the Global Warming situation. Plus feed the human population. Plus bring back wildlife! The beauty of it is that it's based on changing the world BACK to how it used to be by mimicking nature. [40,000 elephants](#)

#



[Mark Porteous](#) said 6 days, 2 hours ago:

In February I attended the Wealthy Visionary Conference in LA hosted by Marcia Wieder. One of the speakers was Peter Diamandis, founder of the X Prize which gave \$10m to the first group of scientist to send a craft into space, return and go up again within 10 days. His book, *Abundance: The Future is Brighter than You Think*, shows the scientific evidence that we live in the wealthiest, healthiest, and most peaceful time in human history. Furthermore he offers three reasons why it will continue to get better: a dramatic rise in techno-philanthropy (Bill Gates, Mark Zuckerberg and many others), the DIY inventor's creating tech solutions to problems like drinking water (check out the "sling shot" that inexpensively turns salt water or toilet water into drinking water), and finally the "rising billion," the lowest socioeconomic portion of humanity. Groups like the Unstoppable Foundation are helping this segment to not only become self-sufficient, but actually contribute to the welfare of humanity.

Groups like CEC are essential for inner growth, especially for those of us who can hear the call to "be the Change."

Beyond the inner work it also takes outer work. We do not have to solve all the problems ourselves, but pick one and take action to improve it. In *A New Earth*, Eckart Tolle talks about each of us having two purposes; an inner, which is "to Be" or to awaken and the other is "to do." As long as we are conscious about "being" any action we are taking is divine and fulfills our purpose at that moment. CEC offers wonderful tools and support to fulfill our purpose of being. From that state we can take divine action to fulfill our highest purpose for doing.

I am grateful for all the great work and discussion that happens here. We are making a difference and it will continue to grow.

I spent 20 years fearing the demise of humanity. I have more faith now than ever that we are NOT doomed. We have GREAT challenges to overcome. We are not in this alone. The forces of the universe are conspiring to help us.

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• [Amy Wolfman](#) said 6 days, 2 hours ago:

Thank you Mark! I agree with you- the human race is not doomed. We are facing hard times- some very hard times, but we are not doomed. You just confirmed my religious/spiritual beliefs with facts- that is very powerful!

Amy

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• [Prof.Fani Bhusan Das](#) said 5 days, 22 hours ago:

The future still can be brighter if the humanity blend space flight with spirit flight. But unfortunately today human mind is diverted towards more for knowledge for materialistic culture than the core one which are Consciousness and Spirituality (highest form of energy). Humans are bundle of energy both creative and destructive. We have to activate more creative energy of Spirit by using the tool of Consciousness. Any flight or development devoid of creative energy- The Spirit will be certainly unsustainable and destructive. Basically any human is a form of consciousness with the structure of Spirit and once this is realized, manifestation thing will save the global collapse. Here comes the crucial role of mind.

Whenever the mind desires something, when it worries and grieves about something, when it rejects and denies or accept something, when it is elated about something in particular or gets angry with something, that mind is bonded by the object to which it relates in these ways. The solution hence to the problem is also very simple. There is liberation when the mind desires not, grieves not, avoids not, and takes not, is not extremely delighted or angry about something. When the mind goes after all that it perceives and retains it. Freedom lies in not going behind where the senses take you and grabbing all that is seen. Every one must try to establish dialogue between sub-conscious and conscious mind so the the conscious mind responds positively, ethically maintaining equilibrium between object (matter) and spirit. If this is not accepted, infinite havoc of life and civilization will take place which will become the root cause of destruction of environment leading to civilizational extinction/collapse.

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