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## **The New Millennium**

### **What Is This All About?**

Many of us remember 'This is the dawning of the Age of Aquarius' with little idea as to what it meant. It signals a time of appreciating universal wisdom and relationship of the parts to the whole. The world has become a village where I can communicate with my friend in Bali as easily as I can my office manager 15 minutes from my home.

Trade, war, and technology are breaking down the barriers separating people in an unprecedented way. Our communities no longer contain only people who look like we do and have the same kinds of last names. All over the world, people have neighbors from all over the world! Thai food is as common as Chinese, Italian, and Southern fried chicken! The first astronauts to the Moon looked at the Earth and saw that there were no boundaries on the earth, that we were indeed a wholeness.

The collapse of the Berlin wall ten years ago triggered many other walls collapsing, even though the process has not been gentle. Through uprisings, wars, collapse and humiliation of political leaders, AIDS epidemic, sexual revolution, and technological advances, Change is afoot! We are reminded that, as difficult and horrendous as wars are, they create a collapse of a former system and provide an open space for something new to come in. They also play a powerful role in the exchange/ movement of information and people. When Christian soldiers entered Asia in the Crusades, they entered a world beyond their wildest imagination. Europe was never the same... nor was Asia. World War I and II, the Korean and Viet Nam Wars introduced people to new ways of seeing the world and new belief systems. Americans moved to Asia and Europe, and Asians and Europeans moved to the United States. I've traveled to Tibet and or Borneo in much less time than it took my great-grandparents to travel from Kentucky to Texas! Everywhere we see the old systems collapsing/dying, offering the opportunity for transformation.

Growing up in West Texas, never in my wildest imagination did I think I'd travel Asia and have friends from India and Thailand, and find value in the study of their great spiritual traditions. A hundred years ago at the first World Parliament of Religion in United States, a Hindu sage, Vivekananda, took it by storm, and introduced the Western world to the Vedic Scriptures and yoga. Another war, this time in Tibet, sent Tibetan Buddhism and the Dalai Lama into the world, bringing the philosophy of compassion and the centuries old knowledge of how to relax and discipline the mind. I attended the second Parliament of Religion in Chicago in 1994 and was deeply moved to find common ground of Love with members of all spiritual traditions and to realize that we each are following our revelations about how to connect with the Divine. The Third Parliament of World Religion was just held in Cape Town, West Africa is encouraging dialogue and mutual respect among world religious, appreciating and holding dear the differences while working together in community, in our global village.

We indeed are entering into a New World. Some hold that this is *the end of history*. What that means to me is that the world as we have known it, history as we have been living it, is undergoing a radical change. We are taking radical evolutionary steps. Science and technology are raising questions never before conceivable to man, taking us to the edge of our minds. We have no precedent to follow. We are creating history in a new way.

*Unless we can prepare ourselves to meet and greet these changes with a new perspective, we will surely take our fear forward and create disasters in the world and among its peoples.*

The determining factor lies within our own hearts and minds and in our willingness and ability to become conscious of the level-upon-level of meaning and interconnections in the world. *We each have our own work to do to. This inner work is the work that I believe truly connects us to the heart and mind of God.*

In addition to the awareness of this worldwide global village of which we're a part, we also have an inner village, an inner world, that is 'peopled' with just as diverse a number of 'characters' and polarities as is our outer world. We live in this inner world just as surely as we live in the outer world. The ability to be aware, to be conscious of this inner world, as I discussed in the Fall 1999 Newsletter, is a skill which few people have cultivated. *However, you, too, can become conscious, if you choose to engage the process.*

This Aquarian Age ushers in a global and a cosmic consciousness, and brings the necessity for us as human beings to develop our personal abilities to handle this increase in consciousness. We must be able to observe our own thinking processes, see the bigger picture, and be aware of the conscious, as well as unconscious, factors affecting how we perceive, think, and live. Those who have the ability to know their inner world, observe conscious and unconscious processes, engage their intuition, and place themselves in accord with their awareness will truly have the advantage in the New World. Our consciousness adds to the world's consciousness and opens greater possibilities than we've known before.

Our Unconscious Mind is like the base of the iceberg, while the Conscious mind is the tip. The Unconscious Mind, all that influences us of which we aren't conscious, is the great treasure chest of the 95ish% of all that goes on in our psyche. It speaks to us in dreams, daydreams, in symbols, in unexpected situations, gut feelings and intuitions. It is the reservoir for that 95%ish that we are not consciously aware of and contains personal, collective and transcendental aspects. What many people call our soul speaks and guides through these same channels. The ability to be increasingly conscious of our inner world, and to move beyond unconscious defense and fear of the unknown is essential if we are to know who and what we truly are.

Becoming conscious is a primary task in the new millenium. For the first time in history, this process is available to those who choose to engage in the inner work and the daily practice that it takes. Our evolutionary development has taken us to the place where we can move beyond the use of ego defense mechanisms to protect a fledgling ego, and look through the eyes of non-judgment, compassion, and unconditional love, to see the bigger processes of Life, as well as understand what's happening in our inner and outer community.

This means that we can learn to see and know when we hide behind defense mechanisms out of fear of judgment and condemnation, and we can learn to explore our own psyche, our own unconscious reservoir through the use of dreams and understanding of the process of projection. This valuable process of projection, or the pointing finger, enables us to learn to see clearly what are our own unconscious and disowned inner aspects, and thereby not reactively project them out on to others. When we find ourselves in judgment of others or in admiration of certain of their qualities, then we can know that our own unconscious is trying to assist us to identify those aspects of ourselves, and to do so without judgment, with compassion and full acceptance. Letting go of self-critical

judgments releases the barriers in our psyche and enables us to come into inner wholeness, holding both our light and dark aspects in a full appreciation. As we appreciate all of them, we gain a sense of well-being, clarity, and power at moving around in the world, because we are not at the effect of our unconscious reactive ego and conditioned mind.

The ancient Greeks knew how important it is to **Know Thyself**. If you know yourself, you cannot be false to any man. **Our work at the Center is about Knowing and Loving Yourself**. When you know and love yourself and let go of personal negative beliefs and defensive systems, your energies are available to support you in becoming all that you can be: You can be more available to the community, to the universe, to be a beneficent presence in the world.

The New Weekend Intensive Workshops **KNOW THYSELF** will lay the foundation for personal development, integration of mind, body, emotions, spirit, exploring your own Unconscious, exploration of and owning your shadow, and opening to your own destiny pattern. Many people have said they would like to work more deeply, but aren't able to make an 8/9 month commitment for the Adventurers Group. They've asked for another group. This group will be a combination of class/seminar and interactive group to set a foundation and develop tools for Self Awareness, Consciousness, Relationship and Communication, as well as personal integration and a deep appreciation for the magnificence of The Heart Center and the experiencing of Unconditional Love.

Namaste,  
Judith