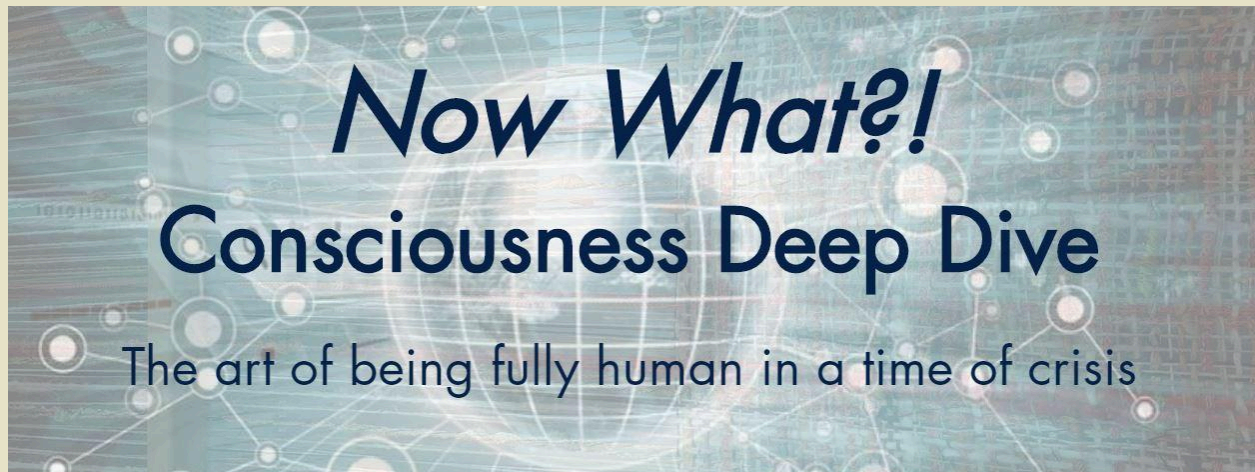




Reflections on the Consciousness Deep Dive: A Collective Narrative

On July 15, 2019, a group of transformational change makers gathered for a 2-hour virtual [World Café](#) to reflect on the [Consciousness Deep Dive](#) - a global collective inquiry convened in June 2019 by [Ben Roberts](#) of the [Conversation Collaborative](#), in partnership with [Stephanie Mines](#) (the vision holder of the [Climate Change & Consciousness: Our Legacy for the Earth](#)) and others, to dive into the following questions:

- How do you survive, stay in integrity, and even thrive in the context of “mainstream insanity?”*
- What are generative ways to engage in “mainstream contexts” that amplify the shift in consciousness towards healing, unity, dignity, and respect for all beings?*

This deep dive was part of [Now What?!](#) -- a “conference weaving” initiative that began in early May 2019 to amplify, integrate, and ground the energy of a set of transformationally oriented conferences taking place around this time.

During this Collective Narrative Café, participants were invited to share their reflections on what was inspiring or disappointing, surprising or typical, important or just fun about their experience with the Consciousness Deep Dive, to name patterns that emerged from those reflections, and to discuss what would be important to include in a collective message that the world would get from these conversations.

Participants included hosts and contributors to the Consciousness Deep Dive conversations as well as people who had not participated, but reviewed some of [the Deep Dive harvest](#).

Participants’ reflections were harvested according to the [Collective Narrative Methodology](#): they were videotaped, transcribed, and turned into a collective narrative - a text that links individual insights into a cohesive whole with minimum change to the original language.

During July-August 2019, everyone who was inspired to support the Consciousness Deep Dive initiative is also invited to participate in a [Pop-up Gift Economy](#) catalyzed by the energy of our collective learning.

Collective Narrative

Being in Places that Make Individual and Collective Jewels Shine

What came up for us as a pattern was how we identify the jewels that we are. We talked about the interest in that piece that strengthens the net and makes each individual and the collective jewels shine. We noted the crucial importance of being in these collective spaces of connecting, of processing grief, of sharing just the experience of what it is like to be who we are at this time in history, particularly for those of us who are awake to this kind of consciousness shift, who are yearning for that, who see our deep interconnectedness with one another but also see a mainstream world where that is not recognized or valued or is actively pulling against our collective journey towards that kind of capacity.

Deepening Our Connections Through Small Group Conversations

So how do we engage people and have the level of conversation that we are all longing for? We all have strategies. We are very passionate and we come to these calls with all this passion. That is why we come to these calls - because of our passion. So as we move forward it is probably going to be most helpful to us to create more World Cafés where people who have some experience with this process and with each other can be in the same room together and listen more and more deeply to one another.

The small group is also a key element to that. It is not just about us being in these big spaces where we all feel alignment. The real depth is in the small group and the relationships that form. One of the key elements in the Deep Dive that was so valuable as a process is the way that lots of different small groups were able to form and make deeper connections within existing networks, cross-pollinate between networks, etc.

Catalyzing Doing by Raising Consciousness

To build on the power of these small groups, one thing that we realized is how rare it is that we get into small group conversations where we are not either part of a team that is already organized to do some work and we are going into that with our list of stuff to do or we are in a purely social event that is just hanging out, that is a party. These conversations where we had a deep purpose and intention but we were not already part of a team with a list speaks to the importance of a conversation about consciousness versus doing.

It is not that doing is not important or that doing has not happened as a result of our being together, but there is something fundamentally different about going into a space where the primary purpose is not doing and whatever doing happens is allowed to emerge out of that. In the future, when we look back, we will probably find that quite a bit of action may have been

catalyzed, but a very different kind of gathering took place than we would have had if that had been our primary premise from the get-go.

Some of us who know each other to some extent and identify as elders particularly highlighted that it is extremely significant to us as individuals that these groups are supportive at the level of raising consciousness, which is different from many groups that we are in where the focus is on doing. This is what attracted us to keep coming. That led to the idea that loneliness is sometimes happening even when we have physical contact.

Recognizing and Defining the Practical Value of Elders and Wisdom Keepers

The theme of elderhood was certainly present in our conversations. One of the interesting dimensions to it is that we made a connection between indigenous wisdom and elderhood with the idea that in some ways the indigenous consciousness is the elder consciousness of all of humanity. What that actually means though, in a practical way, is a question we wrestled with. It is not necessarily that elders know everything, particularly in a world that is changing as much as it is. The wisdom they have is as much about how to be in the world and how to sense, how to not be stuck in our own thinking, our own patterns, and our own narrow roles. This is critical.

It has become clear that wisdom keepers are a new recognized group and that sometimes children have it without being totally aware. Elderness, indigenous groups, children, wisdom keepers, are really giving us the message that we need to accept life going in the direction in which it goes, with or without us. We recognized the value and the experience of elders and came back to Jung and the issues around balance and the need for deep listening.

Connecting the Dots and Recognizing Our Common Trauma

We talked about the visual of raindrops as dots hitting the surface of water and becoming circles, the notion of dots spreading out, connecting the dots, and dots forming circles. The dot where we are connected that maybe we are not recognizing is our common trauma: not only our childhood traumas and our lineage traumas, but now also climate change trauma. That is a big dot that we can connect to be able to create places where we can grieve together. So how do we bring across the idea that if we really want to transform, we need to go through a path of looking at trauma, go to the other side, and not be afraid, which is a part of trauma?

Understanding How to Be in the World of Connected Consciousness

Another visual of connectedness was an individual on planet Earth and one of those pictures from “the Hubble Space Planet” of “the cosmic nebula” where our Milky Way system is just a dot, which was connected to the concept of connectivity and dots. It's way bigger than we can actually grasp with this brain, and it is also this sense of who are we and where are we that comes from the indigenous belief systems: this sense of being in something mysteriously bigger than we can actually grasp with a little node of consciousness.

This idea that consciousness is all around us--that we are embedded in a matrix of a conscious universe-- is a core part of indigenous wisdom. To shift to that mindset, it is more about understanding how to be in the world from that kind of connected consciousness than it is about saying that a certain way of doing things that represents an elder perspective is necessarily true or is the answer or a recipe. That was a subtle level of learning.

Embracing the Lifelong Journey of Seeking Wisdom

As we discussed wisdom bearers or keepers, we recalled the idea highlighted in [John Vervaeke's new series](#): that wisdom is not something that we have and that wisdom is something that we see because we are never done seeking it. By using the term “seeking” instead of “bearing” or “carrying” wisdom, we indicate that no one is truly wise. We are always seeking more wisdom and by doing that we make it into a journey. Awakening is also a journey. Seeking wisdom is something that elders can do but the process starts when we are young. Of course, it takes time to become wise, but we all can do it.

Sharing our Passion, Sharing Our Joy, and Sharing Our Trauma

Interestingly, each round of this Collective Narrative Café did have a lot of connections moving from one to the other, but the overall message in the end seems to have been that we need to listen more deeply to one another. We need to connect at much deeper levels, and be more vulnerable with one another. That's really been the gist of most of what came up: sharing our passion, sharing our joy, and sharing our trauma.