

Soundtrack for Transformation:
Changing Our World Through Art, Music and Mysticism
With Leslie Temple-Thurston, Brad Laughlin and Victoria More
July 14, 21, 28 and August 4, 2013
A Teleseminar on Four Consecutive Sundays
11am – 1:30pm US Pacific Time
Open to Everyone

Please join us for a multi-media, transcendent, experiential journey, encompassing left and right brain—a month of inspiration, creativity, upliftment and beauty!



Nothing is more inspiring than great art and music. A transcendent song or piece of art touches the soul, uplifts our spirits and opens new vistas of consciousness inside of us—arousing new understandings, awareness and transformation.

The path of a mystic is very similar to that of an artist or musician. He/she is a seer, looking into the inner worlds, the invisible realms, charting new territories in consciousness, going where no one has gone before. The mystic uses the inspiration within to explore consciousness and to birth deeper and more profound understandings that change the psyche.

The mystic pushes the boundaries of consciousness, creates beauty, inspires new possibilities, alters the meaning of life and promotes radical growth.

This transformation is not only personal to the mystic but also affects the collective consciousness of humanity and can help create shifts in society. How does that work?

Life is an endless spiral of creativity. We are not bound by boundaries and limitations unless we choose to be—unless we fail to see other possibilities. Everything is consciousness. Everything is interconnected. We can move beyond our own limitations simply by shifting our consciousness. We can also change the outer world and assist in the transformation of our culture simply by shifting our consciousness.

Everyone has a vast supply of inner resources and creativity. And we can use these inner resources to find, harness and mobilize outer resources. True power is in the inner planes of consciousness. Through our inner, divine connection we can affect significant change in the outer world. The power for liberation starts on the inside; there is no other place it can come from.

Inspiration Is the Divine Breathing Through Us



Mystics can see what's coming and have the inner resources to make freedom and change happen. We have to use our far-seeing capacity to understand trends and the consequences of the trends. The current trends in our society indicate that we could lose our freedoms. The reality of this is right under our noses right now. How are we inspired to help change this fearful potential?

We are going to have to stand up and create the world that we want. It's not going to happen without our input and without our making a stand. The alternative is bondage to corporations, banks and governments.

The first step in creating change is in the transformation of consciousness. We start by creating what we call a “power of one”. With our unified consciousness we can move mountains.

Where there is secrecy, let us be open. Where governments and corporations try to hide wrongdoing, let us share information and be transparent. Where there is greed and corruption, let us sow generosity and integrity. For we have to love one another, our brothers and sisters, to face the challenges and threats to our freedom.

As some try to build a world of fear, contraction, bondage and enslavement, we must not only stand up to defend our right for freedom, but we must find the power of joy, sharing and community—all of us in synch and pulling together. It's our only recourse.

The purpose of our course is to find our inspiration, to strengthen our divine inner connection and to make a stand for freedom, truth and integrity during these challenging times. It is a celebration! We will open our souls to a flow of joy, creativity, beauty and inspiration. We will explore the power of creative expression to affect change in the world.



About the Course

Over the course of four weeks, we will watch some extraordinarily inspirational and uplifting movies—primarily about musicians and artists who have sparked social movements and revolutions through the power of their creative expression. By their example, we take strength, encouragement and motivation.

Through creative assignments each week, designed to elevate our consciousness, we will open to right-brain awareness and holistic perception.

We will connect via weekly teleseminars to discuss our insights, share our inspirations and learn how to develop our innate mystical abilities.

In between classes we will stay connected via “Caucus”, our private online forum, which helps us gather momentum as we build community and solidarity.

Along with our teleseminar and online-discussions and assignments come non-verbal, experiential components to this class—a transmission of light and mystical awareness and an initiation into higher consciousness that will enhance the material beyond simply talking, watching movies and reading.

Registration

We offer this course in the spirit of service and generosity on a sliding scale. The suggested tuition is \$200. If you can't afford that amount, you are welcome to contact [Victoria](#) or [Mona](#) to either work out a payment plan or to make another arrangement. If you can afford to give more, please do, which will help compensate for those who cannot afford the suggested tuition price. We thank you for your generosity. Your tuition will help support our non-profit's work in the world for inner and outer peace.

Please [register here](#).

This course is open to all.

CLASS ONE

The Consciousness Spectrum

The spectrum of consciousness in our world is vaster than the average human knows. Much



of it exists beyond our human ability to perceive. Being more knowledgeable about it would fill in many “empty” spaces left untouched in our current, third-dimensional awareness.

Consciousness exists way beyond what most accept as “intelligent” knowledge. Some quantum physicists and mystics may know this, but the average human does not see the full extent of the awesome, sentient diversity

that fills the plant, animal and mineral realms—and other dimensions.

Most humans choose not to explore this level of reality, and thus are mostly incapable of perceiving developed consciousness in other life forms beyond the human. Humans themselves are unconsciously choosing not to use their full spectrum of consciousness—and this limitation is one of the defining characteristics of the third dimension. The fact is that the spectrum of consciousness does not exist solely in humans. It is present in *everything* that is a part of life’s creation. And its pervasiveness in everything on Earth is a testament to the sacred and divine nature of our planet. The myriad forms of the natural world shine subtly with divine life force and consciousness. Yet most people perceive the natural world as a “lesser” phenomenon, while others completely overlook the role it plays, or could play, in our lives and in our state of consciousness.

The whole phenomenon of creation is “a circle of life,” and its all-pervasive consciousness-presence, though unseen by most, is constantly manifesting and transforming at every level of creation—thus revealing its innate divinity. We would benefit hugely were we able to expand our awareness to encompass the sacred, living diversity of divine creation. It would help us grow mystically and spiritually towards a great peace if we would only choose to become more fully aware of and have reverence for all life on every level of Earth.

CLASS TWO

The Transcendent Underworld

Opening ourselves to more of who we are often involves doing a certain kind of investigation—that of exploring, seeing and discovering unconscious aspects of our psyche. By doing the work of making the unconscious increasingly conscious and by focusing

particularly on our often-overlooked, creative, right-brain states, we expand our awareness into higher-dimensional realms. This type of investigation leads us on a fascinating journey of awakening into the hidden and even sometimes blocked places in our psyches.

Contrary to the going belief about what constitutes “an underworld” (a supposedly dark and negative place), as we move to higher dimensions, we discover that the dark underworlds we thought would be there are actually quite transcendent and luminous.



It is the religious dogma of our third-dimensional world that has skewed our perceptions of the underworld. It is believed to be a hell world. Yet in actuality, higher-dimensional realities beyond the third-dimensional level are not embroiled in negativity at all. Rather, these places in consciousness are filled with many beautiful states of subtle understanding of the natural world—the subtle aspects of the body of the Earth herself, natural phenomena and other uplifting and fascinating qualities of consciousness. Although it would uplift and enlighten us, this knowledge is currently so overlooked and misunderstood that we are blocked from perceiving much of the joy of creation. Our ability to reach for and explore these higher (and lower) realities is compromised, yet we could and would benefit hugely by seeing beyond the third dimension. Exploring and understanding more of our right-brain consciousness liberates us into these hidden yet luminous underworlds.

CLASS THREE

The Power of Oneness

We are facing a difficult future right now. People of light and awareness have the potential to help stop the rot that is taking place in our world. We have the capacity to make a difference with our state of consciousness.

When we become deeply grounded in spirit and on our own internal core of light, we affect the world around us in a very powerful way. In fact the power of our individual consciousness is magnified exponentially as we grow in our connection to the Divine. This is the power of unity consciousness, or the power of Oneness inside us.

When many of us link up in community and become unified in our intention, that is also the power of Oneness. It is the power of becoming of one heart and one mind as a group. When enough of us connect in this way, real change begins to happen in the world.

Together in our “power of one” we become a tenacious, formidable force in consciousness. And with our holistic perception and our collective love, we support and inspire each other. We are inspired by the divine oneness, and we help each other get through these difficult times.

CLASS FOUR

The Power of Beauty

Beauty uplifts us and keeps our spirits alive, flowing and buoyant. Beauty opens our hearts and makes us feel optimistic. Beauty can transform a depressing mood or demoralized state into ecstatic, wondrous opening to higher consciousness. Beauty opens our chakras, especially the crown chakra, which is our connection with the divine realms. And when we feel our unity with spirit, all things are possible. All potentials are available to us. When we



can perceive the beauty in something, we perceive our divine connection, our eternity, our connection to All That Is.

There is so much beauty in the world around us, and many take it for granted. It is vital during these challenging times that we learn to perceive beauty, honor it, share it and be thankful for it.

Practicing gratitude for the beauty we are given in this world is a way of slowing down, honoring life and savoring all that it gives us. Especially nowadays, spending time in nature and appreciating the beauty of the Earth are essential. There is such vast beauty in the natural world! By taking the time to immerse ourselves in it and practicing gratitude for it, we open ourselves to higher consciousness and connect to the All That Is.

SOUNDTRACK FOR TRANSFORMATION SYLLABUS

Movies to Watch Prior to Class and Other Creative Assignments

CLASS ONE: The Consciousness Spectrum (July 14)

Movies to Watch Prior to Class:

- Amandla! A Revolution in Four-Part Harmony
- Paul Simon: Under African Skies
- Searching for Sugar Man

CLASS TWO: The Transcendent Underworld (July 21)

Movies to Watch Prior to Class:

- Soundtrack for a Revolution
- Sing Your Song: Harry Belafonte
- Pete Seeger: The Power of Song

Creative Assignments to be Completed Prior to Class:

- Artist's Date: Information about this assignment will be provided during the phone discussion in class one.
- Practice some form of creative expression twice a week. For example: poetry, collage, painting or sculpting with clay. This assignment will be explained further during our phone discussion in class one.
- Optional: Listen to the music playlist to be provided on Caucus, our online forum.

CLASS THREE: The Power of Oneness (July 28)

Movies to Watch Prior to Class:

- Waste Land
- Ai Wei Wei: Never Sorry
- The Singing Revolution

Creative Assignments to be Completed Prior to Class:

- Artist's Date: Information about this assignment will be provided during the phone discussion in class one.
- Practice some form of creative expression twice a week. For example: poetry, collage, painting or sculpting with clay. This assignment will be explained further during our phone discussion in class one.
- Optional assignment to be explained by Leslie during the phone discussion in class two.

SOUNDTRACK FOR TRANSFORMATION
SYLLABUS

CLASS FOUR: The Power of Beauty (August 4)

Movies to Watch Prior to Class:

- Samsara
- Journey of the Universe: An Epic Story of Cosmic, Earth and Human Transformation
- Planet Earth

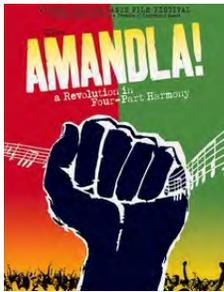
Creative Assignments to be Completed Prior to Class:

- Artist's Date: Information about this assignment will be provided during the phone discussion in class one.
- Practice some form of creative expression twice a week. For example: poetry, collage, painting or sculpting with clay. This assignment will be explained further during our phone discussion in class one.

SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

CLASS ONE

Amandla! A Revolution in Four-Part Harmony



Amandla! tells the story of black South African freedom music and the central role it played against apartheid. The first film to specifically consider the music that sustained and galvanized black South Africans for more than 40 years, Amandla's focus is on the struggle's spiritual dimension, as articulated and embodied in song. Named for the Xhosa word "power," Amandla lives up to its title, telling an uplifting story of human courage, resolve and triumph. This look at political oppression and the courage required to fight it won several awards at the 2002 Sundance Film Festival.

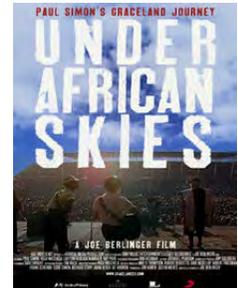
Watch trailer here: <http://www.youtube.com/watch?v=9rD6LxhZuuc>

Watch entire movie free here:

http://www.snagfilms.com/films/title/amandla_a_revolution_in_four_part_harmony

Paul Simon: Under African Skies

Winner of a 2012 Emmy award, Under African Skies tells the story behind the incredible journey, history and evolution of Paul Simon's international phenomenon, Graceland, and explores the cultural and political climate of South Africa 25 years ago. The film follows Simon as he returns once again to South Africa, and remembers and reconnects with the people, places and music that inspired him many years ago. With the compelling perceptions of anti-apartheid activists and music legends such as Quincy Jones, Harry Belafonte, Sir Paul McCartney, and David Byrne, Under African Skies is both a buoyant chronicle of unparalleled artistic achievement and a profound rumination on the role of the artist in society. Rolling Stone calls the movie "a cultural lightning bolt that soars on its music and an unshakable belief in the transcendence of art."



Watch trailer here: <http://www.youtube.com/watch?v=WLZ8GGW53XY>

Available to purchase here: <http://www.amazon.com/African-Graceland-Anniversary-BluRay-Blu-ray/dp/B007P06DL8>

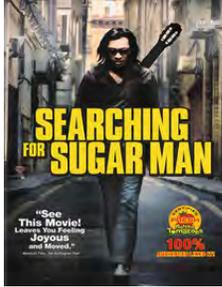
Or purchase CD/DVD combo here: http://www.amazon.com/Graceland-Anniversary-Edition-Featuring-African/dp/B007P06DJK/ref=sr_1_cc_2?s=aps&ie=UTF8&qid=1370212889&sr=1-2-catcorr&keywords=under+african+skies

Or buy or rent via download on iTunes

SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

Searching for Sugar Man

Winner of the Best Documentary Academy Award in 2013, Searching for Sugar Man tells the incredible true story of Rodriguez, the greatest '70s rock icon who never was.



Discovered in a Detroit bar in the late '60s by two celebrated producers struck by his soulful melodies and prophetic lyrics, they recorded an album, which they believed would secure his reputation as the greatest recording artist of his generation. In fact, the album bombed and the singer disappeared into obscurity amid rumors of a gruesome on-stage suicide. But a bootleg recording found its way into apartheid South Africa and, over the next two decades, he became a phenomenon. His music inspired a generation of white South African liberals to stand up against the apartheid government and fight for freedom. The film follows the story of two South African fans who set out to find out what really happened to their hero. Their investigation leads them to a story more extraordinary than any of the existing myths about the artist known as Rodriguez.

Watch trailer and find links to purchase or rent movie here:

<http://www.sonyclassics.com/searchingforsugarman/> .

CLASS TWO

Soundtrack for a Revolution

Soundtrack for a Revolution tells the story of the American civil rights movement through its powerful music—the freedom songs protesters sang on picket lines, in mass meetings, in paddy wagons, and in jail cells as they fought for justice and equality. The film features new performances of the freedom songs by top artists, including John Legend, Joss Stone, Wyckle Jean, and The Roots; riveting archival footage; and interviews with civil rights foot soldiers and leaders, including Congressman John Lewis, Harry Belafonte, Julian Bond, and Ambassador Andrew Young. The freedom songs evolved from slave chants, from the labor movement, and especially from the black church. The music enabled blacks to sing words they could not say, and it was crucial in helping the protesters as they faced down brutal aggression with dignity and non-violence. The infectious energy of the songs swept people up and empowered them to fight for their rights. Soundtrack for a Revolution celebrates the vitality of this music. It is a vibrant blend of heart-wrenching interviews, dramatic images, and thrilling contemporary performances—a film of significance, energy, and power.



Watch trailer here: <http://www.soundtrackforarevolutionfilm.com/Trailer.html>

Available to purchase or rent here: http://www.amazon.com/s?ie=UTF8&field-keywords=soundtrack%20for%20revolution%20movie&index=blended&link_code=qs&sourceid=Mozilla-search&tag=mozilla-20

Or for rent or purchase via download on iTunes.

SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

Sing Your Song: Harry Belafonte

Told with a remarkable sense of intimacy, visual style and musical panache, the inspiring, award-winning documentary, *Sing Your Song*, surveys the life and times of singer/actor/activist Harry Belafonte. From his rise to fame as a singer and his experiences touring a segregated country to his provocative crossover into Hollywood, Belafonte's groundbreaking career personifies the American civil rights movement. He is revealed as a tenacious hands-on activist who worked intimately with Dr. Martin Luther King Jr., mobilized celebrities for social justice, participated in the struggle against apartheid in South Africa and took action to counter gang violence, prisons, and the incarceration of youth. Because of his beliefs, Belafonte drew unwarranted invasions by the FBI into both his personal life and career, which led to years of struggle. But an indomitable sense of optimism motivates his path even today as he continues to ask, at 84, "What do we do now?" His example may very well inspire you to action.



Official website: <http://singyoursongthemovie.com/>

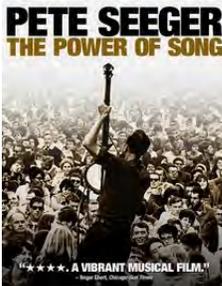
Watch the trailer: <http://singyoursongthemovie.com/watch/>

DVD available to purchase here: <http://www.amazon.com/Sing-Your-Song-Harry-Belafonte/dp/B0071BY1YC>

Or purchase or rent via download on iTunes: <https://itunes.apple.com/us/movie/sing-your-song-harry-belafonte/id557857547> .

Pete Seeger: The Power of Song

This inspiring, reflective and poignant documentary explores the legacy of one of the greatest American singer/songwriters of the past century. Pete Seeger was the architect of the folk revival, writing some of its best known songs, including, "Where Have All the Flowers Gone," "Turn, Turn, Turn," and "If I Had a Hammer." Largely misunderstood by his critics, including the US government, for his views on peace, unionism, civil rights and ecology, Seeger was targeted by the communist witch hunt of the Fifties. He was picketed, protested, blacklisted, and, in spite of his enormous popularity, banned from American television for more than 17 years. With a combination of never-before-seen archival footage and personal films made by Seeger and his wife, the film chronicles the life of this legendary artist and political activist, now in his '90s. Punctuated by original, exclusive interviews with such Seeger contemporaries as Bob Dylan, Joan Baez and Bruce Springsteen, it unveils the extent to which Seeger continually prompted societal change through his consciousness-raising music and offstage social efforts. It serves as a testament of Seeger's belief in the power of song and of community above all else, and his conviction that individuals can make a difference. "I guess it's kind of a religion with me," he says toward the middle of the film. "Participation: that's what's going to save the human race."



SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

Watch the trailer here: <http://www.youtube.com/watch?v=SGJKnLhl6Kk>

Available to rent or buy DVD or download here:

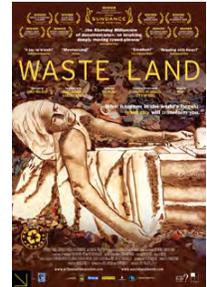
http://www.amazon.com/s?ie=UTF8&field-keywords=pete%20seeger%3A%20the%20power%20of%20song%20movie&index=blended&link_code=qs&sourceid=Mozilla-search&tag=mozilla-20 .

Also available for rent or purchase via download on iTunes.

CLASS 3

Waste Land

This Sundance award-winning, Academy award-nominated film, is an uplifting feature documentary that highlights the transformative power of art and the beauty of the human spirit. Top-selling Brazilian contemporary artist and photographer, Vik Muniz, takes us on an emotional journey from Jardim Gramacho, the world's largest landfill on the outskirts of Rio de Janeiro, to the heights of international art stardom. Vik collaborates with the brilliant *catadores*, pickers of recyclable materials, true Shakespearean characters who live and work in the garbage, quoting Machiavelli and showing us how to recycle ourselves.



Watch the trailer here: <http://www.youtube.com/watch?v=sNlwh8vT2NU> .

Available to rent or buy DVD or download here:

http://www.amazon.com/s?ie=UTF8&field-keywords=waste%20land%20movie&index=blended&link_code=qs&sourceid=Mozilla-search&tag=mozilla-20

Or rent or buy via download on iTunes.

Ai Wei Wei: Never Sorry

Ai Weiwei is China's most famous international artist, and its most outspoken domestic critic. Against a backdrop of strict censorship and an unresponsive legal system, Ai expresses himself and organizes people through art and social media. In response, Chinese authorities have shut down his blog, beat him up, bulldozed his newly built studio, and held him in secret detention. Winner of Sundance Film Festival's 2012 Special Jury Prize, *Ai Weiwei: Never Sorry* is the inside story of a dissident for the digital age who inspires global audiences and blurs the boundaries of art and politics. First-time director Alison Klayman gained unprecedented access to Ai while working as a journalist in China. Her detailed portrait provides a nuanced



SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

exploration of contemporary China and one of its most compelling public figures.

Watch the trailer and find links to purchase or rent the movie here:

<http://aiweiweineversorry.com/> .

The Singing Revolution

A single nation. A million voices. The fall of an empire. After enduring WWII-era brutalization by Hitler's Nazi Party and decades of repressive Soviet dictatorship, the tiny Eastern European nation of Estonia began to declare its independence from Communist rule in the late '80s. Over a five-year period, beginning in 1986, hundreds of thousands of Estonians began to systematically and repeatedly gather in public venues to collectively sing illegal patriotic songs, declaring their desire for national independence but never resorting to violence amid their protests. It was no coincidence that Estonia subsequently became one of the first nations to break away from the Soviet Union in the events leading up to the fall of the Iron Curtain. The documentary *The Singing Revolution* chronicles this extraordinary yet seldom-told chain of events.



Watch the trailer or buy the DVD here: <http://www.singingrevolution.com>

Or buy or rent via download from iTunes.

CLASS 4

Samsara

Prepare yourself for an unparalleled sensory experience. Samsara is a Sanskrit word that means "the ever turning wheel of life" and is the point of departure for the filmmakers as they search for the elusive current of interconnection that runs through our lives. Filmed over a period of almost five years and in twenty-five countries, Samsara transports us to sacred grounds, disaster zones, industrial sites, and natural wonders. By dispensing with dialogue and descriptive text, Samsara subverts our expectations of a traditional documentary, instead encouraging our own inner interpretations inspired by images and music that infuses the ancient with the modern.



Watch the trailer, buy the DVD and find links to rent or purchase the movie here:

<http://barakasamsara.com/#> .

Or rent or buy via download on iTunes.

SOUNDTRACK FOR TRANSFORMATION MOVIES TO WATCH

Journey of the Universe: An Epic Story of Cosmic, Earth, and Human Transformation

Ask acclaimed author and evolutionary philosopher Brian Thomas Swimme about our role as humans in this awe-inspiring universe, and his insights will light up the night skies. As our host, co-writer, and fellow traveler, he shares his infectious curiosity about life's biggest questions in this beautiful filmed Emmy Award-winning documentary. Using his skills as a masterful storyteller, Swimme connects such big picture issues as the birth of the cosmos 14 billion years ago – to the invisible frontiers of the human genome – as well as to our current impact on Earth's evolutionary dynamics. Through his engaging and thoughtful observations we discover the profound role we play in this intricate web of life. From the Big Bang to the epic impact humans have on the planet today, this film is designed to inspire a new and closer relationship with Earth in a period of growing environmental and social crisis.

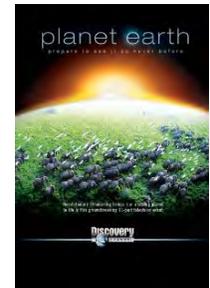


Watch the trailer and buy the DVD here: <http://www.journeyoftheuniverse.org/synopsis/>

Or rent or buy via download on iTunes.

Planet Earth

As of its release in early 2007, *Planet Earth* is quite simply the greatest nature/wildlife series ever produced. This astonishing 11-part BBC series is brilliantly narrated by Sir David Attenborough and sensibly organized so that each 50-minute episode covers a specific geographical region and/or wildlife habitat (mountains, caves, deserts, shallow seas, seasonal forests, etc.) until the entire planet has been magnificently represented by the most astonishing sights and sounds you'll ever experience from the comforts of home. Accompanied by majestic orchestral scores by George Fenton, every episode is packed with images so beautiful or so forcefully impressive (and so perfectly photographed by the BBC's tenacious high-definition camera crews) that you'll be rendered speechless by the splendor of it all. It is masterfully filmed from every conceivable angle, with frequent use of super-slow-motion and amazing motion-controlled time-lapse cinematography, and narrated by Attenborough with his trademark combination of observational wit and informative authority. Planet Earth takes you to places you have never seen before, to experience sights and sounds you may never experience again. "We can now destroy or we can cherish—the choice is ours."



Watch the trailer here: <http://www.youtube.com/watch?v=oWMUX3ugaRU> .

Available to purchase here: <http://www.amazon.com/Planet-Earth-The-Complete-Series/dp/B000MR9D5E> .

Or alternatively, you can watch the 2007 film, *Earth*, which is a synopsis of the BBC television series. Official site here, including trailer and how to buy: <http://nature.disney.com/earth> . Or rent or buy via download on iTunes.