

FROM EGO-CENTRIC TO ECO-CENTRIC
JOURNEY TO A NEW PARADIGM
A Five-Session Virtual Course and Discussion Group
With [Leslie Temple-Thurston](#) and [Brad Laughlin](#)
Five Sundays: January 8 – February 19, 2012



“First they ignore you, then they laugh at you, then they fight you, then you win.”
– Mahatma Gandhi

As many know, the linchpin of the Patriarchal paradigm is the global economic system of money based in interest. Everything comes back to money and the power derived from it. All of the pollution, ecological destruction, human rights abuses, war, depletion of Earth’s natural resources, the eradication of beauty, and virtually anything one can name that is out of balance on our planet all comes back to the issue of money. If it weren’t for the incentive of money—in its current form—people and corporations would not be driven to gobble up Earth’s resources and pollute the Earth as if there were no tomorrow. We would not be waging wars and engaging in other forms of domination, destruction and inhumane, insane acts if it weren’t for money and power.

If one examines this situation for more than a few moments, it is not hard to see that if we continue on this path of self/planetary destruction, humanity is doomed. Our beloved Earth is dying, and we cannot continue to exist here without resources such as clean water, clean air and fertile soil to grow food. Unless we change our mindset and behavior, we are headed down a collectively suicidal path. “Only when the last tree has died and the last river has been poisoned and the last fish has been caught will we realize that we can’t eat money,” as the ancient Cree proverb says.

How do we do this? How do we make the changes necessary to live sustainably on our precious planet? Not only how do we live sustainably, but beyond that, how do we create a world where we can live fulfilling, meaningful and inspired lives, not feeling like we are slaves to debt, to earning a living and to less than inspiring jobs, which seem to be the plight of the vast majority of humans on the planet now? Contemplating the scope of the issue can feel overwhelming and too daunting even to fathom.

As those on a spiritual path know, changing our inner reality is the first step. Healing the places inside of us where we are out of balance, do not live from the heart and feel separate and disconnected is the most important and empowering thing we can do. The healing of the Earth begins inside each one of us. Heal and balance the inner consciousness, and the outer world begins to reflect that balance and wholeness back to us.

Because money is such an all-pervasive force, touching virtually every aspect of our lives, it is especially important for us to examine and heal our money issues. What blocks us from living in a flow of abundance? What prevents us from living the fully generous and joyful life we aspire to? What part of us believes in the myth that if we just had enough money, everything would be okay? How do we allow money to insulate us, to keep us separate and cut off from others, from nature, from the rest of the world, and to act as a disconnecting rather than a connecting force?

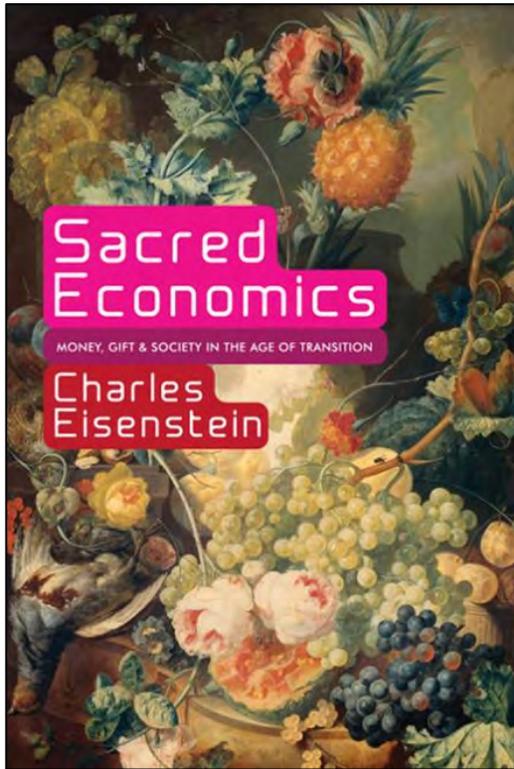
As we shine the light of truth and healing on inner shadows like these, we will naturally create a money system that reflects an integrated, connected, unified reality, a money system which will foster generosity, collaboration, sharing and abundance, instead of what we have now—a system of money based in interest, which fosters insane degrees of competition, greed, scarcity, destruction and countless other forms of separation which threaten



our very survival at this pivotal moment in human evolution. Our current money system is old, outmoded and reflects the consciousness of separation. It is destroying the Earth and prevents us from living loving, caring, meaningful and inspired lives. The old system is dying, crumbling and decaying all around us; we can feel and see it falling apart day by day. And we can also see the signs of the birth of the new. We can catch hopeful glimmers of a new reality if we know what to look for.

Sacred Economics

As part of course, we will be reading and discussing an inspiring, brilliant, new book, *Sacred Economics—Money, Gift and Society in the Age of Transition* by Charles



Eisenstein, which understands all of this and elucidates very clearly the details of this new money system: how it is birthing now and what it can look like, including very specific information about how to create it and how it will foster what he calls, “the more beautiful world my heart tells me is possible”. *Sacred Economics* lays out a well-defined, unambiguous, practical map of how to move from where we are now to where we need to go. The information it presents is not out in left field, airy-airy or ungrounded but is well researched, practical and solid. It beautifully and logically explains how and why the new money system will foster the restoring and preserving of the Earth, her resources and her beauty, and how it will cultivate humanity’s higher qualities, such as generosity, collaboration and sharing, to name just a few of the ideals so many of us have aspired to and longed for most of our lives.

Most exciting is that *Sacred Economics* plants a seed in consciousness. As spiritual seekers, we have known that we need to shift our inner reality in order to manifest a new paradigm of heart-centered consciousness, but never before has so clear a physical map been laid out, showing us how to get there in a practical way. We can no longer say there is no physical solution to the world’s problems! The seed has been planted.

One can’t help but come away from reading *Sacred Economics* inspired and believing that surely we are not far away now from real change and from manifesting the more beautiful world our hearts tell us is possible.

Let us water and nurture this seed by joining together in discussion, by processing our consciousness into greater states of wholeness and clarity and by creating a group synergy to help bring about collective change.

About the course

Our course is the fourth in a series about the journey to a new paradigm of heart-centered consciousness. Ultimately the choice to have an awakened consciousness is the most important decision we can make, and that is what this course is dedicated to. Although there is a topic assigned for each class, we are flexible about the topic of each class. Due to the feeling of uncertainty about the times we are living in, it feels important to leave room for spontaneity each week so that we can discuss whatever topic seems most

important in the moment. We will let the prevailing energies guide us as we process the vital collective issues that arise naturally as well as those that are presented in the course material.

That being said, we offer some class materials—one book and several movies—which contain vitally important information and provide some essential themes and a general structure for the course. Please see the tentative syllabus below for more details.

Course Logistics

We will read *Sacred Economics* by Charles Eisenstein and watch several films, and through the lens of personal transformation and spiritual growth, we will have teleconference and Internet discussions about our research and insights. (See syllabus below.)

The five teleconference sessions will be from 11am-2pm Mountain Time* on the following Sundays:

January 8
January 15
January 29
February 12
February 19



The Internet discussions will be ongoing and a-synchronous in a private, online chat room (known as Caucus), so you can participate at any time you like. The forum offers an opportunity to discuss, process, share and ask questions about anything related to the course.

Tuition for the course is a suggested donation of \$400.00. If you cannot afford to pay the suggested donation, you are welcome to pay what you are able to. We offer this in the spirit of generosity and giving. No one will be turned away for lack of funds. Payments can be made in installments over time. Please contact Victoria (victoria@corelight.org) if you would like to set up a payment plan. If you can afford to pay more than \$400, please consider giving more, which will help cover the costs of those who cannot afford the full amount. We thank you for giving generously so that CoreLight's important work in the world may continue.



Although everyone is at a different level of understanding of these subjects and comes to the course with varying degrees of knowledge, this discussion group is intended for anyone, at any level, based on the premise that we can all contribute and learn.

Having attended the previous New Paradigm courses, *From Money to Love* and *From Entitlement to Enlightenment*, and *From Apathy to Empathy* is not a pre-requisite for attending

From Ego-centric to Eco-centric. However, if you are new to the topics presented here, we advise that you review the previous years' course syllabi: [From Money to Love](#) (2009), [From Entitlement to Enlightenment](#) (2010) and [From Apathy to Empathy](#) (2011).

Please contact us at events@corelight.org if you have any questions or would like further information about the class.

If you are interested in participating in the course, please [click here to register](#).



(*Note about the times—please go to <http://www.timeanddate.com/worldclock/> to determine the time of the calls in your time zone. All calls are scheduled for 11:00 AM Mountain Standard Time.)

FROM EGO-CENTRIC TO ECO-CENTRIC
TENTATIVE SYLLABUS

Note: This syllabus is subject to change. We expect each class of this course to be a spontaneous discussion about whatever topic is most important in the moment.

Please read the book *Sacred Economics—Money, Gift and Society in the Age of Transition* by Charles Eisenstein. We will be discussing this book throughout the course.

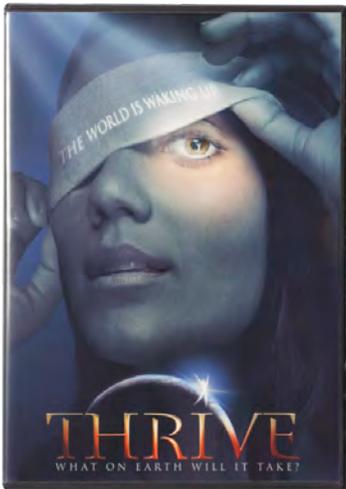
Prior to each class, please watch the following films, which we will discuss in class:

January 8

Class One: “Journey to a New Paradigm”

Thrive

View the trailer: <http://www.thrivemovement.com/>



Have you ever wondered why the human race and all species are not thriving on this planet? We now we have the resources to clean up the environment, feed, house, clothe and educate all 7 billion of us and take care of everyone's health needs. So what is going on?

Foster Gamble asked himself that question and has spent the past 8 years creating a documentary that provides answers. He has created an amazing film that takes what Zeitgeist started to the next and higher, brighter level -- revealing the facts and providing a breadth and depth of resources for solutions that is bound to make everyone of us smile at the possibilities.

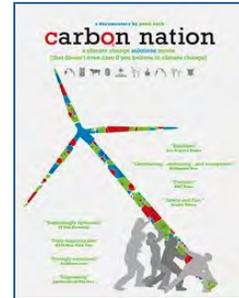
THRIVE is an unconventional documentary that lifts the veil on what's REALLY going on in our world by following the money upstream -- uncovering the global consolidation of power in nearly every aspect of our lives. Weaving together breakthroughs in science, consciousness and activism, THRIVE offers real solutions, empowering us with unprecedented and bold strategies for reclaiming our lives and our future.

Launched on 11/11/11, THRIVE has been viewed by hundreds of thousands in just a few short weeks. Now is your chance. Come participate in what could be looked upon as the turning point in the history of our planet.

Carbon Nation

View the trailer: www.carbonnationmovie.com

About the film: Bypassing politics and finger-pointing, this forward-thinking documentary zeroes in on enterprising individuals -- from a wind farmer to a solar-panel retrofitter -- who are devising business-minded ways to avert the looming climate crisis.



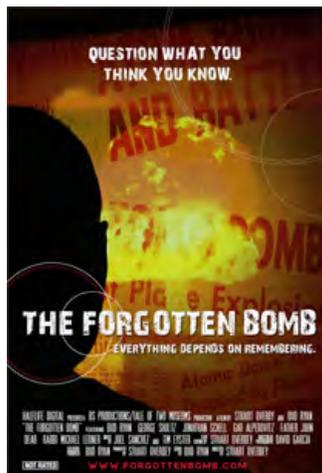
The cross-country expedition yields encounters with Virgin Group CEO Richard Branson, Earth Day founder Denis Hayes and former CIA director James Woolsey, along with everyday pioneers in low-carbon living

January 15

Class Two: *The Forgotten Bomb* and *The Last Mountain*

The Forgotten Bomb

View the trailer: www.forgottenbomb.com



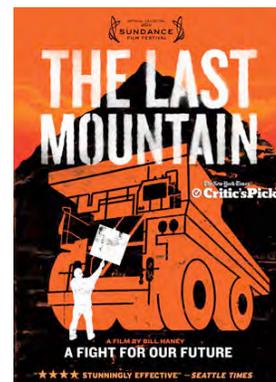
About the film: When the Cold War ended, worry about nuclear weapons also receded. But has the nuclear threat really receded as well? If the U.S. and Russia are no longer in an arms race, why are there nuclear weapons in both countries that are still on high alert? Filmmaker Bud Ryan sets out to discover what possible explanations there could be as to why the posture of Mutually Assured Destruction (MAD) still exists, and how the nuclear powers might free the world from this threat once and for all. *The Forgotten Bomb* examines the political and legal implications of nuclear weapons, but also digs deeper, into the cultural and psychological reasons behind the arsenal's existence. Ryan puts together the pieces of a puzzle that explain why we have the bomb, and how we might finally do away with it.

The Last Mountain

View the trailer: <http://thelastmountainmovie.com/#>

In the valleys of Appalachia, a battle is being fought over a mountain. It is a battle with severe consequences that affect every American, regardless of their social status, economic background or where they live. It is a battle that has taken many lives and continues to do so the longer it is waged. It is a battle over protecting our health and environment from the destructive power of Big Coal.

The mining and burning of coal is at the epicenter of America's struggle to balance its energy needs with environmental concerns. Nowhere is that concern greater than in Coal River Valley, West Virginia, where a small but passionate group of ordinary citizens are trying to stop Big Coal corporations, like Massey Energy, from continuing the devastating practice of Mountain Top Removal.



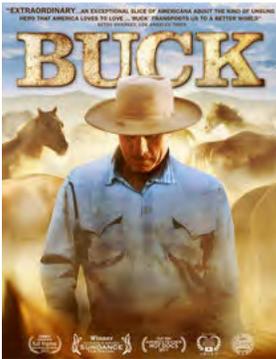
January 29

Class Three: "Interspecies Relationships"

Although not about money per se, these two touching, deeply heartfelt and important films are about two extraordinary people who are brilliant examples of how we can relate to our non-human friends with whom we share the Earth. The films reveal the shadow of how humans have treated animals in the Age of Separation and the luminous potential of our relationships with them in the Age of Reunion.

Buck

View the trailer: <http://www.buckthefilm.com/>



About the film:

Buck Brannaman, inspiration for "The Horse Whisperer," is revealed as a complex figure in this Sundance Audience Award winner for Best Documentary by Cindy Meehl. The master horseman reveals details of his troubled childhood and his dawning awareness of new ways that humans and horses might work with one another. As Buck learns more about horses, he finds that the ways we communicate with our animal companions offer lessons on how we relate to fellow human beings.

Temple Grandin

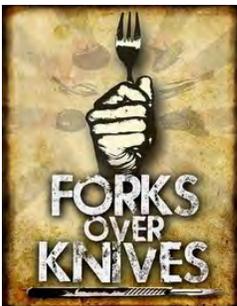
View the trailer: <http://itsh.bo/stiLNb>

About the film: Emmy winner Claire Danes stars as Temple Grandin, a brilliant young woman coping with the stigma of autism at a time when it was misunderstood. With the support of her loving family, Temple dedicates herself to learning and becomes a famed animal behaviorist. Her passion for animals gives her a unique ability to understand them, and she fulfills her love of education by teaching about autism and the most humane ways to treat livestock and pets.



February 12

Class 4: *Forks Over Knives*



View the trailer: <http://forksoverknives.com/>

About the film: Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering medical doctors/researchers, and reveals that despite broad advances in medical technology, the popularity of

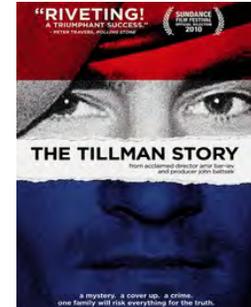
modern processed foods and animal-protein-based diets has led to epidemic rates of obesity, diabetes and many other diseases. Yet this news is not necessarily welcome to lucrative industries such as: meat, dairy, medical, pharmaceutical and health insurance, which work hand-in-hand with government officials and lobbyists to continue earning profits.

February 19

Class 5: *The Pat Tillman Story*

View the trailer: <http://www.tillmanstory.com/>

About the film: Pat Tillman's family comes forward to tell the real story about what happened on April 22, 2004, in Afghanistan when the pro football player-turned-U.S. soldier was killed by friendly fire and not the Taliban, as first reported. Amir Bar-Lev's documentary pieces together the Tillmans' search for the truth, how they exposed a military cover-up that led to top-ranking officers and called to the carpet the likes of Donald Rumsfeld.



Please contact Mona Ruark (mona@corelight.org or 505-424-8844, extension 5) or Victoria More (victoria@corelight.org) if you have any questions or would like further information about the course.