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YOUR DIVERSITY

a guide for human beings

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ABOUT

This publication is premised on the understanding that all life, including human beings, derive from ONE source-- and that this Source (aka God) transcends the racial, cultural, religious, educational, and economic distinctions we've collectively co-created. This obvious occlusion and exclusion may be a contributing factor to societal, cultural, interpersonal, and intra-personal suffering, division, and war.

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Diversity exists because we exist

Life requires diversity to exist. You wouldn't be here without it. No matter your race or skin color, recognizing **your diversity and wholeness** enables a deeper appreciation of who we are collectively, encouraging a realistic and inclusive understanding of life.



This simple guide aims to help you consider the unique attributes, beliefs, and challenges that have informed your human journey, as well as the influences, thinking, and historical patterns that continue to inform them today.

Aspects of *your* diversity

Consider how each of these seemingly random things informed or continues to inform you-- *your personality self*. What do these unique aspects tell you about your past and your life today? Most importantly, consider **who you are** without any of these attributes.

- Place and time of your birth
- color of your skin
- your genetics-- DNA
- your thoughts about the physical conditions of where/how you grew up
- your emotional intelligence – EQ
- your understanding of systems (systems intelligence)
- your family constellation and your awareness of your family dynamics
- parent's level of self-awareness & EQ
- your sibling's level of self-awareness
- the energetic nature of each family member
- the general themes of what your family strived to overcome (consciously or unconsciously)
- general themes of addiction or behavioral patterns
- what your parents and family feared
- the villains in your family's story
- how sexism, nationalism, racism, or any exclusionary mentality informed you
- family religion (if any)
- family rituals of meaning
- your special abilities and/or disabilities
- the languages you know, understand, or speak
- the ways you perceive and see the world
- your elemental nature
- your multi-dimensional nature
- your astrological blueprint
- your dreams and desires
- what you (your authentic self) values
- what you still fear (hate)
- what you love



You are **both** your unique attributes **and** the living, conscious awareness beneath it-
- we all are.

Criticism: the call to heal our estrangement



We criticize what we don't appreciate or understand-- and that includes ourselves. Criticism is embedded in our culture and is culturally-reinforced.

Yet beneath this common urge to project our disdain or dislike of another, there's a deeper invitation awaiting our discovery.

**Beneath the urge to criticize anyone or anything
there's a deeper invitation.**

Criticism is a symptom of individual and collective unawareness – an occlusion—one that blocks our ability to see that anything we criticize in others is something we're attempting to understand **in ourselves**. In many ways, criticism is an approach to reduce **our** anxiety. It is also our unproductive attempt at control.

Unless you turn the lens on yourself, criticism is unproductive. Spiritually, it's an attempt to heal our own estrangement -- the deeper awareness of who and what we are.

Unless you turn the lens on yourself, criticism is unproductive.

Once we see and experience enough criticism in our lives, we naturally tune out criticism and replace its 'feedback' with a more evolved mechanism—compassion. We realize that those who criticize others do so because they're projecting their separation and the belief that they are *better, smarter, worthier* than the subject or object of their criticism.

Why do we live so angry and frightened?

In short, because we're living from historic narratives and beliefs -- and our hearts are out of sync with our minds. We're literally incoherent, but **think** (*and believe*) we're just fine.

Coherence means to be in sync—in harmony. When your mind is in a coherent state, you will still be aware of the noise and chaos of the mind but risen slightly above it---you've literally created a little 'breathing room' to observe.

To see without distortion or resistance means to see clearly-- without the story, without the emotions, without hysteria, **without judgement, without retaliation, without shaming, without fear.**

Conflict is a signal. It points us towards what's out of balance—out of harmony with us. The purpose of any conflict is to lead you towards awareness and understanding so that **you** can wisely nurture what is out of balance. Remember, your anger is an unmet need in you.



People (and governments) resort to these tactics when they're out of ideas and solutions. As such, they keep the conflict/war alive.

Why leaders use division and exclusion as a strategy

- **To consolidate power** – By framing themselves as protectors against an "enemy" (whether political, religious, or ideological), leaders maintain strong loyalty from their base.
- **To distract from failures** – Instead of addressing operational, economic or social issues, they shift blame to external or internal "threats."
- **To control the narrative** – By polarizing the community, they justify actions and their opposition to voices that differ from their own.
- **To undermine others** - By framing themselves as the “only ones” with unique knowledge and power they distort reality and undermine those who believe their lies.

Overcoming divisions & victim patterning

To overcome exclusionary thinking or victim patterning, we must first recognize when we're stuck in a cycle of blame, powerlessness, or fear. Shifting out of our reactive mindsets requires radical self-awareness and a willingness to take ownership of our beliefs, feelings, and responses, even when circumstances feel unfair.

Noticing what any narrative activates ***in you*** is the first hint that part of you is hooked in some way. Does it bring you lightness and comfort or does it activate or perpetuate division (war) in you?

Instead of asking, “*why is this happening to me?*” consider “*what is this teaching me about myself?*”

Practicing self-compassion, setting healthy boundaries, and focusing on the **peaceful choices** available to us, no matter how small, helps us step into a more productive and peaceful way of being.

Only you can put down your weapons-- no one can do it for you.

Embracing your uniqueness (your diversity)

Many people believe that “diversity” is for anyone who is not white, but nothing could be further from the truth. Embracing your diversity is essential for health, wellbeing, and personal peace. Operating from your unique blueprint, multi-dimensional nature, and God-given voice enriches our lives and the lives of others.

Paradoxically, when you embrace your diversity, you’ll naturally become less combative because your focus and energy are flowing elsewhere. You’re no longer interested in arguing about thoughts or beliefs with anyone. You are also less likely to fall for the narratives of leaders or others who perpetuate old narratives, conflict, and war. You come into alignment with nature, God, and what is true for your heart.

You can only be sensitive to others when you have become completely sensitive to *your* humanity, *yourself*.

The awareness and understanding of what has and continues to inform you alters your trajectory towards reality--away from the density, duality, and division of the past. This level of sensitivity changes you from the inside-out--towards true prosperity and personal peace.



Towards inclusion and peace

Historically, we've created from division and fear but this does not need to continue. We each have a choice.

When we choose to see the world through a lens of inclusion, we recognize that ***we matter***. The lens of inclusion is the lens of maturity and the awareness of a higher intelligence at work.

Breaking free from biases, systemic inequalities, and co-building a just and loving world is a living practice. Here are 3 simple ways to begin to break free.

- **Listen** – Approach your own self-talk and conversations with curiosity rather than judgment.
- **Learn** - Read books, watch films, and engage with media from cultures and communities different from your own.
- **Notice** - Notice exclusionary language, blaming, shaming, and criticism. This level of self-awareness helps dissolve old programs and breaks the cycle of division/war in ***you***.



The human story is an
evolving story. How will
you evolve our world?

