

The Unlikely Touchpoints

WONDER

The basic awe from which all learning begins. We seek to know and experience the present moment, no matter what it looks or feels like, with an open mind and generous heart. Wonder leads to conscious awakening.

SELF-INVESTIGATION

The non-judgmental exploration of our internal character in order to identify and overcome limiting beliefs. In order to free ourselves from the painful events of our past, we seek to recognize how and why we are triggered. The more we self-investigate, the more obvious it becomes that we've been defining ourselves by belief structures that no longer serve us. Self-investigation leads to self-acceptance and, ultimately, inner peace.

EQUANIMITY

The ability to hold space around any idea, physical sensation, or emotion before reacting. When we find ourselves either clinging (to our way, our strategy, our idea of how things should go) or wincing (from something we don't like), we seek to consciously relax our perspective. By softening our point of view, we gain breathing room and internal buoyancy. We become centered and grounded within. Equanimity leads to calm, clarity, and balanced decision-making.

OWN YOUR LIFE

*The recognition that no one is responsible for how we feel inside. We seek to know the internal causes of our reactivity. By taking responsibility for our subjective experience, we begin to recognize that no one has the power to *make* us feel good, bad, or any which way, unless we allow them to, by identifying with the sensations in our body, and creating a story of blame out of them. Owning Your Life leads to the power to transform our reality from within.*

VULNERABILITY

A gentle willingness to be seen for who we are right now, rather than who we wish we could be. We seek to consciously remove our masks and allow ourselves to be fully known, flaws and all. Our leap of faith gives others permission to do the same, which opens pathways of trust. With our mutual masks removed we can easily see what's always been true: beneath our stories, it's the same longing running through us all. Vulnerability leads to the ability to love, and to be loved, for who we are beneath our conditioning.

HUMILITY

Listening (instead of refuting), considering (instead of casting aside) and respecting (instead of turning our backs). We seek to check our assumptions, acknowledge our past mistakes, and know our own blind spots. When we reach a decision we hold it loosely, ready to update our thinking and surrender our perspective with grace. We learn to listen — not in order to speak, but in order to hear, undistracted by what we think we already know. Humility leads to an increased capacity to absorb information, a deeper understanding of the issue at hand, and greater clarity about what to do next.

EMBRACING AMBIGUITY

Allowing things to be vague, the future unclear, without rushing to fix or fill in the gaps. We seek to relax our desire for immediate answers. Life can bring a constant stream of refuted plans and unknown next steps. We want to know, but we don't get to know. We'd like to stake our claim, own a role, announce our position, but no option is presenting itself. Embracing Ambiguity leads to stillness within, which creates space for the most appropriate solution to drop in — sometimes as an epiphany.

ALLOWING (OTHERS + OURSELVES)

The recognition that transformational breakthroughs come as the result of first-hand experience. For that reason, we seek to allow others to have their opinions, feel their emotions, and find their own way, without trying to change them or school them. Likewise, we seek to allow our own thoughts and feelings to arise without judging them, creating a story about them, or pushing them away. When we Allow (Others + Ourselves), we are in resonance with other people and in harmony with our surroundings, which leads to the heightened awareness associated with revelations.

LETTING GO

The acceptance of right now as perfect and complete for the needs of right now. In terms of how things “should be” going, how we “should be” acknowledged, where in life we “should be” by now, we seek to lay down such shoulds. In doing so, we discover that we are okay. Everything is okay. Really. Actions will be taken, corrections will be made, but for right now, it just is. By dropping our shoulds, and instead connecting with *what is*, our innate intelligence becoming available to us. Letting go enables us to respond to the needs of right now with wisdom, humility, and grace.

FORGIVENESS

The recognition that all beings are coping with fears, frustrations, and original wounds. We seek to remember that all humans, like us, are doing the best they can, given their conditioning. By forgiving others, and ourselves, our agitation begins to soften. We see how old hurts have commandeered our attention. We see how emotionally absent we've been from our loved ones and our creative work. Forgiveness leads to the energy, concentration, and power that's required to know, and fulfill, our deepest purpose.

COMPASSION

The ability to meet others where they are, and ourselves where we are, with unreserved kindness and softness. We seek to recognize that all beings, like us, long for freedom from confusion and suffering. When we dissolve the labels and assumptions we have about others, we're able to look another person in the eye and see what's actually there, rather than what we imagine to be. Doing this, we may be startled to discover aspects of ourselves. Compassion leads to an indiscriminate well-wishing for all beings, and a reconnection with our own hearts.

GRATITUDE

The appreciation for all that has come before, even the challenges and traumas, for without hardship we would not gain the wisdom necessary to evolve. We seek to honor even unpleasant sensations as more valuable than all the libraries in the universe, for they show us where we are blocked, so that we may place loving attention there. Gratitude leads to the enlightened understanding that our pain had a purpose.

CONSCIOUS SERVICE

The active expression of our innermost joy in a form that benefits others. We seek to reduce our addiction to material gains — the false promises of power, credit, and the fandom of others — and instead focus on activities that light up our hearts. When we are able to connect our talents and passions with projects that uplift humanity, the result is our own rebirth. Conscious Service leads to value creation and unparalleled self-fulfillment.

COURAGEOUS ENCOUNTERS

The ability to approach others with an open mind and available heart, no matter the personal history or social pressures. We seek to move forward in peace, without expectations, letting the encounter unfold as it will. In doing so, we naturally become more receptive in our countenance. We're less likely to take things personally. We're able to transform a sense of division (me vs. you) into connection (us). Courageous Encounters leads to societal well-being, the healing of family wounds, and earned self-confidence.

UNLIKELY COLLABORATIONS

The willingness to leave our comfort zone and create projects with those who challenge us most. We strive to view every disagreement, every work obstacle, every failure as an opportunity to evolve personally and globally. When we actively build bridges to "the other side," we bring knowledge together that would otherwise have remained siloed, leading to paradigm-shifting solutions that neither side could have come up with alone. Unlikely Collaborations lead to solutions that are not for any side, but for all of humanity.

NORTH STAR

The realization of our single-most purpose. We seek to rise above our difficulties and short-sighted goals and connect with a far more powerful light. This light lies within. To discover our North Star is to discover our reason for being alive. Celebrate! It is now that our true journey begins.