

Prototype Summary

In September, 2022, we launched the “Global Consciousness” committee with a few researchers and volunteers and this committee still continues on a weekly basis by the core members Brian Tucker, Laura Lee, and Paul Robear. The focus has been to clarify the role the Cuyamungue Institute plays in contributing to the rising awareness of Global Consciousness, a consciousness that helps our participants experience a greater connectedness with life and mobilizes an inward response to help co-create a flourishing world for all. As a not-for-profit educational and research organization based in the U.S. (Sedona, AZ and Santa Fe, NM), we believe that CI is positioned to reach a wider and more diverse global audience in participating and promoting a change in mindset consciousness of our participants, including a natural expansion spanning an ego-centered "me" to an eco-centered "we".

Process – To date, the team has held over 25 meetings to examine how Global Consciousness work can be better incorporated into the mission of the Institute. We have examined the structure of the Cuyamungue Institute’s Non-profit charter and mission and focused on ways that Global Consciousness could be better incorporated into CI’s research, practice and educational outreach.

Life Centered Design - Brian proposed the use of a Design Methodology based on Human-Centered Design called “Life Centered Design” as a basis for running a multi-month project. Using this methodology, we examined a particular design challenge to innovate a new approach to the way CI conducted the ritual body posture sessions. We included specific posture session where participants could explore Global Consciousness from an embodied perspective. In addition we also expanded ways that more academic content on Global Consciousness could be incorporated into the Sunday Q&A series through guest lectures and more. We created four phases for the project:

Looking, Understanding, Making and Assessment.

a) **Looking Phase** - We took time to draw an “Ecosystem” map exploring various ways that CI can have an impact on the Planet and Global Consciousness. What does CI offer that the world needs or wants at this time? A “Human Centered” design technique helped us to look at this question from the multiple perspectives of CI’s various stakeholders. We playfully created a persona representing the Spirits/Ancestors and began work on a “Mother Earth” Persona as part of building out the non-human persona maps. Our Human Stakeholders personas included both the CI Director/Co-Director, CI Active Instructors, Community Host Facilitators, the CI Community of Saturday, Monday and Wednesday practitioners, Board Members and Advisors and more.

As part of this project Brian created an Ecosystem Map, we also considered the Habitats (both internal and external) where CI’s work is conducted (Body, Mind, Spirit or the Interiority of participants as well as the acreage in Sedona, AZ and Santa Fe, NM). We also factored in “Non-Living” elements (e.g. the self-regulatory system of Gaia and the nervous system of the Planet referred to as the Noosphere). How do the programs at CI contribute to the rising of the Noosphere, a lifting of the Human Spirit, a rising of Global Consciousness? How do we broaden our reach? To answer that, we broadened our ecosystem to consider even the needs of those visitors (non-users) who attend the Sunday Conversation for Exploration series, many of whom are not active practitioners of CI methods, but potentially interested in the work of CI. Finally, we consider the rich embedded cultural wisdom represented by the Artefacts and Postures. We considered the canon of postures and artifacts as part of the CI ecosystem

with which we sought to gain empathy and understanding.

b) **Understanding** – We used the Ecosystem Map to help open new insights about each stakeholder and how the work of CI might further address the intrinsic needs of participants for greater connection with one another and a deeper sense of meaning and purpose in life. The persona maps continue to help us, in new ways, build empathy with our stakeholders and understand their needs, desires and aspirations in relation to the work of CI. At this stage in the project we turned to an innovator in Human-Centered Design, Jeroen Spoelstra who runs a Design school from his home in the Pyrenees Mountain area of Spain. Jeroen was engaged for a 1-hour exploration on how CI could further incorporate “Life Centered Design” methodology into this project. Jeroen gave specific suggestions on steps we could take in gaining greater empathic understanding of our audience. Brian continued working with Jeroen, as part of a 5-week course on Life-Centered Design, and was able to craft a design challenge which became the basis for our first prototype.

c) **Making** -- Out of this exploratory work, and in conversation with Laura and Paul, came the idea for a Global Consciousness Posture Series prototype.

Needs and Problems discovered – We started by asking what roles the Cuyamungue Institute helps further for positive changes in participants of the many Zoom “practice sessions”, Sunday talks and in-person retreats that we organize. How can the work of the Institute be adapted to serve an even larger Community, and a broader raising of Global Consciousness? How might we further promote a change in mindset from “me” to “we” on a global scale?

Solution and Pathway - The Cuyamungue method teaches participants to enter into an Expanded State of Consciousness without the use of drugs, and uses an evidence-based "time-tested" method that helps shift a participant’s physiological response towards one more conducive in expanding awareness. Ancient artifacts are the tools used to teach what are referred to as “ritual body postures.” A new “Global Consciousness” series was developed for the advanced community of practitioners with the following messaging:



FROM ME 2 WE

Ritual Body Postures: The Global Consciousness Series

We are excited to be continuing our new series of posture sessions for our advanced community and we need your participation and power of your presence.

We are hearing the call to join the many voices working towards a Global Consciousness, one honoring all of life, upon sacred ground that spans all that Mother Earth has gifted us. Our contribution to this journey is through direct experience. When we enter an active state of global consciousness, we tap into the grand evolutionary force and field of consciousness, and what it has to gift us and teach us about ourselves, individually and collectively, and our place in this cosmos.

We may find ourselves, better equipped with what we need to find our way. Accessing this "collective consciousness" is a reciprocal relationship. We not only receive these gifts, but filled to the brim, have the wherewithal to share. Through our ritual body postures sessions, we may combine our intent, vision, and hope for a better world in a focused way.

The idea of this prototype is to have more advanced participants engage with trance and body postures where they have the opportunity to set an "eco-centered" intention (one that expands a participant's perspective from the individual, personal level to that of the collective level) prior to and during a posture session. For example, as the posture is introduced to participants, instructions are provided that we will be setting the following intention:

"How might we be called at this time of healing for the world"?

"In what way can I be of service at this time to the greater good of the world?"

What am I totally passionate about doing next? During the posture, participants are encouraged to ask a question or modify the above statements to something more resonant with their belief system.

Values and Core Features of this Prototype - By specifically creating an experimental session where a posture known for engaging "Self Knowledge" is used (e.g. Nupe Mallum, the Lady of Cholula), we are interested in evaluating the level of collective response elicited in participants. Paul and Laura, as moderators of these sessions have been using "deep listening skills" to hear collective statements and expressions and to reflect on personal narratives accounts of ritual body posture experiences.

Here's an example of a personally felt account related by a "Bear" posture participant:

"There wasn't much happening at the beginning, but then there was a transparent grayish veil with golden sparkles pulled out of me, especially from my bronchial system and my bones. It felt as if a heavy weight that was pulling me down was lifted off me. All was done very gently and I felt comforted and protected during the whole session."

Here's an example of a participant's collective experience evoked through the use of the "Chiltan" Posture: *"I (had a) sense of a constellation of four bright lights and I flowed through a dark portal. Saw low hills on the right, and a ceremony on the ground. Began dancing rhythmically. In the center was an opening deep into Earth and flowing out was bright, iridescent light. Each of us was drawn into a Central portal and began climbing a column of light. Heard the message that "you are not alone." Bright light as we moved further up and our bodies became part of that cosmic light energy. Everything dissolved and through the darkness came a flow of white energy flowing through the sky. There was a Cosmic serpent made of this white Energy in the sky. Heard the message "his banner over me is love" and had a sense of being transformed into Love.*

With this prototype, we've just begun to form a research question, but we're interested in exploring how we might evaluate the entire session to determine the quantity and quality of narrative that inspires wholeness and healing), narrative which inspires action and changemaking, and academic narrative that furthers our understanding of global cultures and consciousness (shared generally in the posture reveal and anthropological account of the cultures behind the artifacts). Are there discernible differences in the sessions when people practice the "Global Consciousness Series" of postures compared with other forms of CI practice? Or add the intent for Global Consciousness?

Next Steps – Assessment (measuring the value of this new approach)

- a) Conduct more Global Consciousness Posture sessions – gather more personal accounts, narratives, try variations on elements and postures in these sessions. Recently, we explored asking participants to reflect on “What is your unique gift to be offered at this time?”
- b) Look into using Qualitative Research methods, particularly Narrative Analysis, to evaluate the thematic content of these sessions. We would like to explore the possibility that the accounts arising from these sessions might have resonance with a wider audience beyond those experiencing the trance.
- c) Conduct more interviews within the CI Ecosystem to better understand our Stakeholders (our participants, friends, supporters, Board, Advisors and more). Each interview helps us better understand the audience we are serving.
- d) Seek guidance and support from our Board, Advisors and Friends as we proceed with this prototype.
- e) Consider other ways in which CI might better embrace a new role in this unfolding age of Global Consciousness, a developmental stage of humanity championed by many visionaries and thought leaders.