

Humanity's Team Workbook

The Secret Power of Human Vision Discover the Transformative Art of Deeply Seeing and Appreciating the World Around You



2 WAYS TO GET THE MOST FROM USING THIS WORKBOOK

1. PRINT this workbook and use it during the program series to stay fully engaged and take notes on the actions you want to implement quickly. (If you want to save some ink, don't print the first two pages.)
2. To maximize your time, at the end of each program decide on just one ACTION you plan to complete in the next 24 hours. Taking action right away will give you instant momentum to start seeing BIG results. Use the spaces below to take notes.

Program #1
The “Nature” of Awe:
Discover the Deeper Inspiration the
Natural World Offers You Every
Single Day of Your Life”

with Spiritual Teacher
Matthew Fox

Takeaways and Notes:

Develop a deeper relationship with the natural world that will allow you to fully experience your foundational connection to everyone and everything

Use a technique for looking at the nature around you and within you that allows you to see both a mirror and a window into your soul and the marvelous beginning of the Universe

Carry the connective feelings that arise during your time spent in nature into everything else you do in your daily life, enhancing your experiences and giving you access to greater power to create positive outcomes

Recognize when you are in need of refreshing your connection to nature and everything that connection carries with it

Use your own ever-deepening awareness of this foundational connection to help others quickly and profoundly engage their power for compassion, healing, and justice making

Program #2
The True Power of Light:
Tuning Your Eyes to More Fully See and
Experience the Extraordinary Wonder of the
World Around You

with Spiritual Teacher
Patricia Cota-Robles

Takeaways and Notes:

**Use inner and outer light together to fully illuminate the world
around you**

Reach a deeper understanding of the nature of light itself and its role in our human experience

“Tune” your vision to the fundamental elements that make up everything in the Universe, allowing you to see everything through that connective lens

Use a powerful technique for allowing the Divine energy of the Universe to guide your vision and your interpretation of all you see

Tap into your universal connection and allow it to help you move beyond your ego and into deeper levels of compassion and empathy for all you see

Program #3
What We Have in Karma:
The Power of Seeing the World and Everything
in it as One Big Organic and Balanced Whole
with Spiritual Teacher
Sister Jenna

Takeaways and Notes:

Understand the subtle and not so subtle forms of karma and how you can generate more positive karma in the way you look at the world as you live your day-to-day life

Hold your awareness of our foundational Oneness in your conscious mind at all times, even when faced with difficult challenges or painful circumstances

Interact with others and everything you encounter in the world in a way that allows you to see and feel the deeper connective thread that ties us all together

Use the implications of our Oneness to improve your station and your experience of your life

Develop your ability to “see karma coming” before you commit to actions in the world, making it easier to choose productive and restorative actions
