



# AWAKENINGS

Consciously Linking Humanity Through Presence, Dialogue & Collaboration

## WEAK CONNECTORS & UNIVERSAL AWAKENING

By Donald E. Weiner, Ph.D.

One of the functions of Universal Awakening is to be a catalyst to bring together individuals and groups from different perspectives in order that fresh insights may emerge. Oftentimes it is the tendency for people involved in a particular field of study or belief system to associate primarily with others in that same system. Network theory has shown the value and power of what is known as weak ties or weak connectors.

In 1973 Mark Granovetter published a paper entitled "The Strength of Weak Ties" in the *American Journal of Sociology*. Granovetter found that only sixteen percent of those interviewed got their jobs through contacts they saw often, while eighty-four percent got jobs through contacts seen rarely or infrequently. If a person's need for a job is only shared with that person's close circle of friends, it only reaches a small number of people. If the same need is distributed through a casual contact to that other person's circle of acquaintances, then the request is likely to reach many more people. Granovetter demonstrated how critical weak ties are in a community. Without them, the community breaks into several isolated parts.

Many breakthroughs in fields such as science, economics, and philosophy have occurred when one person applied insights from an entirely different field to the unsolved problems of his/her own field. For example, chaos theory has resulted in new discoveries in biology, physics, and understanding cyclic patterns in the fluctuation of the stock market. Insights from the mathematics of fractals have triggered off new forms of expression in art and music. Discoveries from thousands of years of inner exploration in various mystical traditions are being applied to subtle energy healing in medicine and in research and theories of subtle energy realms in physics.

In my personal experience, I have found that by communicating findings of modern science which cannot be explained by the usual causality-based ideas about reality, a bridge is formed by which even skeptical people can become open to new models of reality. For example, research on random number generators at Princeton has shown that not only can people change the output of random number generators by their intention, but that the previously stored output of a random number generator can be made to deviate from randomness *after* the data has been stored (as long as the data has not yet been printed out or looked at).

There are many contemporary problems which appear to have no viable solution that can be attained practically in a reasonable length of time (global warming, inter-religious conflicts, pollution, wide spread poverty, etc.) As long as attempts are made to solve these problems primarily with a circulation of ideas within a network of familiar connections, it seems unlikely that rapid progress will be made. Major breakthroughs in many fields often take place when fresh thinking from a seemingly unrelated field is applied to the long-term problem.

Universal Awakening will blossom as individuals realize, first, that they are part of a vast, interconnected network of existence in which each person has a unique contribution to make to the totality, and, in addition, that there is much of value to be gained by becoming open to the discoveries of others outside of the usual close network of family, friends, and colleagues. Establishing and nurturing connections made through weak ties will open a whole new realm of possibilities, understanding, and solutions to the challenges of the 21st century.

*Continued on Page 3*

## From the Editors

In a time when the desires for power and to overpower receive so much attention, we often forget that many of the great spiritual traditions speak of the paradox that strength can be found in weakness. In this issue of *Awakenings*, we are happy to share with you articles that speak of how apparently weak or unremarkable connections have remarkable transformative power. *Awakenings* and all of its companion activities within the Universal Awakening community are themselves part of this matrix of weak connectors, offering possibilities for connecting, collaborating, sharing, opening, and working together. This newsletter succeeds in its purpose when it stimulates you into some new activity ... networking with others, sharing your inner awakenings, supporting organizations that make a difference, initiating activities that set a new tone in your community, being fully present to loved ones and to yourself.

This issue is full of "weak" activities — little things that over time make a big difference. We invite you to savor the contributions, to absorb fully what is said, and to consider what might be calling to you. If a particular piece moves you, we'd love to hear about it ([office@universal-awakening.org](mailto:office@universal-awakening.org)). Or, you could communicate with the author, or speak about it with a friend, thereby establishing more weak connections. In due time ... Awakening!

---

*Reflections on the Ghost Ranch experience. For more, see page 7 ...*

### **Getting Out Of My Way And Allowing The Other By Chama from Arizona**

Amidst like minded new friends and within a breathtaking environment near my namesake river  
I received much information and related experiences on awakening.

As my guide told me, " The retreat will take care of itself." And it did.

My experience of the Ghost Ranch retreat was that of doing a lot of deep work on myself.

I felt like I was tearing up my foundation to get to a desired treasure within me.

It was very tiring work. I seemed to be tired most of the time.

Himayat's lessons made me reflect intensely on my inner experience of relating to the "other."

Who is the other?

The other includes me, persons in my life, life situations and God, of course.

I am practicing getting beyond the surface stuff to a deeper knowing of the other  
and seeing optimal possibilities in life.

I am learning how to hold conversations between my little me and my more me.

A playful and compassionate interchange, hopefully.

During my retreat I experienced that saying my own  
truth can have a profound effect  
on others and situations.

I can move people and events.

But first I need to awaken to the "other" before others can awaken to me.

Quite a revelation!

Much is revealed to me again and again and again.

## ROGER NELSON

### Director of the Global Consciousness Project

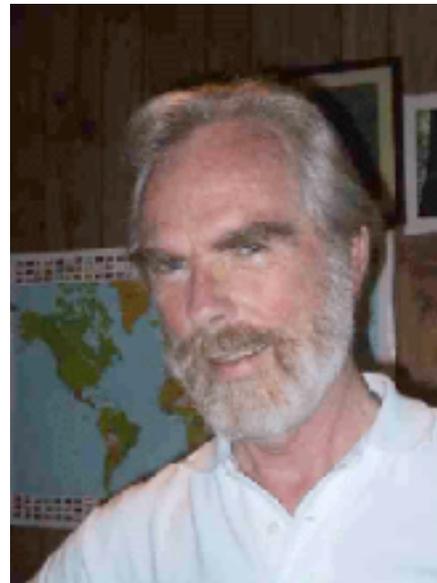
**R**oger Nelson, Ph.D. has directed the Global Consciousness Project (GCP) at Princeton University, since its inception in 1997. He was Coordinator of Research at the Princeton Engineering Anomalies Research (PEAR) laboratory at Princeton University from 1980 to 2002. Roger's interests in psychology, physics, philosophy and the arts have given him opportunities to collaborate with creative interdisciplinary teams at PEAR and elsewhere developing ways to study consciousness and intention.

Roger's work integrates science and spirituality, including research that is directly focused on numinous communal experiences. Building on years of laboratory experiments, Roger began using random event generator (REG) technology in the field to study effects of special states of group consciousness. This led naturally to the Global Consciousness Project, which is designed to register indications of a coalescing global consciousness responding to major world events such as 9/11, the beginnings of war, or New Year's Eve. The project has been collecting data continuously from a global network of random event generators since August, 1998. The data are transmitted over the internet to a server in Princeton, New Jersey, where they are archived for later analysis.

Speculative interpretations of the data suggest that we may be looking at some form of consciousness field. Though we don't have a full explanation, this frontier research provides evidence of interconnection and interaction of our minds with the environment. It is consonant with ancient and modern ideas about a nascent greater consciousness. A more complete description of the GCA project can be found in the "Science" section of **The Meeting Place** on the Universal Awakening web site:

<http://universal-awakening.org/index.php?page=articles&category=Science>

Roger will also be featured on the next UA podcast, scheduled for later in August. You can contact him at: [rdnelson@Princeton.edu](mailto:rdnelson@Princeton.edu) or through the Noosphere Media web site at Princeton University: <http://noosphere.princeton.edu>



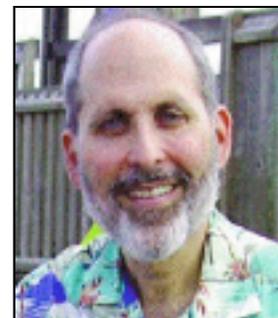
---

*Donald Weiner, continued from on Page 1*

#### **Recommended Reading**

- Mark Buchanan, *Nexus: Small Worlds and the Groundbreaking Theory of Networks*, W. W. Norton & Company, NY, 2002
- Albert-Laszlo Barabasi, *Linked: How Everything is Connected to Everything Else and What it Means for Business, Science, and Everyday Life*, Penguin Group, NY 2003.

*Donald Weiner is a psychologist in private practice in Corpus Christi, Texas, and has been exploring the integration of spirituality and science since 1969. He is a member of the Universal Awakening Board of Directors and the author of Upgrading the Operating System of the Soul: A Manual of Quantum Sufism (XLibris, 2004). For more information, see his bio on the Board of Directors page at the UA web site. Contact: [AzarBaksh@aol.com](mailto:AzarBaksh@aol.com)*



# FULFILLMENT, THE FIELD OF LIFE, AND THE WEAK CONNECTOR

By Himayat Inayati, M.S., Th.D.

**T**hrough our many sacred traditions we have been informed that the world is quickened within its many communities of life by a Divine Spirit longing for fulfillment. This fulfillment will be the fulfillment of all. Fulfillment is the longing of each and of all religions. Fulfillment is the longing of each and of all human communities. Fulfillment is the longing of each and of all communities of life. Fulfillment is the longing of each member, of each individual expression within each of these communities.

Often people think that the primary desire is for longevity, but the deepest desire is for fulfillment. This Spirit is not a dominating principle that shapes the future and the fulfillment that can arise through it. Rather it organizes through attraction, beckoning and inspiring, offering the possibility of love for all, of harmony among all, and of a beauty that includes all. It cannot achieve its intentionality unless we relate to it, orient our activities and behavior through such a relationship, and communicate to it our longing and need of the moment. Although we are speaking about it as though it is so, in fact life and this Spirit are not separate. The vast field of life and the vaster field of this Spirit are one and many at the same moment.

Universal Awakening serves this Divine Spirit and this longing for fulfillment by offering activation, orientation, and facilitation within the community of life. Activation is possible through attunement to and realization of the sacred. Using the language of the sci-

entist Rupert Sheldrake, such attunement and realization emerges as subtle “morphogenic forms” that are subtle attractors. Orientation is possible through service, friendship and example. It is also possible through education, joyful play, and the development of life-affirming relationships. Facilitation is possible through presence, allowance, and non-dominating compassionate inquiry.

*... people think that the primary desire is for longevity, but the deepest desire is for fulfillment ...*

Universal Awakening serves this longing for fulfillment by seeking to know and understand the other through deep dialogue. It serves this longing by creating a meeting place where deep dialogue is supported. This meeting place has been likened to the “weak connector” of network theory. The weak connector’s work is in bringing two or more larger fields into relationship and dialogue. Such connections can ignite fresh and more inclusive fields of awareness

and resources for all. For example, Marco Polo was a weak connector between China and Europe. History was greatly changed because of his singular adventure! Universal Awakening serves life’s great longing for fulfillment by creating and offering tools for awakening to ever finer, ever more subtle, and ever more inclusive life affirming fields of consciousness. These sacred technologies are available and useful to all, no matter what religion, spiritual path, or lack thereof they have chosen.

*Himayat Inayati is head of Universal Awakening  
[himayat@mindspring.com](mailto:himayat@mindspring.com)*

# Awakening Through Service

## Noor Jehan Johnson Offers a Summary of a Recent UA Podcast

Each month, the Universal Awakening website features a podcast with a community leader or practitioner who shares insights about how his or her work relates to and helps support awakening. Currently, the website features a two-part podcast entitled *Awakening through Service*, with Bill Bolling, Founder and Executive Director of the Atlanta Community Food Bank. Each session is approximately one-half hour, followed by a short meditation offered by Himayat.

The free podcasts are easily available online. Click on “UA Interweave” at the UA web site to access them:

[www.universal-awakening.org](http://www.universal-awakening.org)

As the Founder and Executive Director of the Atlanta Community Food Bank, Bill Bolling oversees the distribution of over 18 million pounds of good but unmarketable food each year through nearly 800 local and regional nonprofit organizations that feed the hungry. ACFB’s partners prepare more than 700,000 meals each month. In 2005, Bill helped plan and coordinate the first-ever Interfaith Convocation held at the Washington National Cathedral in recognition of National Hunger Awareness Day. Over 37 heads of faith from Jewish, Christian, Muslim, Buddhist and Native American traditions and 1,500 attendees participated in this service calling for an end to hunger in our lifetime.

In the podcast, Bill discusses his call to service, how food can be used as a tool to bring about transformation in people and communities, how to engage in the prac-

tice of building inclusive community across racial and religious boundaries, the different skills and perspectives we each bring to service, and the need to understand the connectedness that underlies all of life.

### How can food be a tool for transformation?

Bill explains that when there is a need and the potential to help fill that need, there exists an opportunity for engagement. Transformation happens when one person helps another person – both learn and both have an opportunity to transform their concepts of self and other. The same thing happens at the organizational level when groups join together in service to others – the groups themselves can be transformed in the process.

Although food is the issue that Bill has chosen in terms of his life’s work, there are many deeper things happening behind this service work. Food is the tool that Bill has used to bring people together, and this is where he finds his greatest joy in his work – helping to build trust and better understanding between people through food. Part of what we all seek to do in our work is to “take things to their highest purpose.” Bill says: “There is a great call in the world right now, a call of humanity to find out what we have in common, what our common purpose is.”

### The call to service

Bill speaks about his sense of being called to service, explaining that he experimented with and tried many different things before ultimately founding and growing

the ACFB. At the core of his commitment is an attunement to helping the poorest of the poor. Part of his process for finding his calling lay in identifying his particular gift of being able to be with people without judgment. He identifies this as a critical skill that he uses in his work: being able to listen to what is behind people’s words.



### Finding and interpreting your own call

Bill suggests that those who are trying to understand or interpret their own “call to service” should begin by looking within instead of without. He says that people often do it the other way around – they survey the community and see where the need is. But it is important to do the internal work first to know oneself: What are your core competencies? What do you like to do? Do you like to work directly with people in a soup kitchen, look people in the eye when you serve soup? Or would you rather educate people,

*Podcast, continued on Page 6*

advocate, and try to change the system? One work is not more important than the other; it's just about finding the right work for you.

Bill emphasizes that there is no formula for being of service, for one can be of service in a direct helping role, through management, research – in all kinds of ways. What is important is matching one's particular gifts and skills to the many different needs that organizations and service groups have.

### **Supporting diversity and bringing people together**

One dimension of Bill's work is that of bringing people together to support diversity. He states the need for being intentional about bringing different faith groups together. One way that his group does this is by organizing hunger walks and working with many faith communities to ensure their participation so that "people who would never walk together" have the opportunity to do so. He says that getting out of one's comfort zone is "almost un-American", and it really takes organization and clear intention to make it happen.

In the podcast, Bill offers specific suggestions for groups interested in organizing a service project or activity to bridge cultural/religious barriers:

1. Identify your values and discuss what you would like to do that engages these values.
2. Organize a project that you can do together as a group.
3. Make sure there is adequate time scheduled for reflection about what has been learned from the experience. (This is the "Action-Reflection" model, and Bill cautions that groups

almost never book enough time for this. He advises splitting the day 50/50 between service and reflection).

### **The need to understand interconnectedness**

One of the areas that Bill identifies as a need is that of understanding our interconnectedness. For example, in the context of food and feeding, we need to look at who is growing the food. What is the larger system? Can we provide living wages for people and make the need for food banks obsolete? What impact will global warming have on food security for the poorest? What impact does pesticide use have? There is a need to look at all of these connections, to look at an issue in its wholeness. By staying open and following our hearts, we may come upon an area that previously we knew nothing about and discover that we have something to contribute to it.

### **Relating service and the sacred**

What is the relationship between service and the sacred? Bill feels that here is no way to sustain yourself in this work without understanding the sacred and the deeper side of the work. If you don't have this perspective, you will burn out.

For Bill, this means understanding that the poorest of the poor are loved by God as much as he is. This means learning to live with a paradox, namely that everything is perfect, yet at the same time we are called to bring change, to help bring something or someone to its highest purpose. A poor person may be in just the place where he or she needs to be – the perfect place to learn his/her life's lesson. Sometimes removing one from this situation means taking away the opportunity to learn this lesson.

Bill says, "Some of my greatest teachers have been those who look like they don't have anything to offer." He feels hopeful that we can be having conversations about such issues at Universal Awakening – these dialogues and shared experiences.

### **Tools for awakening**

In his podcast, Bill Bolling identifies several specific tools that he uses in his work or he feels that the world needs. Those involved with Universal Awakening may choose to cultivate and develop these tools, which include: 1) deep listening; 2) how to build connections between different human groups and communities; 3) the capacity for awareness of interconnectedness; 4) staying open to an evolving sense of calling to meet the needs of humanity; 4) cultivation of an attitude or orientation based on hope.

You can listen to the podcast with Bill Bolling in its entirety at:

[www.universal-awakening.org](http://www.universal-awakening.org)

*Noor Johnson is a graduate student in anthropology at American University, where she is investigating pluralism, violence, and the role of culture in peace building and development. She can be reached at:*

[onecuriouscactus@yahoo.com](mailto:onecuriouscactus@yahoo.com)



*If we are to jump into a new world, we cannot count on what we have learned from any outside sources in the past. We will have to use our inner compass and turn the world inside-out ... and right-side up.*

*~ Aluna Joy Yaxki'n*



*One intention of UA is to create opportunities for people to share experiences of awakening. We will begin including these reflections in this newsletter (thanks to Diane Weiner for the idea!). The contributions in this issue, as well as the photo above and Chama's poem on page 2, are from the UA Retreat at Ghost Ranch in June.*

*We invite you to share your recent inspirations and realizations on the road to awakening — a story, a poem, a recent reflection. Please send your submission, either in a Word document or in the body of your e-mail, to: [office@universal-awakening.org](mailto:office@universal-awakening.org)*

## HU

**By Peggy Baldwin**

*Hu*

the sound of the wind,  
the sound of the dove  
the sound of the bird's wing,

*Hu*

the sound of the rain's sigh,  
the sound of the clouds,  
the sound of the insect chorale

*Hu*

the sound of life  
breathing life  
the sound of light  
gathering light  
the sound of shadow.

*Hu*

the sound of gratitude,  
the sound of love,  
the sound of serenity,  
of life awakening,  
of life singing

*Hu,*

the sigh of existence.

## **First Night** **By Steven Hanson**

The wind, it roared.  
Like a thousand Maytags,  
Whirring ... noise.  
Balanced by the canyon.  
It's east of here ... Box Canyon.  
How many centuries to create, thousands  
upon thousands.  
So small we seem.  
The trees in the canyon and the underbrush  
fine-tuned the pulsating breeze.  
They added balance.

The canyon walls formed the symphony,  
and created the final cacophony that descended  
on to the valley fields and us.

The canyon was alive.  
It reminded us we are alive,  
It reminded us we are here.

The sound was a marriage blessing  
created by so many whirling Sufis.

It took us in,  
Brought us together,  
United us,  
and blessed us.

It was a night to remember, that night  
at Ghost Ranch.  
After hiking Plaza Blanca.  
We walked back 250 million years in time,  
Returned to the ranch,  
and were reminded throughout the night  
that we are here,  
and God has his hands around our shoulders  
With a soft and gentle breath,  
Calming, peaceful,  
Warming.



WELCOME  
TO

# THE UA CAFÉ

Last month we introduced you to our Café — “a warm and cozy meeting place where friends enjoy stimulating conversation.” Cathy Oberg has been gathering links to resources she has discovered, such as books, web sites, radio stations, etc. that have caught her attention because they relate to Universal Awakening in some way. She has not yet been able to write the column because of a busy schedule, so I met with her in the Café one morning to glean some juicy tidbits. The Café, being new, was busy but not yet full, so we found our table easily. It must be said that the coffee here in cyberspace lacks something, so I brought my own special blend of Espresso decaf and Sumatra to the table, savoring it as our conversation ranged over many topics. It was most stimulating; and below you will find links to some of the more interesting items that we discussed.

The UA Café is a wonderful place to practice being “weak links” for one another in our personal and local community efforts in service and we’d love to see you soon at one of our cyber-tables and hear about what you have been reading, listening to or viewing that has inspired you to reach out and link up with others on the journey of awakening.. Please send your contributions of material to: [cathyoberg@earthlink.net](mailto:cathyoberg@earthlink.net) . See you next time! ~ Mary

## INNER GUIDANCE MOVIE

[www.innerguidancemovie.com](http://www.innerguidancemovie.com)

Site by Mary Robinson Reynolds, the mastermind maven. Click on the link for a nice audio-visual experience.

## SHIFT IN ACTION

[www.shiftinaction.com](http://www.shiftinaction.com)

Website for Institute of Noetic Sciences: Check out the site, then sign up for the free newsletter, *iSHIFT*.

## PLANETARY AWAKENING NETWORK

[www.planetawake.org](http://www.planetawake.org)

A network of networks, all linked for the purpose of sharing information about ideas and world-wide events aimed at raising global consciousness.

## GLOBAL VILLAGE NEWS & RESOURCES

[www.gvnr.com](http://www.gvnr.com)

News of current events and issues of global importance. Recent subjects have been: Global Volunteer Network ... Going Green ... Global Youth Empowerment ... Global Giving.

## DAILY OM

[www.dailyom.com](http://www.dailyom.com)

A site dedicated to meditation practices.

## CENTER OF THE SUN

[www.kachina.net/~alunajoy/index.html](http://www.kachina.net/~alunajoy/index.html)

Aluna Joy Yaxk'in has been networking for many years with the Mayan culture and “Star Elders”. Nice newsletter full of personal reflections and events, emailed to 35,000 readers.

## RELIEF FOR THE PEOPLE OF LEBANON

We do not often ask for help on behalf of others, mostly because in times of obvious distress there are several people and agencies already doing so. Today things are a little different. There is concern among many in the West — particularly in the United States — for Israel, and a bias against Islamic countries because of Western association of them with terrorism. We too are concerned for those harmed, or in harm's way, in Israel. Never the less, how can our hearts not go out to those innocent people in Lebanon who have been displaced from their homes — or far worse? **As we go to press, there are now over 900,000 refugees inside Lebanon.** This is truly concerning for anyone with a heart.

Admittedly, once we decide to help we face a major problem of how to find reputable organizations that will not use our funds for war or terror against anyone and will use our funds wisely and effectively. We list a few reputable organizations for you to consider. If you phone them, mention “Lebanon Relief”, as they send funds to many areas of the world and address many concerns:

**The International Federation of Red Cross & Red Crescent Societies:** <http://www.ifrc.org>; 800.435.7669

**UNICEF:** [www.unicef.org](http://www.unicef.org); 800.486.4233

**The United Nations High Commissioner for Refugees:** [www.unhcr.org/donate](http://www.unhcr.org/donate)

**The American Friends Service Committee:** [www.afsc.org](http://www.afsc.org)

**The Mennonite Central Committee:** [www.mcc.org/donate](http://www.mcc.org/donate)

**Oxfam International:** [www.oxfam.org/en](http://www.oxfam.org/en)

**Catholic Relief Services:** [www.crs.org](http://www.crs.org)

## UA Wake-up Calls

**AWAKENINGS** will be published every two months, and we're including these reminders for your consideration between issues. This will help us to limit the number of e-mail notices we send each month.

☐ Make your **monthly pledge** to UA:

[www.universal-](http://www.universal-awakening.org/index.php?page=shop)

[awakening.org/index.php?page=shop](http://www.universal-awakening.org/index.php?page=shop)

☐ Consider taking a **personal retreat** at Light of the Mountains with **Himayat or Angela**. For more information, contact Nur Fryar: **828.683.1219**; [office@universal-awakening.org](mailto:office@universal-awakening.org)

☐ Do you have family or friends who would **enjoy receiving AWAKENINGS**? Send their email address (with their permission, of course) to us at: [office@universal-awakening.org](mailto:office@universal-awakening.org)

## Upcoming Podcast

The next podcast will be a conversation with **Roger Nelson**, from the **Global Consciousness Project (GCP)** at **Princeton University**. Roger is also a member of the UA Board of directors, and you can learn more about him on Page 3 of this issue. This podcast is due out later this month. Join us at **The Meeting Place** on the UA site to learn more about this fascinating project in awakening and consciousness:

[http://www.universal-](http://www.universal-awakening.org/index.php?page=articles)

[awakening.org/index.php?page=articles](http://www.universal-awakening.org/index.php?page=articles)

## Support Someone Special

**Support Someone Special** is the opportunity to make a \$5 donation each month or one time donation of \$60 to Universal Awakening in honor of someone special in your life. This person will receive a card from you each month for one year, prepared and mailed from the UA office, with a meditation for the month. It is a good way to acknowledge a special occasion, such as a birthday or Father's Day, or to offer support to someone who is having a challenging time in life.

To participate in the **Support Someone Special** program, please follow the link here and fax or mail the form to the Universal Awakening office. Donations to **Support Someone Special** will be processed by the Universal Awakening office directly via Light of the Mountains Bookstore and not through PayPal.

[www.universal-](http://www.universal-awakening.org/index.php?page=shop&display=Outreach)

[awakening.org/index.php?page=shop&display=Outreach](http://www.universal-awakening.org/index.php?page=shop&display=Outreach)

## Donate to UA thru United Way

**Did you know that you can designate your United Way gift to Universal Awakening?** As a non-profit organization UA is eligible to receive designated gifts through your local United Way campaign.

**Here's how:** When you fill out your pledge card for United Way at your place of business, indicate that you would like your pledge designated to Universal Awakening. You will need to include the UA address:

Universal Awakening

P.O. Box 17578

Asheville, North Carolina 28816

828.683.1219

In many cases, your employer will match any funds you donate to UA and other non-profit organizations through the United Way campaign. Your local United Way will notify Universal Awakening of your donation and make arrangements to send your collected donation to the UA office.

Please inform the UA office of your donation [office@universal-awakening.org](mailto:office@universal-awakening.org); 828-683-1219.

**Thank you for your support of Universal Awakening!**

## *Awakenings*

A Bimonthly Publication of  
Universal Awakening

P.O. Box 17578

Asheville, NC 28816

828.683.1219

[office@universal-awakening.org](mailto:office@universal-awakening.org)

**Visit UA on the Web:**

<http://www.universal-awakening.org>

**Founding President of UA**

Himayat Inayati, Th.D.

**Editing & Content**

Qadira Baldwin

[office@universal-awakening.org](mailto:office@universal-awakening.org)

**Editing & Layout / Design**

Mary & David Dohrmann

[starlight@proaxis.com](mailto:starlight@proaxis.com)

Contact the UA office for information regarding reprints and dissemination of articles in this issue. All content © Universal Awakening, 2006.

# Updates from Local Chapters

## Essen, Germany

### Wahaba Bergemann

Wahaba Bergemann has founded the Ibis Institute. The Institute supports inter-religious dialogue and awakening through a program of activities. Ibis issues an attractive program booklet every 6-8 months of both newly scheduled activities and ongoing training and discussion groups.

Scheduled activities for this Fall include music, meditation, and dance from the Sufi tradition; music and food from India; a discussion of Buddhism and spirituality; and a Universal Awakening evening with Himayat Inayati. Ibis sponsors a monthly Inter-religious Forum with a presentation of information, meditations, and prayers from a different religion each meeting to inspire understanding and appreciation of all paths to the Sacred.

For further information about Ibis Institute, see the UA Calendar (Page 12) and the Ibis web site:

[www.institut-ibis.de](http://www.institut-ibis.de)

or contact Wahaba: [info@institut-ibis.de](mailto:info@institut-ibis.de)



## Tuakau, New Zealand

### Mary Dwen

*Kia Ora: UA in New Zealand!*

I have just facilitated my first UA gathering. It started very spontaneously when I mentioned to my friend Halima McEwan that I was participating in a UA leadership course with Himayat. In a matter of days, simply through word of mouth, a group of 12 of us from all walks of life, ranging from 21 to 88 years of age, gathered from 10.00 am to 2.00 pm at the Sharda Centre, nearby where I live in New Zealand.

It was wonderful to experience the atmosphere that was present in the room as a consequence of

our gathering. At our next meeting we might finish by sending that healing presence out to the world.

The initial objectives of this gathering were for us all to awaken into our Divine Selves, to find our True North, and to be it. Admittedly these were ambitious objectives! I have not set myself up as a 'Teacher'. I do see myself as a facilitator, holding the gathering, assisting through presence, inquiry, and orientation, our collective awakening to the Divine. Collectively we had much to offer one another.

I read a story, "The Very Hungry Caterpillar" by Eric Carle, which is a delightful account of the life cycle of the butterfly. Wonderful symbolism emerged from this story. We then compared and contrasted that with the life cycle of the frog.

After listening to the story we discussed various qualities the butterfly evokes in us – for example: happiness, freedom, contentment. Then we considered possible qualities of the frog – for example, the ability to jump with joy. This was followed by sharing various activities around these attributes. Through these activities we sought to focus, nurture and ground attributes of the soul into our physical bodies.

We had a shared lunch, which was followed by a reflection on the qualities and attributes of UA leadership.

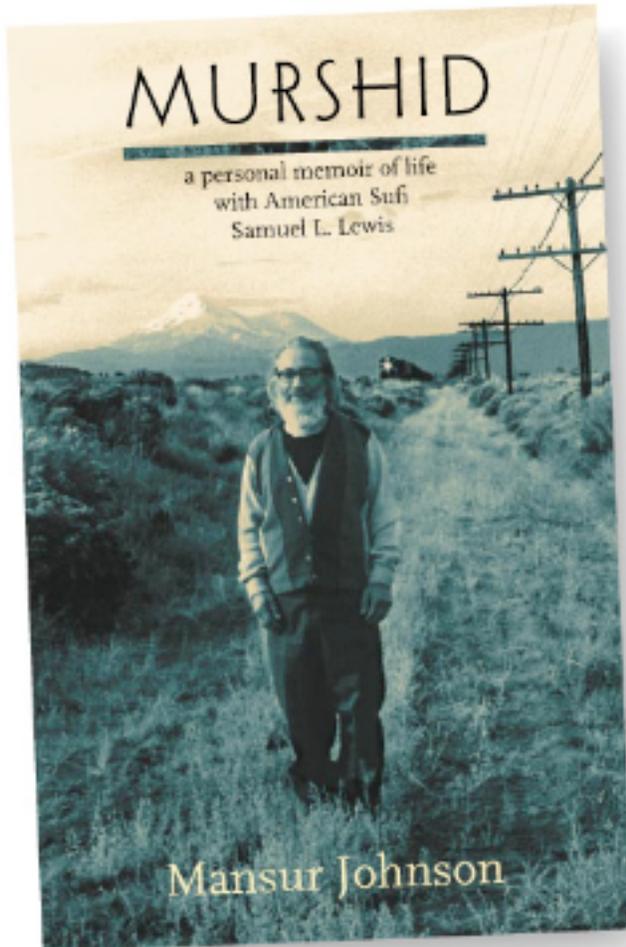
We are planning on four more gatherings this year with a focus each month relating to our Awakening, Experiencing, and the Expressing of our Divine Selves. Hopefully this will develop in each of us something in ourselves that we can recognize as our own unique way of expressing the Divine presence in the world.

Those wishing to attend, or simply to inquire or share, may contact: Mary Dwen: \*\*64 9 232 9792 or email [papuamaru@ihug.co.nz](mailto:papuamaru@ihug.co.nz)

*Arohanui, Mary Dwen*

*“Dear Reader: Prepare for a unique adventure of spiritual discovery and transformation ... You have before you a wild, bucking-bronco of a ride. Hold on!”*

– From the forward by Neil Douglas-Klotz,  
author of *The Sufi Book of Life*



**Otis B. Johnson** was a young college professor of English in the 1960s, when he joined the exodus of hippies going to California to meet someone his friend said could take them where they wanted to go the fastest.



Where did they want to go? – They wanted to meet the divinity, obtain God-consciousness, get enlightened, find love, experience samadhi, in short – they didn’t know for sure.

What happened? – Otis B. Johnson became Mansur Johnson during a three year encounter with the world’s first Guru-Roshi-Murshid, Samuel L. Lewis.

*Murshid* shows in intimate detail how Samuel Lewis, the first Western-born Sufi teacher, Zen master, and practitioner of Indian cosmic metaphysics, accomplished his life’s purpose.

“Everytime I remember Sam, I end up laughing at myself. That’s pretty good work for a dead rascal-saint.”

~ Ram Dass, author of *Still Here: Embracing Aging, Changing and Dying*

“I have no fonder memory of the 60’s than the appearance of this strange-looking man, who said things that made me first laugh, then smile, then later pause in appreciation of a spiritual original, a pioneer.”

~ Dr. Jacob Needleman, author of *The Wisdom of Love and The American Soul*

Release date: October 18, 2006. Purchase Online at

[www.mansurjohnson.com](http://www.mansurjohnson.com)

# Universal Awakening Calendar

This is a partial listing of Universal Awakening events. If you do not see information for your area, please check the contact names and email addresses below for local UA chapters. You can also check the UA web site for calendar updates at [www.universal-awakening.org/index.php?page=calendar](http://www.universal-awakening.org/index.php?page=calendar)  
Contact the UA office for more information on events or to schedule an event in your area.

Phone: 828.683.1219 ☐ Email: [office@universal-awakening.org](mailto:office@universal-awakening.org)

## Events

### **EMERGENT SPIRITUALITY AND SOCIAL TRANSFORMATION With Himayat Inayati**

- Sept. 16-17, Bothell, Washington, US
- Sept. 30 - Oct. 1, Rhode Island, US
- Dec. 2-3, Corpus Christi, Texas, US

For Information & Registration, contact  
[office@universal-awakening.org](mailto:office@universal-awakening.org)



### **UNIVERSAL AWAKENING RETREAT With Himayat Inayati**

- Nov. 9-13, Essen, Germany

For Information & Registration, contact  
Wahaba Bergemann: [wahaba@web.de](mailto:wahaba@web.de)



### **IBIS INSTITUTE Essen, Germany**

- Buddhism and Spirituality, Sept. 7
- Herz Offnen, Sept. 16
- Indian Fest, Oct. 27
- Universal Awakening, Nov. 9
- Cultural Market, Dec. 2
- Interreligious Forum (Semi-monthly)

Contact Ibis for times and locations  
[info@institut-ibis.de](mailto:info@institut-ibis.de)

## Contacts

### **GERMANY**

Wahaba Bergemann: [info@institut-ibis.de](mailto:info@institut-ibis.de)

### **NEW ZEALAND**

Mary Dwen: [papuamaru@ihug.co.nz](mailto:papuamaru@ihug.co.nz)



### **UNITED STATES**

#### **Ohio**

Joan Leppla: [jleppla@neo.rr.com](mailto:jleppla@neo.rr.com)

#### **Texas**

Diane Weiner: [RavaniRah@aol.com](mailto:RavaniRah@aol.com)

#### **Washington**

Margot Richardson: [pearlwillson9@yahoo.com](mailto:pearlwillson9@yahoo.com)

#### **Rhode Island**

Jurate Calis: [juratec@cox.net](mailto:juratec@cox.net)  
Maryann O'Halloran: [ma-ohalloran@cox.net](mailto:ma-ohalloran@cox.net)

#### **North Carolina**

Peggy Baldwin: [peggy@loydartists.com](mailto:peggy@loydartists.com)

## PRINTING TIP

A good way to introduce UA to friends or newcomers to your group is to hand them a copy of *AWAKENINGS*. This 12-page issue can be copied for \$.50-.75 on standard paper at most copy shops, directly from your pdf file. For a more professional look, FedEx Kinkos will print it double-sided on 11x17, white 70# paper, for just over a \$1 an issue. Or just print out a few on your own printer in living color!