

**Planetary  
Citizens:  
Awakening the  
Heart of  
Humanity**

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## Foreword

There are moments in life when we encounter rare and transformative connections—bonds that shape not only our personal journeys but also the larger vision we hold for the world. When Zen and I met in 2016, an unspoken understanding emerged, a resonance that deepened into something extraordinary. By 2017, our love story led to marriage, intertwining our lives in ways we could not have fully foreseen.

As a pianist and pedagogue from St. Petersburg, Russia, music has always been the language of my soul. Through this shared passion for artistic expression, I inspired my beloved husband to create One World in a New World in April 2021—an endeavor that reflects both the depth of our connection and our shared vision of unity. But Zen's journey of exploration, wisdom, and heart-centered leadership extends far beyond our personal story.

Planetary Citizens: Awakening the Heart of Humanity is a call to consciousness, a guide for those seeking to embrace their role in the collective evolution of humanity. Zen's work in this book is both profound and timely, offering insight into how we, as individuals and as a global society, can awaken to a greater sense of purpose, connection, and planetary stewardship. His words challenge us to look beyond artificial divisions and recognize the universal threads that bind us all together.

Having walked alongside him in this journey, I have witnessed firsthand the depth of his passion, the sincerity of his quest, and the unwavering commitment he holds to creating a world where love, wisdom, and unity are at the forefront of our existence. Planetary Citizens is not just a book; it is an invitation—one that encourages each of us to listen, to learn, and to step into the role of awakened co-creators in the unfolding story of humanity.

May this book inspire you to embrace the music within your own heart, to recognize your place in this grand symphony of existence, and to step forward as a planetary citizen, ready to awaken the heart of humanity.

With love, gratitude, and boundless hope,

Luba

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## Introduction: Why Planetary Citizens?

In a time when the world feels both deeply connected and profoundly divided, the call for a new kind of identity has never been clearer. We are more than nationalities, belief systems, or economic roles—we are *Planetary Citizens*, born of Earth, endowed with the capacity to heal, to unify, and to create a world that works for everyone.

This book is a journey—part memoir, part manifesto, and part guidebook—for awakening the heart of humanity. It is a call to those who feel the quiet urgency inside them, the subtle yet persistent whisper that says, *“There’s something more I’m here to do.”* If you’re holding this book, you are likely one of those people.

The phrase “Planetary Citizen” first came into public awareness through the visionary work of Donald Keys, a passionate advocate for global cooperation and conscious evolution. He foresaw a world beyond borders—where people unite through shared values and collective responsibility. His work, which included the original Planetary Citizens organization, sparked a movement rooted in the belief that we are all stewards of Earth and participants in shaping our shared future.

Years later, this flame was rekindled—not in institutions, but in hearts. My own journey led me to experience profound spiritual awakenings, multidimensional realities, and a deeper understanding of how consciousness, community, and co-creation intertwine. After decades of quietly holding

the vision, I was prompted—nudged by inner guidance and divine timing—to bring this message forward again. What you hold in your hands is the result of that call.

This book is not just about big ideas. It's about *you*. It's about discovering how your purpose aligns with a planetary paradigm, and how together we can shift from a world of fear and fragmentation to one of love and collaboration. It's about action—not reaction. Creation—not competition. Compassion—not control.

Together, we'll explore the principles that guide this new worldview, the people and projects already building it, and the practical steps anyone can take to live as a Planetary Citizen today. Along the way, you'll encounter stories of awakening, models for regenerative living, and tools for navigating the inner and outer work of transformation.

So, take a breath. Feel into the possibility. And remember—this is not just a book. It's an invitation to *become* the change you've been waiting for.



## Part I

# Awakening the Planetary Mind

### **Chapter 1: The Seeds of a New Civilization**

- Historical background: Donald Keys, Planetary Citizens legacy.
- The shift from egocentric to ecocentric perspectives.

### **Chapter 2: From Inner Calling to Outer Action**

- Zen's story—visions, synchronicities, and the unfolding mission.
- Meeting the twin flame, inner guidance, and coming out of the hiatus.

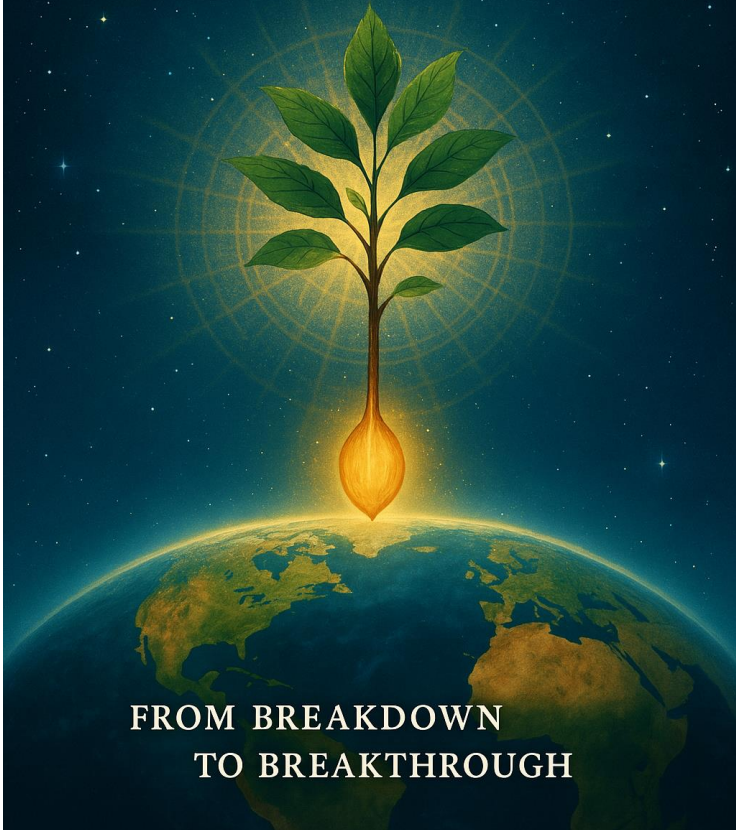
### **Chapter 3: The Multiplane Approach to Consciousness**

- Introduction to the Swygart method and how it has informed the work.
- Multidimensional awareness and its implications for leadership and unity.



# CHAPTER 1

## THE SEEDS OF A NEW CIVILIZATION



FROM BREAKDOWN  
TO BREAKTHROUGH



## Chapter 1: The Seeds of a New Civilization

There comes a time in every generation when the world stands at a crossroads—when the old systems no longer serve and the new ones have yet to be born. These times are not comfortable. They are turbulent, uncertain, and often chaotic. Yet they are also fertile. They call forth the visionaries, the dreamers, the bridge-builders, and the truth-speakers. They ask us to plant seeds for a civilization not yet seen, but deeply felt.

The idea of a *Planetary Citizen* emerged during such a transitional period in the 1970s—a time marked by cultural upheaval, political awakening, and environmental awareness. At the heart of this vision was **Donald Keys**, a philosopher, UN advisor, and lifelong advocate for world peace. Keys understood something that was radical for his time: that humanity's survival and flourishing depended not on allegiance to nations, but on allegiance to the planet itself.

He once wrote, *"The planetary citizen is not an idealist detached from reality, but a realist with the courage to imagine a better one."* His work brought together scientists, spiritual leaders, policymakers, and educators in dialogue about the emerging global consciousness. Through the original Planetary Citizens organization, Keys helped ignite a conversation about what it truly means to live as interconnected beings on a shared planet.

But like many ideas ahead of their time, the movement faded from the public spotlight, though it never fully disappeared.

The seeds had been planted—in minds, in hearts, in the collective field of possibility.

### **The Dormant Seeds Within Us**

Some seeds sprout quickly. Others lie dormant until conditions are just right—until enough light, warmth, and water call them to life. The same is true of planetary consciousness. For many of us, there has always been a quiet knowing: that borders are imaginary, that every being has value, that the Earth is alive and sacred. But for years, this knowing had no place in the dominant narrative. It was dismissed as utopian, spiritual fluff, or naïve idealism.

Still, it persisted—growing quietly in the background while the world raced toward technological advancement, ecological collapse, and existential reckoning. And now, in this pivotal moment, we see the cracks in the old world. We see systems built on extraction, division, and domination crumbling. And in the rubble, the seeds begin to stir.

We are those seeds. We are the next roots.

### **Remembering Who We Are**

The idea of becoming a planetary citizen is not about abandoning our identities, cultures, or communities. It's about expanding them. It's about remembering that beneath our differences, we share the same sky, the same breath, the same longing for meaning and belonging.

We are not separate from the Earth—we are expressions of it. Our evolution is not merely technological—it is spiritual, emotional, and relational. A new civilization will not be built solely by institutions, but by *individuals awakening to their interconnectedness* and acting from that place of unity.

This book—and this movement—is born from that remembering.

As you read, you may feel a stirring in your soul. You may recall moments when you felt inexplicably connected to something larger than yourself. These are not coincidences. They are echoes of truth. They are the roots of a new story—one in which we no longer see ourselves as isolated beings trying to survive, but as conscious participants in an evolving planetary organism.

The seeds are here. The soil is ready.

And the time has come to grow a new civilization—together.





CHAPTER 2

From Inner Calling  
to Outer Action



*The soul's whisper  
becomes your walk*



## Chapter 2: From Inner Calling to Outer Action

Every movement begins with a whisper—a quiet voice that calls from within, persistent yet gentle, often arising when we least expect it. It doesn't shout. It doesn't demand. It invites. It asks: *What if your life has a deeper meaning than you've been told? What if you're here for something more?*

That whisper is the beginning of every journey toward awakening. For many of us, it's easy to ignore. The world offers countless distractions, routines, and obligations that drown out the voice of the soul. But some of us hear it clearly—and when we do, we can no longer pretend we didn't. It compels us to pay attention to patterns.

My journey toward the rebirth of Planetary Citizens began just that way. Not with a grand epiphany, but with a series of synchronistic events, subtle nudges, and inexplicable inner knowings that refused to be silenced.

### **A Life of Questions**

Since childhood, I was drawn to the unknown. I wanted to understand the nature of reality, the reason for our existence, the structure behind what we see and feel. I experienced things that didn't fit within conventional frameworks—out-of-body experiences, moments of telepathic connection, and an acute awareness that there was far more to life than what met the eye.

Like many seekers, I wrestled with the divide between the mystical and the mundane. I earned degrees, built a career, worked in education and leadership—but always with one foot in the metaphysical, the multidimensional. For years, I lived in the tension between the world as it is and the world I sensed could be. That tension, I later realized, was not a flaw. It was the catalyst.

Over time, my experiences deepened. Through practices like meditation, dreamwork, and the multiplane awareness technique developed by William Swygard, I began exploring the many levels of consciousness that reside within us. I came to understand that transformation does not begin with systems or policies—it begins with individuals willing to face themselves fully, to move through fear, and to embody what they know to be true.

### **The Nudge to Return**

In 2016, something profound shifted. I met my twin flame, and our connection reignited a fire that had long been smoldering. With her support and encouragement, I began emerging from a decades-long pause—what felt like a spiritual incubation period—and returned to a mission I had carried quietly for years: the reactivation of the Planetary Citizens vision.

The original movement may have paused, but its essence never left. I could feel it living inside me, waiting for the right time to resurface. That time, I knew, had come.

With the rise of global instability, environmental degradation, and social division, the need for a new framework—one rooted in unity, stewardship, and conscious action—was more urgent than ever. It wasn't just about remembering an old dream. It was about giving it new life, shaped by the lessons of the present.

### **The Shift from Knowing to Doing**

One of the most challenging parts of the awakening process is the shift from inner knowing to outer action. We live in a world that often demands certainty, logic, and proof. But spiritual callings rarely come with a roadmap. They ask us to step forward into the unknown, trusting that clarity will come with movement.

Rebirthing Planetary Citizens wasn't just a decision. It was a surrender. A choice to be led by something larger than ego. A willingness to be visible, vulnerable, and visionary in a world that often rewards conformity.

It meant creating platforms for dialogue, launching the *One World in a New World* podcast, and connecting with changemakers across disciplines and cultures. It meant building bridges between science and spirituality, activism and inner work, leadership and love.

Most of all, it meant showing up—again and again—with authenticity, humility, and trust.

## **Your Calling, Too**

This chapter isn't just about my story—it's about yours. You, too, have felt the whisper. You've glimpsed a future that is more whole, more just, more beautiful. You wouldn't be reading these words otherwise.

And now, you're being invited—just as I was—to move from inner calling to outer action. Your path may not look like mine. It may unfold through art, education, parenting, activism, entrepreneurship, healing, or simply by how you show up each day. But it matters. *You* matter.

As we awaken to our planetary citizenship, we awaken to the truth that no action is too small, no voice too quiet, and no soul too insignificant to shape the world. The only thing required is willingness.

And the whisper will guide the rest.

CHAPTER 3

# THE MULTIPLANE APPROACH TO CONSCIOUSNESS



*Navigating the dimensions within*





## Chapter 3: The Multiplane Approach to Consciousness

What if who you are extends far beyond your body, your thoughts, or your past experiences? What if your awareness operates across multiple levels, each offering deeper insight into your purpose, your potential, and your place in the universe?

The journey of a Planetary Citizen isn't only one of external engagement—it is, first and foremost, a *journey inward and upward*. To change the world, we must first change how we relate to ourselves and our consciousness. One of the most potent tools on this path has been the **multiplane approach to consciousness**, a method that invites us to explore the many layers of our being—not as abstract ideas, but as tangible, navigable realms of experience.

This approach, pioneered by **William Swygard** in the mid-20th century, offers a profound map for inner exploration. It bypasses dogma and ideology in favor of direct experience—encouraging individuals to *know* through discovery, rather than believe by instruction. It affirms that consciousness is not linear, nor limited to waking awareness. Rather, it unfolds across multiple planes, each with its own frequency, function, and form of intelligence.

## Beyond the Physical

Most of us are taught to identify primarily with our physical body and conscious mind. We're trained to think in terms of what we can see, touch, or measure. But consciousness is multidimensional. Just as radio waves and light spectra exist beyond our senses, so too does awareness extend far beyond the physical.

The multiplane approach invites us to explore these dimensions through guided meditative journeys. Through intentional, focused states of awareness, we can encounter various planes—ranging from the emotional and mental bodies to the higher realms of soul, monad, and beyond. These aren't mere visualizations; they are experiences that bring insight, healing, and often a profound sense of "homecoming."

Each plane reflects a different aspect of who we are:

- The **emotional plane** reveals the hidden patterns and traumas we carry.
- The **mental plane** offers clarity and creative intelligence.
- The **intuitive plane** opens access to inner knowing and soul purpose.
- The **monadic plane** connects us with universal will, the divine impulse behind evolution itself.

This journey isn't escapism. It's integration. The purpose is not to leave the body or dismiss the world—it's to become *fully present* with all levels of being and to bring that expanded awareness *into* the world.

### **Consciousness in Action**

As Planetary Citizens, our work lies at the intersection of the personal and planetary. The multiplane model offers more than insight—it gives us the energetic grounding to *act* from a centered, aligned state. When we understand ourselves as multidimensional beings, we move through life with greater clarity, compassion, and coherence.

We are no longer at the mercy of reactive emotions, inherited beliefs, or external pressures. We learn to navigate life from the inside out, guided by an inner compass attuned to the highest good of all.

This is not reserved for mystics or metaphysicians. This is available to *everyone*. The beauty of the multiplane approach is its accessibility. With proper guidance and sincere intention, anyone can explore their own inner realms and awaken latent capacities of perception, creativity, and purpose.

And the more we do this—individually and collectively—the more we shift the field around us. Consciousness, after all, is contagious.

## The Bridge Between Worlds

What happens when we apply this inner awareness to the outer world?

We begin to build bridges—between science and spirit, self and society, Earth and cosmos. We see how healing our internal divisions reflects outward into the healing of communities, ecosystems, and institutions. We realize that planetary citizenship isn't just a philosophical concept; it's a *state of being* grounded in awakened consciousness and expressed through compassionate action.

The multiplane approach is one such bridge. It honors both the mystical and the practical. It offers a blueprint for evolution that begins within and extends outward into every area of life—from relationships to leadership, from education to governance.

In this emerging civilization, leaders are not those who dominate, but those who embody *wholeness*. And wholeness comes from integration—of shadow and light, ego and soul, inner planes and outer purpose.

You are not just a body. You are not just a mind. You are a symphony of intelligence, a fractal of a living universe. The more you come to know this, the more you'll realize what a powerful presence you already are.

## Part II

# Building the Foundations of a Planetary Society

### **Chapter 4: The Principles of Planetary Citizenship**

- Harmony, stewardship, sustainability, compassion, co-creation.
- Bridging spirituality and practicality.

### **Chapter 5: Models for a New Earth**

- Spiral Dynamics, systems theory, Ubuntu, and the Co-Creation Wheel.
- Synergistic governance and holistic education.

### **Chapter 6: One World in a New World**

- Interviews and insights from the podcast.
- Patterns and lessons from global change agents.



# CHAPTER 4

## THE PRINCIPLES OF PLANETARY CITIZENSHIP



*Living the values of a  
conscious world*





## Chapter 4: The Principles of Planetary Citizenship

If we are to live as true Planetary Citizens, we need more than good intentions—we need guiding principles that align us with the deeper rhythms of life and foster harmony between self, society, and planet. These principles are not commandments imposed from above, but *remembrances* of wisdom already inscribed within us. They reflect the essence of who we are when we are connected—conscious, caring, and co-creative.

Planetary Citizenship is not a political identity. It's not a status bestowed by governments or organizations. It is a conscious *choice*—to live as part of a planetary whole, to recognize our interdependence with all life, and to act in ways that honor the sacredness of that relationship.

Here, we explore the core principles that shape the heart and soul of the movement.

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### 1. Unity in Diversity

The Earth is rich in culture, language, belief, and perspective—and this is its strength. Planetary Citizenship celebrates diversity not as something to be feared or merely tolerated, but as a source of creative power. Just as a healthy ecosystem thrives on biodiversity, a thriving civilization flourishes when all voices are valued.

Unity in diversity invites us to listen, learn, and find common ground without erasing uniqueness. It means honoring each person's truth while working together toward a shared planetary vision.

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## **2. Stewardship of the Earth**

We are not owners of this planet—we are stewards. Planetary Citizens recognize that our well-being is inseparable from the well-being of the Earth. From the air we breathe to the food we eat, every part of our existence is rooted in our relationship with the natural world.

Stewardship calls us to live sustainably, regenerate the land, protect biodiversity, and create systems that serve both people and planet. It's about leaving the world better than we found it—not out of obligation, but out of reverence.

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## **3. Conscious Evolution**

We are not finished. Humanity is a work in progress. Planetary Citizenship embraces the idea that we are active participants in our own evolution—not just biologically, but mentally, emotionally, and spiritually.

Conscious evolution means choosing to grow. It means aligning our personal development with collective upliftment. It asks: *How can I evolve in a way that serves the*

*whole?* And it encourages us to move beyond survival into synergy, creativity, and planetary maturity.

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#### **4. Compassionate Action**

Love without action is sentiment. Action without love is force. Planetary Citizens embody *compassionate action*—where care for others becomes the catalyst for transformation.

This principle invites us to show up where we are needed, to be a voice for the voiceless, to offer healing where there is pain. It doesn't require grand gestures. Small, consistent acts of kindness and justice are the foundation of a compassionate world.

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#### **5. Co-Creation Over Competition**

The dominant narrative of “survival of the fittest” has run its course. Planetary Citizenship proposes a new story—*survival of the most cooperative*. At our core, humans are not meant to dominate, but to *co-create*.

Co-creation invites us to partner with one another—and with nature, spirit, and systems—to design solutions that are inclusive, innovative, and wise. It's not about winning. It's about weaving. And the tapestry we create together is far richer than anything we could make alone.

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## **6. Integrity and Transparency**

A planetary society cannot thrive without trust—and trust begins with truth. Planetary Citizens are committed to integrity, transparency, and accountability in both personal and collective action.

This means being honest with ourselves and others. It means making decisions that align with values, not just outcomes. It means creating systems—of governance, business, education—that reflect this ethic of openness and respect.

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## **7. Service to the Whole**

Perhaps the most essential principle of all: service. Not as sacrifice, but as fulfillment. When we serve the whole—whether that means our family, our community, or the Earth—we experience a deeper sense of purpose and belonging.

Planetary Citizens live not just for themselves, but as agents of the greater good. This doesn't mean martyrdom or burnout. It means recognizing that our gifts are meant to uplift others and that in giving, we also receive.

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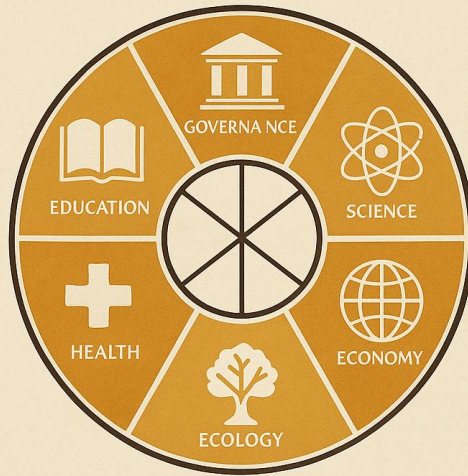
These principles are not static. They evolve, just as we do. They are meant to be lived, questioned, and refined. They offer a compass—not a map—for navigating this time of great transition.

If you resonate with them, you are already on the path. You are already becoming a Planetary Citizen.



# CHAPTER 5

## MODELS FOR A NEW EARTH



Blueprints for  
a thriving civilization





## Chapter 5: Models for a New Earth

As we step into an age of accelerated transformation, we find ourselves asking not just *what needs to change*, but *what could be possible*. We are surrounded by the breakdown of systems—economic, environmental, political, educational—that were never designed for the complexity, diversity, and interconnection of the 21st century. But breakdown is not the end. It is the space where breakthrough begins.

If we are to usher in a new civilization, we need more than critique—we need *models*. Living, breathing blueprints that point us toward how we can live in harmony with each other, with nature, and with ourselves. These are not utopian fantasies; they are grounded frameworks being implemented by real people in real communities all over the world. Some are ancient and rediscovered. Others are emerging from the leading edge of science, systems theory, and conscious innovation.

Planetary Citizenship is not a singular path—it is an ecosystem of practices, perspectives, and possibilities that cohere around shared values. Let's explore a few of the key models shaping this New Earth.

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### 1. Spiral Dynamics: The Evolution of Human Systems

Developed by Clare W. Graves and expanded by Don Beck and others, **Spiral Dynamics** is a model of human

development that maps how individuals and societies evolve through different value systems, or “vMEMEs.” Each level responds to life conditions and reflects increasing complexity and inclusivity.

From survival-based thinking to tribal belonging, from rational individualism to integral worldviews, Spiral Dynamics offers a nonjudgmental lens through which we can understand cultural differences and systemic conflicts—and chart a path forward that includes and transcends them.

For Planetary Citizens, Spiral Dynamics is a vital tool. It teaches us that transformation cannot be forced; it must be nurtured, honored, and timed. It encourages us to meet people where they are and to build bridges across worldviews.

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## **2. The Co-Creation Wheel: A Blueprint for Collective Wisdom**

Originally developed by Barbara Marx Hubbard and the Foundation for Conscious Evolution, the **Co-Creation Wheel** is a dynamic framework for organizing human potential around the principle of synergistic collaboration.

The wheel consists of twelve societal sectors—like education, environment, governance, science, spirituality, and the arts—encouraging people to come together across disciplines and apply their gifts in service to the whole. Rather than

operating in silos, the Co-Creation Wheel fosters holistic thinking and emergent solutions that arise from collective intelligence.

Planetary Citizens adapt this wheel as both a symbolic guide and a practical tool for organizing community action. It reminds us that every person has a role, and every sector is interconnected.

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### **3. Ubuntu and the Power of Relationship**

From the heart of Africa comes the philosophy of **Ubuntu**—a Zulu word often translated as *“I am because we are.”* It reflects a worldview grounded in interdependence, shared humanity, and the sacredness of relationship.

In contrast to the hyper-individualism of Western models, Ubuntu teaches us that personal well-being cannot be separated from communal well-being. This philosophy is being integrated into conflict resolution, education, restorative justice, and even business models that prioritize relationship over transaction.

For Planetary Citizens, Ubuntu is more than an idea—it’s a way of being. It shifts how we show up in community, how we design systems, and how we lead with heart.

#### 4. Systems Thinking and Regenerative Design

Linear thinking has served us in certain ways, but our world is not linear—it is a web. Systems thinking offers a lens through which we can understand the interdependence of people, processes, and ecosystems. Rather than fixing isolated symptoms, systems thinkers look for root causes and leverage points for meaningful change.

Building on this, **regenerative design** goes beyond sustainability. Instead of minimizing harm, it aims to restore, renew, and evolve systems toward greater vitality and coherence. It is being used in agriculture, architecture, economics, and community development.

Planetary Citizenship embraces these frameworks as essential for designing a world that thrives at every level—from soil to soul.

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#### 5. Holacracy, Sociocracy, and Decentralized Governance

The top-down models of command and control no longer serve the complexity of our times. Alternative models like **Holacracy** and **Sociocracy** offer governance systems that are more agile, participatory, and aligned with natural patterns of communication and collaboration.

These models distribute authority, empower self-organizing teams, and emphasize transparency and feedback. In a

planetary culture, these approaches offer the infrastructure for global cooperation without centralized domination.

Planetary Citizens explore and apply these models to everything from small organizations to global networks—creating microcosms of the future we envision.

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### **The Living Laboratory**

Perhaps the most important insight is this: we are not building the New Earth from scratch. We are *remembering* and *reassembling* wisdom from every corner of the globe, every era of history, and every layer of consciousness.

From indigenous governance councils to permaculture communities, from blockchain cooperatives to art-based activism—the seeds are everywhere. Our task is to connect them, nurture them, and scale them with intention and integrity.

Planetary Citizens are not passive observers. We are *living laboratories* for new possibilities. Every conversation, collaboration, and community we co-create is a prototype of the world to come.

And as more of us begin to live these models, we move from vision to reality—from dreaming the New Earth to *being* it.



## Chapter 6

# One World in a New World



Stories that shape  
our shared future





## Chapter 6: One World in a New World

In every age, a new world begins to emerge long before the old one fades away. It rises not in headlines or decrees, but in quiet conversations, unexpected connections, and the courageous choices of people willing to live by a different rhythm. *One World* was an example in the 1990s, exploring inner realms not often shared in conversation.

The *One World in a New World* podcast was born from this space—this in-between—where those on the edge of transformation gather not only to share their stories, but to weave a tapestry of possibility. It began as an experiment, an inspiration from Luba, Zen’s wife, as a way to reconnect with humanity’s evolutionary impulse after decades of personal exploration. What it became was a global dialogue—a reflection of the planetary shift already underway.

Through these interviews, a pattern began to emerge. Across cultures, professions, and philosophies, something astonishing revealed itself: *we are awakening together*. Despite differing languages and life paths, there is a deep common thread—a call to wholeness, authenticity, and planetary service.

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### The Power of Personal Stories

Each guest on *One World in a New World* brought a piece of the puzzle. Scientists, shamans, CEOs, artists, educators,

futurists, healers, and everyday heroes all offered their unique journeys—from personal crisis to inner clarity, from outer success to deeper purpose.

What stood out was not just what they *did*, but *who they became* in the process. Many spoke of profound inner shifts—what some might call awakenings—that altered the course of their lives. These were not always dramatic or mystical. Sometimes, the change began with a single question: *Is this all there is?*

For some, the answer came through meditation, near-death experiences, or spiritual disciplines. For others, it arrived in the heartbreak of failure, the shock of loss, or the inspiration of unexpected synchronicities. Regardless of the entry point, a new orientation emerged: a life aligned with meaning, connection, and contribution.

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## Shared Themes of Awakening

Over time, a set of themes began to echo across interviews. These were not scripted or prompted, but naturally occurring truths that seemed to arise from a deeper collective field:

- **Interconnectedness** – A realization that separation is an illusion, and that all life is part of one vast living system.

- **Authenticity** – The courage to show up as one's true self, beyond roles, titles, and expectations.
- **Inner Authority** – A shift from external validation to inner knowing as the compass for life choices.
- **Purpose** – A longing to contribute, to serve, and to live in alignment with something greater than the self.
- **Integration** – A willingness to embrace the shadow, heal old wounds, and bring all parts of the self into wholeness.
- **Co-creation** – A desire to collaborate across boundaries and build communities rooted in trust and shared vision.

These themes are not just personal—they are planetary. They mirror the stages of growth humanity must undergo to evolve into a conscious civilization.

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### **From Insight to Infrastructure**

While the podcast began as a platform for dialogue, it quickly became clear that these insights were more than inspiring—they were *foundational*. They offered a curriculum for planetary citizenship, grounded in lived experience.

Each episode served as a transmission—an energetic offering that reminded listeners they are not alone. It created a field of resonance, where ideas could cross-pollinate, hearts could open, and new collaborations could take root.

As listeners tuned in from around the world, communities began forming, conversations deepened, and a greater vision emerged: not just to tell stories, but to *build something real* from them. The podcast became a portal—not just to hear the New World, but to *participate* in it.

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### **The Emergence of a New Narrative**

In a media landscape dominated by fear, division, and outrage, [\*One World\*](#) public access television show began in 1990, [\*One World in a New World\*](#) today offers something different: coherence. It reminds us that beyond the noise, a new story is being told—a story of integration, regeneration, and human potential realized.

This narrative doesn't belong to any one group or ideology. It belongs to *all of us*. It is being shaped by visionaries in regenerative agriculture and conscious business, by educators reimagining learning, by leaders practicing servant leadership, by healers bridging science and spirit, and by citizens simply choosing love over fear in their daily lives.

Planetary Citizenship thrives on these stories. It is nourished by the courage of those willing to *live the future now*.

Because ultimately, the New World isn't a place we arrive at—it's a way we show up.

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### **An Invitation to Listen, Share, and Live It**

Whether you've been listening since the first episode or you're just discovering the podcast now, consider this your invitation—not just to listen, but to contribute. Your story, your gifts, your questions are part of this emerging field.

You don't have to be an expert to be a planetary citizen. You only have to be willing to *be real, be open, and be of service*. That's what every guest, in their own way, has shown us.

As we continue this journey, may we remember: there is only *One World*—and we are all part of *a New World* rising.



## Part III

### From Vision to Action

#### **Chapter 7: Transformational Leadership in a Time of Crisis**

- Inner work, shadow work, and resilience.
- Coaching, facilitation, and conscious decision-making.

#### **Chapter 8: The Architecture of Participation**

- How readers can get involved: grassroots to global.
- Examples of collaboration, partnering, and citizen-led innovation.

#### **Chapter 9: Planetary Projects in Motion**

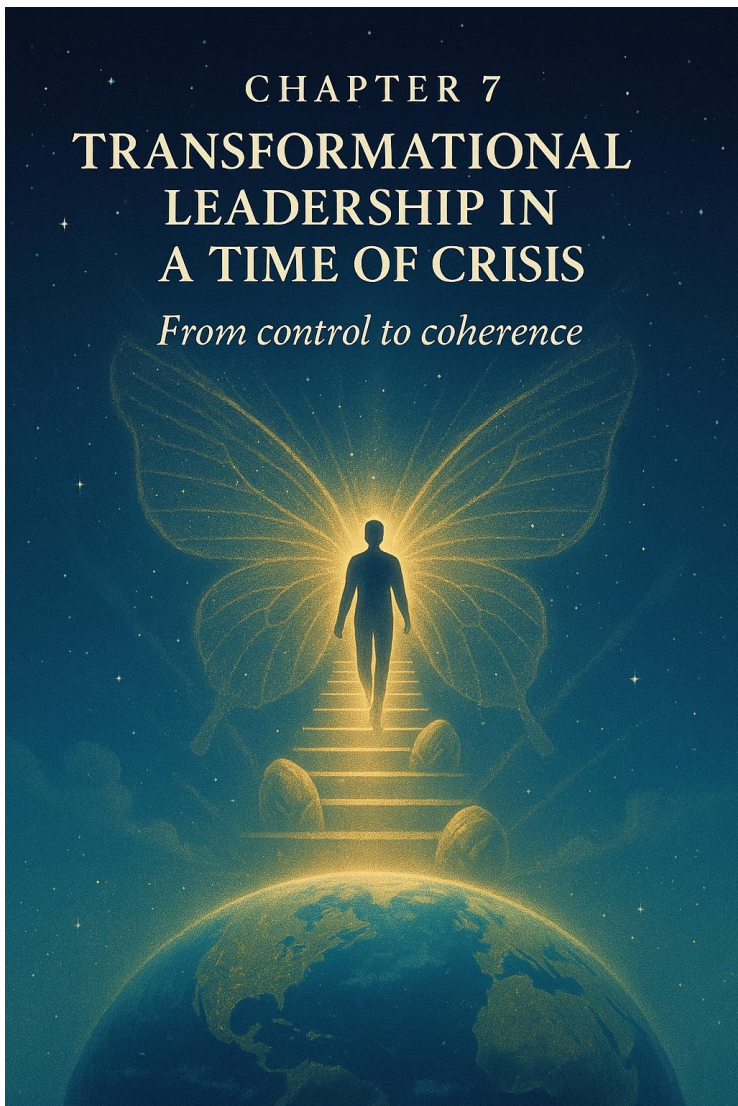
- Highlight current and emerging initiatives.
- Showcase the work of partners, organizations, and movements.





CHAPTER 7  
TRANSFORMATIONAL  
LEADERSHIP IN  
A TIME OF CRISIS

*From control to coherence*





## Chapter 7: Transformational Leadership in a Time of Crisis

Every era of crisis calls forth a new kind of leadership—not the loudest, richest, or most powerful, but the most *conscious*. In times of disruption, people don't just need answers—they need presence. They need visionaries who can hold complexity without collapsing, who can act with integrity when systems break down, and who can ignite possibility in the darkest hour.

We are living in one of those times.

Environmental collapse. Social polarization. Mental health epidemics. Institutional distrust. The list is long, but underneath it all is something deeper: a global initiation. We are being asked to outgrow the outdated paradigms of control, hierarchy, and fear—and to embody a new archetype of leadership rooted in *transformation*.

Planetary Citizens understand that leadership is not about control. It's about coherence. It's about aligning the inner self with the outer world so that what we do *reflects who we truly are*. Transformational leadership begins within—and radiates outward into culture, policy, education, business, and beyond.

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## The Inner Work of Leadership

Leadership, at its core, is an inside job. Before we can guide others, we must *know ourselves*. This is not a cliché—it is an imperative. Without self-awareness, our actions are reactive, our decisions fear-driven, and our influence short-lived.

Transformational leaders commit to a lifelong path of inner exploration. They confront their shadows, challenge their assumptions, and cultivate emotional intelligence. They recognize that unresolved trauma, unconscious bias, and spiritual disconnection sabotage even the best intentions.

Key practices of inner leadership include:

- **Mindfulness and self-regulation** – Developing the ability to pause, reflect, and choose responses rather than reacting from conditioning.
- **Shadow integration** – Acknowledging and healing aspects of ourselves we’ve disowned or hidden.
- **Value alignment** – Living and leading from principles that reflect wholeness and truth.
- **Listening deeply** – Cultivating receptivity to inner guidance, collective intelligence, and the subtle wisdom present in each moment.

This inner foundation builds the resilience, humility, and clarity necessary to lead through chaos and uncertainty.

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## From Authority to Authenticity

The old model of leadership was about position. The new model is about *presence*.

In the age of Planetary Citizens, titles mean little without authenticity. People follow leaders who are *real*—who admit mistakes, who stay grounded under pressure, who walk their talk. This isn't about perfection. It's about transparency, humility, and the courage to lead with heart.

Authentic leadership invites others to rise. It's not about being the hero. It's about creating the conditions for collective brilliance to emerge. This kind of leadership is emergent, relational, and distributed.

In practice, this means:

- Facilitating conversations rather than dictating outcomes.
- Empowering teams to self-organize and take ownership.
- Modeling vulnerability as a strength, not a liability.
- Leading not just *for* others, but *with* them.

## Embodying the Planetary Perspective

Planetary leadership requires an expanded sense of identity. We can no longer afford to make decisions based solely on national interest, quarterly profits, or political gain. Our actions ripple across borders, ecosystems, and generations.

Transformational leaders operate from a *planetary perspective*. They think in terms of *systems*, act on behalf of *future generations*, and recognize the interdependence of all life.

This perspective inspires a different set of priorities:

- Regenerative economics over extractive growth.
- Education that nurtures creativity, curiosity, and compassion.
- Governance that reflects the voices of people and planet, not just policy and profit.
- Innovation that heals and harmonizes rather than exploits or divides.

Planetary leadership isn't abstract. It shows up in boardrooms, classrooms, local councils, and grassroots communities. It's found in young activists, wise elders, conscious entrepreneurs, and quiet healers.

Wherever you are, *you* are being called to lead—not with ego, but with essence.

---

## Leading Through the Unknown

We are navigating territory with no map. The systems we once relied upon are unraveling, and the new ones have not yet taken shape. This is not a failure—it is an invitation to pioneer.

Transformational leaders do not fear the unknown. They learn to *dance with it*. They develop what Otto Scharmer (Theory U) calls “*presence-based knowing*”—a way of sensing the emerging future and acting from that awareness. They listen not just to trends, but to the *field*—to what is wanting to be born through them, through us.

This requires trust. Not blind faith, but deep *inner trust*—in life, in our intuition, and in each other. We begin to see leadership not as direction, but as *attunement*. Like a tuning fork that resonates with coherence, the transformational leader helps others find their frequency.

---

## The Leader Within You

Leadership is not a job. It is a *frequency* you carry. Whether you lead a movement or a moment, a team or a table, your presence has power. The question is: What are you amplifying?

This chapter is an invitation to recognize the leader within you—the one who acts with awareness, who speaks from the soul, who sees the whole system and still chooses love.

The world doesn't need more charismatic figures or flawless strategies. It needs *integrated humans* who have done their inner work and are ready to serve the whole.

Planetary Citizens rise not for applause, but for alignment.

And now, it's your time.



CHAPTER 8

# THE ARCHITECTURE OF PARTICIPATION



Designing for collective  
empowerment



## Chapter 8: The Architecture of Participation

A vision without engagement remains just a dream. If the New Earth is to take root, it must be *lived*—not just by a few inspired leaders, but by *many* active participants. Planetary Citizenship is not a spectator movement. It's an invitation to co-create, to collaborate, and to *build* the world we know is possible.

In a world where institutions often feel distant and disempowered, a new kind of architecture is emerging—one not made of stone or steel, but of *relationships, trust, access, and inclusion*. This is the **architecture of participation**. It is the invisible framework that enables *everyone* to contribute meaningfully to the planetary transformation.

Participation is not just logistical—it's emotional, psychological, and spiritual. It requires that people feel *seen, valued, and empowered*. It asks: How do we design systems where people don't just show up, but *come alive*?

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### From Top-Down to Networked

The old paradigm of control flowed from the top—decisions made by a few, executed by the many. But complexity demands collaboration. The architecture of participation is *networked*—like mycelium under the forest floor, it thrives through distributed intelligence and mutual support.

Networked participation creates resilience. It allows for emergent leadership, local innovation, and global coordination. No one node needs to know everything; the system learns *together*.

Planetary Citizens are not waiting for permission. They are building networks of action—across geographies, disciplines, and identities. Whether through grassroots movements, online communities, or local councils, the call is the same: *Come as you are. Bring what you have. Let's build together.*

---

## **Principles of Participatory Design**

To invite meaningful participation, we must create structures that embody trust, transparency, and agency. Here are several core principles to guide the architecture of participation:

### **1. Accessibility**

Participation must be simple, intuitive, and inclusive. Whether online or in-person, barriers to entry—language, technology, bureaucracy—must be minimized.

*“If you want everyone to join the dance, you’ve got to open the circle.”*

## 2. Decentralization

Power is shared, not hoarded. Decision-making is collaborative. Leadership is distributed. Everyone has a voice—and the structures are in place to *listen*.

## 3. Role Clarity with Flexibility

People thrive when they know their place in the system. Participation improves when roles, expectations, and responsibilities are clear—while still allowing freedom to evolve and innovate.

## 4. Purpose Alignment

When people understand *why* they're participating, they commit more fully. Participation should always point toward a shared vision, anchored in values and meaning.

## 5. Feedback Loops

Effective participation requires *responsiveness*. Are contributions being acknowledged? Are decisions being communicated? Are people being invited into deeper roles over time?

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## Onramps to Engagement

Not everyone will jump in at the same level—and that's okay. The architecture of participation should include **onramps**—

pathways for people to engage according to their interest, capacity, and readiness.

Here are some examples of engagement tiers:

- **Curiosity** – Listening, reading, watching: podcasts, articles, videos.
- **Connection** – Joining communities, forums, online meetups.
- **Collaboration** – Participating in projects, contributing time, skills, or insights.
- **Leadership** – Hosting local gatherings, starting initiatives, facilitating networks.
- **Stewardship** – Taking responsibility for a sector, project, or platform.

Each level is valuable. What matters most is creating *momentum*—moving people from passive awareness to active contribution.

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## Digital Tools, Human Hearts

Technology has given us extraordinary tools for organizing and connecting, but platforms alone do not create participation. **Culture** does.

The architecture of participation must be rooted in a *culture of belonging*. People participate where they feel *safe*, *respected*, and *inspired*. This is why cultivating relational trust, emotional intelligence, and group coherence is just as important as building technical systems.

At the heart of every sustainable movement is a *human heartbeat*—shared purpose, deep listening, and genuine care.

---

### **Participation as Practice**

Participation is not a one-time event—it's a *practice*. Like meditation or music, it deepens over time. Planetary Citizens understand that participation is not just something we *do*—it's something we *become*. It becomes second nature. A way of living.

In fact, the more we participate, the more we evolve. Participation helps us move from apathy to agency, from isolation to interconnection. It reshapes our sense of self—not as separate individuals, but as parts of a living, co-creative whole.

---

## An Invitation to Act

What can you do right now?

- Host a conversation about planetary citizenship in your community.
- Volunteer for a regenerative or humanitarian initiative.
- Join a digital network aligned with your values and skills.
- Offer your creativity—writing, music, art, design—to a cause you love.
- Propose an idea and invite others to co-create it with you.

There is no single way to participate. But there is one essential truth: *Your participation matters.*

You don't need to wait for the world to be ready. The world is waiting for *you*.



CHAPTER 9

# PLANETARY PROJECTS IN MOTION



ACTION AS THE  
NEW LANGUAGE OF LOVE



## Chapter 9: Planetary Projects in Motion

The time for theory has passed. The time for *demonstration* is now.

All around the world, individuals and organizations are moving from inspiration to implementation. These aren't just experiments or isolated efforts—they are the *living proof* that a new civilization is possible. These projects demonstrate how the principles of planetary citizenship—unity, stewardship, conscious evolution, compassionate action, co-creation, integrity, and service—can be embodied in real-world initiatives.

They are diverse in form but aligned in intention: to regenerate life, uplift humanity, and build systems that reflect our highest values. From local permaculture gardens to global peace movements, these are the seeds of the New Earth *already in bloom*.

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### 1. Regenerative Communities and Ecovillages

Across continents, intentional communities are demonstrating how humans can live in harmony with nature—and with each other. Projects like **Findhorn (Scotland)**, **Damanhur (Italy)**, **Auroville (India)**, and **The Farm (Tennessee)** serve as living laboratories for sustainable living, social innovation, and spiritual evolution.

These communities integrate renewable energy, ecological agriculture, conscious governance, and cooperative economics. But beyond infrastructure, they cultivate *culture*—a culture of mindfulness, conflict resolution, and shared purpose.

These models show us what's possible when people live not *off* the land, but *with* it.

---

## 2. Education for the Whole Human

Conventional education systems are struggling to prepare youth for a world in transition. That's why alternative learning environments are emerging to support not just intellectual development, but emotional, spiritual, and ecological literacy.

Projects like **The Green School (Bali and New Zealand)**, **Ubiquity University**, and **SelfDesign (Canada)** offer curricula rooted in creativity, systems thinking, and planetary stewardship. Others, like **Agastya Foundation (India)** and **Global Oneness Project**, use storytelling, experiential learning, and cultural exchange to foster global awareness.

Planetary Citizens recognize that education is not about indoctrination—it's about *awakening*.

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### 3. Conscious Business and Ethical Economies

The old economy is collapsing under the weight of its own unsustainability. But a new economy is emerging—one rooted in purpose, transparency, and planetary ethics.

From **B Corporations** and **cooperative enterprises** to **decentralized autonomous organizations (DAOs)** and **gift economies**, innovators are reimagining how we relate to value and exchange. Businesses like **Patagonia**, **Ecosia**, and **Seventh Generation** have led by example, prioritizing people and planet over profit.

Planetary economics asks: *What does it mean to generate true wealth?* The answer often lies in healing—healing relationships, ecosystems, and our own disconnection from the whole.

---

### 4. Planetary Health and Integrative Healing

Health is more than the absence of disease—it is the presence of wholeness. Around the world, integrative approaches to health are merging modern medicine with ancient wisdom, and shifting the focus from treatment to *transformation*.

Organizations like **The Academy of Integrative Health & Medicine (AIHM)** and **The Pachamama Alliance** champion holistic practices, indigenous knowledge, and trauma-

informed care. Clinics and centers of healing are incorporating meditation, nutrition, somatic therapy, and energy medicine.

Meanwhile, citizen-led initiatives are addressing collective mental health challenges through peer support, mindfulness programs, and community-based healing circles. The body is not separate from the world—healing one helps heal the other.

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## 5. Governance by the People, for the Planet

New models of governance are taking shape—ones that listen more, centralize less, and serve the commons. From **citizens' assemblies** in Ireland and France, to **participatory budgeting** in Brazil and the U.S., governments are experimenting with ways to include *everyone* in shaping the future.

Initiatives like **The Global Ecovillage Network**, **The Earth Charter**, and **Live and Let Live Movement** promote values-based governance, non-aggression, and collaborative decision-making. Tools like **Sociocracy**, **Holacracy**, and **Teal organization frameworks** are being applied not just in communities, but in companies and NGOs.

The call is clear: our institutions must evolve to reflect the consciousness of the people they serve.

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## 6. Creative and Cultural Regeneration

Art is one of the most powerful catalysts of change. From music and muralism to immersive storytelling and digital media, creatives are helping us remember what it means to be human—and to imagine what we can become.

Projects like **New Story Hub**, **The Story of Stuff**, **Voices of the Future**, and countless indigenous and local art movements are using media to shift narratives, heal trauma, and spark activism. These creators don't just *entertain*—they *activate*.

Culture, after all, is upstream from policy. When we change the stories we tell, we change the future we build.

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## 7. Global Peace and Unity Movements

At the heart of it all is the yearning for peace—not the absence of conflict, but the presence of deep connection. Movements like **Nonviolent Communication (NVC)**, **The Peace Alliance**, **Live and Let Live Foundation**, and **The Charter for Compassion** work tirelessly to reframe conflict, build empathy, and foster global solidarity.

Spiritual and interfaith movements like **Unity Earth**, **The SINE Network (Synergized Impact Network Exchange)**, and **URI (United Religions Initiative)** bring together diverse traditions in service of oneness.

These are not fringe efforts—they are the future. A world that values peace over power is already in the making.

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## **You Are Part of This Tapestry**

This chapter is just a glimpse. There are thousands of planetary projects happening right now—invisible to headlines, but visible to the heart. You may already be part of one. If not, you are invited to join, initiate, or support a project aligned with your purpose.

This is not about scale. It's about *alignment*. One person planting seeds with intention can be just as impactful as a team building global platforms. The key is: act where your joy meets the world's need.

The age of spectatorship is over. The New Earth is not something we wait for. It is something we *practice together*, in projects both grand and humble, until it becomes the new normal.



## Part IV

### The Invitation

#### **Chapter 10: Becoming a Planetary Citizen**

- Steps for personal and communal evolution.
- Aligning purpose with global service.

#### **Chapter 11: A Future Worth Creating**

- Collective dreaming and blueprinting.
- Visualizing a thriving planetary civilization.

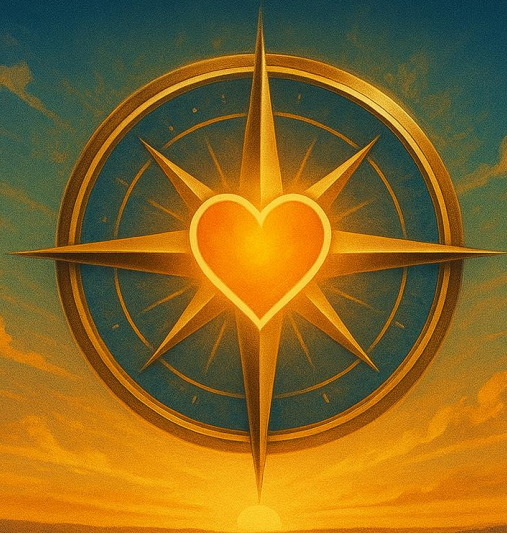
#### **Chapter 12: The Call to Co-Create**

- Practical calls to action.
- How to join, support, or replicate the mission.



CHAPTER 10

# BECOMING A PLANETARY CITIZEN



The journey begins within



## Chapter 10: Becoming a Planetary Citizen

There comes a moment when inspiration must become embodiment—when the ideals we admire become the identity we claim. This chapter is about that moment. It’s about saying *yes*—not just intellectually, but soulfully—to a new way of being.

To become a Planetary Citizen is to recognize that your life has a role in something vast, alive, and evolving. It’s to live from a place where your individuality does not disappear, but is instead *amplified* by its connection to the whole. You are not just a person navigating a chaotic world—you are a conscious participant in *weaving a new one*.

This path isn’t defined by external credentials. You don’t need to be initiated by a government or certified by an organization. The call to planetary citizenship comes from within. And once you hear it, you can never un-hear it.

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### It Begins with a Shift in Identity

Stepping into planetary citizenship begins with a fundamental shift: from identification with a nation, ideology, or career, to identification with *Earth itself*. This doesn’t mean abandoning where you’re from. It means expanding who you are.

“I am not only a citizen of a country. I am a citizen of the planet. Of humanity. Of life.”

With this identity shift comes a new set of questions:

- How do my choices affect future generations?
- Am I living in alignment with the interconnectedness I feel?
- What can I contribute—not just to my success, but to our collective thriving?

These questions don't demand perfection. They invite participation.

---

## **The Practices of Planetary Living**

Living as a Planetary Citizen is not about grand gestures—it's about everyday practices infused with presence and purpose. Here are a few core practices that support this path:

### **1. Cultivate Conscious Awareness**

This is your foundation. Regular inner work—whether through meditation, journaling, somatic movement, or prayer—keeps you centered and receptive. When we are attuned to our own truth, we can more clearly hear the call of the planet.

## **2. Practice Regenerative Reciprocity**

Live in ways that give back more than you take. Whether it's composting your food waste, planting trees, mentoring others, or simply choosing products with integrity, every act of care reinforces your bond with the web of life.

## **3. Engage in Compassionate Dialogue**

Seek understanding across differences. Speak from the heart. Listen to learn. Whether online or in person, every conversation is an opportunity to build bridges—or burn them. Choose consciously.

## **4. Embody Your Gifts**

What lights you up? What skills, stories, or talents flow through you effortlessly? These are not coincidences—they are clues to your planetary role. Living your purpose is an act of service to the whole.

## **5. Be in Community**

You are not meant to do this alone. Planetary Citizenship thrives in relationship. Join circles, initiatives, or intentional networks where you can be both supported and challenged to grow.

## 6. Take Aligned Action

Don't wait for the world to change—*be the one who changes it*. Whether through activism, innovation, creativity, or quiet care, action is where integrity becomes visible.

---

### From Me to We to One

The journey of becoming a Planetary Citizen is the journey from *Me* to *We*—and ultimately to *One*. This isn't a loss of individuality. It's the awakening of a deeper identity, rooted in wholeness.

We begin by caring for ourselves. We expand by caring for others. And we arrive when we care for *all of life*.

This is not a destination. It is a devotion.

A Planetary Citizen may be a parent raising children with compassion... an entrepreneur building a business aligned with planetary values... a teacher nurturing curiosity and courage in the next generation... a farmer restoring the soil... an artist painting the soul of the Earth... a young person daring to imagine a different future.

There is no mold. No hierarchy. No single path.

But there is a *choice*.

---



## Claiming Your Citizenship

If you've made it this far in the book, you already know: this movement lives within you. Becoming a Planetary Citizen doesn't mean waiting for someone to tell you you're ready. It means choosing. Claiming. Committing.

Let this be your moment.

Say it out loud if you like. Or whisper it in the quiet of your own heart:

*"I am a Planetary Citizen. I am part of the Earth. I am here to serve life."*

Welcome home.



CHAPTER 11

# A FUTURE WORTH CREATING

Hope as a design principle





## Chapter 11: A Future Worth Creating

The future is not a place we arrive at—it's a reality we *build together*, breath by breath, choice by choice, generation by generation. While fear-based visions of the future dominate headlines and dystopian fantasies fill our screens, another vision is rising—one born not of denial, but of *deep remembering*.

It is the vision of a regenerative, compassionate, thriving world—a planetary civilization rooted in harmony with nature and grounded in unity with one another.

This future is not a fantasy. It is a *creative imperative*.

Planetary Citizens are dreamers, yes—but not idle ones. We are builders of the bridge between the world as it is and the world as it could be. And that bridge is made from *vision*, *intention*, and *participation*.

---

### **We Are Already in the Future**

In many ways, the future we long for is already here—just not evenly distributed. Scattered across the globe are pockets of progress: communities living sustainably, schools teaching emotional intelligence, technologies that regenerate instead of extract, systems of governance based on trust and inclusion.

Our task is to connect these dots—to weave these isolated sparks into a constellation bright enough to light the way forward.

This requires imagination—not just for what’s possible, but for what’s *inevitable* when we align with natural laws, universal values, and conscious evolution.

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### **Imagining the Possible**

So what might this future look like?

- **Communities powered by renewable energy and built with local, regenerative materials.**
- **Food systems rooted in permaculture, agroecology, and food sovereignty.**
- **Education focused on creativity, critical thinking, empathy, and planetary stewardship.**
- **Healthcare that integrates physical, mental, emotional, and spiritual well-being.**
- **Economies based on cooperation, mutual benefit, and circular principles.**
- **Governance by consent, with real citizen engagement and transparent, decentralized systems.**

- **Conflict transformed through restorative dialogue, cultural exchange, and truth-telling.**
- **Technology as a tool for connection, creativity, and collective problem-solving—not distraction or domination.**
- **Art that heals, inspires, and envisions.**
- **Spirituality grounded in reverence for life and inclusion of all paths that honor peace and purpose.**

This is not utopia—it is *design*. And it begins with belief.

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### **Hope as an Act of Resistance**

In an age of crisis, cynicism can feel like the safe bet. But hope—rooted in action—is one of the most radical things we can cultivate. Not blind hope, but *embodied hope*—hope that rolls up its sleeves, gets its hands dirty, and says, *We can do this together*.

This kind of hope is not naïve. It sees the complexity. It feels the grief. And still, it rises.

To be a Planetary Citizen is to be a hope-holder. A future-keeper. Someone who dares to dream not just for themselves, but for *all of life*.

---

## The Role of Sacred Imagination

Every system that exists began in someone's imagination. If we want new systems, we must imagine them first. This is not abstract—it is essential.

Sacred imagination is the ability to see beyond what is—to glimpse what *could be* when we move from fear to love, from separation to unity, from control to co-creation.

Visionaries throughout history have tapped into this creative current. Now it is *our* time. Not just the artists or the mystics, but all of us—scientists, farmers, entrepreneurs, healers, educators, and everyday citizens—must reclaim our power to imagine.

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## Legacy as a Living Future

When we speak of the future, we are speaking of *legacy*. What will we leave behind? What seeds will we plant that we may never see grow?

This question isn't just for the famous or the wealthy. Every choice we make leaves an imprint—on the soil, in the culture, within our children's minds. The real legacy of a Planetary Citizen is not in monuments, but in *moments of alignment*.

- The teacher who sparks curiosity.



- The builder who chooses earth over concrete.
- The elder who shares ancestral wisdom.
- The youth who questions everything and dreams aloud anyway.

This is how we create a future worth inheriting.

---

### **The Time Is Now**

The path ahead is not easy. It will take courage, collaboration, and commitment. But we were born for this time. We carry within us the wisdom of the past and the seeds of the future.

We don't need to know all the answers. We only need to *begin*—together.

So ask yourself:


- What am I creating with my life?
- Who am I becoming through my choices?
- What future do I want to be remembered for?

The future is not something we predict. It is something we *become*.



# CHAPTER 12

## THE CALL TO CO-CREATE



*Together is  
the way forward*



## Chapter 12: The Call to Co-Create

This is not the end of the book—it is the beginning of your journey.

We have explored the vision, principles, models, and actions that define Planetary Citizenship. We've walked through stories of awakening, systems of transformation, and the quiet revolutions already underway across the globe. Now comes the moment that matters most—the moment when *you decide what to do with it all*.

Planetary Citizens are not waiting for saviors, systems, or miracles. We are choosing to become the ones we've been waiting for. This is the call to *co-create*—to move from inspiration to intention, from insight to implementation, from idea to embodiment.

You are not here by accident. You are here because something inside you knows: the time is now.

---

### **From Consumption to Contribution**

Modern society has trained us to consume—to consume content, information, entertainment, even experiences of growth. But the path of the Planetary Citizen is not one of consumption—it is one of *contribution*.

You have something to give. Whether it's your voice, your vision, your presence, your hands, or your heart, the world is

calling for your *active participation*. You don't need to be perfect. You don't need to have it all figured out. You only need to *start*.

Begin where you are. Use what you have. And trust that your willingness to act will create ripples far beyond what you can see.

---

### **The Power of Collective Creativity**

Co-creation is more than collaboration—it is a sacred synergy where something *greater than the sum of our parts* can emerge. It is where trust, presence, and shared intention converge to birth the new.

When we co-create, we:

- Listen more deeply.
- Speak from essence.
- Invite diverse voices.
- Let go of control.
- Follow what wants to happen.

Co-creation is not about control or dominance—it is about *alignment*. It requires humility, curiosity, and the courage to build with others in the unknown.

And here's the truth: *you were never meant to do this alone.*

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## **Joining the Movement**

There is no central headquarters for Planetary Citizens. There is no gatekeeper. There is only an open invitation.

You can:

- Start or join a local circle of planetary citizens.
- Align your work or business with regenerative, inclusive principles.
- Volunteer for global initiatives aligned with your passion.
- Use your art, voice, or skills to raise awareness and build bridges.
- Initiate a project in your community.
- Amplify others who are doing good work.
- Continue learning, listening, and evolving.

This is a decentralized, living, breathing movement. And you are already a part of it.

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## **Making the Commitment**

If this book has stirred something in you, consider making a conscious commitment. Not to us, but to *yourself*—to your role as a Planetary Citizen and to the future we are here to co-create.

You might say aloud or write down something like:

“I choose to live as a Planetary Citizen.

I honor the Earth as my home, and all beings as my family.

I commit to showing up with courage, compassion, and creativity.

I trust that my life has purpose, and my presence makes a difference.

I am here to co-create a thriving world—for this generation and the next.”

This is not a vow of perfection. It is a declaration of *devotion*.

---

## **The Story Is Still Being Written**

The movement of Planetary Citizens is still unfolding. The work ahead is vast. The need is urgent. But the potential is *immeasurable*.

We are not powerless. We are not separate. We are part of a planetary awakening that is asking us to remember who we are and why we came.

As this chapter closes, a new one opens—in your life, in your community, in the world.



Let your hands be instruments of regeneration.

Let your words be bridges of understanding.

Let your heart be a compass of love.

Let your presence be a prayer for peace.

The Earth is waiting. The future is listening.

And the invitation is clear:

**Come. Let us co-create.**



## Epilogue: A Letter from Zen





Dear Fellow Planetary Citizen,

If you've made it this far, thank you—from the depths of my heart. You've traveled with me through ideas, stories, principles, and visions that have taken shape over a lifetime of inquiry, integration, and inner work. And while this book may be coming to a close, what it represents is only just beginning.

This journey hasn't been linear for me. It's been multidimensional, like consciousness itself—unfolding across years, lifetimes, communities, and callings. I've followed the whispers of spirit through moments of doubt, silence, and surrender, trusting that what I was building had meaning, even when the path felt invisible.

And now, it feels undeniable.

I've had the privilege of being involved in many simultaneous efforts—each one a different facet of the same gem:

- Through **PlanetaryCitizens.net**, with a 509(a)(2) nonprofit status, we are reviving the spirit of global unity that Donald Keys seeded decades ago—offering frameworks, tools, and narratives to align individual awakening with collective action.
- Through the **One World in a New World** podcast, I've held sacred space for hundreds of voices to speak their truths—from world-changers to quiet wisdom-

keepers—so we can all witness the emerging planetary consciousness from every angle.

- Through **Live and Let Live Global Peace Movement**, I serve as Director of Operations, helping shape a legal and moral framework for a peaceful, prosperous, and free world—rooted not in control, but in voluntary cooperation and non-aggression.
- Through my work as a **facilitator, coach, and community catalyst**, I continue to build bridges between hearts, minds, and systems—whether through conflict resolution in construction projects, strategic sessions with changemakers, or simply holding space for someone discovering their own purpose.
- And through my personal partnership with my wife, Luba—a profoundly talented pianist, teacher, and soul partner—I am reminded daily that beauty, love, and music are also forms of planetary service.

All of these efforts are *not separate*. They are expressions of a singular devotion: to *serve the awakening of humanity*, and to support the birth of a conscious, compassionate planetary civilization.

This is not my dream alone—it is *ours*.

You have a unique part to play in it. You don't need permission. You don't need a title. You only need willingness.

So, I leave you with this:

Let your light not be dimmed by the noise of a crumbling world. Let your hope not be dismissed as naïve. Let your dreams not be delayed by self-doubt.

You are the bridge.

You are the builder.

You are the blessing the Earth has been waiting for.

With love, in purpose, and in partnership—

**I walk beside you.**

In service,

**Zen Benefiel**

Planetary Citizen





## Appendices

- Glossary of key concepts.
- The Co-Creation Wheel explained.
- Resources and partner networks.
- Calls to action by sector (education, governance, environment, etc.).



## Appendix A: Glossary of Key Terms

### **Planetary Citizen**

An individual who identifies as a conscious participant in the well-being of the planet and humanity as a whole, acting with awareness, compassion, and a commitment to the greater good.

### **Conscious Evolution**

The process of intentionally participating in the personal and collective development of humanity, integrating spiritual, social, and ecological growth.

### **Co-Creation**

The act of collaborating with others—and with the greater intelligence of life itself—to bring forward solutions, systems, or experiences aligned with wholeness and harmony.

### **Multiplane Awareness**

A technique for exploring the many layers of consciousness—physical, emotional, mental, intuitive, and beyond—developed in the 1950s by William Swygard and practiced as a means for personal integration and expanded perception.

### **Regenerative Design**

A systems-based approach to development that goes beyond sustainability, seeking to renew, restore, and evolve ecosystems, communities, and cultures through aligned design and participation.

**Ubuntu**

An African philosophy meaning “I am because we are,” reflecting a worldview based on relationship, interdependence, and community responsibility.

**Holacracy / Sociocracy**

Organizational governance models that distribute authority and decision-making, enabling self-organizing teams and responsive leadership without centralized control.

**Spiral Dynamics**

A developmental model of human consciousness that identifies and maps value systems as they evolve through increasing complexity, pioneered by Clare W. Graves and expanded by Don Beck.

## Appendix B: Tools for Planetary Participation

These practices are suggested as portals to embodiment, designed to be flexible and adaptable to your personal journey:

- **Daily Alignment Practice**

Begin each day with a breath-centered reflection:  
*“How can I serve the whole today?”*

- **The Co-Creation Wheel**

Identify which sector of society (e.g., education, environment, health, governance, science, spirituality) your skills and passions most align with, and begin offering your time, attention, or ideas in that area.

- **Self-Reflection Prompts**

- What future am I living into through my current choices?
- What fear or limitation am I ready to release to serve more fully?
- How am I cultivating inner coherence?

- **Synergistic Conversation Model**

- Practice generative dialogue using these principles:

1. Listen deeply without preparing your response.
2. Speak from personal truth, not ideology.
3. Seek synthesis, not victory.

## Appendix C: Global Networks and Resources

Below are organizations and communities that embody planetary principles and offer pathways for participation, education, and collaboration.

### Unity & Planetary Collaboration

- [Planetary Citizens](#) – Reviving and expanding the legacy of Donald Keys, this platform supports planetary identity, collaborative projects, and global stewardship.
- [Unity Earth](#) – A global movement fostering unity and sacred activism through music, interfaith events, and ecological awareness.
- [The Synergized Impact Network Exchange \(SINE\)](#) – A collaborative ecosystem for worldbuilders, co-creators, and social innovators.

### Education & Conscious Evolution

- [Ubiquity University](#) – A global learning community focused on wisdom-based, integral education for personal and planetary transformation.
- [Green School](#) – An internationally recognized school integrating sustainability, creativity, and community learning.

- [The Octopus Movement](#) – A global think-tank of neurodiverse non-linear thinkers crafting solutions.

## **Governance & Peace**

- [Live and Let Live Foundation](#) – A global peace movement rooted in the moral principle of voluntary kindness and the legal principle of non-aggression.
- [The Earth Charter Initiative](#) – An international declaration of fundamental principles for building a just, sustainable, and peaceful global society.

## **Regenerative Economics & Sustainability**

- [B Lab / B Corporation](#) – Supporting businesses that balance purpose and profit for the benefit of all stakeholders.
- [Global Ecovillage Network](#) – A worldwide network of communities and individuals dedicated to sustainable living and cultural renewal.
- [Permaculture Research Institute](#) – A hub for education, consultation, and projects in sustainable agriculture and design.

## **Healing & Wellbeing**

- [Pachamama Alliance](#) – Bridging indigenous wisdom and modern knowledge to foster an environmentally



sustainable, spiritually fulfilling, socially just human presence on Earth.

- [Academy of Integrative Health & Medicine \(AIHM\)](#) – Advancing whole-person care through education and advocacy.

### **Creative Culture & Storytelling**

- [New Story Hub](#) – A platform for stories, films, and dialogues that support the emergence of a new narrative for humanity and the Earth.
- [Global Oneness Project](#) – An award-winning multimedia platform sharing stories and lesson plans on cultural, ecological, and social themes.
- [Connected Pictures](#) - A purpose-driven media company that creates powerful, story-led content to inspire global awareness, human connection, and positive change.



## Appendix D: A Living Declaration

You are invited to personalize and live this declaration:

*I am a Planetary Citizen. I choose to align my thoughts, actions, and relationships with the wellbeing of Earth and all her inhabitants. I offer my unique gifts in service to the whole. I believe in our collective capacity to regenerate, to evolve, and to create a thriving world. I am here. I am ready. I am part of the shift.*



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