



## **Youth Ambassador Program**

### **Session 11: Attain Healthy Lives For All (part 2)**

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### SDG 3: Ensure healthy lives and promote well-being for all at all ages

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## Inspirational Quotes for the Month:



*“A human being is a part of a whole...a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”*

~Albert Einstein

One day a man was walking along a beach when he noticed a figure in the distance. As he got closer, he realized the figure was that of a boy picking something up and throwing it into the ocean. Approaching the boy, he asked, *“What are you doing?”*

The boy replied, *“Throwing a starfish into the ocean. The sun is up and the tide is going out. If I don’t throw them back, they will die.”*

*“Son,” the man said, “don’t you realize there are miles and miles of beach and hundreds of starfish? You can’t possibly make a difference!”*

After listening politely, the boy bent down, picked up another starfish, and threw it into the surf.

Then, smiling at the man, the boy said, *“It made a difference to that one.”* ~Author Unknown

## Session Eleven Overview (Purpose, Payoff, and Process)



**Purpose:** Our eleventh session is to explore **SDG 3: Ensure healthy lives and promote well-being for all at all ages** - to the future (solution). We will learn about the theory of the dissipation of structures,

and the questions to ask to engage in the higher possibility in chaos. We will also become attuned to the Resurrection stage of the Hero's Journey, and all the ways we (and our projects) have changed—for the better.

**Payoff:** The payoff is our awareness of the impact of living a healthy lifestyle and how valuable it is to empower others to do the same. We will identify our inner guidance, and notice our growing sense of confidence as we begin to see the progress we are making with our projects.

**Process:** This session will cover the following:

- Introduction
  - The Youth Ambassador of the month, and primary teammates
  - Read inspirational quotes
- Inquiry into SDG 3: Ensure healthy lives and promote well-being for all at all ages
  - Future (Solution)
- Explanation and discussion of Hero's Journey Stage 11: The Resurrection
- Action Plan/Homework
- Resources

## Inquiry into This Month's SDG: Attain Healthy Lives for All



The following are questions to research and present during our live session. For those following along, these are the questions for the students to answer for their written and oral reports:

### Part #3: The Future (aka the Solution)

Describe a future where there are healthy lives for all:

In the future, report on what you imagine took place to achieve this outcome:

- What **happened**?
- What was the **tipping point**?
- Where in the world did this solution make the **most significant** impact?
- What **role did you play** in this happening?
- Who was most **positively impacted** by this change?
- What are your **personal feelings/thoughts** about being a part of this change?

## SDG Hero: Barbara Marx Hubbard



“Evolution by choice, not chance.”

—Barbara Marx Hubbard

In 1945 the United States dropped atomic bombs on Japan, and the world caught its breath. This pivotal event deeply impacted the young Barbara Marx Hubbard, who found herself asking President Eisenhower, “*What is the meaning of our power that is good?*”

Barbara’s 40+ year inquiry, and the answers she has found, offer invaluable assistance to us all at this time in our history. Despite the state of the world, we are truly on the threshold of great possibility, of our own conscious evolution.

Barbara Marx Hubbard has been called “the voice for conscious evolution” by Deepak Chopra. She is the subject of Neale Donald Walsch’s book *The Mother of Invention*. And many would agree she is the global ambassador for conscious change. At her heart, Barbara Marx Hubbard is a visionary, a social innovator. She is an evolutionary thinker who believes that global change happens when we work collectively and selflessly for the greater good. She realizes that the lessons of evolution teach us that problems are evolutionary drivers, and crises precede transformation, giving a new way of seeing and responding to our global situation.

As a prolific author and educator, Barbara has written seven books on social and planetary evolution. She has produced, hosted, and contributed to countless documentaries seen by millions of people around the world. In conjunction with the Shift Network, Barbara co-produced the worldwide “Birth 2012” multi-media event that was seen as a historic turning point in exposing the social, spiritual, scientific, and technological potential in humanity.

In 1984 her name was placed in nomination for the Vice Presidency of the United States on the Democratic ticket, calling for a “Peace Room” to scan for, map, connect and communicate what is working in America and the world. She also co-chaired a number of Soviet-American Citizen Summits, introducing a new concept called “SYNCON” to foster synergistic convergence with opposing groups. In addition she co-founded the World Future Society, and the Association for Global New Thought.

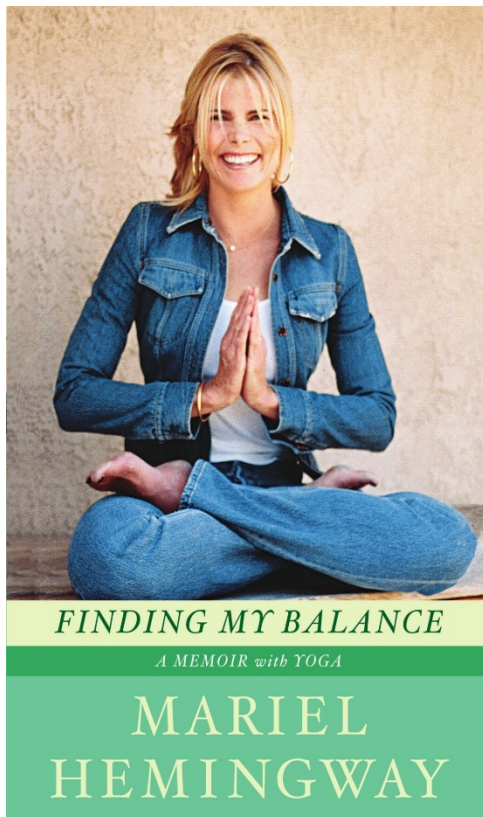


Barbara Marx Hubbard is not an idealist, nor does she believe that social and planetary change is simple. But she does believe that humanity has the tools, fortitude, and resolve to take the leap towards conscious evolution.

Her books include: *The Hunger of Eve: One Woman's Odyssey toward the Future*; *The Evolutionary Journey: Your Guide to a Positive Future*; *Revelation: Our Crisis is a Birth –An Evolutionary Interpretation of the New Testament*; *Conscious Evolution: Awakening the Power of our Social Potential*; *Emergence: The Shift from Ego to Essence*; *52 Codes for Conscious Self Evolution and Birth 2012 and Beyond: Humanity's Great Shift to the Age of Conscious Evolution*.

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## SDG Hero: Mariel Hemingway



Creating a healthier body and mind allows us to do more and live a longer, more vibrant and meaningful life.

It is Mariel Hemingway's belief that the choices we make, the information we seek, and the food we eat are integral to our well-being.

Mariel has written books about her life, Yoga, nutrition and well-being including a cookbook. She's created a company called Mariel's Kitchen in order to share her passion for living a healthy, happy life. Through making positive, intentional choices about food, movement, home, silence, and how to find center and balance. She wants to help others discover and enhance the best personal health they can by treating themselves well, too.

We navigate a difficult world and all of us need to be understood. One of her biggest passions is in supporting people to talk about mental illness and suicide. Her motto is **You Matter, Don't Quit.**

YOU DON'T QUIT  
MATTER

**Learning what is good for you from the inside out, and slowing down and relishing the basic elements life has to offer, can lead to a healthier, more fulfilling and enjoyable life.**

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## Must See Videos Related to Healthy Living for All



### ➤ Barbara Marx Hubbard

<http://tinyurl.com/ks9fq9f>  
<http://tinyurl.com/mf9rqpu>  
<http://tinyurl.com/nq9jkwq>

These amazing excerpts are from an interview with Barbara Marx Hubbard for an upcoming independent documentary film aimed at PBS. See the trailer for "American Visionary: The Story of Barbara Marx Hubbard" and contribute to this work-in-

progress at [igg.me/at/American Visionary](http://igg.me/at/AmericanVisionary).

### ➤ A Peek into Mariel Hemingway's Life

<https://www.youtube.com/watch?v=cjZ-AleQ1ok> A peek into the life of Mariel Hemingway, who has overcome tremendous family shadows, yet thrives with the same youthful spirit that captivated audiences back when she was 16. But considering her family's dark history, getting happy hasn't been easy.

### ➤ My Philosophy for a Happy Life (Sam Berns)

<https://www.youtube.com/watch?v=36m1o-tM05g>

Sam Berns is a Junior at Foxboro High School in Foxboro, Massachusetts, where he has achieved highest honors and is currently a percussion section leader in the high school marching band. He recently achieved the rank of Eagle Scout in the Boy Scouts of America. Sam was diagnosed with Progeria, a rare, rapid aging disease, at the age of 2. He is featured in the documentary *Life According to Sam*, which premiered on HBO on October 21, 2013.

### ➤ Sling Shot <http://vimeo.com/51890022>

Best known for his Segway Personal Transporter, inventor Dean Kamen is taking on the world's great challenges one invention at a time. *SlingShot* is the story of Kamen, his water purification technology, and his innovative approach to the planet's safe water crisis.

## Hero's Journey Stage 11: The Resurrection & How it relates to the Youth Ambassador Program:



The mantra for this stage is, *"Die and be reborn daily."* The image that best describes this stage is the butterfly being released from its cocoon. You are a butterfly, and by having embarked on this hero's journey you have allowed your former self to die and your new self to spread its wings. You've been swallowed by the whale; stood toe to toe with your deepest fear; received the gift of exponential wisdom; and now it's time to truly embody the hero you truly are with outstretched arms (or wings).

Contemplate the following questions:

- Thinking back to the beginning of this program, can you identify the ways that you've changed the most during this process?
  
  
  
  
  
  
  
  
  
  
- Of all that you've learned (and earned) during this program, what feels the most transforming?
  
  
  
  
  
  
  
  
  
  
- Do you feel more like yourself (true self) or like a completely different person? Explain.

## Leadership Modality: Dissipative Structures

By Barbara Marx Hubbard



Chemist and Nobel Prize- winner, Ilya Prigogine (pronounced *prig-a-gene*), featured in the *New York Times* in 1977, discovered the process whereby life evolves into more complex systems even in the face of the second law of thermodynamics, which states that in a closed system energy inevitably increases in entropy or disorder.

How, then, in the face of this inevitable tendency for the universe to increase in disorder, has more complex order increased for billions of years? What are the mechanisms whereby higher order is achieved in nature? And how might we learn from this process to facilitate our own leap to higher order on a global scale?

The answer seems to lay in Prigogine's theory of **dissipative structures**. A dissipative structure is any living system in nature whose form or structure is maintained by a continuous consumption of energy — known in physics as "dissipation." All living systems are dissipative structures — including humans.

**Here's how it works:** The continuous movement of energy through the system results in fluctuations, which, if minor, do not alter its structural integrity. But if the fluctuations reach a critical size, they perturb the system. They increase the number of novel interactions within it. The elements of the old pattern come into contact with each other in *new* ways and make *new* connections. The parts reorganize into a new whole — and the system "escapes" into a higher order! In other words, ***life has the potential to create new forms by allowing a shake-up of old forms***. Prigogine showed that the elements of a dissipative structure cooperate to bring about this transformation of the whole.

What if society could make a quantum jump from our current crises to a future that is equal to our new powers? We will never get there by linear, incremental steps alone, given the world's accumulating crises; all the more so now. But thankfully, the process of transformation is not linear! Systems become more complex by nonlinear processes, exponentially increasing the numbers of interactions of incremental innovations.

At some point, apparently insignificant innovations connect in a nonlinear manner. As Teilhard de Chardin put it, *“Everything that rises converges and connects, becomes synergistic and co-creative.”*

The system then cooperates in its own self-transcendence in an apparent sudden shift. This shift has been building for a long time and born out of myriad innovations silently and invisibly interacting and connecting beneath the surface of our attention.

### **Let's apply the Prigogine model to our personal and social evolution**

*If nature has been working through dissipative structures for billions of years, the same process must be working through us now.*

Today our global civilization is a large dissipative structure increasingly perturbed and undergoing fluctuations, and throughout the world, systems are increasingly unstable or dysfunctional. We are using more of our energy to handle these problems but in ways that seem ineffective — like building more and more weapons and prisons for greater security or fighting a war against drugs when kids roam aimlessly in the streets with nothing to do and nowhere to go. Hunger, poverty, social and economic injustice, global warming, resource depletion, pollution, overpopulation, the loss of rain forests — all these factors are escalating and are now tending to converge in catastrophe.

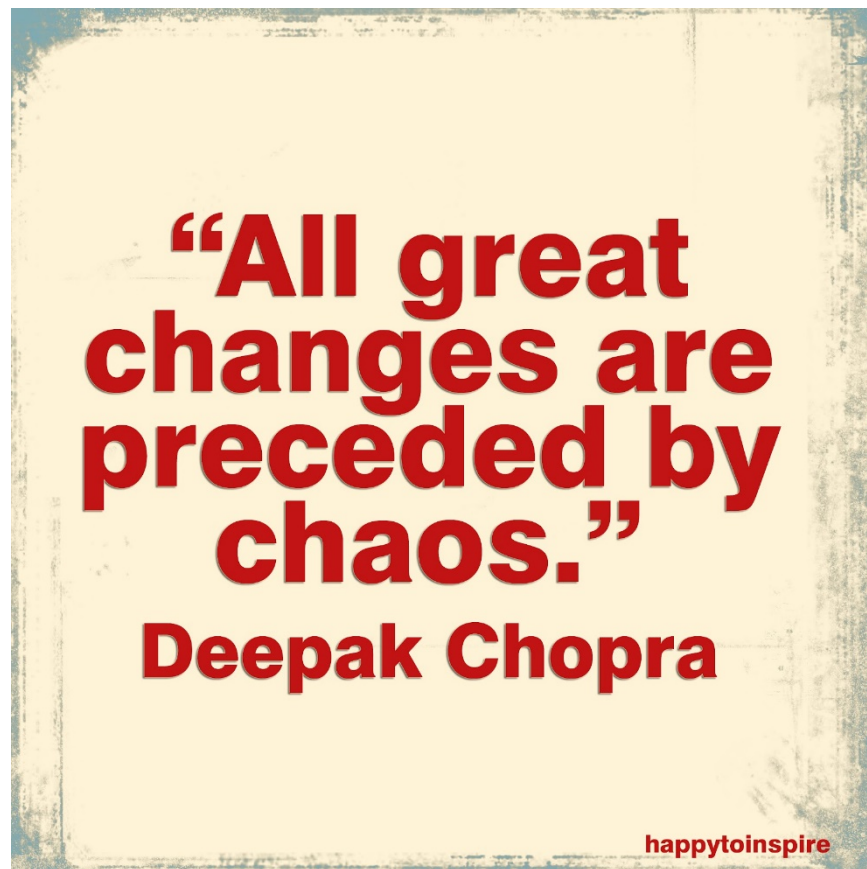
At the same time, innovations of all kinds in all fields, or "new mutations," are springing up everywhere. Thousands of acts of caring, sharing, and healing, as well as new social and political solutions are emerging. Applying the model of dissipative structures to our situation, we see that while threats are accumulating that are destabilizing the system — social innovations that share a similar value system are also converging, connecting, and networking at an increasing rate. And this process is accelerating rapidly with the help of the Internet.

But will the convergence of positive innovations happen before the convergence of destructive tendencies? Will the planetary system re-pattern to a higher order, or will it fall apart into the political chaos and environmental collapse that has been predicted? These, of course, are the great questions.

There is no guarantee that a dissipative structure will re-pattern to a higher order. It is merely a tendency, just as it is the tendency of each baby to survive its birth, although many do not.

It is precisely at this point that we need a new social innovation to facilitate the increased interaction among the positive innovations—a fresh articulation of the whole to facilitate the convergence. As the wheel of co-creation turns, we can set in motion a new social function to hasten the nonlinear interaction of positive innovations and thereby facilitate the natural repatterning of our society to a more harmonious order, thus saving ourselves from predicted catastrophes. Joseph Chilton Pearce put it this way in his 2002 book, *The Crack in the Cosmic Egg*:

*A system in balance and functioning well is difficult to change, but as a system falls into disorder, change becomes more and more feasible and finally inevitable. At that inevitable point the least bit of coherent order can bring to order the whole disorderly array. Which direction the change takes depends on the nature of the chaotic attractor that lifts the chaos into its new order. If the chaotic attractor were benevolent or "divine," the new order would have to be of that same nature.*





## Action Plan/Homework



- **Vlog** (video blog) your experience with the program. Upload a minimum of one post per week to our **Facebook** group (<https://www.facebook.com/Chime-In-The-Change-Is-Me-International-757333957689198/>)
- and our **YouTube** channel

(<https://www.youtube.com/channel/UChCYgjseWkm9nzJ10DceYPw>)

### ➤ In your vlog you might share...

- Your thoughts about the Theory of Dissipative Structures, i.e.:
- What structure in your life is falling apart?
- What new (and improved) structure might be attempting to be born?
- What can you do to become engaged in the new (divine) formation that is emerging instead of clinging to the old form?
  - What have been your challenges, ahas, breakdowns, breakthroughs with your project this month?
  - How have you been inspired by Barbara Marx Hubbard or Mariel Hemingway?
  - What's an inspirational moment you experienced with your group?
  - What's a noteworthy experience related to the community you are serving?

### Alternative posts:

- Photos
- Blogs
- Relevant links
- Commenting on other Ambassador's posts

### Resource section:

- Watch the videos
- Scan the websites
- Read the books

*Remember, you are sharing your story with the world. Your engagement encourages others to get involved.*

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## Resources:

### Books:

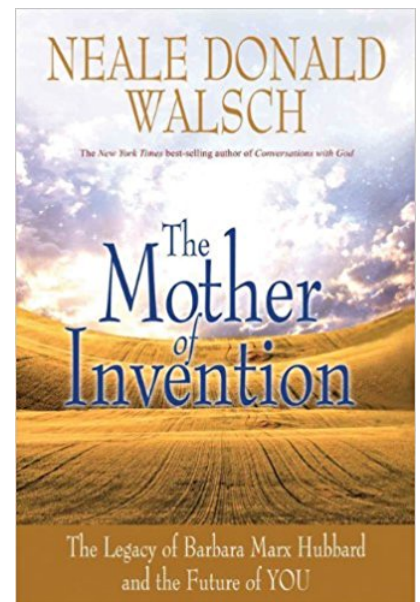
- **Running with Nature**  
Mariel Hemingway <http://tinyurl.com/RunningwithnatureYAP>
- **The Mother of Invention**  
Neale Donald Walsch/Barbara Marx Hubbard  
<http://tinyurl.com/motherofinventionYAP>

### Websites:

- Mariel Hemingway  
<http://www.marielhemingway.com/>
- Barbara Marx Hubbard Interview  
<http://barbaramarxhubbard.com/>

### Videos:

- **Sling Shot**  
<http://vimeo.com/51890022>
- **Barbara Marx Hubbard Interviews**  
<http://tinyurl.com/ks9fq9f>  
<http://tinyurl.com/mf9rqpu>  
<http://tinyurl.com/nq9jkwj>
- **A Peek into Mariel Hemingway's Life**  
<https://www.youtube.com/watch?v=cjZ-AIeQ1ok>
- **The CLAIRity Project**  
<https://www.youtube.com/user/ClairityProject>
- **My Philosophy for a Happy Life (Sam Berns)**  
<https://www.youtube.com/watch?v=36m1o-tM05g>
- **Higher Purpose Project**  
<http://thehigherpurposeproject.com/>



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