

Annotated Bibliography – Lisa Hoag, G2 Progress Report

Quantum Entanglement, Quantum Consciousness and the Zero Point Field (5):

Laszlo, Ervin. *Science and the Akashic Field: An Integral Theory of Everything*. 2nd Edition, Inner Traditions, 2007.

Mystics and sages have long maintained that there exists an interconnecting cosmic field at the roots of reality that conserves and conveys information, a field known as the Akashic record. Recent discoveries in vacuum physics show that this Akashic Field is real and has its equivalent in science's zero-point field that underlies space itself. This field consists of a subtle sea of fluctuating energies from which all things arise: atoms and galaxies, stars and planets, living beings, and even consciousness. This zero-point Akashic Field is the constant and enduring memory of the universe. It holds the record of all that has happened on Earth and in the cosmos and relates it to all that is yet to happen.

In *Science and the Akashic Field*, philosopher and scientist Ervin Laszlo conveys the essential element of this information field in language that is accessible and clear. From the world of science, he confirms our deepest intuitions of the oneness of creation in the *Integral Theory of Everything*. We discover that, as philosopher William James stated, "We are like islands in the sea, separate on the surface but connected in the deep."

McTaggart, Lynne. *The Field: The Quest for the Secret Force of the Universe*. Harper Perennial, 2008.

In this book, investigative journalist Lynne McTaggart relates the story of how astronaut Edgar Mitchell had a life-changing experience in space, when looking back at Earth. This ultimately

led to his founding of the Institute for Noetic Sciences (IONS). Mitchell's groundbreaking work brought forth "a radical new paradigm—that the human mind and body are not separate from their environment but a packet of pulsating power constantly interacting with this vast energy sea, and that consciousness may be central in shaping our world." The Field presents an astonishing new paradigm of an interconnected universe and a new scientific theory that makes sense of supernatural phenomena. McTaggart expands upon Mitchell's work by introducing us to other extraordinary researchers working in the field of quantum science. This book makes a good case that these extraordinary new understandings in quantum physics must change the way we think about life sciences, which are still largely based on Newtonian physics.

“Mudra.” *Wikipedia*, 10 Aug. 2021. *Wikipedia*,

<https://en.wikipedia.org/w/index.php?title=Mudra&oldid=1038085689>.

A mudra ([/mu'dra:/](#); Sanskrit: मुद्रा, IAST: *mudrā*, "seal", "mark", or "gesture"; Tibetan: རྩམ་རྩུ་, THL: *chakgya*,) is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism. While some mudras involve the entire body, most are performed with the hands and fingers. As well as being spiritual gestures employed in the iconography and spiritual practice of Indian religions, mudras have meaning in many forms of Indian dance, and yoga. The range of mudras used in each field (and religion) differs, but with some overlap. In addition, many of the Buddhist mudras are used outside South Asia, and have developed different local forms elsewhere.

Rovelli, Carlo. *The Order of Time*. Riverhead Books, 2018.

The more scientists learn about time, the more mysterious it remains. We think of time as orderly, “uniform, and universal, moving steadily from past to future, measured by clocks. Rovelli tears down these assumptions one by one, revealing a strange universe where at the

most fundamental level time disappears. He explains how the theory of quantum gravity attempts to understand and give meaning to the resulting extreme landscape of this timeless world. Weaving together ideas from philosophy, science and literature, he suggests that our perception of the flow of time depends on our perspective, better understood starting from the structure of our brain and emotions than from the physical universe.” (quote from Publisher)

Talbot, Michael. *The Holographic Universe: The Revolutionary Theory of Reality*. HarperPerennial, 2011.

Holograms are three-dimensional images projected into space with the aid of a laser. The Holographic Universe Theory, developed simultaneously by University of London physicist David Bohm, and Stanford neurophysiologist Karl Pribram, proposes that the universe itself may be a giant hologram, where, just as in a piece of holographic film, all the information for the whole is distributed equally in every part of the film. It is “non-local.” Their theory explains not only many of the unsolved puzzles of physics but also such mysterious occurrences as telepathy, out-of-body and near-death experiences, "lucid" dreams, and even religious and mystical experiences such as feelings of cosmic unity and miraculous healings.

Indigenous Worldviews (8):

Beresford-Kroeger, Diana. *To Speak for the Trees: My Life's Journey from Ancient Celtic Wisdom to a Healing Vision of the Forest*. Penguin Random House Canada, 2019.

This is the extraordinary autobiography of Diana Beresford-Kroeger. Beresford-Kroeger is a world renowned medical biochemist and botanist, whose research focuses on critical importance of trees to the health of people, nature, and the survival of our planet. She is also the last indigenous elder of Ireland. Orphaned at the age of 12, she was raised by the elders of her mother's family, the O'Donoghue Clan, one of the last Brehon families of Ireland—stewards of

the ancient Celtic traditions. In Brehon law, if a child is orphaned, they are raised by the whole village. Her O'Donoghue elders instructed her in the Brehon knowledge of plants and nature, telling her that she was the last child of ancient Ireland and that she would one day be called upon to bring this knowledge to a troubled future. This has been Diana Beresford-Kroeger's life work, and this book tells her story beautifully in her own words.

Reading her life story was life-transforming. It deepened my understanding of the profound connection each of us has with nature, a connection without which we can neither survive nor thrive. Sharing her profound wisdom, Beresford-Kroeger shows us how forests not only heal us, but how they are the life support system for the planet.

Holz, Gary, and Robbie Holz. *Secrets of Aboriginal Healing: A Physicist's Journey with a Remote Australian Tribe*. 2nd Edition, Bear & Company, 2013

This book is a guide to the 60,000-year-old healing system of the Aborigines revealed through author Gary Holz's journey to overcome multiple sclerosis. In 1983 physicist Gary Holz was diagnosed with chronic progressive multiple sclerosis. By 1988 he was a quadriplegic. In 1994, his doctors told him he had two years to live. Desperate and depressed, he followed a synchronistic suggestion and went to Australia to live with a remote Aboriginal tribe. Arriving in a wheelchair, alone, with almost no feeling left from the neck down, Holz embarked on a remarkable healing transformation of body, mind, and spirit and discovered his own gift for healing others.

Written at the request of the Aboriginal healers Holz worked with, this book reveals the beliefs and principles of the 60,000-year-old healing system of the Aborigines of Australia, the world's oldest continuous culture. The author tells the story of the miraculous recovery he experienced, and explains the role played by thought in the creation of health or disease. The chapters of his

book are structured around the five essential steps in the Aboriginal healing process, Willingness, Awareness, Acceptance, Empowerment, and Focus. His two healers taught him to explore the use of dreamtime, spirit guides, and telepathy as a path to discover and reprogram the subconscious motivations behind illness--a process that enacts healing at the cellular and the soul level, where the root of physical illness is found.

The author provides an opportunity for each of us to learn how to access healing through Aboriginal medicine, through the power of the body/mind/spirit connection.

Klaszus, Jeremy. *Leroy Little Bear on Blackfoot Metaphysics and Climate Change*.

<https://www.sprawlcalgary.com/leroy-little-bear-climate-change>. Accessed 11 Nov. 2022.

“We have to change our thinking,” Dr. Leroy Little Bear tells us. “What we’ve done in the Western world is we’ve taken ourselves out of the circle rather than being part of it. ...In Blackfoot, we also have our approach, and we have our metaphysics. Blackfoot metaphysics include notions of flux. Everything is always in motion. Existence consists of energy waves, not matter. Everything is animate. So, we talk about all my relations. When we’re talking about all my relations, we’re talking about all those other beings, those trees, those rocks, all those other animals. And existence is a web of relationships, renewal and maintenance of those conditions, and factors that make for the present reality without which humans cannot survive as a species, sustaining the land upon which the present human reality depends on.

“Now, when we apply those Blackfoot metaphysics to climate change, the thing is that all of existence is animate, it is all about my relations. I need all of my relatives; those rocks, those trees, those animals out there, I need them and they need me. So, it is all about reciprocity. That’s what the approach is all about. Existence is a web of relationships. What you do to the land, to the animals, to the water, you do to yourself.”

Hill, Don. "Listening to Stones-Learning in Leroy Little Bear's Laboratory: Dialogue in the World Outside." *Alberta Views - The Magazine for Engaged Citizens*, 1 Sept. 2008,

<https://albertaviews.ca/listening-to-stones/>.

A remarkable storyteller and teacher, Little Bear believes there is an unspoken language that makes it possible to bridge every worldview, a language that can be learned through dialogue—the willingness to set aside preconceived ideas and listen not only with your mind but with your heart. And if the way forward begins with a commitment to genuine dialogue, Little Bear teaches that the exchange of conversation must not only occur between human beings but also between all the creatures and plants and spirits that connect us to and with the earth.

Meyer, Manulani Aluli. "Holographic Epistemology: Native Common Sense." *Encyclopedia of Global Archaeology*, edited by Claire Smith, Springer New York, 2014, pp. 3435–43.

Abstract: "We communicate through our world view shaped within knowledge systems prioritized by the needs of people and the lessons of place. This article simplifies indigenous epistemology with the latest insight of post-quantum sciences. Holographic principles and practices are used to design a (k)new understanding of the philosophy of knowledge inclusive of all three aspects of nature: physical, mental, and spiritual. Holographic epistemology details the simultaneity of this trilogy without collapsing knowledge into dogma or well-intentioned patterns of philosophy that instead oppress, dismiss and make uniform. Indigenous epistemology combining with quantum clarity creates a new-old-wisdom helping simplify complexity into purpose and common sense once again so observable knowledge can be valued once more. We are moving from text into context through consciousness and the crisp qualities found in active engagement. Ulu ka le'ale'a. Let joy rise!" [China Media Research. 2013; 9(2): 94-101]

This insightful paper elegantly expresses the author's theory of "Holographic Epistemology." She articulately explains how the "Body/Mind/Spirit" Indigenous Epistemology, and the Holographic Universe theory intersect with one another, to provide a beautiful new perspective with which to view reality. In this work, the author, Manulani Meyer references Michael Talbot's "The Holographic Universe", and also "Science and the Akashic Field," by Scientist and Philosopher, Ervin Laszlo. These are two of the most inspirational, paradigm shifting books I have read.

Wilson, Shawn. *Research Is Ceremony: Indigenous Research Methods*. Fernwood Pub., 2008.

Abstract: Indigenous researchers are knowledge seekers who work to progress Indigenous ways of being, knowing and doing in a modern and constantly evolving context. This book describes a research paradigm shared by Indigenous scholars in Canada and Australia, and demonstrates how this paradigm can be put into practice. Relationships don't just shape Indigenous reality, they are our reality. Indigenous researchers develop relationships with ideas in order to achieve enlightenment in the ceremony that is Indigenous research. Indigenous research is the ceremony of maintaining accountability to these relationships.

This book has transformed my thinking in a number of important ways. First of all, I love that the book has been written in a circle, which Wilson accomplishes by having a "Forward and Conclusion" at the beginning of the book. Enhancing this, the author then shares his sequencing of the book. Sequencing and circular sequencing are of great interest to me, as a good part of my work is creating circles for transformation. Finding ways to work with non-linear sequencing is important. I love the relationality principle of his Indigenous Research Paradigm, where "relationships don't just shape Indigenous reality, they are our reality." Relationships, and the sacredness of "we" is a strong pillar of my practice. His explanation of "relational

accountability,” is eloquent. We are accountable to the people and ideas that we connect with, for the quality of the relationship we create. In this book the author laid out his research paradigm with great clarity. His writing is also accessible and very human. I also appreciate how he provides a whole historic overview of the evolution of different research paradigms— a great primer on a topic I knew little about until reading this book. After showing us the landscape, he then takes us on a beautiful journey, showing us how and why a new research paradigm is needed, and unfolding a more human vision of how research can be done in the future.

Yunkaporta, Tyson. *Sand Talk: How Indigenous Thinking Can Save the World*. HarperCollins, 2020.

Abstract: Summary: "A paradigm-shifting book from Aboriginal scholar Tyson Yunkaporta, who brings a crucial Indigenous perspective to history, education, money, power, and sustainability--and offers a new template for living."

Yunkaporta's writing weaves together his beautiful insightful vision of an Indigenous worldview, as he weaves symbols for kinship-mind; story-mind; dreaming-mind; ancestor-mind; and pattern-mind into stories, and extraordinary ways of thinking. He offers many transformative paradigm shifts. The first important one for me is that his table of contents is made with symbols on a turtle back shell, instead of linear language. As an artist, it feels essential to be able to portray relationships of ideas in a simultaneous interrelated non-linear way, as a way to give expression to the new consciousness rising right now. An example is the way he invites us to understand First Law, "Nothing is created or destroyed; it just moves and changes, and this is First Law." (pg. 39). He continues, "Creation is in a constant state of motion, and we must move with it as the custodial species or we will damage the system and doom ourselves. Nothing can be held, accumulated, stored. Every unit requires velocity and

exchange in a stable system, or it will stagnate—this applies to economic and social systems as well as natural ones." He weaves in concepts from quantum physics, but relates them to a holistic Indigenous vision for how we are interconnected with the rest of life, not separate from it.

The symbols for each chapter are skillfully crafted to be multidimensional. As an artist, I am learning from the thoughtful way he creates his own symbols, adding them to the symbols shared by the Elders he has received teachings from. And all the symbols are pathways for healing and transforming choicemaking. It inspires me to create some symbols for expressing timeless concepts, as a building practice. This book offers so many inspiring new ways of seeing and being, an annotation can't express all the important ideas in this work. So, I'll just include the quote on the cover, "Everyone need to read this." ~Tommy Orange

Ywahoo, Dhyani. *Voices of Our Ancestors*. Shambala Publications, 1987.

The author, Venerable Dhyani Ywahoo, is the 27th generation lineage holder of the Ywahoo Clan of the Tsalagi (Cherokee), and Founder of Sunray Peace Village and Meditation Society. In this book, she has put into writing for the first time, the orally transmitted teachings (Elo) of the Tsalagi people, an ancient lineage of this continent going back at thousands of years. The Tsalagi worldview from which these teachings arise is entirely different from the European way of perceiving reality. In this book, Venerable Dhyani Ywahoo has created a form of writing intended to express the multidimensional structure of this oral teaching as it been transmitted for 27 generations. The Medicine Bundle that Venerable Dhyani Ywahoo carries includes crystal, sound, and light teachings. All of these are vibrational, transmitting the teachings in wave forms. The teachings are designed to be received through story, sound, dance, and song. The

book is written in a spiral. It is a multidimensional teaching method. The purpose of the teachings is transformation, for the benefit of all beings.

I discovered Sunray, and the [Peacekeeper Teachings](#) in 2017, through a serendipitous connection. I began my Peacekeeper Training in 2017—a seven-year cycle of teachings. I particularly value chapter 10, Developing Peacekeeper Mind, which I am currently rereading. According to the Tsalagi lineage teachings, we recently entered a new cycle of Thirteen Heavens, a new age which calls upon us to let go of aggression and fear, and to become "Peacekeepers" choosing to embody a heart-centered life of enlightened consciousness, in support of all life, and for the renewal of planet Earth. The multidimensional richness of this book is such that each rereading deepens our understanding of the spiral teachings it contains.

Sacred Geometry (2):

Melchizedek, Drunvalo. *The Ancient Secret of the Flower of Life: An Edited Transcript of the Flower of Life Workshop Presented Live to Mother Earth from 1985 to 1994 (Vols 1 and 2)*. Light Technology Pub., 1998.

Schneider, Michael S. *A Beginner's Guide to Constructing the Universe: Mathematical Archetypes of Nature, Art, and Science*. HarperPerennial, 1995.

Abstract: You need not be a philosopher or a botanist, and certainly not a mathematician, to enjoy the bounty of the world around us. But is there some sort of order, a pattern, to the things that we see in the sky, on the ground, at the beach? In *A Beginner's Guide to Constructing the Universe*, Michael Schneider, an education writer and computer consultant, combines science, philosophy, art, and common sense to reaffirm what the ancients observed: that a consistent language of geometric design underpins every level of the universe, from atoms to galaxies, cucumbers to cathedrals. Schneider also discusses numerical and geometric symbolism through

the ages, and concepts such as periodic renewal and resonance. This book is an education in the world and everything we can't see within it.

Author Michael Schneider never liked math in school, until he began to see how numbers were expressed in the forms of nature. As he grew more curious, he began to discover the symbolic use of numbers in cultures throughout the ages, including Greece, where the progressive study of the numbers one through ten was a path to human development. He went searching for the book that would tell him about all the amazing things he was learning about numbers, but the book didn't exist. That is when he decided to write this book, "A Beginner's Guide to Constructing the Universe." There are ten chapters of the book—for the numbers one through ten. Each chapter tours us through the patterns in nature; the unique properties of the forms in nature that that number expresses, and all the symbolic ways that number has been used in cultures traveling back through time, such as proportions in architecture, shapes in artwork, and symbols used to express sacred concepts and meaning. This rich cultural knowledge has been removed from standard math classes. This book makes a wonderful case for why it is important to restore that depth of meaning to our knowledge of numbers.

Timefulness, Slowing Time (4):

Bailey, Spencer. "Lidewij Edelkoort on Why Doing Less Is More." *Time Sensitive*, 4 Dec. 2019, <https://timesensitive.fm/episode/trend-forecaster-li-edelkoort-doing-less-is-more/>.

I am fascinated by the original ways in which Li Edelkoort considers time in this interview. I had already become interested in considering slowed time signatures, when I received an email about this podcast. I love her description of experiencing time differently in different places in the world where she works; New York, Paris, West Africa. She suggests that we experience

time differently in different countries, which is an intriguing notion. She recommends a book by Carlo Rovelli called "The Order of Time", which looks at "time through the lens of physics".

This book is now on my list of books to investigate. She also makes reference to a book called "Timefulness," by Marcia Bjornerud, a geologist, who puts time in beautiful perspective by considering the time scales of human beings, compared to the massive time scales of our planet.

I also love Edelkoort's of relating the idea of time to textile (which is her forte and her primary medium), "you can stretch time, you can doubleweave time so you have two different time levels actually which connect, sometimes also in your work when you work intercontinental [sic], you can take time on the bias so it becomes something else altogether."

She advocates that we think about time more deeply, and recommends that we "study ourselves in connection to time". "We're just rushing through life as if death is the destination we want to be at, and we don't take the time to step back and to reflect on this." She continues on to consider different time signatures, and how they fluctuate during our day, "It's something very magic, how sometimes a few seconds can be so long and a few hours can almost not exist. That's really weird. It's all about the attention you give or how surprising something is or how beautiful something can be—or a person can be. ... It's hugely connected to what we experience."

Berg, Maggie, and Barbara K. Seeber. *The Slow Professor: Challenging the Culture of Speed in the Academy*. 1st Edition, University of Toronto Press, Scholarly Publishing Division, 2016.

In "The Slow Professor", Maggie Berg and Barbara K. Seeber discuss how adopting the principles of the Slow movement in academic life can counter [the] erosion of humanistic education. They advocate for the importance of reintroducing the notion of timeless time into university life.:

"Timelessness is defined by Charalampos Mainemelis as 'the experience of transcending time and one's self by becoming immersed in a captivating present-moment activity or event' (548). Research shows that periods of escape from time are actually essential to deep thought, creativity, and problem solving." (p. 26). "If we don't find timeless time, there is evidence that not only our work, but also our brains will suffer. Timelessness is clearly desirable not only for our work but also for our professional and personal satisfaction." (p. 28)

Bjornerud, Marcia. *Timefulness*. 1st Edition, Princeton University Press, 2018.

Abstract: "Few of us have any conception of the enormous timescales in our planet's long history, and this narrow perspective underlies many of the environmental problems we are creating for ourselves. The passage of nine days, which is how long a drop of water typically stays in Earth's atmosphere, is something we can easily grasp. But spans of hundreds of years—the time a molecule of carbon dioxide resides in the atmosphere—approach the limits of our comprehension. Our everyday lives are shaped by processes that vastly predate us, and our habits will in turn have consequences that will outlast us by generations. Timefulness reveals how knowing the rhythms of Earth's deep past and conceiving of time as a geologist does can give us the perspective we need for a more sustainable future."

"Marcia Bjornerud shows how geologists chart the planet's past, explaining how we can determine the pace of solid Earth processes such as mountain building and erosion and comparing them with the more unstable rhythms of the oceans and atmosphere. These overlapping rates of change in the Earth system—some fast, some slow—demand a polytemporal worldview, one that Bjornerud calls "timefulness." She explains why timefulness

is vital in the Anthropocene, this human epoch of accelerating planetary change, and proposes sensible solutions for building a more time-literate society.”

I learned of this book from Li Edelkoort in her podcast for Time Sensitive, “Why Doing Less is More,” where she considers time from many unusual perspectives. She’d just finished reading it. The book title, “Timefulness,” intrigued me. The book was not what I expected, but wonderful: wonderful to be show the massive scale on which time is viewed by a geologist, as compared to human time scales. She also shows how much impact we are having, in what, for the Earth’s history is less than the blink of an eye. The author makes a convincing case for making time for mindfulness in the decisions we make, especially, those decisions we make for our home planet. I love her concept of “time-literacy.”

Footprint Choices. “The Slow Movement: Making a Connection.” *Slow Movement*,

<https://www.slowmovement.com/>. Accessed 11-11-22.

This website is dedicated to the Slow Movement, the cultural choice and trend to slow down; to downshift: “The Slow Movement aims to address the issue of 'time poverty' through making connections. ... We want connection to people - ourselves, our family, our community, our friends, - to food, to place (where we live), and to life. We want connection to all that it means to live – we want to live a connected life.”

Community Transformation (3)

Fresh Truck – About Fresh. <https://www.aboutfresh.org/fresh-truck/>. Accessed 31 Oct. 2022.

Fresh Truck is the vision of founder Josh Trautwein, when he was working as a health educator at the MGH Charlestown Healthcare Center. "He kept hearing from his families that it was difficult to shop for healthy food — at that time, the only grocery store in the neighborhood was shutting down for a year-long renovation." This inspired him to transform a school bus into a

mobile farmers market, to bring healthy food to neighborhoods where healthy food was unavailable.

I saw their first school bus mobile market in 2016, when it was on display at HUBweek Boston. Since then Fresh Truck has expanded, and has several mobile markets, which they bring to neighborhoods, to "bring food closer to the people that need it the most."

Schumacher, E. F., and Bill McKibben. *Small Is Beautiful: Economics as If People Mattered*. First Harper Perennial edition, Harper Perennial, 2010.

Abstract: In "Small is Beautiful," Oxford-trained economist E.F. Schumacher "presents eminently logical arguments for building our economies around the needs of communities, not corporations."

My note: When I read this book many years ago, I thought he made a wonderful case for embracing low technology as a more accessible path for local rural communities to become self-sustaining communities. Especially in places like Africa, when complex technology is provided, the infrastructure to maintain this technology is not in place. When highly technical equipment inevitably breaks down, the replacement parts and ability to repair this technology is non-existent, rendering local rural economies unable to be self-sustaining. He argues that low technology can be maintained and repaired locally, and provides livelihoods for people within the community.

TEDTalks: Brene Brown - The Power of Vulnerability. Directed by Brené. Brown, Films Media Group, 2012. *WorldCat*, <http://digital.films.com/PortalPlaylists.aspx?aid=13753&xtid=48584>. Brene Brown studies human connection - our ability to empathize, belong, love. In a poignant, funny talk at TEDxHouston, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. "If we're going to find our

way back to each other, we have to understand and know empathy, because empathy's the antidote to shame. If you put shame in a petri dish, it needs three ingredients to grow exponentially: secrecy, silence, and judgment. If you put the same amount of shame in the petri dish and douse it with empathy, it can't survive." ~ Brené Brown

Dialogue (8):

Berman, Shelley. "Dialogue vs. Debate." *COPIAN Canada*, Sept. 2013,

<http://en.copian.ca/library/learning/study/scdvd.htm>.

I find this to be a very useful one page teaching resource that creates a series of excellent comparisons of the difference between Dialogue and Debate. Here is the first and most fundamental:

Dialogue is collaborative: two or more sides work together toward common understanding.

Debate is oppositional: two sides oppose each other and attempt to prove each other wrong.

This page was adapted from a paper prepared by Shelley Berman, which was based on discussions of the Dialogue Group of the Boston Chapter of Educators for Social Responsibility (ESR).

What I find valuable about this Dialogue vs Debate one page comparison, is that it defines the difference between debate, which is a win/lose end game model—essentially a warfare model; and dialogue, which is a win/win collaborative model, where people try to bridge across differences, and reach to understand the other person's perspective, even if they don't agree with it. I believe that as a culture and as a planet we have outgrown warfare/competition models as a way to resolve conflict. Also, I believe that debate is an inherently unstable decision-making process, because the "loser's" viewpoint is disappeared by the process. The minute

someone is disappeared by a process, they immediately want to overturn the decision. Dialogue is an inclusive process, where everyone's viewpoint receives respect. The final solution might not have all that everyone wants, but because everyone has been seen and heard, they have a stake in protecting the agreed resolution. It is also easier to come back again to fine tune, or revisit a solution, when participants come together in support of each other. I used this one sheet as a tool, when I and a colleague of mine created a Community Listening Circle workshop, which we led in several cities in our area. Just having the difference between dialogue and debate defined, created real and lasting transformations for the attendees, in how they approached bridging differences.

David Bohm and Lee Nichol. *On Dialogue*. Routledge, 1996. *EBSCOhost*,

<https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,sso&db=nlebk&AN=88153&site=eds-live&custid=s7059888>.

Fredrickson, Barbara. *Love 2.0: Creating Happiness and Health in Moments of Connection*. First Plume printing, Plume, 2013. *K10plus ISBN*,

<https://www.penguinrandomhouse.com/books/309693/love-20-by-barbara-l-fredrickson/>.

In the book "Love 2.0", the author offers us a new way to understand what love is, supported by her own research. She makes the case that the traditional idea of love, as in "finding the great love your life", or of unconditional love, as in our family, love connections, and close friends, needs to be understood differently. Our relationships, even our significant close relationships, are made up of many small moments of positive connection, which the author calls "micro-moments" of love and connection. These moments accumulate to create the larger whole of the relationship. It turns out that love is something we create by choosing to create tiny moments of positive connection, kindness, and friendship, with loved ones, friends, or even total strangers.

The author tells us that the more we create small moments of love and connection the healthier and happier we become.

The author tells us, "Love is the momentary upwelling for three tightly interwoven events: first, is sharing of one or more positive emotions between you and another; second the synchrony between your and the other person's biochemistry and behaviors; third the reflected motive to invest in each other's well-being that brings mutual care." The author defines this trio as "positivity resonance" (p. 17, par. 2). These "micro-moments of love and connection" create positivity resonance". And positivity resonance is measurable. People who engage frequently in creating micro-moments of positivity resonance experience an increase in oxytocin levels, significant improvement in vagal tone, and during this micro moment of connection, the two (or more) participants brains sync up as one. A neural coupling takes place. Habitual awareness of "I" yields to an expanded awareness of "we". In short, Love is a "single, shared emotion... that is distributed across two brains" (p. 45).

Green, Paula, and Hands Across The Hills, Leverett, MA Whitesburg, KY Community Dialogue

Alliance. "Hands Across the Hills." *Handsacrossthehills*, <https://www.handsacrossthehills.org/>.

Accessed 31 Oct. 2022.

Paper Tigers. Directed by James Redford, 2014, <https://kpirfilms.co/paper-tigers/>.

The documentary, Paper Tigers is about a high school in a very tough neighborhood in Washington State, who had a serious problem of fights in the school. When the school tried a new approach to discipline: understanding and treatment rather than judgment and suspension, the number of school fights dropped by 75%. They found that adverse childhood experiences (ACEs) could be overcome, if even just one person validated and appreciated a student, simply for who they were as a person, and that " just one caring adult can help break the cycle of

adversity in a young person's life." The high school went from an extremely low percentage of students continuing to college to a very high percentage of students enrolling in college.

Scharmer, C. Otto. "Four Types of Listening, by Otto Scharmer." *Awakin.Org*,
<https://www.awakin.org/read/view.php?tid=2426>. Accessed 20 Aug. 2021.

Vimeo: Four Types of Listening, by Otto Scharmer. Directed by C. Otto Scharmer, Vimeo Video,
<https://www.presencing.org/resource/tools/listen-desc>. Accessed 20 Aug. 2021.

Arts Curriculum Building and Pedagogies (3):

Jahoda, Susan E., and Caroline Woolard. *Making and Being. Embodiment, Collaboration, & Circulation in the Visual Arts*. Pioneer Works, 2019.

Lerman, Liz. *Critique Is Creative: The Critical Response Process® in Theory and Action*. Wesleyan University Press, 2022.

Muff, edited by Katrin. *The Collaboratory: A Co-Creative Stakeholder Engagement Process for Solving Complex Problems*. 1st ed., Routledge, 2017.

Abstract: "This book is about empowering ordinary people to make a difference in the world. It explores the transformation that emerges when groups spread around the world working on similar issues discover synchronicities, often cross-pollinating, and collaborate rather than compete. A Collaboratory is a facilitated space where stakeholders meet to discuss burning societal issues. Each collaboratory is different and needs to be carefully designed to fit the context, ambition, purpose, stakeholders, culture, and space." ~Routledge Press.

My note: Katrin Muff, editor of The Collaboratory, has been the Dean of the Business School of Lausanne, since 2008. She is also director of the Institute for Business Sustainability in Lucerne, Switzerland. Each chapter is written by different author on a theme related to the art of collaborative visioning. The topics range from Creating and Holding Circles, to Appreciative Inquiry. The book offers a number of helpful practices and roadmaps to help individuals and organizations successfully collaborate to unfold new visions for their organization.

Schapiro, Steven A., et al. *Higher Education for Democracy: Experiments in Progressive Pedagogy at Goddard College*. P. Lang, 1999. Eliot D. Pratt Library, Special Collection LD2001.G452 S33 1999.