

SYNOPSIS TO PROSPECTUS

for

Ahhh-TheLight.com and

wHeretwoworldsTouch.com

RE: The Consciousness Shift Movement

Join me in what will become, through the intervention of many caring people, an extraordinary instrument of service and surely one of the landmark, triple-bottom-line partnering/funding ventures of this revelatory "Turning Point in Time."

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Preface

The Key Is The Sum of the Many Waking Up

There is a great spiritual movement afoot on the earth. This is a movement that has the power to change the direction of mankind. All we have to do is realize that the future is not written in stone. All of the events that I saw in my visions and all of the events that seem to be taking place in the world around us can be altered by group effort. All we have to do, the Beings told me, is view ourselves as spiritual beings, living in a spiritual place, with a spiritual purpose. The rest will follow. ~Dannion Brinkley [*At Peace in the Light*, by Dannion and Kathryn Brinkley]

Dannion had introduced the above statement by saying, "The Beings of Light ... told me something important about these revelations, something that shows the importance of each and every one of us. Here it is: [We, the 'each and every' of us, are the very real presence of this] great spiritual movement afoot on the earth ... that has the power to change the direction of mankind."

I offer this work, of which Ahhh-TheLight is but a fraction, for your consideration as potential partners, investors, and other forms of support, created as a vehicle to facilitate this vast, thus far, essentially invisible, global Movement's awakening to its collective reality, power and purpose.

Together, Let's Do Something Giant!

INTRODUCTION AND INVITATION

Dear Friends and Future Friends / Partners / Angels,

I invite you to consider a work, a unique vehicle for unifying a stupendously important, willing, well-intended, but chaotic and extremely diffuse social consciousness, today -- the Movement of concern in the above quote. Imagine what will happen once this population awakens to realize together what it most has in common, something that is itself of inestimable consequence to the saving of our sacred Earth, as well as the evolution of Humanity itself.

Amazingly, this consciousness-based Movement is both defined by and yet unaware of that which unifies it! Parenthetically, this is one of those classic next-step insights that suddenly becomes 'obvious'.

The project I am about to introduce to you begins where the vague notion of a recognized, world-wide "consciousness shift" leaves off. It finds strong and well-documented corroboration in the breakthrough research about the "Cultural Creatives" elaborated by the [respectively] environmental and social scientists, Ray and Anderson – and takes us giant steps beyond. I firmly believe this undertaking has the capacity to invoke the quality and sustainability of a deeply committed, global support network that can make a vital and positive difference in our world, and including, by the way, a substantive and ameliorating "shift" in our economic woes.* This unrecognized movement is already showing strong signs of integrating the conceptual framework of a new consensus reality in tandem with this work that will be fully explained in the proposal.

We are in the midst of a "Consciousness rEvolution" that has no precedent. Once its constituents are 'on the same page' about what it is we have in common that can galvanize us to achieve our shared intentions, nothing will stop us from the healing and wholeness-making and unspeakably MORE that lives like an already fully formed Great Wisdom Tree in the garden of our collective hearts.

This work-in-progress has grown out of the super-fertile ideological soil of the understanding and experience of many pathfinders who are fully congruent, even though they use a wild diversity of terminologies and represent almost every conceivable field of interest and inquiry. This is because there is an underlying, we could say, nutrient base of human experience as broad and deep as life itself that with rare exception has yet to be acknowledged specifically on this scale of significance.

Rhea A. White grasped the big picture and articulated it with inspired genius from her own direct knowledge [as a near-death experiencer] and scientific discipline as the "Experiential Paradigm," alluding to what she called "exceptional human experience." She and her extraordinary but under-known work, whom and which you will soon learn more about, are foundational to this project.

I invite you to study this work, not only with your brain smarts, but also with your intuition, your Heart smarts. I look forward to hearing from you, as well as others to whom you might think to pass this on. Please don't hesitate to send me your questions and comments. I also look forward to meeting and working with those of you who choose to take on this glorious journey with me, to bring into the fullness of being and household knowledge this greater understanding of who and what we are as "the MORE that it means to be Human" and that can make a world full of sustainable, quality-of-life difference for all of us.

Thank you for your time and interest,

Rachael R. Rocamora
Co-creator of Ahhh-TheLight.com

* I have every conviction, this enterprise, if carried out true to its scope as a global venture and with the inspired genius I expect it to draw, can bring about, as integral to its anticipated outcome, a surprisingly major improvement of our economic situation. For more about this, in the Prospectus, see: "The Present Objective: Project Collaborators and Venture Funding."

Synopsis

Note: bold text signifies terms found in the Glossary.

ABSTRACT

This work begins with the premise that certain types of inner-Awakening or spiritually transformative experiences, generally referred to on this site, in nonideological languaging, as “**exceptional human experiences**” / **EHEs**, set individual Experiencers on a certain trajectory as they process their experiences of this nature [see **EHE Process**]. This process may and often does lead to changing the Experiencer’s lifeview, values and behavior in certain, well-recognized ways [see **EHE Aftereffects**]. They become more altruistic, and proactive in their concern for the Earth and for Humanity, they are embracing of all differences and typically are imbued with a deep reverence for all life and a distinctly inclusive **moral consciousness**. Once they achieve this new worldview or “**new consensus reality**,” they do not revert back to the post-modern view. Over the last half century, increasing numbers of people have undergone such Experiences. Not all are ‘instantly’ transformed, and many may never be in this life. But a surprising number are, and my guesstimate is, across the whole planet, they number in the hundreds of millions.

There is an even larger population of people [see **EHE Empaths** and **Latent EHEers/Empaths**] who do not remember having had exceptional experiences, or their EHE processing has not matured to the point that they are transformed into living out of the “**new consensus reality**” shared by EHEers who comprise the first population mentioned above. This comes down to a matter of education and lack of awareness or understanding, as well as a dearth of safe and non-ideological communal opportunities in which to explore this phenomenon and to process with others. As more people are aware of this pattern and the significance of these Experiences and where they tend to lead people, filling their lives with meaning and purpose and direction, I believe escalating numbers of people will begin to change to reflect the outcomes of the first group.

Both these groups together are the bulk of a Movement that has not yet discovered the fundamentals of what they have in common. This Movement exists, and this basis for them exists, but our reticence to talk about our Experiences and, in this regard, our felt isolation have been unremitting deterrents to its progress thus far. Without our recognition of what we have in common, we lack the magnetic force that can bring us together into a mutually aware whole.

Paul Ray and Sherry Ruth Anderson generated a near-revolution themselves in their careful study of those they call the “Cultural Creatives” [re: *The Cultural Creatives: How 50 Million People Are Changing the World*]. Their research depicts an almost exact and other model for describing, at the very least an analogue, but more likely, a largely overlapping populous if **EHEers** and (**Empaths** and **Latents**) could be as accurately assessed as, respectively, the Core Cultural Creatives and (the Greens and Moderns). These authors/researchers say,

"The weakness of the Cultural Creatives [and by extension, this global **Consciousness-Shift-prone Movement**] is that they don't yet have a basis for supporting each other and working together. Lacking social support, social isolation becomes a great problem for them. Until they develop a substantial sense of community, their fledgling movements, businesses, and institutions cannot grow, potential political leaders cannot create a common cause with them."

In short, wHeretwoworldsTouch.com will become a vehicle for facilitating the coming together of this vast Movement, providing several community-nurturing complexes in which to meet, to learn, to share, to grow together and discover this in-common basis of its members' purposeful lives, and from this, their singular Voice. On the basis of **'all things EHE'** as the great magnet of meaning, they will at last find their true unity and will be far better enabled to organize and to bring to bear their collective intentionality within the world-at-large. These are the people of the world who will ensure the sustainability of not only life on our sacred Earth, but the quality of life and dignity and exaltation of the ever-growing, evolving MORE that it means to be Human within the **Larger Life Reality** we share.

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Rhea A. White and the Experiential Paradigm / 'All Things EHE'

When you examine the works of Dr. Rhea White,\* particularly those developed for and through the last many years of her life during which her EHE Network was operational, you can't help but be impressed by her wisdom and pioneering spirit. Truly, she was a genius, a bridge-builder between "mind and body, self and world, time and eternity, subjective and objective" and I want to add, science and religion, not to mention, between "the two worlds." Here, I will largely let her speak for herself.

Dr. White's many years of research are summed up in her **Experiential Paradigm [EP]**, "A worldview that is based not on physical data and logic but on the sum total of one's EHEs. Its tenets must be experienced to be known. These experiences eventually lift a person into a whole new way of perceiving reality. He or she is no longer enmeshed in the old worldview but can see it as if from outside. At the same time, the EHEer is aware of being in a new worldview that is based on heart knowledge and inner being that rests on a personal sense of connection with the entire creation."

White offers more insight about the EP and the EHE process and the actual and potential relationship between this understanding and the world-at-large:

The **EHE process** integrates both one's outer and inner worldview. Outerworld events may occur that change one's relationships, work, and avocational activities. Innerworld experiences in the form of successive EHEs and an open participatory response to them catapult the EHEer into a whole new worldview, the Experiential Paradigm, which is based not on physical data and logic but the sum total of one's EHEs.

... Once this sense of connectedness, which is the essence of the EHE process, becomes part of daily experience, it ushers in a new view of one's life. You sense a continuity underlying life from birth (or before) to death (and after). You come to think of your life as part of the life of planet Earth and all existence from the beginning and as being related to the universe at large. This new view engendered and informed by one or more EHEs is a lifeview. It is similar to worldview, except the personal element -- your own individual place in the scheme of things -- is part of the whole and the whole in the part.

Please know, this web embraces many corroborative interpretations and research of these phenomena from numerous sources. White's work is emphasized because, in my humble opinion, it stands head and shoulders above any other approach I've investigated thus far. The Mission Statement for her EHE Network, of which a little is quoted below, speaks volumes for the quality and dedication of her work on behalf of [EE / EHE] Experiencers and their Experiences:

Overall, the EHEN is investigating, developing, defining, and sharing a new Experiential Paradigm that the experiences themselves reveal to the experiencer and that can be shared with others. The glimpses of the new reality these experiences provide have short- and long-term effects upon individuals, their sense of who they are, and the nature of the world they/we live in.

We are collating and looking for patterns and connections in these aftereffects. Rather than demanding independent proof to substantiate these experiences, rationalizing them to fit some preconceived ideology, or sensationalizing them for vapid media consumption, we create an accepting and confidential environment in which EHEers may submit personal written accounts, share insights, and gain information. In this endeavor, we have learned that what our culture considers to be "anomalous" experiences ... can develop and mature into Exceptional Human Experiences (EHEs), which have the capacity to shift perspectives, which benefits not only the individual but also society and the environment.

We trust that by providing a safe, accepting, and nonideological venue for experiencers to share their accounts; by offering quality information across a rich variety of resources, scholarship, and research; and by looking at the overall pattern of what these many types of experience may be showing us as a whole, we can assist experiencers, and they can assist us, in revealing the meaning of their experiences and of the new worldview that is the Experiential Paradigm.

### The Global Consciousness Shift Movement

I have mentioned there are likely hundreds of millions of **EHEers** throughout the world, as well as another important and probably even larger population, referred to here as **EHE Empaths** and **Latent EHEers / Empaths**, those who may not themselves remember such experiences or who are still not fully mature in their own EHE processing, which naturally leads to the transformed new consensus worldview, or what White calls the Experiential Paradigm. [See Appendix C, "Who Is This Consciousness Shift Movement?"] This is the Movement for which the heart of wHeretwoworldsTouch.com is being built, those who would recognize themselves as living increasingly or fully out of the **new consensus reality**, identified by in-common traits, values and Human behaviors [see Appendices A and B, re: EHE aftereffects and also the Cultural Creatives]. Differences, such as nationality, religious belief, pre-experiential values and lifestyle are irrelevant to the EHE-sourced disposition – an active, abiding concern for a sustainable future based on a reverence for all life.

These populations together comprise a Movement yet to be collectively conscious as such, that could number as many as half the world population. The Core Cultural Creatives comprised about 24% of the USA population in 2000 and 48% of the entire Cultural Creative population, which itself represents **about half the people of the United States**. Near Death Experiencers number at least 5%, and Out-of-Body

Experiencers, 24%, of the USA population. And these are merely two types of hundreds of identified kinds of potential EHEs. Those who have through numerous polls over the last three decades said they have had spiritual or paranormal or mystical experiences in both Europe and the USA numbered between 46% and 67%. No study has been undertaken to identify just how extant the numbers of EHE Empaths and Latent EHEers / Empaths may be thus far.

Let's look at this this way: There are over 300 million people in the United States, which add up to a mere 5% of the world census figure of well over 6 billion. Half the people in the USA, or 150 million people have, according to poll data, professed to have had some form of nonordinary, paranormal or spiritual experience. Also noteworthy, Ray and Anderson have said third-world countries demonstrate even more growth of the core cultural creative agenda than in the USA; this was given in the context of their generally more amenable spiritual disposition. Five percent of the world population [at 6 billion, let's say, just to make the point] is 300 million folks – equal, yes, to the entire population of the United States. Thinking of the Core Cultural Creative percentage in the USA, 24% of the *world* population is nearly 1.5 billion people. Any way you slice it, there are plenty of data and newsworthy evidence to corroborate the idea that at the very least there are hundreds of millions of people in the world who would readily appreciate and be attracted to what wHeretwoworldsTouch will offer.

Imagine what can happen when we all begin to see this developmental pattern for what it is, moving us into this new consensus reality, person by person, experience by experience. It will finally clearly identify the foundation of this vast population that shares a passion for a sustainable world for the Longview in which we all can live not only in peace but thrive together and toward a common horizon of global renaissance and the fulfillment of the greatest potential of which we are capable singly and as one. In the meantime, we are increasingly having direct experiences of the **Larger Life Reality** and realizing our relationship within it and as it relates to our being here in this world together. This abridgement *is the very foundation* of the **new consensus reality**.

[Ahhh-TheLight.com](#), the [Future wHeretwoworldsTouch.com](#), and EHE Study Groups

[Ahhh-TheLight.com](#) and the [future wHeretwoworldsTouch.com](#) provide a multiple-community setting of and for and by **Experiencers [EHEers]**, fully devoted to their communal interests and activities. There are thus far five planned, well-detailed subwebs, as well as another entity, the EHE Study Groups [both offline and online] to be developed. Below is a brief description of the subwebs and the EHE Study Groups. [NOTE: the links/hot text to the pages below for the subwebs and also explanation of EHE Study Groups take you to a *mock-up version* of wHeretwoworldsTouch, an ongoing accrual of content, mostly ideas of plans for what will be available, once wHeretwoworldsTouch is in operation. See [Gateway](#) to mock-up version.]

1. [The Physical Death and Dying Resource Portal](#) offers a-z support and educational data concerning the benumbing and often overwhelming nitty-gritty issues associated with physical death and dying, as well as the need to reach out to others whether to comfort or to be comforted. Resources and support of every description, consumer information [cautionary and in terms of new trends that are less costly and more ecologically sustaining], what people need to know to prepare for physical death -- legal documents, state-by-state [and expanding to global, not just USA] laws ... etc. This subweb is exceptional in that it does not

refer specifically to the 'all things EHE' focus of all the other subwebs. But it represents certainly the one most compelling subject that drives people to seek deeper answers, meaning and purpose in their lives. They often go looking for something "more" that will help them make sense of life, which is exactly what happened to me after a young brother's death. I wished then there had been a single place I could have turned to that would have all that would later become the basis for the second subweb. And I hope this will be an extraordinarily helpful environment for others who feel this longing. So came into being ...

2. **The Larger Life Reality Portal** [which] focuses on people's direct and transformative experiences pointing without equivocation to a larger-life continuum of which most of us are barely if at all aware, most if not all our little earthly lives. This subweb will offer a niche-market media collection / 'library' along the lines of 'all things EHE' as can only be had through the powers of the internet! Opportunities for exploring the other subwebs and becoming aware of the extraordinary sense of Community that will be present begins here.
3. **The Living the Awakened Life** community reflects and supports an unambiguous perspective associated with well-recognized EHE Aftereffects. This is the primary Communal subweb with a number of phenomenal lifestyle interests well supported here, such as: a whole new generation of global activism, of which this will without doubt be one of the central hubs of operation; a triple-bottom-line, full-disclosure [optional membership] co-op with consumer reviews and its own independent 'good-housekeeping'-like seal-of-approval operations; a fascinating array of venture-philanthropic interests; every inducement [social and technological] for mixed culture dialogue and collaborative pursuits. We will work hard to appeal to all ages so that everyone finds meaningful avenues of participation, connectivity, and expression. This is where the global **Consciousness Shift Movement** will discover itself, find its voice, self organize and become recognized as a powerful global presence.
4. **The EHEer Support Cooperative** for people who have had radically life-altering experiences ["exceptional human experiences"] and who could benefit from connecting with others who have undergone similarly transformative events / processing. EHE Empaths are certainly welcome here as well. This will be a place of mutual healing and support. It will also be the font of what could become the most highly creative and inspired population / community on the planet. Part of the plan here is to connect EHEers first with each other, with their EHE-sourced knowledge and ideas of every sort, potential innovations for every conceivable field of interest, and also with investment interests, etc. who may be fortunate enough to work with them to develop many of these ideas and intuitions and knowings. Think about that!
5. **The Death-Transcendent Cooperative Inquiry Initiative**, vested in a collaborative endeavor among experiencers and **latent EHEers and Empaths** to study EHEs in order to facilitate our inviting more such experiences and EHE-mindedness into our everyday lives because of their almost universal aftereffects that invest people with greater compassion, even reverence for all life and that culminate in more people living out of the New Worldview that is all about sustainability and the kind of community that embraces and celebrates our

differences with love and inner-sourced wisdom. Many experiencers feel passionately this shift in consciousness is the greatest resource we have for saving us from ourselves and saving our planet. Here, we will focus together on what our most gifted and gifting EHEers have and have had in common, past and present, dwelling on our ultimate promise of evolving Humanhood as destined to be simultaneously at home in two worlds and all that suggests. This means everyone from our greatest religious exemplars to just you and me folks of today. We will all be co-researchers and co-subjects in peer-to-peer study, undertaken with the quality of discipline inspired by people like Rudolf Steiner, Johann von Goethe, and John Heron and also Rhea A. White.

6. **EHE Study Groups, online and off**, will become another whole dynamic for community-building, based on sharing and processing these potentially and profoundly life-altering experiences, EHEs. For us to appreciate fully what connects us, we need a comfortable environment in which to explore them together. It must be, again, nonideological and respectful of all people and their Experiences. Here, too, is probably where much of our activism will gain its strength, direction, and momentum among participants.

### Final Remarks / Summary

I believe as people become familiar with this complex of communities relating to 'all things EHE' and as they start finding connections with others in the ways described, they -- or rather, we -- will just COME ALIVE as a cohesive, unitive consciousness force that will together achieve things we can't even begin to imagine! Not only within our personal and connecting lives but for our Earth and for our global Human family. I believe we are "just in time" to become a munificent ameliorating presence in the world. And never has it been more needed!

I'm just one little person, my goal having been to see this get off the ground and into the consciousness of those it serves. Ultimately, wHeretwoworldsTouch.com, along with Ahhh-TheLight.com and the EHE Study Groups as one entity, will become an intensely active, global, communal hive, built and guided on the inspired visioning that comes out of the collective hearts of the enormous population of the Cultural Creatives / EHEers / Translucents [Thank you, Arjuna Ardagh!] themselves. The very meaning and purpose that drives them, sourced in the consciousness-shift experience of our oneness they have been discovering, is already altering our entire conception of what it means to be Human. What will we not accomplish "as ONE," once we are truly, mutually aware and organized as an "official" and singular Movement with clear intentionality? Poised on the threshold of stepping forward together in all parts of the world, to embrace it fully, lovingly, as instruments of healing and blessing and wholeness-making, with our collective purposefulness and dynamic unity, we will bring livingly into our collective Experience the reality of "where the two worlds touch" and we in all worlds will become WHOLE. And in the words of Julian of Norwich, "all will be WELL and every kind of thing will be WELL," perhaps for the very first time since the origin of our species.

In summary, there is a globally significant meaning and purpose implicit in this work as broad and deep as the promise of Human evolution -- and as urgent as the hope of planetary survival. The underlying question that drives this "Project of Transcendence," ultimately belonging to all of us as one evolving Human Family, is this:

What could the unified consciousness, astounding creativity and brilliance, and purposeful commitment of hundreds of millions of compassionately motivated, Aware EHEers and EHE-Empaths and affinitive others from all over the world, who have these oft-noted Aftereffect characteristics in common, do together with well-organized, Spirit-led intentionality? Exactly this is what Ahhh-TheLight.com and wHeretwoworldsTouch.com have been created to nurture and help facilitate.

I believe we are in the very midst of a consciousness revolution unlike anything we have ever experienced in our human history. We also have the opportunity to become a global movement such as the world has never seen, built from the inside out and the ground up, rather than via any specifically top-down agenda, and across all differences, from all over the world. I also believe this is The Adventure like no other on the planet, an understanding that will without doubt profoundly impact every single human being sooner or later in our eternal unfolding. What could possibly be more healing, wholeness-making, thrillingly meaningful and fulfilling than this!

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\* Rhea A. White: near-death experimenter, decades-long editor of the *Journal of the American Society for Psychical Research*, and founder of the Exceptional Human Experience Network and editor of her own journal *Exceptional Human Experience*. Her website is [www.ehe.org](http://www.ehe.org). The Institute of Transpersonal Psychology, and organization she had long admired, conferred upon her an honorable Ph.D. for her incomparable works, shortly before her physical demise in 2007.

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LINKS DIRECTLY TO THE FOLLOWING PAGES

- Ahhh-TheLight.com
- wHeretwoworldsTouch.com [current splash page of future site]
- [Online Prospectus](#) – main page
- [Pdf / print version of PROSPECTUS](#)
- [Pdf / print version of ADDENDA TO PROSPECTUS](#)
- [Partnership pages online](#) [also included in pdf print version of Prospectus]
- [Donations welcome – THANK YOU.](#)

APPENDIX A

AFTEREFFECTS
Described from the Study of EHEs
as a Whole and within Rhea A. White's Five-Stage EHE Process

In particular, re: Stage 5: A New Way of Being in the World

[RR comments:] The following two excerpts appeared in paired articles, "The EHE Process: The Subjective Standpoint" by Rhea A. White, and "The EHE Process: The Objective Standpoint" by Suzanne V. Brown, PhD, the EHE Network's Research Director. In them each author described the natural progression of the EHE Process, which if fully potentiated, culminates in one's assimilation of his exceptional experience(s), leading to "a new way of being in the world" as EHEers. Effectively they are describing the resulting "aftereffects" in regards to the study of EHEs as a whole, quite similar to Ring's and Elsaesser-Valarino's observations in their near-death experience research and also to Holger Kalweit's concept of Shamanic vocation.

Be sure to see Cultural Creative Characteristics [Ray and Anderson], also included in the Synopsis. There is a particularly close relationship, I feel, and that is yet to be formally researched, to my knowledge, between the especially Core Cultural Creatives' values and the aftereffects noted by the above authors. White and Brown's EHE Aftereffects were, first correlated to NDEs by extensive research, and much more recently, to EHEs as a whole. Also, other disciplines and fields of study that have produced similar analogues, such as Shamanic vocation [Holger Kalweit], Stanislav and Christina Grof's Spiritual Emergence, and Translucent Experiences [Arjuna Ardagh].

Paul Ray and Sherry Anderson single out a group [about half of the entire Cultural Creative population] they call "Core Cultural Creatives" and who are generally regarded to be self-defined as "spiritual," which is not the definitive of the CCs as a whole. Naturally, the Core CCs would not only more fully embody these experiential aftereffects, but they are also willing to own a spirit-based worldview that provides the necessary grounding in which to realistically assess these various in-common characteristics. Most if not all EHEers of any description would almost inevitably refer to their experiences as a spiritual and certainly more-than-physical phenomenon.

Introducing the significance of this description of aftereffects from the EHE perspective, White says:

Probably the most important observation we have made in studying accounts of many different types of EHEs usually not considered members of the same class is the broad outline of a process of steps and stages involved as an EHEer responds to his or her experience. I called this the EHE process ...

A New Way of Being in the World
By Rhea A. White

The Subjective Standpoint

You find or forge a new way of being in the world that is part of your path and helps you to stay on it and helps others to become aware of it. You begin to take up some discipline, such as meditation, a martial art, breathing exercises, ritual dancing, an activity in which you help others in a disciplined way, Tai Chi -- any activity that will allow you to go deeper within and at the same time express yourself more fully without. Even your regular activities, such as engaging in a sport, or craft, or even raking leaves or sweeping will begin to invoke the inflow-outflow process in which the worlds within and without meet in you, the "confluence of the two infinities," as Gerald Heard expressed it. [Rudolf Steiner emphasizes the same thing: "The forces in which the so-called dead are imbedded play much more intensely into this life than we imagine. As human beings we are formed so that the threshold between the everyday physical world and the spiritual world ... between the conscious and the subconscious life ... [also] between the actual physical world of waking life and the world that remains lies in the middle of the human being." (1917/2007)] When engaged in an activity over a period of time during which the performance of it aids your self-transformation, we call it a "project of transcendence." You have a new sense of calling, of self being expressed in the world as well as world being expressed in self, and you would not return to the old status quo for anything. You know you are on your way and that both sides of the brain are required and also that third thing the exceptional experiences that can arise from within or without which could be called instances of grace. Such experiences are an integral part of your process and play an essential role in helping you find your path, to locate it when you lose sight of it, and to go further along it and develop further yourself each time you are attuned to it.

A New Way of Being in the World
By Suzanne V. Brown, PhD

The Objective Standpoint

With reflection and hindsight, EEs often report that the originating EE and the subsequent "journey" often seems somehow "fated." EHEers feel guided (not controlled) to fulfill their calling / destiny, and thus contribute, in their own unique ways, their talents and life experience. They recognize others on their paths and perceive that it is "the [EHE] process" that unites them and it is the uniqueness that brings them together. Peaceful assurance of knowing that all are combining their personal best and uniqueness to the larger tapestry of service, healing, purpose. Overall health is glowing, mood, affect generally positive with a zest for life. Healthy balance in work, play, social interactions, withdrawal periods to regenerate / reflect. Work is now Life's work, with a high sense of autonomy and connection. Production / output in its many forms is moderate to high. Nature in her many forms is respected and revered. EHEers feel no need to justify themselves nor their activities, they just do, and trust that they can make a positive difference to humanity and the Universe.

APPENDIX B

The Cultural Creatives: Shared Traits

According to Paul H. Ray and Sherry Ruth Anderson, a till-recently hidden, yet quite coherent subculture comprised of about 50 million Americans [*The Cultural Creatives: How 50 Million People Are Changing the World*, publ. 2001], with comparable, recognized populations in other countries.

The "Cultural Creatives" [CCs], mentioned frequently on Ahhh-TheLight.com, comprise a population of U.S. citizens with recognized parallel constituents in other countries as well, a group identified by the two authors cited above. The authors' demographics suggest they numbered about 50 million adults in the USA in 2000. If anything, especially given a host of events that have occurred since the publishing date of this book [such as 9-11; the acute indifference and lack of support to those whose lives were devastated by Hurricane Katrina; the sudden acceleration of the melting of the polar caps] and the increasing of knowledge and world-wide acknowledgement and pro-action taken [such as, re: worldwide efforts to curb the greenhouse effect, genuine strides forward to move away from the multi-destructive reality of a petroleum-driven economy, technologies and society; conflict transformation as a virtual social movement], this number has probably grown substantially since then.

The Cultural Creatives compare very closely to EHEers and EHE-empaths as a whole. This is an exact match in their description of the "core" Cultural Creatives which then made up about half this population as a whole. Ray and Anderson delineate the values that define Cultural Creatives as follows:

- ◇ **Personal Authenticity** [speaking, living a life exemplary of the core values of who and what one believes -- talking the talk, walking the walk with heart and fearless integrity. One's outer and communal life is a clear reflection of one's equally important inner life. One's life and words reflect a luminous self honesty and simultaneous concern for the greater whole]
- ◇ **Engaged Action and Whole-Process Learning** ["where they can be part of creating something from the beginning, middle, end, and through to the new beginning"]
- ◇ **Idealism and Activism** [living the talk, being personally engaged in causes and in work that makes a contribution to society and to the world]
- ◇ **Globalism and Ecology** [very attuned to a whole-systems, big-picture approach; "they want to see all the parts spread out side by side and trace the interconnections"; they are "very or extremely concerned about 'problems of the global environment..."]
- ◇ **The Importance of Women** [What politicians often refer to as "women's issues" are a key to understanding Cultural Creatives. They see women's ways of knowing as valid: feeling empathy and sympathy for others, taking the viewpoint of the one who speaks, seeing personal experiences and first-person stories as important ways of learning, and embracing an ethic of caring. They are distressed about violence and abuse" and not to mention social activism -- advocacy for the equal rights of all people, unconditionally.]
- ◇ **Green** ["Commitment to a sustainable future."]

- ◇ **Rejection of:** "'owning more stuff,' materialism, greed, me-firstism, status display, glaring social inequalities of race and class, society's failure to care adequately for elders, women, and children, and the hedonism and cynicism that pass for realism in modern society"; "the intolerance and narrowness of social conservatives and the Religious Right"; "almost every big institution in modern society"; "narrow analyses and are sick of fragmentary and superficial glosses in the media that doesn't depict what they see, or explain what they know from their own direct experience.*"
- ◇ **Altruism, Self-Actualization, Spirituality** [Although all Cultural Creatives "have a well-developed social conscience and a sturdy but guarded optimism about the future," only about half of them are committed to the cultivation of a spiritual life. One of the defining keys of the Core Cultural Creatives' agenda is spirituality. They *are* the "about half."]

Ray and Anderson differentiate between two basic interest groups among the CCs. Both groups have the above list of characteristics in common, except for the last one [re: spirituality and self-actualization]. There is a "Core" group of slightly less than half their number that as a whole is probably better off financially, since they tend to be better equipped educationally. This population is comprised of "a huge proportion," say the authors, "of published writers, artists, musicians, psychotherapists, environmentalists, feminists, alternative health care providers, and other professionals." The second subgroup, which the authors term "Green," statistically pans out as more secular and/or to have more traditional religious values. Their numbers indicate "an average interest in other kinds of spirituality and in psychology and person-centered values." Although they clearly align themselves with the ideologies of the Core group, especially those of environmental concern, they are not nearly as "intense" or accomplished as activists who tend to be more populated by the Core CCs.

As you can see from the list of what CCs have in common as a whole, they are all noted among the aftereffects of EHEers. Something unique to the Core group -- and of particular interest here -- is their strong commitment to spirituality and self actualization [and decidedly not based in exclusivistic traditional religions] that is mirrored in / balanced by enduring and committed social activism and a passionate interest in ecological sustainability.

It would be interesting to learn how many of either group have been influenced by spiritually transformative experiences, whether as experiencers or as EHE empaths. There is a fascinating parallel relationship in evidence between the core group and their green counterparts, with the greens as less committed but clearly led by the core group values and behavior [such as activism] on the one hand, and on the other, EHEers and their similarly inspired EHE Empaths. Empaths share essentially the same consciousness shift point of view, yet, as a whole they are probably not as consistently or determinedly "charged" by all this as Experiencers would tend to be. Of special note is the crucial activism and committed concern for environmental and social issues important to all four groups [it was noted by Ray and Anderson that the "greens" have less interest in social rights problems].

I suspect we would find a large number of EHEers among the core CCs.

*Emphasis on 'direct experience': needless to say, that's a major factor on this experience-focused website.

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Culture, context, and origin of EHEs can play a powerful role in how we may be enabled [or sometimes less-abled] toward understanding, accepting, integrating, valuing, and utilizing such Gifts as EEs/EHEs. Compare these several different experiential points of view, which basically all point to the same characteristics of shifted consciousness, which PMH Atwater describes tellingly as "Brain Shift / Spirit Shift":

1. An overview of the five-stage EHE Process: Drs. Rhea White and Suzanne Brown, as a result of their research and an exhaustive review of the pertinent literature in the early 1990s, identify five stages within the EHE process itself. Two other short articles delineate the whole 5-stage EHE Process. One by R. A. White offers an objective view, and S. V. Brown counterbalances with a subjective view. Another even more direct trait-related article by White is this one: Brief Overview of Exceptional Human Experiences.
2. Near-Death Experiences model [Kenneth Ring ; Evelyn Elsaesser-Valarino]
3. Cultural Creatives' Values [Paul H. Ray and Sherry Ruth Anderson]
4. Shamanic Vocation [Holger Kalweit]
5. Translucent Experiences [Arjuna Ardagh]
6. Mystical Experiences [Louann Stahl]
7. The long-studied observations of the Spiritual Emergence Network [Stanislav and Christina Grof]
8. Presencing / Presence [Peter M. Senge, C. Otto Scharmer, Joseph Jaworski, Betty Sue Flowers, and also Eleanor Rosch, whose work extensively supports this perspective.]
9. Theory U [C. Otto Scharmer; this and Presence (#7) are closely related.]
10. Brain Shift / Spirit Shift [PMH Atwater's NDE-based model describes these aftereffects in the context of an explicitly unique consciousness.]
11. The collaborative, life-long lived inquiry and experiences of Sri Aurobindo Ghose and Mirra Alfasa [aka, The Mother] [see Satprem, essential biographer for both]

The surprisingly universal focus, by the time one has made a clear commitment suggestive of the values and meaning-filled lives shared with such emphasis, regardless of whichever "lens" one might look through, is about a lifepath of service to others, to the good of the whole, and to the Earth as a sacred being. What particularly stands out is the reverence for all life that lives in Experiencers [EHEers, no matter which model you use], as well as in EHE Empaths, and their passionate and compassionate altruistic instrumentality within community and for the world, which could be deemed an active expression of "moral consciousness." The more profoundly Shifting the experience, the more fully the Experiencer recognizes the sacredness of all life as a Living Whole. Such EHEers live and speak and act within the perceived context of [our] ONENESS, as if there is a Singular Consciousness that pervades and is recognizable, accessible, and communicative from within all beings and being, even the most seemingly inanimate.

## APPENDIX C

### **Who Is This Consciousness Shift Movement?**

#### **Representative Members**

Who would likely consider themselves to be “members” of, or rather, in alignment with this Consciousness-Shift Movement? These are the people who, because of their inner Experiences, or because of their committed values and lifestyle already exemplify this way of living and being on the Earth. Not all would share the spiritual connection or even interest. If we were looking at a “political movement” with its unguessable diversity of lifestyles and interests whose constituency, nevertheless, obviously have a major bone or two in common, we would see that some are much more and some much less actively involved. But they most likely act as ONE, or pretty close to it, at the polls.

With this in mind, here is my assessment of those who may or would recognize themselves to be part of this Movement, or even unknowingly, who may act [live] out of the same type of values definitive of this Consciousness-Shift Movement:

- ◇ EHEers [Exceptional Human Experiencers] -- these are our first New Humans, who now live from within this shifted worldview. We could say, they 'can't not do it.' Or they are largely there and working to be more so every day as much as they consciously can. Their lives demonstrate an unflagging passion for being more and more true to the "SELF we all are," which they have perceived directly.
- ◇ EHE Empaths -- those who may not remember personal exceptional experiences, but who fully appreciate and believe in and [likely] intuit the authenticity of the EHEers and their Experiences. They have made a cognitive choice to alter their lives to reflect the values and worldview of EHEers.
- ◇ Most if not all the Core Cultural Creatives -- who may themselves be largely EHEers and EHE Empaths; yet to be determined.
- ◇ In terms of living out of the values and to some degree worldview that naturally grows out of a Shifted consciousness, the Green Cultural Creatives, who, as activists, authors Paul Ray and Sherry Ruth Anderson say, are natural followers of the much more passionate and committed Core CCs.
- ◇ Those of the population Ray and Anderson term the Moderns – who, for example, are aligned to the Core CCs because of their shared concern for social justice. Their religious views tend to be conservative or nil, and they are not committedly “green.”
- ◇ The Native Peoples of every land who still live out of the ancient, living awareness of the two worlds as one. In essence, they grow up sharing the spiritual attunement and awareness of EHEers and Empaths. If the EHEers in general are our first New Humans, the Native Peoples who have managed to stay true to their inner heritage are our Great Grandfathers and Great Grandmothers, our ancestors who have lived there since time out of mind, waiting patiently for the rest of us. Perhaps they are the "last who shall be first."

#### **The Promise of Those in Turmoil and in Stasis**

But there is, without doubt, an even larger population of people who indeed would be avidly ‘card-carrying’ Shift mavens except for one thing: Even though they have indeed had anomalous, paranormal, spiritual, nonphysical experiences, including in some

cases classic near-death experiences, they do not comprehend the significance of these Experiences. They are Experientially, we could say, in turmoil and/or in stasis. They may be experiencing any of these types of situations as a result:

- ◇ They are confused and conflicted, grievously lacking understanding, because they don't have a clue what happened to them. For example, Rhea White had a dramatic near-death experience in 1952, which she called "her accident" until she read Raymond Moody's book, *Life After Life*, which was not published until 1975. She did, however, think of this as indeed "the most important thing" that had ever happened to her because of the nature of the inner experience. This was what sent her like an arrow from a bow into the field of parapsychology, hoping to understand what had happened to her, and in spite of the fact this had been farthest from her mind previous to the NDE; she also was not a religious-minded person [before]. [Read White's story.]
- ◇ They may be truly immersed in the Experience of the moment and even perceive them as the "most important thing that ever happened to me" or "realer than real," but they don't know what if anything to do with their Experiences afterwards. If the Experience is not made active in some way, such as sharing it with others, if it's not actively processed, such as through writing it down and exploring it in some way inwardly, it just sits in the closet, so to speak, and all too often is basically forgotten, unless something jogs that memory. I myself had had experiences that I wouldn't have imagined telling anyone in earlier years of my life. And at one point after such a moment, I felt so sad remembering that I had had other such epiphanies occasionally that I couldn't even remember. So I determined to begin writing them down. That made a huge difference for me, because they became integrated into my life and improved my sense of who and what I am [and we are] as a Human Being and as a Spirit Being. Even if I did not share them with others, their influence grew in me because I acknowledged their value and began the journey of letting them live within my consciousness in a healthier way. It would have been extraordinarily better if in our culture we had had established avenues for sharing them with others in ways that could be mutually beneficial, not only for the individuals sharing, but for our culture and our world, because this is such an unrecognized *collective* aspect of our Humanhood and integral to the powerful kind of processing that Shifts us.
- ◇ Fear of social stigma or being even diagnosed as crazy. They might live in a culture that does not readily acknowledge or give credibility to such Experiences – or an Experiencer. In the USA, perhaps until circa 1990, symptoms describing what we now call near-death or out-of-body experiences were cause to be suspect of temporary insanity. I met people who had been put in psych wards while working in a university hospital, because of these types of experiences. There was no avenue for dealing with these or what have come to be called spiritual emergencies, which are sometimes the results of such events. As a biofeedback therapist, I once worked with a woman who had an NDE who completely suppressed it on the spot. She had just come out of surgery. Still on a gurney in the hallway, she regained consciousness and found a beloved relative right there with her, and she started to tell him what she had experienced. But before she could finish, he looked fearfully up and down the hallway, then leaned over and shushed her, saying "Don't tell anyone, they might think you are crazy." This was in 1988-89. Four years later during one of our sessions, she remembered and vividly relived this glorious moment when she had traversed to the very edge of the tunnel into the Light. It totally changed her life. [Read Joanne's story.]

- ◇ They misunderstand the nature of the Experience and do not see its value. I wonder if this is in large part because they don't have a belief system or experiential knowledge to supply referents to clue them in. A woman told me her husband had had a full-blown near-death experience several years before he mentioned it to her, and had thought it was just an interesting, vivid dream. [Read his story.]
- ◇ We could say there is another group of people who have had such experiences but who have not yet integrated them enough to be genuinely transformed by them [EHE Process], which naturally shifts them to living from within the New Worldview. They are either purposefully in process to whatever degree, or they simply have not realized their Experiences' true significance, yet. Even Rhea White talks about this ongoing process in her personal life, years after her near-death experience, and long before she had a name for these occurrences or any well-thought-out conception of an essential processing that takes place later. At this point the NDE was still thought of as her "accident." In spite of the profoundness of this event, in spite of knowing that she knew she had been "held in the everlasting arms of Eternity" and had heard a voice in spirit say to her, "Nothing that has ever lived can possibly die."

### **In Growing Numbers, We Are Learning and Integrating 'All Things EHE'**

The point is, things are speeding up in this regard. We as a global society are ever more clearly coming to realize the nature and implications of these momentous encounters with the "realer than real" of the Larger Life Reality and the incomparable import of this understanding to all of us. It is happening in many individuals and even among groups of people. I believe this work [Ahhh-TheLight and another site-to-be, wHeretwoworldsTouch.com], with its multiple communities and with an intended platform for this Movement to recognize and organize itself and to act in the world from this collective awareness and intentionality, will itself be an instrument that will help increase our numbers and depth of realization to the Tipping Point that will finally make all the difference in the world.

This latter population throughout the world, who has had Exceptional Experiences but has yet to come to maturity as EHEers [i.e., Shifted fully into the new consciousness], suggests cause for great optimism. The more people who Shift, the more who come to live out of the new consensus reality that is not only changing our world, but saving our world – and our Humanity.

By whatever name and type, Exceptional Experiences / EEs have at least become common knowledge, and there are many ways this EE consciousness comes into our awareness through all forms of media. On the internet can be found literally millions of sites about them or that at least bring them up. I believe, even more powerfully, this consciousness percolates well below the surface across whole cultures and societies in ways we are not able to recognize. And it is truly having a growing impact. What might happen as this becomes more universally apparent to all of us? It's inevitable that more of us will cross the bridge together that is this Shifted consciousness, and into this new consensus reality. Kind of like once being two years old and later being thirty years old, there is no going back. Now if that isn't goose-bumpy thrilling, what is!

## **Helping to Facilitate this Transformation of Human Consciousness: The Soon-to-Be wHeretwoworldsTouch.com**

One thing that can make all the difference for this unfolding global consciousness is communities that give Experiencers and Empaths a place to 'hear each other into speech', that engage people in the EHE Process so their Experiences can come alive for them in ways that naturally take them through this Awakening and Shifting. wHeretwoworldsTouch.com, with its several communities structured to meet these needs, is being built as a point of major convergence for this Movement.

I believe accommodating this Human Consciousness Shift, realized within the context of the influence of these encounters with and within the Larger Life Reality, is of paramount importance to all of us. It needs a mirror to see itself as a whole, that will quicken its mutual SELF-Awakening as indeed "A Movement" and on this basis of commonality: 'all things EHE'. [I use Rhea White's terminology, but it's not what we call them that matters, it's the mutual recognition of the worth of this new consciousness.]

This extensive population requires a place of common ground where they can come together with shared identity and purpose, where they can organize and act far more cohesively out of their mutual understanding, out of no less than that core SELF that we all are. Imagine the unified power of this level of activism in place!

This is not about belief, please remember. Regardless of former beliefs and all differences, these many millions of people share an Experiential knowing of Something More, of all of us as beings sourced in Eternity. What could this collective consciousness-force, once it is self-organizing on this basis, accomplish together?

No longer would they be a mish-mash of isolated individuals and groups everywhere, struggling with their individual causes to make a difference in a world that just doesn't recognize this bigger picture yet. Like iron filings instantly aligned by a magnet, they will almost overnight become one great, singularly intentional, self-organizing movement unlike anything we have ever witnessed in Human history.

Deep in our hearts, if not with our whole conscious beings, we all long to see this world transformed and us living beyond all the current menacing challenges, a world where we all live in peace and joy and plenty and great good health and well-being, including the Earth itself. Here are all these people who, if and as they know, are the Change Agent walking among us. The very THRILL and power of this Awakening itself will ultimately attract and open most if not all of us, as NDEr Mellen Thomas Benedict has said, to join hands and walk out of our self-made hell together.

I'm ready! Aren't you?

## APPENDIX D

### Glossary

Keywords: aftereffects of EHEs, 'all things EHE', awakening experience, consciousness shift, consciousness shift movement, co-operative inquiry, exceptional experience [EE], exceptional human experience [EHE], EHE autobiography, EHE empath, exceptional human experienter [EHEer], EHE process, Experiential Paradigm [EP], gender terminology [heshe, hir, himself, hirstory, etc.], new consensus reality [aka new worldview], Human, Larger Life Reality [LLR], latent EHE Empaths / EHEers, lived inquiry, moral consciousness, more connected part, the MORE that it means to be Human, presence, project of transcendence [PT], radical awakening, selfing, spiritual activism, spiritual sustainability, spiritualistic capitalism, spiritually transformative experience [STE]

**Aftereffects of EHEs:** Although, according to Rhea A. White, some types of exceptional experiences [e.g., near-death, out-of-body, and mystical experiences] tend to result more fully and lastingly in these characteristics than others, research indicates they are common to any and all varieties of EEs / EHEs. The nature of the outcome is an overall, noticeable upgrade in moral consciousness and concern and genuine reverence for all life, as well as frequently enhanced supersensory abilities. On another page is a more comprehensive description of this nearly universal outcome, but "In short," NDE researchers Kenneth Ring and Evelyn Elsaesser-Valarino conclude, "The NDE [think: EHE] seems to unleash normally dormant aspects of the human potential for higher consciousness and to increase one's capacity to relate more sensitively to other persons and the world at large." But this is a most extraordinary trend in human consciousness that takes us into whole new territory concerning human development and evolution. This distinct shift in consciousness, so universal across all possible, otherwise divisive features, including highly pathological and destructive life patterns and misguided values [see, e.g., Dannion Brinkley, Howard Storm, David Wilkerson, Barbara R. Rommer], and expressive of these passionately / compassionately altruistic features, is [I believe] the NEW Story of what it means to be Human, the next evolutionary leap.

**All-things-EHE:** A short way to paraphrase the conception of everything to do with the Exceptional Human Experience Paradigm.

**Awakening Experience:** Loosely, a synonym for exceptional human experience and spiritually transformative experience, indicative of our growing, collective, experience-based transcendent consciousness [per Rhea A. White:] "instrumental in transforming the identity, life, and worldview of experiencers in the direction of realizing their full human potential" exemplified in the well-known altruistic pattern of aftereffects associated with such experiences. Arjuna Ardagh, who wrote *The Translucent Revolution: How People Just Like You Are WAKING UP and CHANGING the World*, calls this a "radical awakening."

**Consciousness Shift:** Growing evidence is accumulating along a number of avenues suggestive of a radical upgrade in our personal and collective awareness as a species. What is explored primarily on this website comes from the growing numbers of people who have had and are having spiritually transformative experiences [also referred to as Exceptional Human Experiences / EHEs] through which they have glimpsed other levels or

dimensions of reality not normally accessible to our physical senses. Frequently there are other types of corroborative data associated with people's experiences of this nature, such as when a near-death experience occurs during surgery and later the experiencer who obviously had no heartbeat or brainwaves was able to describe things about what went on during that time of flat-lining, not only in the surgery room, but sometimes in other places. Findings and trends of thought in some fields of Western science also support the veracity of what people are reporting from their spiritual experiences. Examples: merely the machinations of the brain-body cannot account for many apparently "paranormal" or psi phenomena and abilities to heal bodies, change our DNA, perceive objectively corroborated objects, places, events not within normal sensory range [e.g., remote viewing, out-of-body experiences]. Nor can we otherwise account for what turns out to be frequently even dramatic changes in the behavior, values and lifeview of those who have had spiritually transformative experiences, reflecting a distinct pattern of aftereffects.

The more profound the experience, usually the more apparently permanent and pervasive are the aftereffects. At least some reasons can be pinpointed that account for this accelerating growth of such experiences, such as advanced medical technologies that keep people alive longer or assist bringing them back from over the edge of death; our numerous and nearly instantaneous means of planet-wide communications allowing us to be more aware of events and trends and etc. all over the world - through which we are learning that this phenomenon is recognized and growing among populations all over the Earth; our acceptance of near-death, out-of-body and similar experiences as normal rather than pathological, etc.; the fact that many more people are coming forward to share their experiences of this nature, now that they are not afraid they will be considered to be or diagnosed as crazy.

**Consciousness Shift Movement:** See "Who Is this Consciousness Shift Movement," included in this synopsis.

**Co-operative Inquiry:** Defined by the originator of the method, John Heron, as ".. person-centred research into the spiritual and the subtle" in which "... two or more people researching a topic through their own experience of it, ... persons in reciprocal relation using the full range of their sensibilities to inquire together into any aspect of the human condition with which the transparent body-mind can engage." [In: *Spiritual Science: Person-centred Inquiry into the Spiritual and the Subtle.*]

**EE / Exceptional Experience:** Rhea A. White defines this as "(An) unusual, nonordinary, anomalous, supernatural, transpersonal, metanormal, transcendent experience" that is compelling and unforgettable to the experiencer but has not yet reached the stage of transforming his life and being in any way, or as White says, "the EE has not become fully potentiated." [Also note, as with "EHEr or EHEer," EEer vs. EEr: You may see either one on this site, but White's spelling is the correct one, which is EEer, since she coined these terms.] Such events are "exceptional" because they do not fit the Western science materialistic view, or as S. V. Brown and R. White say, "..because the individual can neither explain them nor explain them away." [Mission Statement for the EHE Network, in: *Exceptional Human Experience: Background Papers II*; EHEN, New Bern, NC, June, 1997.]

**EHE / Exceptional Human Experience:** [sometimes referred to as "Experience" with a capital E]: A term coined by Rhea A. White: "(When an 'exceptional experience' or EE) is instrumental in transforming the identity, life, and worldview of experiencers in the

direction of realizing their full human potential. ... [I.e., in generating a transformative process, they become full-blown 'exceptional human experiences' or EHEs, and as such] they play a catalytic role in humanizing the experiencer. ... [enabling] a person to contact what famous psychologist William James called the MORE in human experience.... As James wrote, the More is both inside and outside the individual and it provides a sense of life direction that comes both from within and without, often in the form of additional EHEs, especially intuition and synchronicity. ... [This] EHE process integrates both one's outer and inner worldview."

White places emphasis over and over on the EHE being but a trigger of what must become ideally this lifelong, deeply engaging process: "Exceptional human experience ... is an anomalous experience that institutes a process that potentiates more of the experiencer's higher human potential. ... it is not so much a happening or event as a process that goes on for life." [See "Exceptional Human Experience Paradigm," below.]

Elsewhere White describes a number of outstanding qualities of exceptional human experiences: "[T]he major characteristics are that they promote self-integration; they engender a sense of connection to other people, life forms, and the sacred; and they can serve as a seed or nucleus around which one can weave and sometimes even rewrite one's personal story so that it is much more meaningful than before. By remembering, cherishing, and fostering their exceptional experiences, people ... [can] live more fully and responsibly because they are more integrally connected to the past, to the future, and to life as a whole, including death. Heeding one's exceptional experiences can lead the person to become more helpful and accepting of others and to experience a fuller life." [IN: "Classes of EE/EHEs," by White and S. V. Brown.]

**EHE Autobiography:** A life chronicle based specifically on our exceptional encounters [EEs and EHEs] with and within the larger life reality. The importance of this process cannot be over-emphasized; it has its own powerful life-changing impact. First, the practice produces 'global shifts' at the deepest levels of being, often subtle and sometimes quite dramatic, increasing one's core self concept and awareness and thereby producing increased self worth and a greater joie de vivre. In essence, the cultivation of an EHE autobiography has an impact not unlike EHEs themselves, with all the attendant aftereffects of an EHE! You begin to see yourself and all about you and within you with the eyes of an EHEr. [a Rhea A. White term; her article about how to write an EHE autobiography will tell you much more.]

**EHE Empath:** [RR's word for] a non-experiencer who is so deeply affected by others' or another's EEs or EHEs, that this has a similarly powerful transformative impact on hir beliefs as well, as if heshe hirsself had had such an experience. In other words, the 'classic' outcome of a changed life [the shifted consciousness to living from within the new consensus view] results or can result from the profound impression derived from exposure to such experience/s not hir own. An EHE Empath also may have indeed had such Experiences but may not remember them. Or heshe may indeed remember personal anomalous or exceptional experiences, but these did not become fully potentiated or matured, thus far, into EHEs. Probably they have an additive effect. Also, a strong sense of intuition may contribute to the Shift. One other possibility is that what feels like intuition may well up in no small measure because of Experiences not remembered in fact, but the responsive feeling is so compelling for the "Empath," it is as if heshe is seized by a strong intuition of the veracity of such Experiences and is similarly "shifted" in consciousness as a result.

It is worth noting that this consciousness shift may wax and wane over time, not only for EHE Empaths, but for EHEers themselves, which is one important reason we need very much the continual reinforcement of each others' Experiences and the willingness to continue being open to processing them, seeking support toward this purpose, both from the outer and inner worlds, until we come to live so fully out of the new understanding and awareness that we become permanent residents within the new consensus worldview. [See White's description of the EHE Process.]

**EHEer / Exceptional Human Experiencer:** Referring to one who has had an "exceptional human experience." Rhea A. White uses EHEer, and "EHE" IS her term, so this would be the preferred spelling. However, in the spirit of the 'r' vs. 'er' endings applied to OBE [OBEr, OBEer] and NDE [NDEr, NDEer], different authors who are either experiencers or students of such experiences and those who have them, tend to have their own preferences, and since Miriam Webster hasn't caught up with us yet to make one 'wrong' and one 'right' in each case, it's your call; this is just to ensure that regardless of our creative spelling, you know what we're talking about! [Truth be known, the EHE terms should be just as the originator created them. When I've got some breathing space I will go back and change all mine to her spelling.]

**EHE Process:** Rhea White term:

A sense of process can be conferred by EHEs, especially when inner and outer events come together in a meaningful way and over a period of time, thus indicating a graduated, evolving, evolutionary, internally reiterative series of stages that are initiated by EHEs. This eventually results in the sense that one is involved in an ongoing process that is happening both within and without and that is moving the experiencer in the direction of actualizing his or her human potential. Often it culminates in the creation of a Project of Transcendence (PT) and even in finding one's vocation and a sense of belonging. Our research accounts suggest five (5) stages may be involved:

1. Initiatory Experience
2. Search for Reconciliation
3. Between Two Worlds
4. In the Experiential Paradigm
5. A New Way of Being in the World

The latter usually involves living out some aspects of some experiences in some way, as in a vocation or a PT. It is likely that highly advanced experiencers will encounter still other stages beyond. These still need to be mapped. (I, that is, Rhea White, can only do so at second hand, as I have not gone beyond this point.)

We tend to put emphasis on the experience -- the actual trigger of the transformative process. A person may talk about hir NDE or afterdeath communication experience. But the experience by itself could be said to be merely the "exceptional" element; like a seed, it has potential, but there is a journey that must ensue for this to unfold. The "humanizing" life change comes into play only with the Process of how we begin to make sense of the experience and integrate it and its gifts into our lives, consciously work with it, allow it to deepen us into the MORE we potentially all are. Like

opening a door, it can even and often does take one to more such experiences that further this process.

**Experiential Paradigm:** According to Rhea White,

The EHE process integrates both one's outer and inner worldview. Outerworld events may occur that change one's relationships, work, and avocational activities. Innerworld experiences in the form of successive EHEs and an open participatory response to them catapult the EHEer into a whole new worldview, the Experiential Paradigm, which is based not on physical data and logic but the sum total of one's EHEs. These experiences eventually lift a person into a whole new way of perceiving reality. He/she is no longer enmeshed in the old worldview, but sees it as if from outside. At the same time, he/she is aware of being in a new worldview that is based on heart knowledge and inner knowing of a connection with the entire creation. It must be experienced to be known.

Once this sense of connectedness, which is the essence of the EHE process, becomes part of daily experience, it ushers in a new view of one's life. You sense a continuity underlying life from birth (or before) to death (and after). You come to think of your life as part of the life of planet Earth and all existence from the beginning and as being related to the universe at large. This new view engendered and informed by one or more EHEs is a lifeview. It is similar to worldview, except the personal element -- your own individual place in the scheme of things -- is part of the whole and the whole in the part.

**Gender terminology,** re: Gender Experiment in play on Ahhh-TheLight.com and wHeretwoworldsTouch.com:

- ◇ **Heshe:** One of the gender-experiment terms, a way of denoting the person referred to may be either male or female. Robert A. Monroe's word.
- ◇ **Hir:** A neutral term for 'him or her', implying either gender. See Gender Experiment.
- ◇ **Hirself:** A neutral term for 'himself or herself', implying either gender. See Gender Experiment.
- ◇ **Hirstory:** A neutral play on words for 'history + herstory', honoring both genders equally and simultaneously. See Gender Experiment.

**New Consensus Reality, aka New Worldview:** Born out of the sheer numbers of our exceptional human experiences, one of the most fascinating features is the universality of their significance and meaning to all of us. Loosely, this is synonymous with "new worldview" Here is one way Rhea White conceptualizes it:

The new ... taken-for-granted worldview that is issuing forth from our very being, is not many but One. This new view is revealed by all exceptional human experiences (EHEs), or anomalous experiences that have been personalized, and that lead to personal and transpersonal growth and the experience of being inside a new worldview. ... True, the coming paradigm shift would mark the end of our sense of being a separate self, but at the same time it would create the possibility of knowing the Self we all are.

It is a world we are meant to inhabit. It is a world in which one nurtures oneself by nurturing others and by not turning away from nurturing oneself as well, as each of us, too, is a person, and ultimately we are one. ... In a word, this new world is the Self we all are, and it will not be at an end until the whole creation travails no longer. And even that endpoint is likely to be but a new beginning.

... We are called not to do but to be. Not to be practical but to be who we are. And who we are shouts to us from any and all exceptional experiences. Far from being chimeras, EHEs are the bedrock of the new dispensation. If we wish to take practical steps to save ourselves and this globe, let us gravitate to the More that we are. ... If enough of us do it, we can bring the new to pass. [One way we can do this is] by sheer numbers, which would influence the conscious mindset of others. [See R. White's original article, "The Collective Message Inherent in Exceptional Human Experience."]

**Human, with a capital 'H'** -- as in "the MORE that it means to be human": [See "[The] MORE that it means to be human" below.]

**Larger Life Reality [LLR]:** The infinite continuum of existence or consciousness inclusive of the physical consensus reality but not limited to that.

**Latent EHE Empaths / EHEers:** For every radically awakened person consciously driven by hir EHE and who therefore lives from the new consensus reality perspective and can never imagine going back to the old worldview, there must be many more people who are still "in process," whether they are aware of this or not. In other words, someone may have had such an experience, but heshe has not been lastingly changed by it. Even after her profoundly affecting NDE, Rhea White was "in process" [EHE Process] for years before she fully realized such a shift, seeing the world from outside the old worldview of the postmodern world. This was more or less unconscious until she began to put all she was learning together into what became her Experiential Paradigm.

People naturally begin to look at their lives and at life through the lens of the impact of their exceptional experiences and what they have been learning from them, during and after. It's far more powerful as a journey if we know that we are going through this process, if we know that this is even a conception worthy of our attention in the first place. Then we can be aware and consciously choose to do this in a more immediately engaged way. As this becomes more common knowledge and with the help of learning communities [exemplified by wHeretwoworldsTouch.com and EHE Study Groups], this will itself have an enormous influence on our global culture. We will recognize this and have access to communities where we can explore this understanding and its implications with others who are processing. We can even become involved with those who, through the EHE process, have themselves come to live out of the new consensus reality. This is how the Consciousness Shift Movement will come to recognize itself. Once these communal environments are available, this will become an explosion of mutual Awakening insight and action! [See "Who Is This Consciousness Shift Movement?"]

**Lived Inquiry;** suggested plural, re: more than one person working with this together, is "**Co-operative Inquiry.**" Per John Heron, 1998, p. 17:

The active, innovative and examined life, which seeks both to transform and understand more deeply the human condition. [... such as] many spiritually-minded people are busy with their own version of lived inquiry, and ... they constitute a newly emerging self-generating spiritual culture. [This] examined life, as I construe it, involves several interwoven strands:

- ◇ Being open to the here and now immediate revelation of being-in-a-world, of participating in the great field of interbeing, its sheer presence of being, and all its powers and presences on many different levels.
- ◇ Being open to inner living impulses to creative action and exploration, and to their felt sense of it within the field of interbeing.
- ◇ Exercising a finely-tuned critical discrimination and awareness with regard to experiences of the spiritual and the subtle, both one's own and others', and to their affirmation in everyday living.
- ◇ Being committed to creative and disciplined spiritual practice, devising innovative practices, adapting traditional practices.
- ◇ Taking time out for more considered reflection on the issues, moving to and fro in irregular cycles between spiritual activity and reflection, reflecting on ancient and modern transpersonal maps, and drawing out and modifying one's own maps.
- ◇ Being committed to deconstruct spiritual projection.
- ◇ Being committed to the disciplined passion of inquiring engagement with the subtle and phenomenal worlds, especially in respect of human relationships (rooted in emotional healing, emotional and interpersonal competence), the creation of knowledge, of art, of social justice and of planetary transformation.
- ◇ Engaging in dialogue and active co-operation, including short-term formal inquiries, with others on a similar path.
- ◇ Being critically informed of relevant trends of thought and practice in the prevailing culture and in past cultures.

**Moral Consciousness:** This is a term Rhea White has used to describe, along with reverence for all life, as the succinct and ultimate outcome one may come to expect when one comes to live out of the EHEerly perspective. Rudolf Steiner doesn't use this exact phrase, but he seems to capture the essence of its meaning. He says,

Out of thinking which is inwardly tolerant and interested in the thoughts of others, and out of willing reborn through the achievement of idealism [[quoted from earlier in same article] 'precisely an achieved idealism: not merely ... from the instincts and enthusiasm of youth, but one that is nurtured, gained by one's own initiative. Self acquired initiative will not fade away with the passing of youth, it opens the way [to Spirit / God/dess] ..... Feel the great difference between youthful idealism and that which springs from taking hold of the life of the spirit and can be ever and again kindled anew, because we have made it part of our soul'], unfolds a heightened feeling of responsibility for every action one performs ... This heightened feeling of responsibility impels one to say: 'Can I justify this that I am doing or thinking, not merely with reference to the immediate circumstances and environment of my life, but in the light of my awareness of belonging to the supersensible spiritual world? Can I justify it in the light of my knowledge that everything I do will be inscribed in an akashic record of everlasting significance, where it will work on?

Oh, it comes powerfully home to one, this supersensible responsibility towards all things! It strikes one like a solemn warning, when one seeks the way to [the Highest, the Ineffable] -- as though a being stood behind one, looking over one's shoulder and saying repeatedly: 'Thou art responsible not only to the world around thee, but also to the divine-spiritual, for all thy thoughts and all thy actions.'

**"More Connected Part":** In short, what many refer to as the Higher Self. What follows are remarks from Rhea White's article on a quote that was very important to her EHE model, based on what Psychologist William James called "the MORE" that it means to be Human:

... James ... describes the essence of religious experience without resorting to the imagery of any specific religion. One could say his is a secular definition of the religious impulse, but one that nonetheless captures the core of the experience of the sacred. James proposes that the mystical impulse at the base of all religious teachings has two aspects. The first he calls an "uneasiness" about our lives, a sense that as we naturally stand "there is something wrong about us" ... The second part is the solution to this problem, which is to be saved from our unease, or in some cases--disease, by connecting with our higher self.

... I believe James's words can be further secularized, and I think this is necessary, for people today must be shown how they can contact the sacred right where they are, in their daily lives, without resorting to any particular religious imagery. Instead of referring to a "higher part," which implies judgment, I would like to use the phrase "more connected part."

**"[The] MORE that it means to be human":** This phrase comes from William James, who surmised, because of an inborn sense of incompleteness / "uneasiness" we as human beings discover in ourselves, we sense that life should be richer, more meaningful and fulfilling, exciting, joyous, engaging, connected in some way. In our searching need to correct or cure this problem, we eventually come to discover in all of life and within ourselves what Rhea White calls the "more connected part" of Self, which is ultimately recognized to be at-ONE with Life, with the Multiverse, with All That IS. These "exceptional" moments or experiences can fill and overwhelm us with awe, reverence, and ecstasy. They are the personal revelation or Awakening to The MORE that it means to be Human. [This is largely paraphrasing James, and also Rhea White whose work was much influenced by him. See William James; also see White's article, "Exceptional Human Experience and the More We Are."]

**Presence:** 1. Per David Spangler, from *Everyday Miracles: The Inner Art of Manifestation* -- paraphrasing/quoting Spangler from my notes: This is given within the context of how the author inwardly experiences [not 'creates'] the process of manifestation, which he perceives as a sacred act, whether we realize it or not. His experience is, when he is in the process of considering what he wants or needs and he turns inward with this intention, he becomes aware of this sense of profound Presence, full of love and humor and blessing and joy. So, with this in mind, he describes presence -- I want to write "Presence" -- as ..

A moment when all ranges of self are present; i.e., our being exists over a wide range of experiences, forms, conditions . . from the highly specific density, shape, structure of our bodies to the universality and unity of the enfolded order, the mystery and oneness of the sacred ; or when we're experiencing the wholeness of the spectrum rather than the characteristics of just one range. It is a moment, a condition, when the totality of our existence synergizes and blends with our world, expanding the ranges of the reality we inhabit, through attunement, through its weaving itself gracefully into our world.

During these times, the energy of presence widens and opens the "latticed mesh of our reality" ... by becoming part of it, blending with it and through its own expandedness, expanding the mesh [the weaving of our life tapestry, also interwoven within the matrix of all-relational existence, incarnational and excarnational ..] as a whole. Then there is "space, openness, a potential for something new to emerge, for reality to shift, and for miracles to happen."

Presence is our holistic self -- self/Self ; body, psyche, soul, spirit and connectivity with all life in all dimensions. It is our Whole Self from individual bodymind "i" to Universal "I". It is not simply a private condition, but a shared state -- with and without our immediate awareness -- a co-creative, co-incarnational state, and unto Universal beingness. David speaks of "presence" as a verb. We could say in our expanding consciousness, we are "presencing" ourselves to wider ranges of the infinite spectrum of "I" ... [also see "Selfing"].

2. A second, but to my knowledge, independently derived definition, comes from the fields of business and economics in the guise of a revolutionary and superbly enlightening book entitled *Presence: Human Purpose and the Field of the Future*. Its authors, Peter Senge, C. Otto Scharmer, Joseph Jaworski, and Betty Sue Flowers are the heralds of an extraordinary sea-change in the highest echelons of the business world, reflecting the very heart of the values that identify the EHE Aftereffects. Compare the following to Spangler's description of "Presence" above. These two views are like easily super-imposable or holographic facets depicting the same phenomenon:

We've come to believe that the core capacity needed to access the field of the future\* is presence. We first thought of presence as being fully conscious and aware of the present moment. Then we began to appreciate presence as deep listening, of being open beyond one's preconceptions and historical ways of making sense. We came to see the importance of letting go of old identities and the need to control and, as Salk [polio vaccine] said, making choices to serve the evolution of life. Ultimately, we came to see all these aspects of presence as leading to a state of "letting come," of consciously participating in a larger field for change. When this happens, the field shifts, and the forces shaping a situation can move from re-creating the past to manifesting or realizing an emerging future.

Here is a further clarifying iteration from the website of one of the Presence authors, Dr. Otto Scharmer: "Presencing is a blending of the two words "presence" and "sensing." It means to sense and bring into the present one's highest future potential—the future that depends on us to bring it into being."

\*See definition of "field of the future" in this glossary.

**Project of Transcendence [PT]:** R. White and S. V. Brown:

After cultivating and nurturing EHEs, they may lead to a new way of being, living, and connecting in the world. This may lead to fresh insights concerning one's life purpose and "calling" that involve aspects that transcend the experiencer's ego and everyday activities and bestow a sense of grace and of doing and living as one is uniquely "meant" to do.

[from the "Dictionary of EHE-Related Terms: An Experiencer's Guide" by Rhea A. White and Suzanne V. Brown]. What one may undertake with this more expansive passion and 'calling', White and Brown refer to as a "Project of Transcendence." [A whole page is

devoted to this term, because of its importance within the EHEerly perspective. Also, the co-creative work [and play!] associated with this and another much more extensive website is one of the primary focal points of a collaborative manifestation "Project of Transcendence" inspired by David Spangler's *Everyday Miracles: The Inner Art of Manifestation*.

**Radical Awakening:** From Arjuna Ardagh's book, *The Translucent Revolution: How People Just Like You Are WAKING UP and CHANGING the World:*

The moment when you taste reality outside the limiting confines of the mind, when you know yourself to be limitless, much bigger than, yet containing the body, beyond birth and death, eternally free. Despite the activity of thought and feeling, you know yourself to be the silence experiencing that movement. It is the moment when you can intuit the real potential of life, free from the incessant mental machinery of complaint and ambition. A radical awakening often releases a tidal wave of creativity and generosity of spirit, a natural impulse to serve and contribute. In these moments, we know that love is who we are, not something we sometimes feel.

Although I have not yet confirmed this, I believe Mr. Ardagh is speaking of 'all things EHE' -- we could say "same-same." See "Translucent" below.

**Selfing** [a David Spangler term; this is from his website. [www.lorian.org](http://www.lorian.org)]:

Through incarnation, we participate in a fundamental process of "selfing," the act of particularizing in ourselves the presence of universal Identity. We also participate in supporting this same process in others and in all the things of this world, even when their manifestation of "self" is very different from our own. Incarnation is not just a personal event but our participation in the process of emergence from which the universe is unfolding.

**Spiritual Activism** [A Dannion/Kathryn Brinkley term]: Although the Brinkleys do not specifically define this in their book, *Secrets of the Light*, they mention "contact[ing] a philanthropic society that speaks to you and to volunteer a portion of your time weekly in order to empower yourself and a cause you believe in ... [as] the most valuable form of spiritual activism over the next few years." They also remarked that the stress reduction centers Dannion had been encouraged to create by the Beings of Light in his first near-death experience, "with stress being the number one cause of disease among humans ... [would also be] a form of spiritual activism, instituted to help us harness the healing properties of serenity." So spiritual activism is any activity undertaken with the purpose of reorienting us to qualities that are the natural spiritual heritage we all possess. We don't even have to recognize this as "spiritual" to benefit. Whatever means we might invoke to bring into our immediate experience uplifting, nurturing qualities that support and sustain our mental, physical, emotional, and spiritual well-being can be a conscious form of spiritual activism.

**Spiritual Sustainability** [another Dannion/Kathryn Brinkley concept from *Secrets of the Light*]: "[C]ommitment ... to all initiatives necessary to ignite a dynamic process for enlightenment on a global basis."

**Spiritualistic Capitalism:** In *Secrets of the Light*, Dannion and Kathryn Brinkley say,

The Beings [of Light, during his first near-death experience] told me that our future is not written in stone. We still have the chance to change the outcome if only we return our collective consciousness to the reality of love. The Beings then shared what my personal mission was to be. They told me I was to establish spiritualistic capitalism on Earth. They said spiritualistic capitalism was needed because people had to realize that their security is not to be found in governments, institutions, or religions. All three of these are necessary components of human life, but they were not meant to be relied upon completely. Rather than living in a society ruled by godless capitalism, the Beings presented the idea of each one of us finding something we love to do and then using that talent or gift to serve the world while also making an income. That is the definition of spiritualistic capitalism.

**Spiritually Transformative Experience [STE]** (Yvonne Kason, MD, and author of *A Farther Shore: How Near-Death and Other Extraordinary Experiences Can Change Ordinary Lives*, independently came up with this term, as did a third source.):

Synonymous with Exceptional Human Experience, in part quoted here, again, from R. White: instrumental in transforming the identity, life, and worldview of experiencers in the direction of realizing their full human potential. ... [I.e., in generating a transformative process, they become full-blown 'exceptional human experiences' or EHEs, and as such] they play a catalytic role in humanizing the experiencer. ... enabl[ing] a person to contact what famous psychologist William James called the MORE in human experience.... As James wrote, the More is both inside and outside the individual and it provides a sense of life direction that comes both from within and without\*, often in the form of additional EHEs, especially intuition and synchronicity. ... [This] EHE process integrates both one's outer and inner worldview." [Source of the quote, Rhea A. White]

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