



10 ACTION STEPS TO CHANGING HUMANITY'S FUTURE

The [Changing Humanity's Future Initiative](#) is a joint project of Humanity's Team, Neale Donald Walsch, and his Conversations with God Foundation, as well as with progressive thought leaders from around the world. Our intention is to jumpstart our evolution into a new world of peace and possibility, where Oneness with the Divine and all of Life, kindness, compassion, and authenticity are the foundation of our thoughts and actions.

We intend to create a better future for all of humanity within a single generation by raising the baseline of human consciousness to a higher level. The more conscious we are, the more we see the interconnectedness of everything and experience our Oneness with each other. When that happens, we shift from a worldview based on fear and separation to one of unity. When we experience Oneness,

we naturally live the tenets of the Golden Rule - treating others as we would wish to be treated by them - in a place of peace, balance, and harmony.

Achieving a higher state of consciousness is key to uplifting the whole of humanity and shifting our global paradigm from fear to love. When a critical mass of conscious creators emerge upon the earth, we become unstoppable.

Fortunately, it doesn't take a majority of the population waking up to their true nature to permanently shift our global paradigm to one of harmony and love. It only takes a small fraction of us awakening to our own potential to create the tipping point needed to Change Humanity's Future (see "Power vs. Force" by David R. Hawkins and "The Tipping Point" by Malcolm Gladwell).

The Changing Humanity's Future Initiative is more than just a nice idea. It is a global empowerment movement. With more than 1,500,000 friends in 150 countries, we plan to reach the critical mass necessary to change the trajectory of humanity. To do this, we need you.

These 10 Action Steps are distilled from the Conversations with God book series by modern-day spiritual messenger Neale Donald Walsch and will help us shift to an age of consciousness based on love, compassion, and unity.



The 10 Action Steps

- 1 - Get involved
- 2 - Love and accept yourself
- 3 - Express gratitude
- 4 - Honor your body
- 5 - Be a steward of the Earth
- 6 - Understand that everything, including you, is energy
- 7 - Act as a creator
- 8 - Go with the soul
- 9 - Help others awaken
- 10 - Spread love



Within the framework of these ten steps, there is so much each of us can do individually to shift humanity toward the global expression of Oneness. As Mahatma Gandhi once said,

"All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change."

It is our state of being that informs every thought we think and every action we take. That's why the Action Steps to Changing Humanity's Future include critical inner actions to align our body, mind, and emotions with what we wish to see in the world. Consciously "being" is the most radical action we can take in our lives.

These 10 Action Steps will help accelerate the planetary shift to conscious living, allowing us to create new, regenerative, and flourishing ways to live on the Earth.

Let's explore the Action Steps!

ACTION STEP #1

GET INVOLVED

Here are four ways you can get involved and play a more active role in Changing Humanity's Future:

1. Study and practice these 10 Action Steps

In addition to engaging with each of the 10 Action Steps, take some time to watch and read the suggested resources for each step, as they will provide further inspiration and guidance.

2. Explore the Conversations with God teaching

The nine books in the Conversations with God series offer a roadmap to a higher, more conscious way of living. They have touched millions of lives around the world, inviting each of us to rethink our outdated beliefs about ourselves, God, and life itself. You'll find a few powerful excerpts from the Conversations with God books in these Action Steps, but there's a lot more to be found within the pages of this powerful series.



3. Take charge of your own path of consciousness

You can take charge of your own conscious evolution with education. This is where Humanity's Team plays a pivotal role. We believe education is central to bringing about the change that will tip the whole world into recognizing our interconnectedness and our Oneness. Our entire mission is to offer transformational education and resources to inspire and uplift all of humanity. Many of these resources are free, including hundreds of podcasts, articles, and courses on everything from meditation and qigong to scientific research and conscious business practices.



'The Art & Science of Living Consciously' Masterclass with Steve Farrell and Neale Donald Walsch is a good place to start. In this program, you'll learn how to align yourself in thought, word, and deed through awareness, honesty, and responsibility, thereby raising your energetic vibration. This Masterclass is unique in that you get to choose the cost for your participation based on your ability to pay and your desire to support our work. Even if you are unable to pay due to financial constraints, we truly don't want you to miss out on these timely teachings.

Access 'The Art & Science of Living Consciously' Masterclass [here](#).

4. Join the Humanity's Team community

Sign up for our newsletter so you're the first to know about new programs and events. Browse through our hundreds of podcast episodes and blog articles, and engage with other like-minded consciousness explorers as part of our weekly live event every Wednesday. [Join the conversation here](#).

You can also join our community by purchasing a subscription to the [Humanity Stream+](#) streaming service, either for yourself or as a gift. When you do, a second subscription will be given free of charge to an underprivileged or underserved individual for every one purchased. That's double the impact! [Learn More and Subscribe here](#).

Volunteering is another way to participate in the Humanity's Team community and spread the word about the Changing Humanity's Future Initiative. [Learn more about volunteer opportunities here](#).

When you become involved with Humanity's Team by subscribing to our weekly newsletter, participating in a free course, engaging with us on social media, listening to a podcast, subscribing to Humanity Stream+, or donating your time, money, or expertise, you join hundreds of thousands of others who share our mission to create a conscious, compassionate, sustainable and flourishing world for everyone.



ACTION STEP #2

LOVE AND ACCEPT YOURSELF

The second Action Step to Changing Humanity's Future is to love and accept yourself. We are all emanations of the One; loved wholly and unconditionally just as we are - no changes required. When we open to this and receive it, we love back, and it becomes reciprocal; the Divine loves us, and we love the Divine back. This sets something powerful and energetic in motion. Creating a better world starts with receiving love from the Divine, the Source of all that is, and expressing this same love out in the world.

At this point, we can love ourselves fully and unconditionally. Loving others and loving life starts with you. You can't give something to others if you don't already have it. Unfortunately, we're not really taught about loving ourselves in school. Many of us have only experienced romantic love, which is fleeting, or conditional love, which is transactional and centers around satisfying needs. Loving yourself just as you are is completely different.

Love, in its purest form, transcends mere emotion or affection. It's a profound, all-encompassing force - a universal glue that binds us in an intricate web of interconnectivity and Oneness. This concept of love is a foundational principle of existence that can transform our world. And that outer transformation is based on the inner transformation of loving yourself first.

How do you love yourself? The first step toward loving yourself is acceptance.

Accepting ourselves means seeing ourselves and our circumstances as they are. As a practical example, rather than pretend we are not upset with our spouse or co-worker, we recognize the anger within us and acknowledge that it is there. We see it for what it is: an unresolved energy that is trying to move through us.



To love and accept yourself as you are, start with your body. So what if it has a blemish here or a saddlebag there? Your body is a faithful servant, engaging in a constant, unfathomable number of functions to keep you alive, even when you compromise it with negative thoughts and polluted food. Start by appreciating your body's amazing resilience, strength, and flexibility. You can do this by giving your body what it needs to thrive - high-quality food and water, adequate sleep, and lots of movement.

We are a three-part being – body, mind, and soul. Therefore, self-love also includes the mental, emotional, and spiritual aspects of our being.

Love and accept your mind and your emotions, as they both can be helpful on the conscious journey. Your mind is on constant alert to keep you alive and safe, and your emotions are part of your guidance system for knowing what is true.*

Love and accept your innermost core, your Divine essence, your Spirit, your Soul. It is meant to guide you through this physical incarnation, offering valuable insights and inspiration for your sacred mission here on Earth.



When you love and accept yourself as you are, you'll begin to accept others as they are. You'll start to love life just as it is, without judgment. Everyone and everything is evolving, including you, so simply allow life to unfold.

Discover more ways to experience self-love and self-acceptance in your daily life with these resources:

- Podcast episode 137 – [The Principle of Loving](#) with Christy Whitman
- Free webinar – [Awakening Your Power to Self-Regulate Longevity, Deep Intuition, Resilience & Healing](#) with bestselling author and scientist Gregg Braden

ACTION STEP #3

EXPRESS GRATITUDE

Gratitude is a powerful way to open your heart and shift your focus to the positive aspects of life. It's much more than just saying "thank you" after a transaction or appreciating something every now and then. The practice of gratitude is transformative; working to change not only humanity's future but upgrading our day-to-day lives. Gratitude is a state of mind and a state of being. When you are grateful, you see life from a glass-half-full rather than a glass-half-empty perspective. You assume things happen for you, not to you.

certain life circumstances and themes before incarnating here. Trust that it is all unfolding perfectly to support your own evolution.

By choosing gratitude as your default state of being, you naturally extend that high vibration out into the world around you. Because we humans are connected to everything, our personal state of gratitude extends to everything around us.



Appreciate everything in your life, accepting that you created it all for a reason. You're not just a mechanical body on Earth with no purpose. You are an everlasting soul, temporarily navigating this physical plane with your body as the vehicle. You, as a soul, desired

A powerful daily practice to bring in more gratitude is to be grateful in advance. That means being thankful for something before it is visible in your experience. Being thankful in advance is perhaps the biggest key to creation.

So, how might you bring more gratitude and appreciation into your day? Many people find gratitude journaling or a gratitude list helpful, where pen is put to paper, and the grateful person creates a numerical list or a log of activities or events that create a feeling of gratitude. Some make a point of sincerely thanking people for small things throughout the day. Others practice looking at the bright side of whatever situation they find themselves in.



There are countless ways to make gratitude a regular practice. You can offer a prayer of thanks before every meal. You can reach out to one person by phone, text, or letter each week and tell them one thing you appreciate about them. You can pick one item from your gratitude list and visualize it in vivid detail before falling asleep. Little gratitude rituals like these add up and bring into focus what is truly important in our lives.

Learn other ways to experience gratitude and appreciation in daily life with these resources:

- Free webinar program – [The Keys to Evolving in a Conscious Universe](#) with brilliant planetary healer Jude Currivan, who will show you how to expand and deepen your own gratitude practice.

ACTION STEP #4

HONOR YOUR BODY

The body is a sacred vehicle for navigating this physical plane and for anchoring in higher consciousness. It is your temple, temporarily on loan to you while you navigate your time on Earth. The body has an innate intelligence. It performs hundreds of miraculous functions and automatically adjusts as needed. When you pollute and abuse the body, you interfere with this natural intelligence and lower your vibration.

If you're familiar with Maslow's hierarchy of needs, you know that it is difficult to focus on things like social well-being or self-esteem until basic survival needs are met, such as having shelter and food. So, too, with each one of us on our soul's journey. Living with a grateful mindset or working to transform the planet becomes difficult when the physical body is not in optimal condition. Outer transformation starts with inner transformation. And, it begins with honoring the body.

You can honor your body on a daily basis by paying attention to it and developing a daily habit to tune in to the body's subtle cues.

When you view the body as the sacred temple that houses your soul, you naturally pay more attention to what you feed it. Observe all that goes in and on your body. You can nurture the physical body and raise your consciousness each day with organic produce, clean water, and fresh air.

Other ways to nurture your body and raise your consciousness include regular physical activity and sunlight. Moving meditations – whether it's walking, ecstatic dance, Sufi whirling, or rocking – offer a holistic way to engage with your own mind, body, and soul, and by extension, the interconnected web of life around you.



Your body is also heavily influenced by your thoughts and emotions. Because we are a three-part being – body, mind, soul – our thoughts and emotions directly affect our body temple and level of consciousness. Remember that you can choose your state of being. Practice opening your heart and feeling love and compassion on a daily basis. Practice feeling peaceful and healthy. Practice being kind, caring, giving, and accepting.

Additionally, you can relax your thoughts, calm your emotions, and honor your body – all at the same time – using your breath. The breath, otherwise known as chi or prana, is our life force. When we breathe consciously and with intention, we revitalize our body's energy centers.



A seated meditation practice is one way to breathe consciously and with intention, though it isn't the only way. You can also breathe slowly and with intention as you take a mindful stroll. As you walk slowly and deliberately, focus your attention on each step and each breath.

Another way to use the breath to honor and revitalize the body is to pause several times throughout the day to take three or four conscious breaths. When done consistently over time, this practice brings your three-part being – body, mind, and soul – into balance, which then contributes to the balance of the whole of which you are an integral part.

Learn more ways to honor your body in daily life with these resources:

- Podcast episode 145 – [Master Your Biology](#) with Bruce H. Lipton, Ph.D.
- Free program – [Harness Your Life Force-Energy: Optimize Your Health and Elevate Your Consciousness](#) with Ting Ting Guan

ACTION STEP #5

BE A STEWARD OF THE EARTH

In Book Four of the Conversations with God series, God describes the nine characteristics of Highly Evolved Beings elsewhere in the Cosmos. One of the characteristics of these beings is that their highly evolved societies do not believe in the concept of ownership.

Ownership is a fairly new concept on the large scale of human existence. Even in indigenous or what have been called “primitive” cultures, the concept of ownership doesn't exist. Many shamanic lineages still live from the principle of stewardship rather than ownership.

The Earth is a living being. Despite our efforts to carve up the planet and draw lines on a map, we do not own the Earth. We are here for a short time and are meant to be stewards of the Earth. What does this mean? It means caring for the Earth as if it were a family member – nurturing it, offering gratitude for what it provides, and protecting it from harm.

The truth is that scientists, philosophers, and many others have made it clear that if we humans don't dramatically change the way we inhabit the Earth, we're headed toward the sixth mass extinction event – the extinction of the entire human species. Here is what God says to Neale Donald Walsch about this in Conversations with God, Book Four:

“All there is is now; therefore, now is the perfect (and only) time. You don't have to start a nonprofit or become an environmental activist to play an important role in protecting the planet. You can make a positive difference in your daily life with your choices and actions.”

Something you can do right now as a steward of Earth is to begin modeling the behavior you want to see in the world.



Becoming a steward of the Earth is largely a matter of deciding to be One.

“But wait,” you may be thinking, “what can one person really do? The challenges facing the Earth are so vast and complex, one person can’t possibly make much of a difference.”

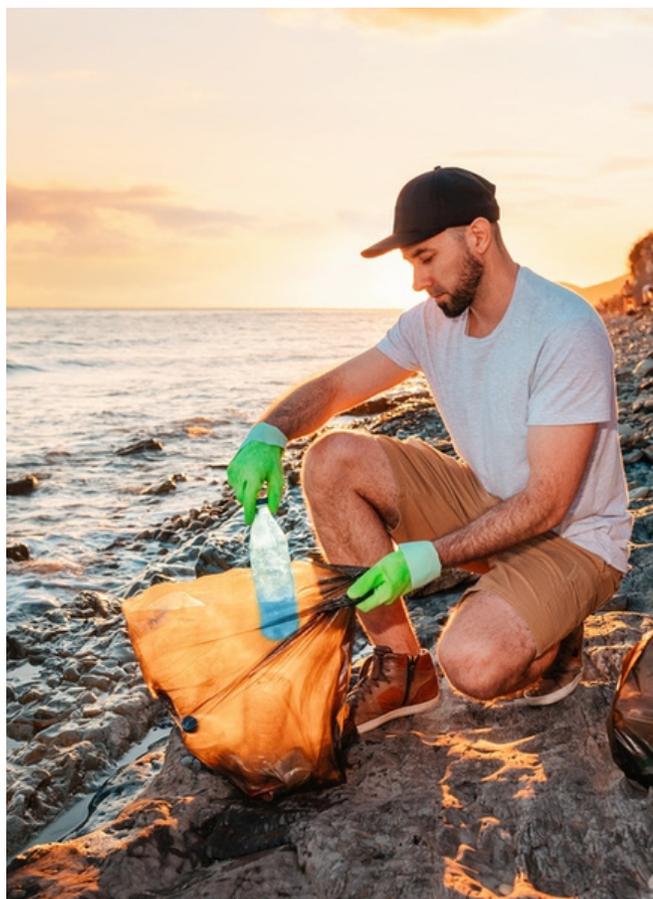
If you’re troubled by deforestation, for instance, you can refuse to support crops like palm oil and animal agriculture that replace those precious forests, by avoiding buying foods containing palm oil, and by reducing your consumption of animal-based products. You can plant a tree. You can support organizations that are working to protect natural spaces such as rainforests, or ancient Sequoia forests.



If you’re bothered by pollution in the ocean or the island of plastic that’s as big as the state of Texas, you can dramatically reduce your reliance on the plastics industry. Refuse to purchase single-use water bottles or single-use plastic bags. Take your own to-go containers from home to the restaurants you frequent. Recycle the plastic you use daily, even if that means holding onto that plastic cup from a vendor until you can dispose of it properly at home.

If you’re bothered by the sight of trash on the side of the road, in public parks, or on the beach, you can help clean those up. Adopt a section of the highway. The next time you take a walk outdoors, go to a park or visit the beach and clean up a small area. Volunteer in your local community when it hosts cleanup events.

If you’re worried about your area’s contaminated rivers, ponds, and lakes, you can help clean them up or support organizations that do. Shop at your local farmers’ market or neighborhood co-op. Purchase only organic fertilizers and treatments for your own garden at home.





If you're concerned about soil depletion that results in fruit and vegetables with very few nutrients in them, you can withhold your support from industrial agriculture and purchase only non-GMO and organic produce instead.

The remedy to the existing problems in this world is right here, right now. It lies in living consciously and seeing and honoring the unity and Oneness that permeate every aspect of our existence. It's about acknowledging the sacred interconnectedness of all life forms and recognizing that every thought, word, and action has a ripple effect on the collective consciousness.

If everyone picked just one cause to support, our world's problems would be solved. What cause speaks to you? What bothers you the most? What bothers you is what is calling you to step forward and take action. This action can be your contribution to a flourishing and regenerative Earth. Your own personal stewardship.

As a steward of the Earth, both your daily actions and your purchases serve to protect it.

Discover more ways to contribute to a compassionate, flourishing, regenerative planet with these resources:

- Podcast episode 190 – [Awakening a Conscious Humanity: Creating a Sustainable and Flourishing Earth](#)
- Name-Your-Own-Price Masterclass – [The Art & Science of Conscious Living](#) (module 8) with Steve Farrell and Neale Donald Walsch: Stewardship Instead of Ownership and the Balance Between Technology and Nature

ACTION STEP #6

UNDERSTAND THAT EVERYTHING, INCLUDING YOU, IS ENERGY

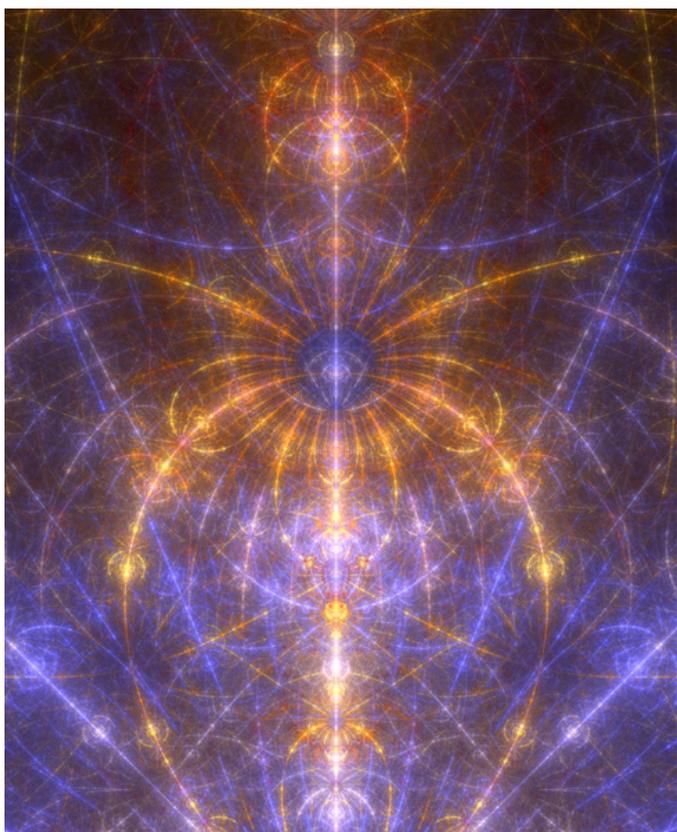
When we look around at our environment, what we see most of the time is separation. You're in a body over here, and your friend is in a separate body over there. What happens to someone on the other side of the globe doesn't necessarily affect you personally. According to this worldview, you are also separate from nature. The forest that is cut down in the Amazon or the animal that becomes extinct doesn't impact your individual, day-to-day life.

Most of us in the Western world have grown up with some version of this story, even though scientists have known for over a hundred years now that this idea of separation is an illusion.



Our state of Oneness is a fundamental truth that ancients, mystics, and our indigenous ancestors have understood for thousands of years, but Science only recently discovered the visible evidence that at a foundational level we are all interconnected and interdependent with all of life on the Earth, and that ultimately we are all integral conscious parts of the One Thing that is the Universe.

The most important aspect of this to be aware of is the fact that everything in the Universe is energy being uniquely expressed in the Unified Field. This makes every possible manifestation or outcome available to us in every single moment that we live, and wrapping your head around the implications of this fact is one of the first steps to opening yourself up to having more conscious control inside that field of possibility.



While we have all experienced the benefits of our Oneness, it is often simply thought of as moments of coincidence, chance, or synchronicity in our daily lives, but when you also consider phenomena like distance healing, the power of prayer, and other rigorously tested psychic phenomena, it's impossible to deny that everything and everyone is interconnected and interdependent.

We are all part of the same cosmic tapestry, each thread essential to the overall pattern. Just as a single drop merges with the ocean, your individuality merges with the greater whole. This recognition allows you to approach life with a deep sense of compassion and empathy, knowing that the joy and suffering of one sentient creature is intricately connected to the joy and suffering of all others.

While being a part of this Oneness means everything we need is already available to us, our limited beliefs and programming often keep us from experiencing this in our waking reality. Outdated and unproductive beliefs can also limit our understanding of how our individual thoughts and actions affect the whole, but the reality is that everything you think, say, watch, read, and eat not only impacts your well-being, it also impacts everyone and everything else.

Since everything is energy in vibration, it makes sense to pay more attention to the vibration of everything you eat, everything you wear, and everything you watch, read, or listen to, as well as everything that you think, say, and do. By doing so, you immediately elevate the vibration of your own energy and the life energy you are creating around you.



Learn more about energy and the interconnectedness of all life with these resources:

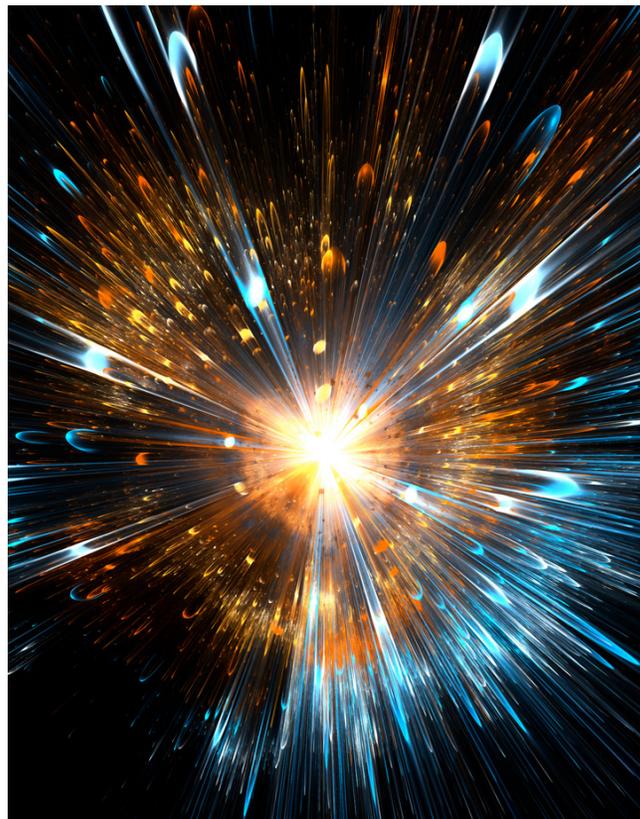
- Free webinar – [Secret Scientific Discoveries that are Changing Everything](#) with Gregg Braden and Nassim Haramein
- Free webinar – [Harness Your Life Force Energy: Optimize Your Health and Elevate Your Consciousness](#) with Ting Ting Guan

ACTION STEP #7

ACT AS A CREATOR

The concept of “acting as a creator” might not be immediately clear. The reason for this is that many people don’t realize they already are creators.

For most people, the word “creator” is usually tied to the idea of “The Creator” being God (or however you think about the Source of All That Is), and it’s precisely because God is All That Is that we, as part of that All, are creators ourselves. Each of us, as an emanation of the One Thing, is essentially a finger on the hand of God. Put another way, we are each individual waves in the one ocean. This doesn’t mean that we are the same. Each finger on the hand and each wave in the ocean is unique, never to be repeated. But as part of the hand or the ocean, the fingers and waves are connected and share many of the same qualities. And that is the nature of the relationship between we human beings and the Divine. We are made of the same stuff, and we share God’s ability to create but of course we are a small part of the whole that is God. The three tools of creation for us are thoughts, words, and deeds.



In Neale Donald Walsch’s Conversations with God books, God says this to Neale: “You’ve spent half your life unconscious. That is to say, unaware on a conscious level of what you are choosing in the way of thoughts, words, and deeds until you experience the aftermath of them. Then, when you experience these results, you deny that your thoughts, words, and deeds had anything to do with them. This is a call to stop such unconscious living. It is a challenge to which your soul has called you from the beginning of time.”

You create your own experience by creating your reality every second of the day with your thoughts, words, and actions. All of us together have collectively created the world we now live in. When you recognize this to be true and begin to actively choose your thoughts and words, you have course-corrected and are now on the path of conscious living.

When you live your life as a conscious creator, you have a sense of purpose – a bigger “why” that serves as the foundation for how you think and what you do. Life is not about merely existing or surviving as a victim of what the world might throw your way. There are no victims. Life is not about competition or survival-of-the-fittest. Living consciously means joyfully accepting responsibility for your own life and for your role in the planetary family.

The first step to becoming a conscious creator of your reality is to recognize that you already are a creator. You are already creating your reality. You’ve had a hand in designing every circumstance, situation, obstacle, and triumph in your life. Even the things that seem to be happening to you are attracted to you by your thoughts, beliefs, actions, and behaviors.

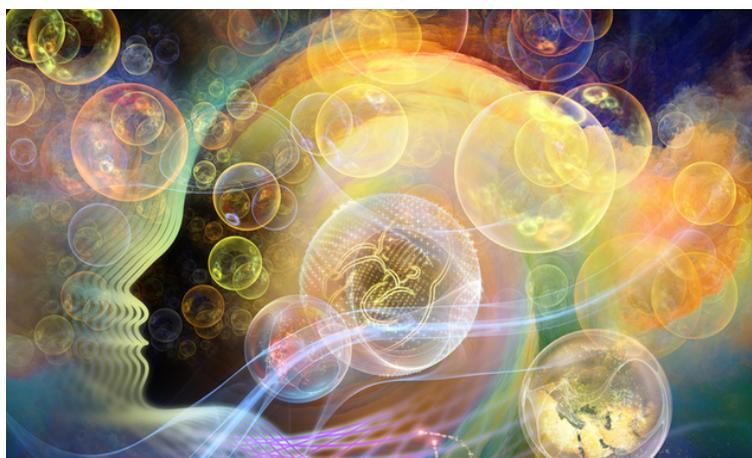
Once again, since you are part of the one field of energy that encompasses all things, everything you think, say, watch, read, and eat impacts your well-being and the energy of that whole. When you realize and experience firsthand how you are generating your reality, your view of the world shifts. You shift from seeing life in terms of victims and perpetrators, and instead become an active participant in your own evolution. You become empowered.

So, recognize you are a creator, choose your state of being, and consciously choose your thoughts. You can use the creativity of your thoughts to heal the chaos and division in the world, while simultaneously bringing good things into your own life.

One way to embrace your essential nature as a creator and act as a conscious creator in your daily life is to never allow yourself to linger on negative thoughts. The moment you become aware that you are thinking negatively or judgmentally, consciously choose to shift your attention elsewhere entirely, or onto a positive, loving alternative to the original thought.

Another way is through intention. Unlike mere wishes or goals, intentions come from a deeper, more sacred space within us. They are not merely about “doing” but are about “being.” Our “being state” is where we consciously choose how we wish to show up in the world.

Intentions are the magnetic force that draws experiences and opportunities toward you. By setting clear intentions, you align yourself with the universal energy that conspires to fulfill your highest good. When you set an intention to live up to your highest potential, you draw that outcome to you from the Unified Field, creating transformative change in your life and in the wider world around you.



Learn more about how to be a conscious creator in daily life with these resources:

- Free webinar program – [Flourishing Through Chaos: Activate the Power You Were Born With, But Have Never Been Taught to Use](#) with Bruce H. Lipton, PhD., and Dr. Shamini Jain
- Dive deeper with the Masterclass – [Become a Conscious Creator: The Science of Co-Creating a Better Future](#) with Bruce H. Lipton, Ph.D., and Dr. Shamini Jain

ACTION STEP #8

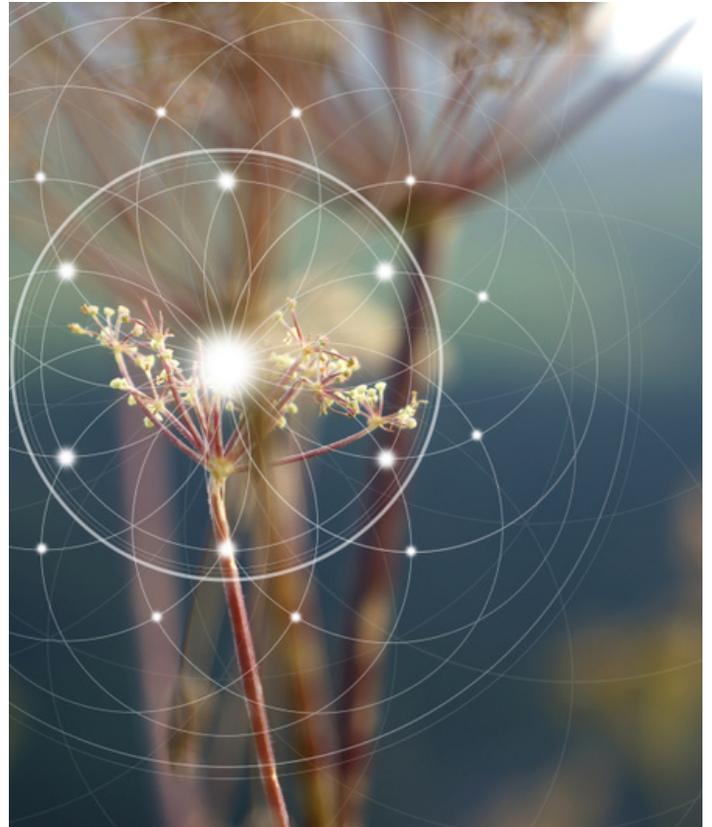
GO WITH THE SOUL

“Go with the soul” means to spend as much time nurturing your soul as you do your body and your mind. You are a three-part being, and each part requires attention to evolve and flourish.

The first step to nurturing your soul is to learn how to listen to it, by recognizing the impulses of the soul within you and understanding how it communicates.

It is often a still, quiet voice inside you. You can call it your intuition, or God, or the Universe, or Life, but that voice is your soul, communicating with you and guiding you during your every waking moment, inviting you to slow down and tune in to its messages.

The second step is to commune with your soul. This can be done in many ways, such as through meditation, stillness, and prayer.



Meditation

Regular meditation practices and mindfulness help quiet the mind, expand awareness, and cultivate a deeper connection with the present moment. Through these practices, you can access the underlying unity that pervades all experience.

Stillness

While sitting in silence, engage in self-inquiry to explore your beliefs, assumptions and perceptions about yourself and the world. Question the illusion of separation, and cultivate a mindset of interconnectedness.

Prayer

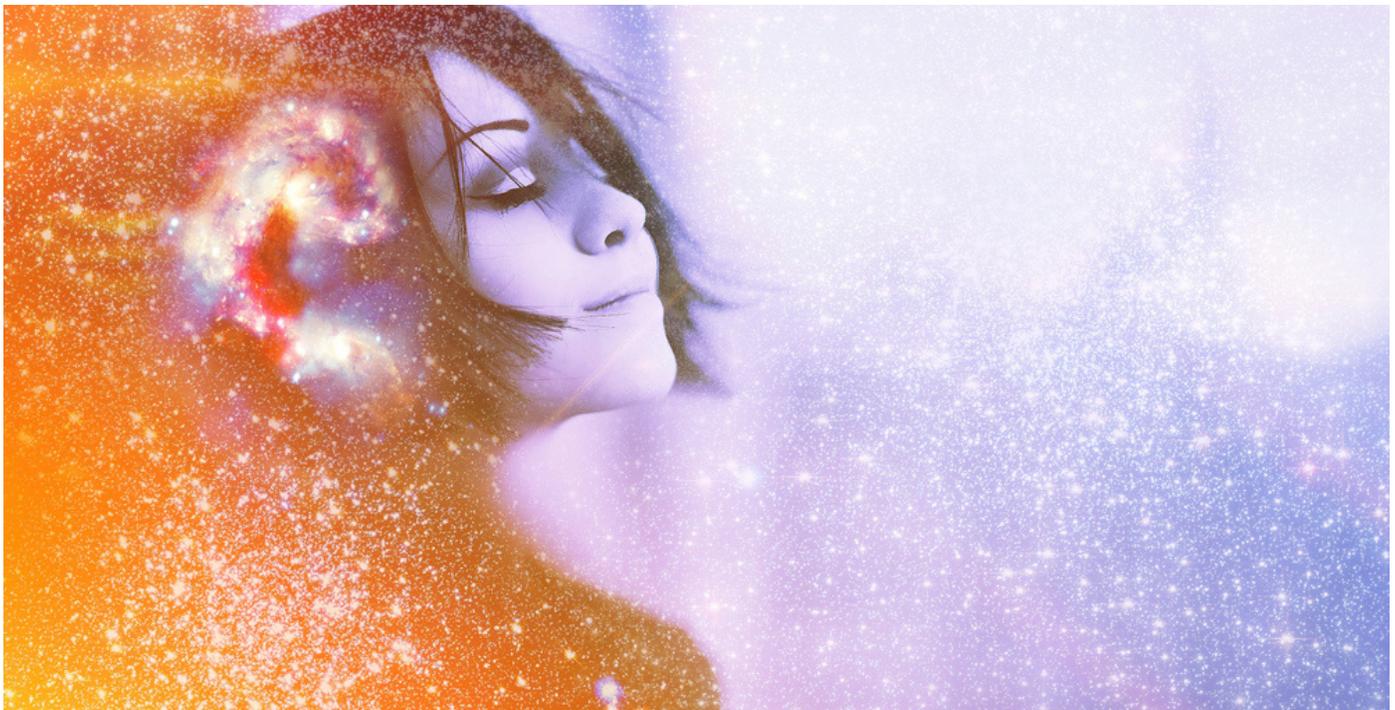
Begin with deep and pure intentionality and then ask for what you want in your life with the belief that you deserve it and an expectation that you will receive it.

The third step in nurturing your soul is to follow the guidance you receive, to act on your intuitive hits and operate from the wisdom center of your soul instead of the logic center in your mind. Allow your heart and your soul to lead and your mind will follow.

Practice empathy and compassion in your daily interactions. Treat others with kindness, seeking to understand their experiences, and

extend love and support whenever possible. Learn to respond from your heart and your soul rather than reacting from your mind.

When we go with the soul, we cultivate unity consciousness. We transcend the limitations of the ego and recognize the interconnectedness of all beings. As we awaken to this state of expanded consciousness, we move away from separation, division, and fear, embracing newfound love, compassion, and unity. By nurturing unity consciousness in ourselves and others, we hand ourselves the power to transform our own lives and create a more harmonious, compassionate, and regenerative world.



Discover other ways to tap into the wisdom of your soul with these resources:

- Podcast episode 139 – [This is the Journey of Your Soul's Calling](#) with Neale Donald Walsch
- Free program – [Divining Your Destiny](#) with Michael Beckwith and Neale Donald Walsch
- Masterclass – [Discover Your Soul's Purpose](#) with Michael Beckwith and Neale Donald Walsch

ACTION STEP #9

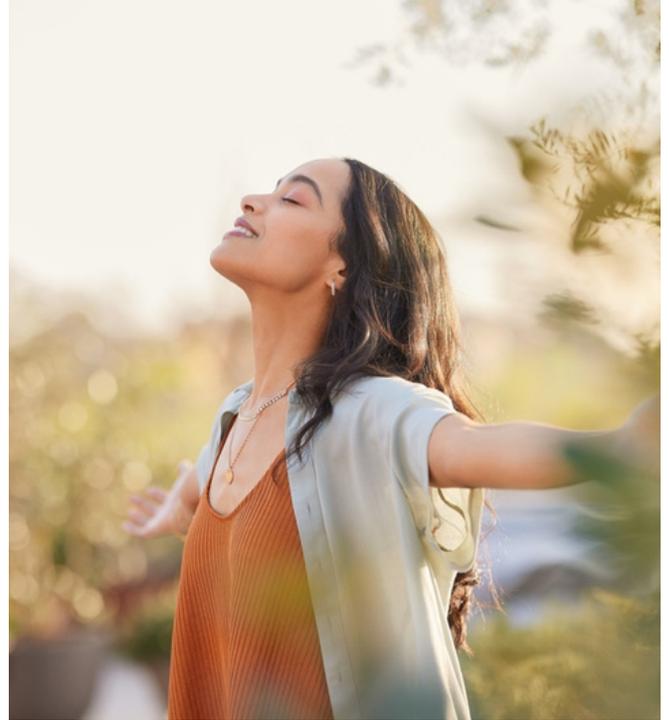
HELP OTHERS AWAKEN

If you're still just waking up yourself, you might be wondering how you can possibly awaken others, but as you may already be aware, teaching others is actually one of the quickest ways to learn. There are many ways to do this.

When you share an insight or piece of information with another person, you often discover nuances in how you explain it in that moment, allowing you to understand it yourself at a deeper level as a result.

Be a teacher of the Conversations with God messages. Start your own spiritual or Oneness support group meeting once or twice a month and focus on the Conversations with God teachings, exploring together how to live the messages and apply them to your daily life.

Share your experiences with your friends and family, including the challenges you've faced in your efforts to live consciously. This helps others know they are not alone in their own struggle and encourages your loved ones to work on themselves as you have.



In Conversations with God, Book Four: Awaken the Species, God shares that we can create a whole new way of living on the Earth in this generation, and that it's actually going to get easier as we move forward if we are open with those around us about our transformative experiences: "By all of you allowing your personal evolutionary process to be observed by others, it can become a means by which the evolutionary process of all humanity is advanced."

Once you know who you are, you can remind others of who they are. Just like you, they are part of and inseparable from God, the Universe, the Source of All That Is, and therefore, they are creators with similar characteristics and abilities.





Even if no one in your social circle is interested right now in learning about awakening, they are still benefiting from your awakening. According to spiritual teacher David R. Hawkins, just one person with a very high level of consciousness counterbalances 70 million lower-consciousness people living in disharmony and chaos.

Due to the fact that we're all part of the One Thing, when you change yourself for the better, you necessarily change the world.

Become a beacon for others by cultivating your own inner knowledge and awakening. Take time each day to connect with your inner self through meditation and reflection. Practice being fully present in each moment and engaging with life mindfully. As your inner knowledge grows, it naturally begins to radiate from you. This radiant energy is then felt by those around you, inspiring them to embark on their own journey of self-discovery and conscious living.

Explore other ways to help others awaken with these resources:

- Podcast episode 159 – ['Humanity Awakening' with Dr. Jude Currivan Ph.D.](#)
- Free program – [Becoming Homo Universalis - The Keys to Evolving to the Next Stage of Human Development with Barbara Marx Hubbard](#)
- Masterclass – [Deep Self Evolution - Awaken Your Hidden Power to Fulfill Your Highest Destiny & Accelerate the Evolution of Humanity](#) with Visionary Spiritual Teacher Barbara Marx Hubbard

ACTION STEP #10

SPREAD LOVE

The true essence of love as a universal principle has the potential to be the most transformative force on our planet. By redefining our understanding of love, not just as a personal emotion but as a fundamental aspect of the Universe, we open the door to unlimited possibilities for positive change. It's about living consciously, recognizing our interconnectedness, and making choices that reflect your commitment to the well-being of all.

When you love yourself and honor your body, for example, you're in an authentic, high-vibration place to spread love all around you. You can model the behavior that will change the world. You can model the message that we are all One.

When you make a commitment to your own growth and evolution, you align yourself with the Divine energy of the Universe. You come to understand and know that there is no separation between you and others, no separation between you and the animals or you and the Earth, and that awareness begins to inform the way you behave in your daily life. You are mindful of the power of your thoughts because you understand that your attention is your intention. Rather than focusing on problems, you focus on possibilities. You focus your time and attention on activities that have a positive impact on your life and the lives of others. You become an instrument of compassion and peace. You become a guide for others who will feel inspired to transform themselves following your example.



When you become an example of living consciously, it not only transforms your own life but of course positively impacts those around you, as well, through your direct actions. Pick a cause that moves you. Become part of something bigger in your community. Play a more active role in helping humanity leap forward in consciousness. Talk to your friends and family or even strangers about Humanity's Team's vision and about all the free resources we have available to help people live more consciously, including these very Action Steps.

Foundationally, the most important element of living consciously is to live in love, to express love, and to spread love around liberally wherever you go.

Practice extending love as an automatic response to anyone who comes into your presence. Or sending love whenever you think of a particular person. Picture them and say, “I send you love, health, and happiness,” and really mean it. Feel the energy of love emanating from your heart as you say it, as though you’re speaking to your own child, and make a habit of sharing this energy of love with everyone as often as you can in every situation that arises in your daily life.

Be love by radiating your inner light at all times, and be true to yourself and your values. Authenticity is magnetic and will draw people to you who recognize and resonate with your genuine spirit.

Approach others with love and compassion, and practice active listening while empathizing with their struggles and offering support without judgment.

Share with others the wisdom you’ve gathered on your journey. Whether through writing, speaking, or simply sharing your insights in conversations, your words can be a beacon of hope and guidance to them. Be that example of living consciously, and let your choices inspire others to explore their own potential.



Discover more about the power of spreading love with these resources:

- Read the blog [The True Essence of Love: Redefining Universal Connection](#)
- Free webinar – [Our Conscious \(R\)evolution: Empowering Our Transformational Journey to Whole Being and Belonging with Dr. Jude Currivan](#)

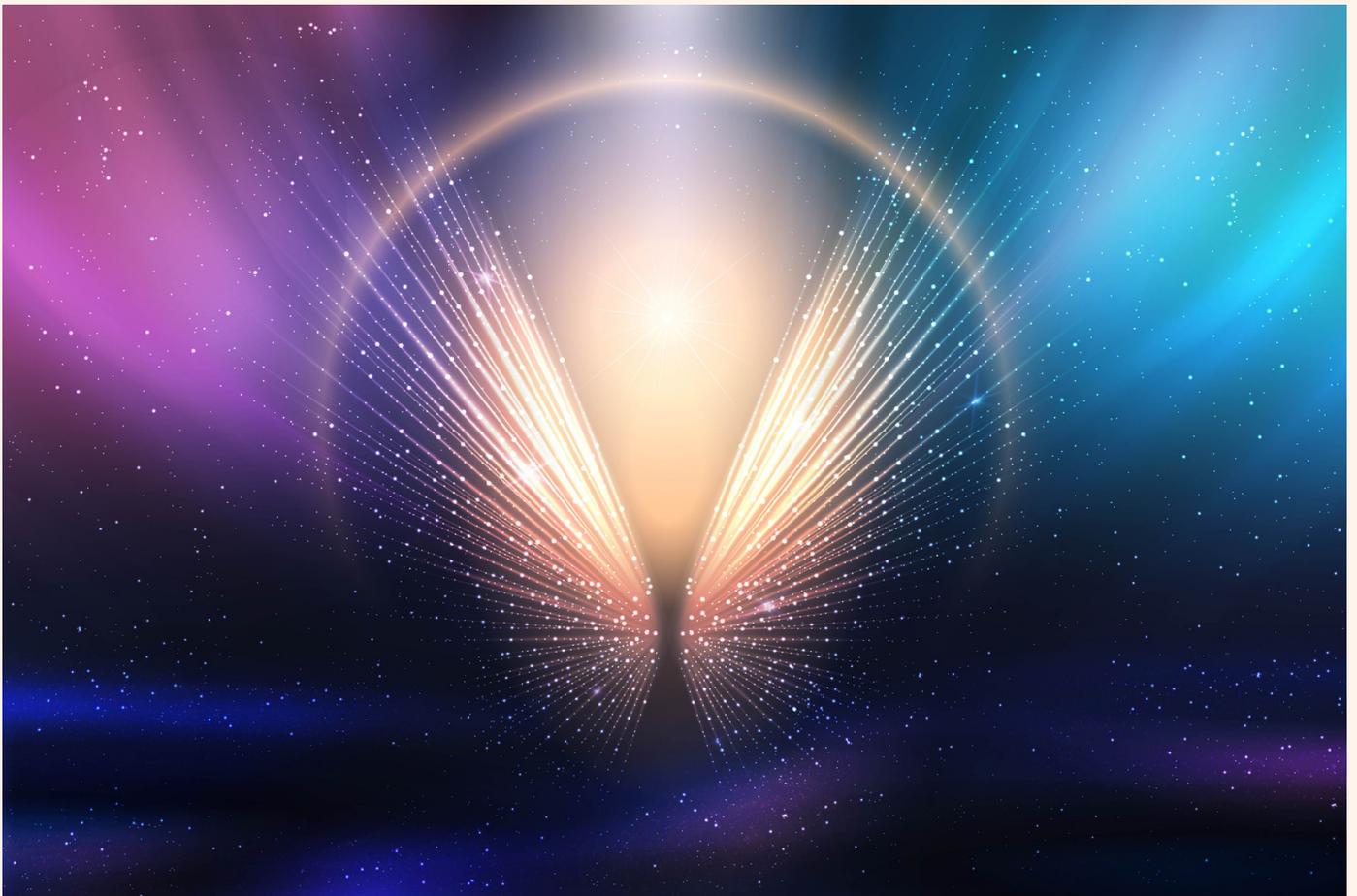
Luminaries Discuss Oneness & Transformation

“This one simple change – seeking and finding peace within – could, were it undertaken by everyone, end all wars, eliminate conflict, prevent injustice, and bring the world to everlasting peace. There is no other formula necessary or possible. World peace is a personal thing! What is needed is not a change of circumstances, but a change of consciousness.”

– Neale Donald Walsch, *Conversations with God*, Book Two

“Consider your intentions and your meditations as part of what is done within the context of prayer. Be able to say within your intentions and your meditations, ‘And I ask for guidance or help,’ and expect to get it. Expect to get it.”

– Gary Zukav



“So many of us believe that we have to do something. We have to take action in order to make a difference in the world. We must have a higher purpose, a mission, a profound calling. And while action certainly has its place, it’s really how we are in the world that makes the difference. We can donate money, or send aid, or volunteer at a shelter, but the first thing we must do is to take responsibility and stock of our own path of consciousness.”

– Panache Desai

“It is when you decide how you are going to show up before the moment shows up that you have begun to move to mastery. You have learned to master the moment, and that is the beginning of mastery in living. When you decide ahead of time that your inner state of being is going to be peaceful and loving, understanding and compassionate, sharing and forgiving, no matter what any outer moment brings, then the outer world loses its power over you.”

– New Revelations, by Neale Donald Walsch

“The correct prayer is never a prayer of supplication, but a prayer of gratitude. When you thank God in advance for that which you choose to experience in your reality, you, in effect, acknowledge that it is there... in effect. Thankfulness is thus the most powerful statement to God; an affirmation that even before you ask, I have answered.”

– Conversations with God, Book One
by Neale Donald Walsch

“Honor your physical body as if you have been given an impeccable jewel, and act as if you own the most valuable creation in the universe.”

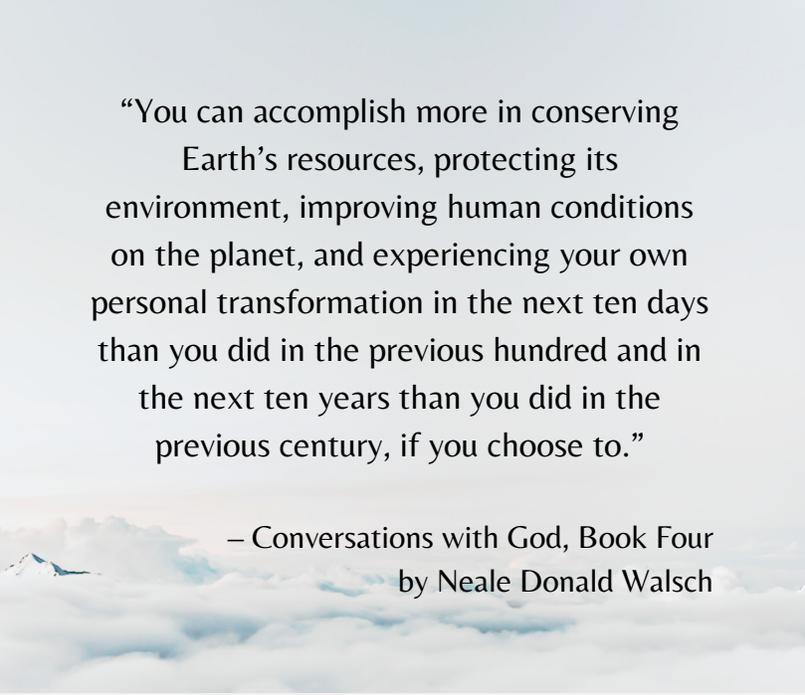
– Barbara Marciniak

“Highly Evolved Beings do not pollute the environment, their atmosphere, and their own corporal bodies, as humans do. Your bodies are magnificent creations, made to ‘last’ infinitely longer than you allow them to.”

– Conversations with God, Book Three
by Neale Donald Walsch

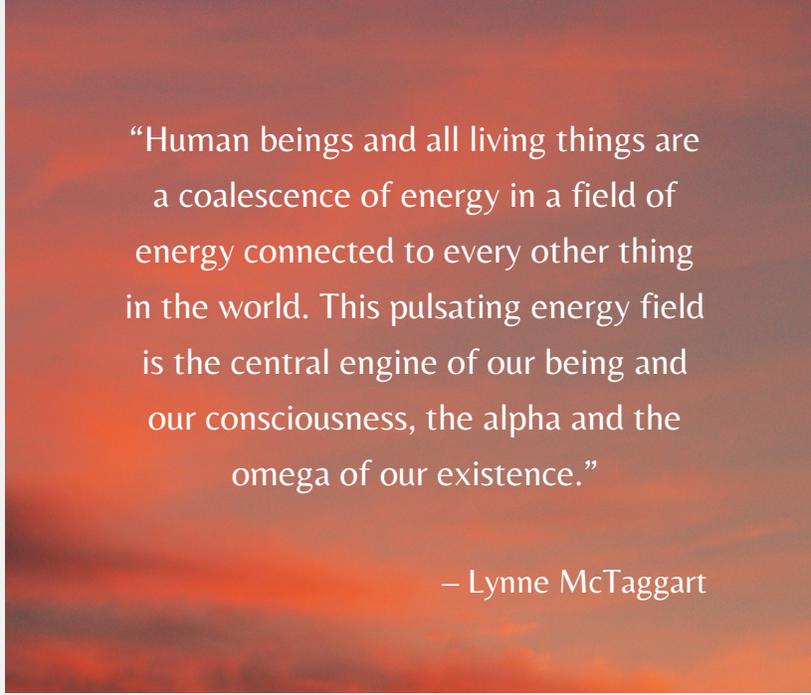
“Worry, hate, fear – together with their offshoots: anxiety, bitterness, impatience, avarice, unkindness, judgmentalism, and condemnation – all attack the body at the cellular level. It is impossible to have a healthy body under these conditions.”

– Conversations with God, Book One
by Neale Donald Walsch



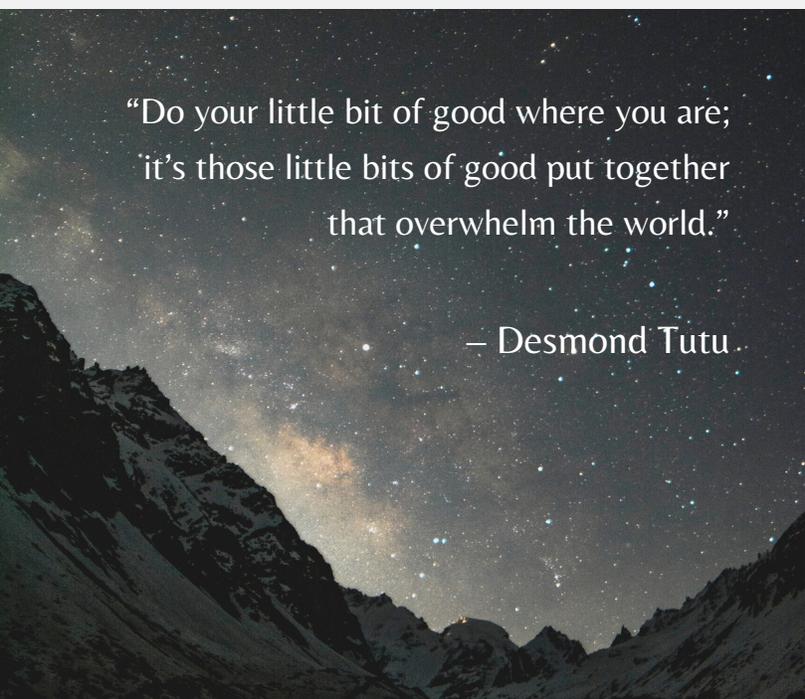
“You can accomplish more in conserving Earth’s resources, protecting its environment, improving human conditions on the planet, and experiencing your own personal transformation in the next ten days than you did in the previous hundred and in the next ten years than you did in the previous century, if you choose to.”

– Conversations with God, Book Four
by Neale Donald Walsch



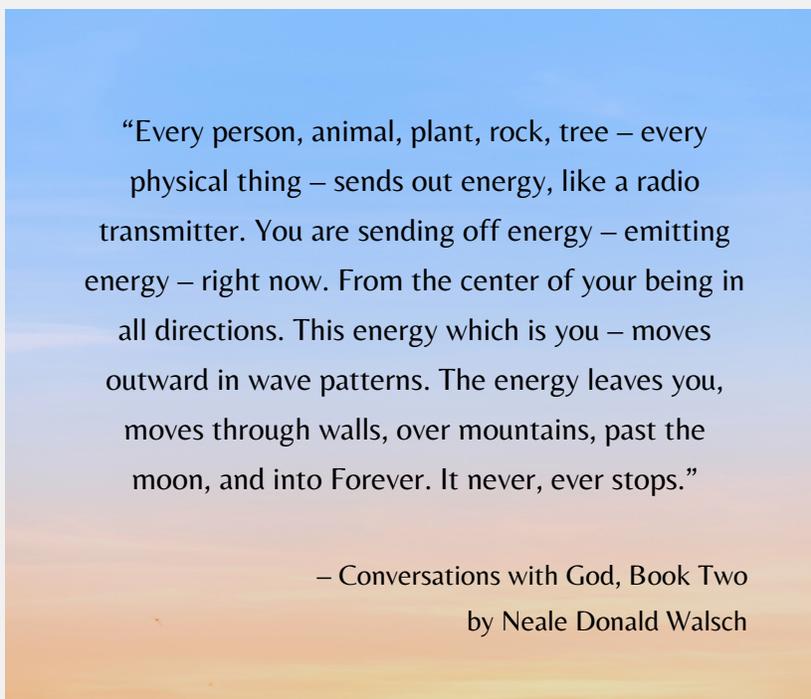
“Human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world. This pulsating energy field is the central engine of our being and our consciousness, the alpha and the omega of our existence.”

– Lynne McTaggart



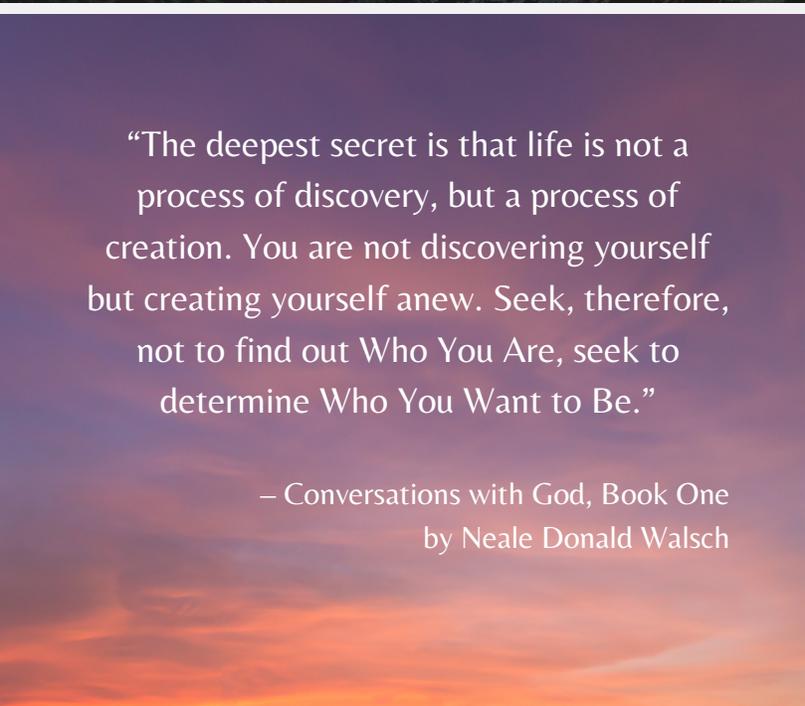
“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

– Desmond Tutu



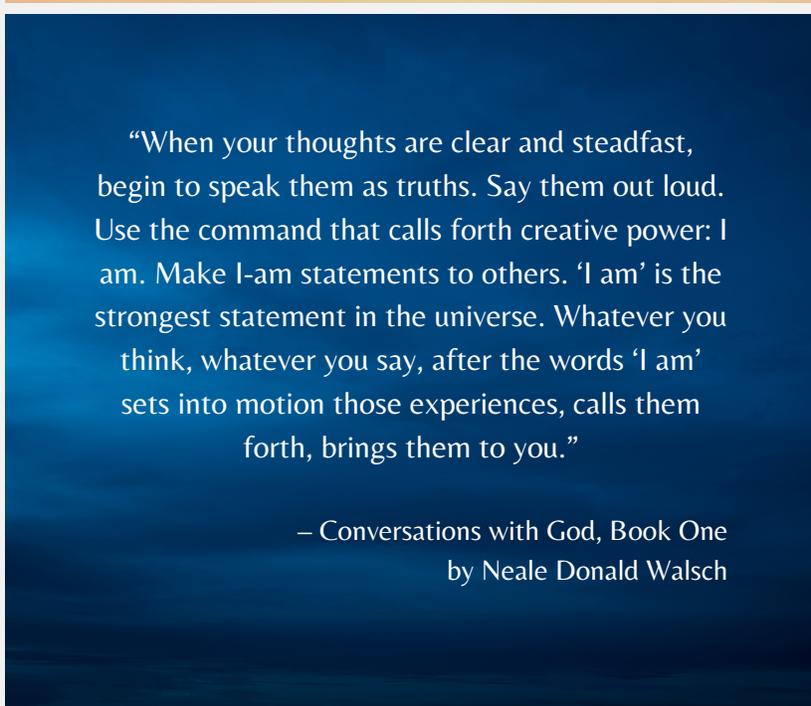
“Every person, animal, plant, rock, tree – every physical thing – sends out energy, like a radio transmitter. You are sending off energy – emitting energy – right now. From the center of your being in all directions. This energy which is you – moves outward in wave patterns. The energy leaves you, moves through walls, over mountains, past the moon, and into Forever. It never, ever stops.”

– Conversations with God, Book Two
by Neale Donald Walsch



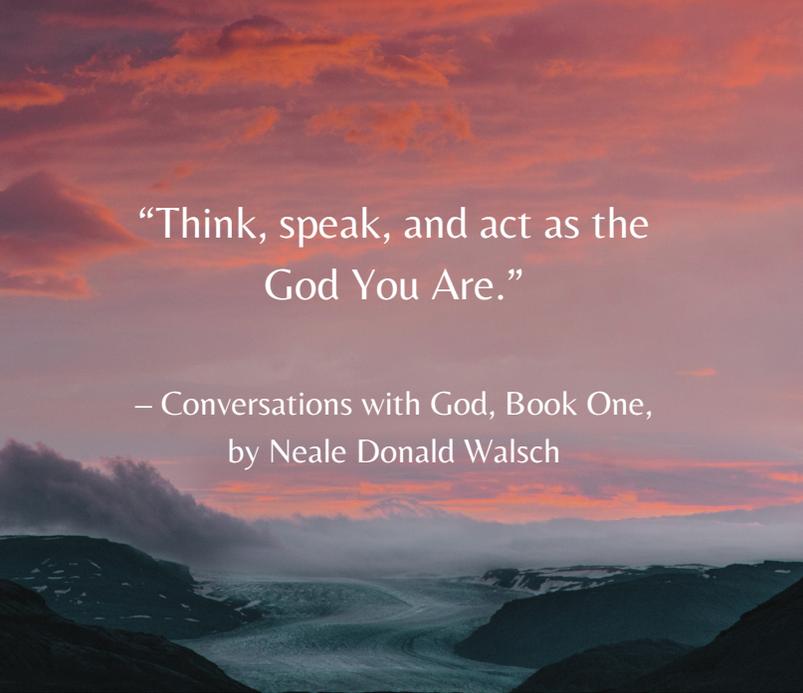
“The deepest secret is that life is not a process of discovery, but a process of creation. You are not discovering yourself but creating yourself anew. Seek, therefore, not to find out Who You Are, seek to determine Who You Want to Be.”

– Conversations with God, Book One
by Neale Donald Walsch



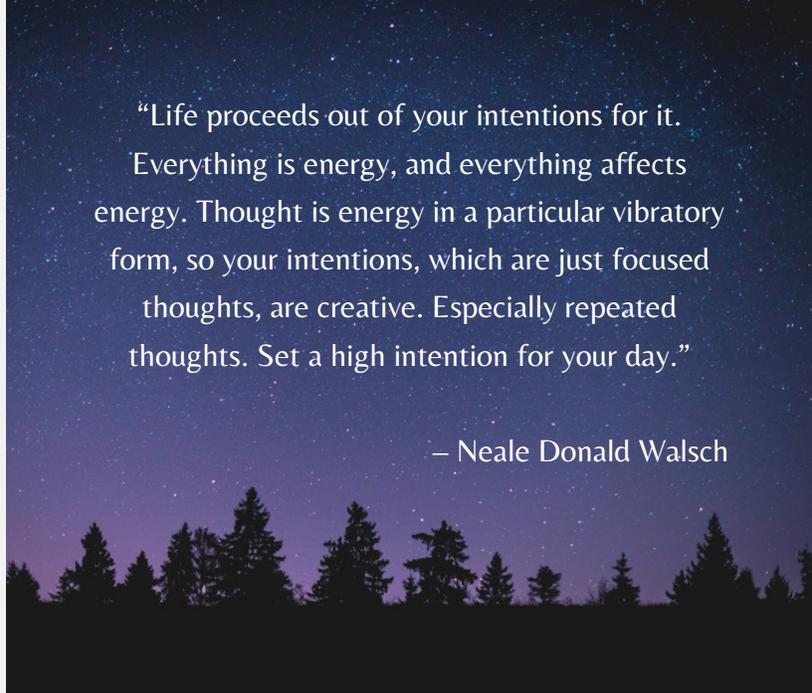
“When your thoughts are clear and steadfast, begin to speak them as truths. Say them out loud. Use the command that calls forth creative power: I am. Make I-am statements to others. ‘I am’ is the strongest statement in the universe. Whatever you think, whatever you say, after the words ‘I am’ sets into motion those experiences, calls them forth, brings them to you.”

– Conversations with God, Book One
by Neale Donald Walsch



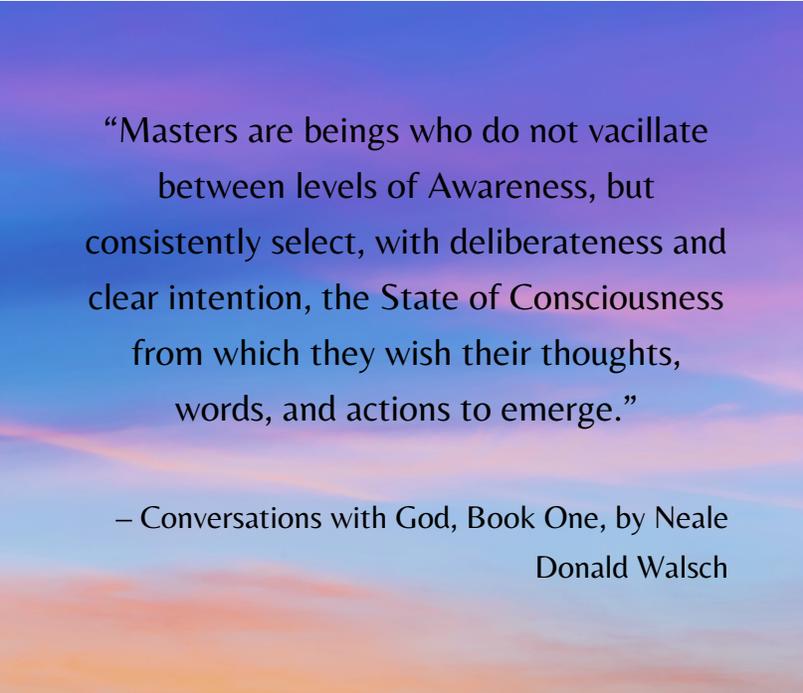
“Think, speak, and act as the
God You Are.”

– Conversations with God, Book One,
by Neale Donald Walsch



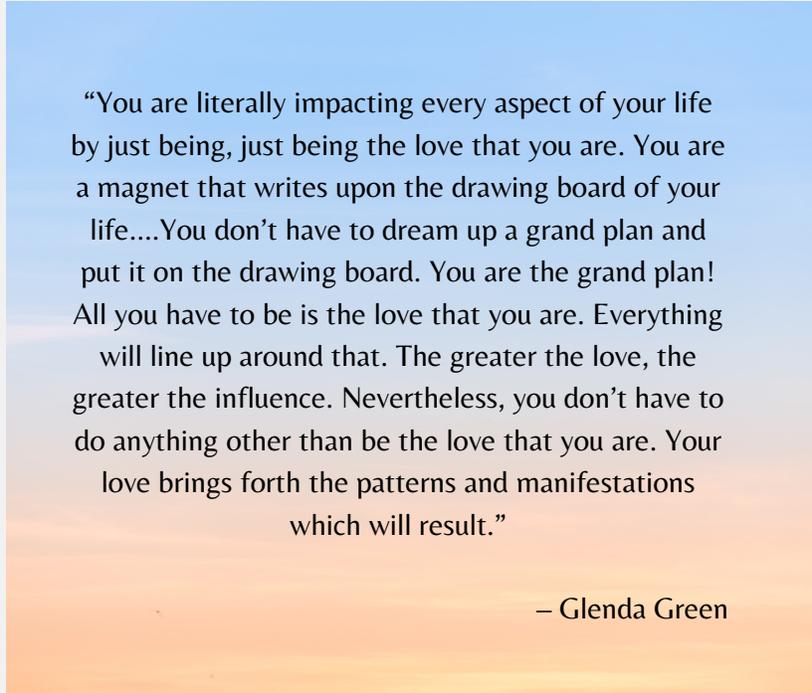
“Life proceeds out of your intentions for it.
Everything is energy, and everything affects
energy. Thought is energy in a particular vibratory
form, so your intentions, which are just focused
thoughts, are creative. Especially repeated
thoughts. Set a high intention for your day.”

– Neale Donald Walsch



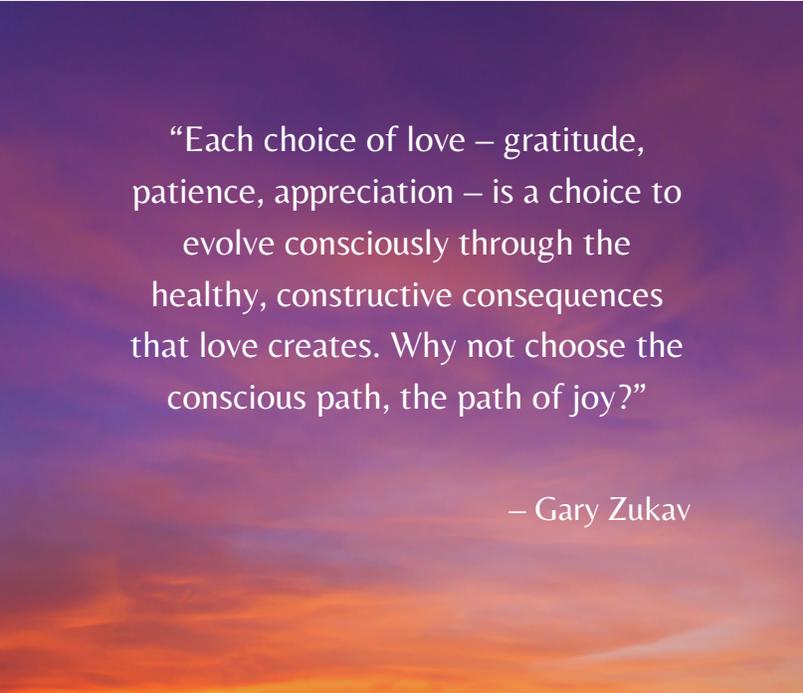
“Masters are beings who do not vacillate
between levels of Awareness, but
consistently select, with deliberateness and
clear intention, the State of Consciousness
from which they wish their thoughts,
words, and actions to emerge.”

– Conversations with God, Book One, by Neale
Donald Walsch



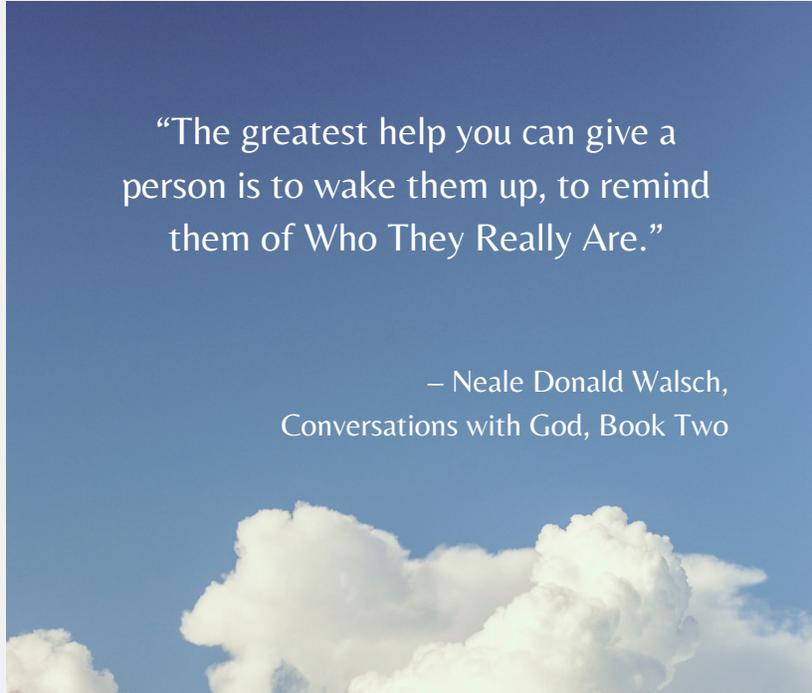
“You are literally impacting every aspect of your life
by just being, just being the love that you are. You are
a magnet that writes upon the drawing board of your
life....You don't have to dream up a grand plan and
put it on the drawing board. You are the grand plan!
All you have to be is the love that you are. Everything
will line up around that. The greater the love, the
greater the influence. Nevertheless, you don't have to
do anything other than be the love that you are. Your
love brings forth the patterns and manifestations
which will result.”

– Glenda Green



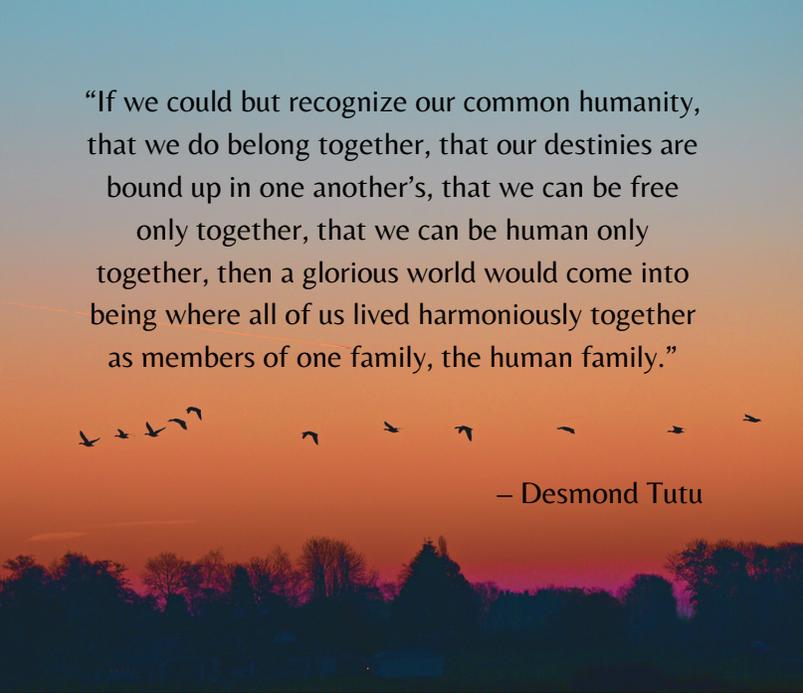
“Each choice of love – gratitude,
patience, appreciation – is a choice to
evolve consciously through the
healthy, constructive consequences
that love creates. Why not choose the
conscious path, the path of joy?”

– Gary Zukav



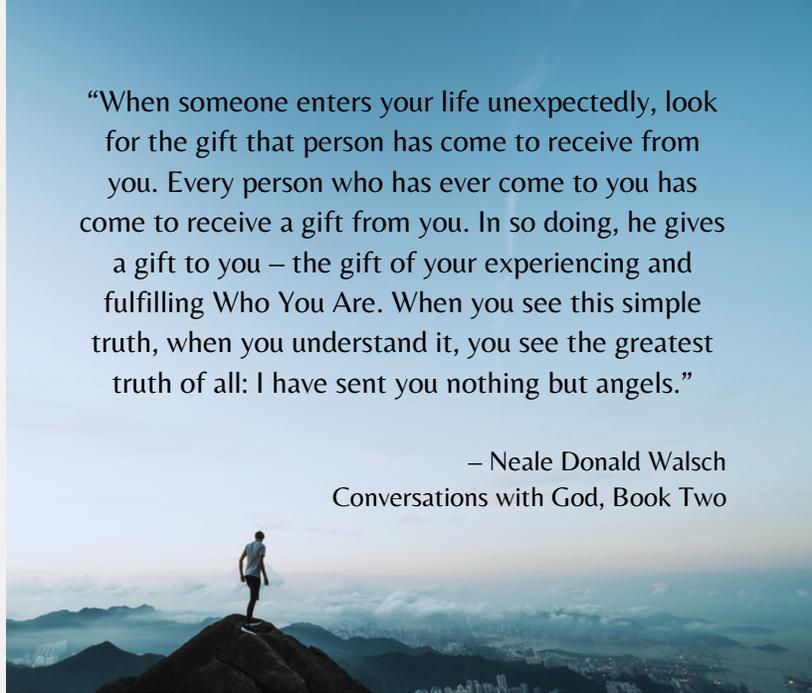
“The greatest help you can give a
person is to wake them up, to remind
them of Who They Really Are.”

– Neale Donald Walsch,
Conversations with God, Book Two



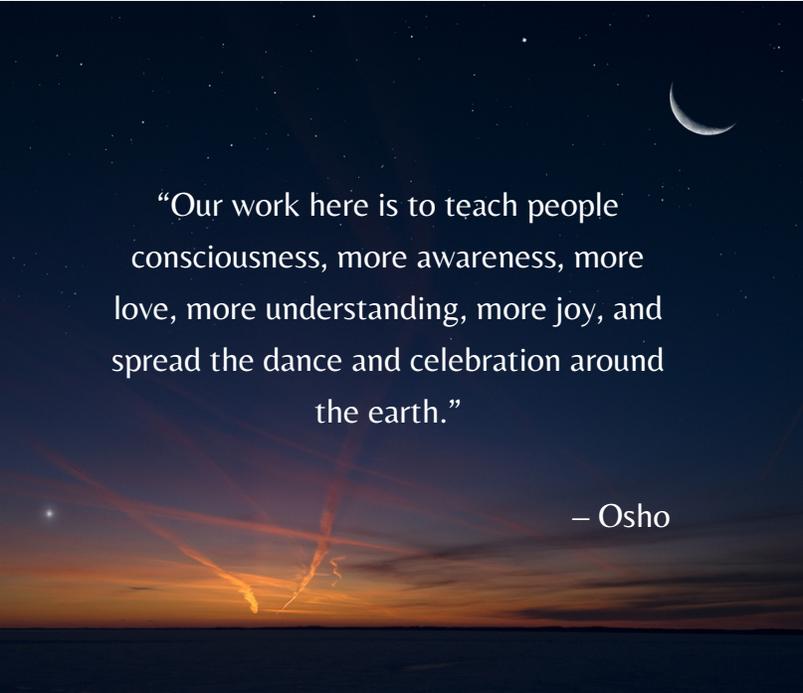
“If we could but recognize our common humanity, that we do belong together, that our destinies are bound up in one another’s, that we can be free only together, that we can be human only together, then a glorious world would come into being where all of us lived harmoniously together as members of one family, the human family.”

– Desmond Tutu



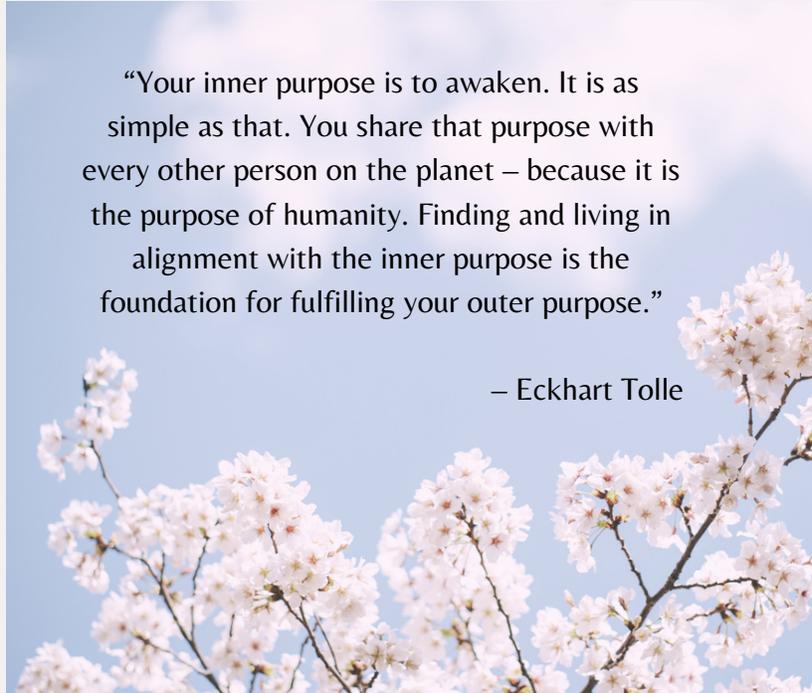
“When someone enters your life unexpectedly, look for the gift that person has come to receive from you. Every person who has ever come to you has come to receive a gift from you. In so doing, he gives a gift to you – the gift of your experiencing and fulfilling Who You Are. When you see this simple truth, when you understand it, you see the greatest truth of all: I have sent you nothing but angels.”

– Neale Donald Walsch
Conversations with God, Book Two



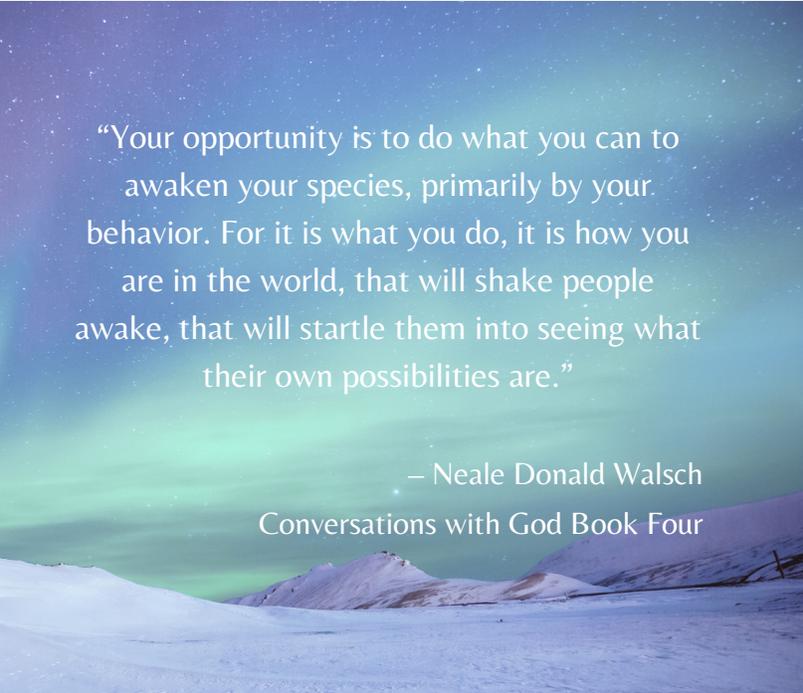
“Our work here is to teach people consciousness, more awareness, more love, more understanding, more joy, and spread the dance and celebration around the earth.”

– Osho



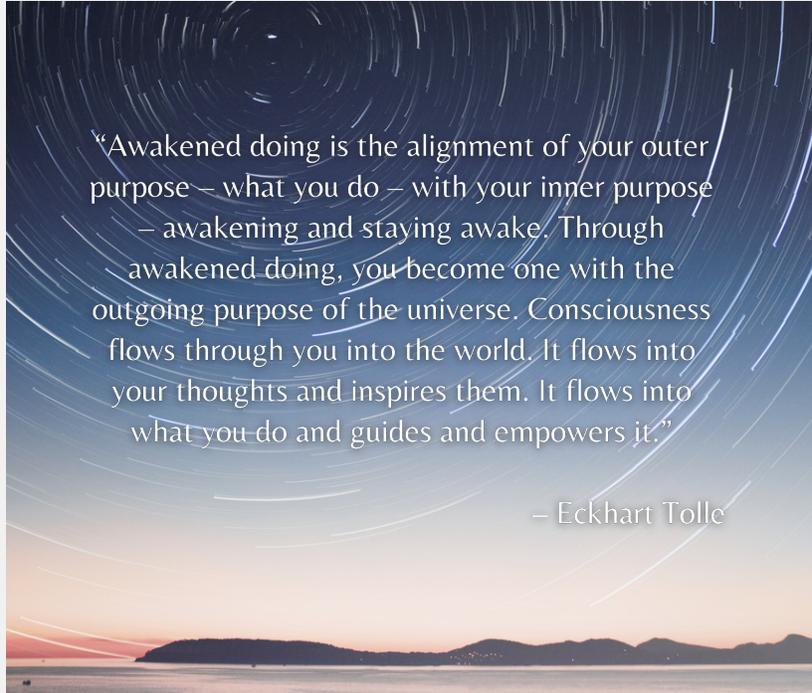
“Your inner purpose is to awaken. It is as simple as that. You share that purpose with every other person on the planet – because it is the purpose of humanity. Finding and living in alignment with the inner purpose is the foundation for fulfilling your outer purpose.”

– Eckhart Tolle



“Your opportunity is to do what you can to awaken your species, primarily by your behavior. For it is what you do, it is how you are in the world, that will shake people awake, that will startle them into seeing what their own possibilities are.”

– Neale Donald Walsch
Conversations with God Book Four



“Awakened doing is the alignment of your outer purpose – what you do – with your inner purpose – awakening and staying awake. Through awakened doing, you become one with the outgoing purpose of the universe. Consciousness flows through you into the world. It flows into your thoughts and inspires them. It flows into what you do and guides and empowers it.”

– Eckhart Tolle