A hand is shown holding a large, faceted, multi-colored gemstone. The gemstone is the central focus, reflecting various colors like purple, blue, green, and yellow. The background is dark with vibrant, out-of-focus bokeh lights in shades of purple, blue, green, and yellow, creating a magical and ethereal atmosphere. The text 'Dr. Kai Swigart' is positioned at the top, and 'CONSCIOUSNESS IS EVERYTHING' is at the bottom.

Dr. Kai Swigart

CONSCIOUSNESS  
IS EVERYTHING

**Consciousness is everything,  
and from it all is made and all is one:**

*Blueprint for a peace and safety upgrade*

by **Dr. Kai Swigart**

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by U.S. copyright law. For permissions contact:

[Dr.Kai@alternativeshrink.com](mailto:Dr.Kai@alternativeshrink.com)

© 2019 Dr. Paul David Kai`makani`mele Swigart

Book Design: Robin Cornett, Robin Cornett Creative, LLC

Editor: Jennifer Mielbrecht

Cover Art: R. Jean Roth, Rotem Studio

## Table of Contents

**Introduction..... 6****1. Scientific And Historical Support For The  
Existence of Non-Material Consciousness ..... 8**

Near-Death Experiences.....	8
Past Lives.....	12
Telepathy.....	14
Psychokinesis and Precognition.....	16
Remote Viewing and Clairvoyance.....	17
Prophecy and Prediction.....	19
Science And Historical Accounts.....	21

**2. Challenging Our Traditions..... 23**

Defining Tradition.....	23
UN Human Rights Council Resolution Subordinated by Traditions.....	25
Death by Tradition.....	26
Rape by Tradition.....	32
Abduction by Tradition.....	48
Torture by Tradition.....	51
Discrimination by Tradition.....	53

### **3. Preparing Ourselves To Live In Higher**

#### **Consciousness ..... 57**

Rising Above a Struggle for Survival..... 57

Living Within a Broadened Range of Safety.....60

Elevating Ourselves to Higher Consciousness..... 62

### **4. Understanding How Human Consciousness Can**

#### **Change The World..... 65**

Double-Slit Experiment. ....66

Group Meditation for Peace.....69

### **5. How To Create A World Of Peace And Safety By**

#### **Using Consciousness Techniques and Education ... 72**

What If..... 72

Remote or Distance Healing. .... 75

Blueprint for a Peace and Safety Upgrade. .... 78

#### **About the Author ..... 80**

## **INTRODUCTION**

*Consciousness is Everything* is a life-changing treatise that offers a practical method for improving peace and safety everywhere. It reveals the science behind non-material consciousness, and shows us how to use it to change the world. It outlines the research, reveals the need, and presents the core technologies of this metamorphic method. Its mechanisms foster healing, growth, and transformation.

*“I regard consciousness as fundamental. I regard matter as derivative from consciousness. We cannot get behind consciousness. Everything that we talk about, everything that we regard as existing, postulates consciousness.”*

- Max Planck

Sooner or later even the most unconscious among us will awaken to the undeniability of spiritual things. In the meantime, a growing number of former non-believers is waking up, opening their eyes, and sharing their experiences with the world. As they do, many doubters turn believers in the wake of their inspired revelations.

## **1. SCIENTIFIC AND HISTORICAL SUPPORT FOR THE EXISTENCE OF NON-MATERIAL CONSCIOUSNESS**

**Near-Death Experiences.** Near-Death Experiences (NDEs), have been reflected in diaries and dialogues across the seas of recorded history. Their interpretations have varied based on things like culture and religious beliefs. As science has started catching up with spirituality, they are shaking hands – or maybe holding hands – on this topic. This is because NDEs make it possible for researchers to measure non-material consciousness through the verifiable perceptions and memories experienced by people with no brain activity. There may be some disagreement about the source of these perceptions – but their validity is observable, measurable, and undeniable. While clinically dead, people have perceived and remembered things – cognitive, emotional, paranormal, and other-worldly things – that cannot be explained by a scientific materialist view. So let's take a close look at one such Near-Death Experience, and then review the research regarding thousands of others. If what you are about to read doesn't make a believer out of you, then the YouTube videos that follow it probably will.

In "[Decoding the Mystery of Near-Death Experiences](#)", NPR's

Barbara Bradley Haggerty explored the perceptions and memories Pam Reynolds had while flat-lining during a then-revolutionary neurosurgery to remove a life-threatening brain aneurism. During the time she was comatose and clinically dead, with her eyes taped shut and



molded speakers in her ears making clicking sounds as loud as a jet plane taking off; Reynolds remembered leaving her body and seeing the room from above, looking down and seeing 20 people around the operating table, hearing something that sounded like a dentist's drill, seeing a tool in the surgeon's hand that looked like the handle of an electric toothbrush, and seeing the bone saw cutting into her head. She then saw a surgeon near her left groin, heard a female voice say, "Her arteries are too small," then heard a male voice say, "Use the other side." After this, while the surgeons were lowering her body temperature to 60 degrees in preparation for the "Cardiac Standstill," she noticed a tunnel and bright light. She eventually flat-lined completely, and the surgeons drained the blood out of her head, like oil from an engine. During her near-death experience she said she chatted with her dead grandmother and uncle, and that they could hear

the Eagles song “*Hotel California*” playing in the operating room while looking down at her body. She said they escorted her back to the operating table, that she didn’t want to return, and that as the doctors restarted her heart her uncle pushed her back to her body just as Don Henley sang that haunting line “You can check out anytime you like, but you can never leave.”

Reynolds assumed she had been hallucinating until she shared the details of her operating room memories with Dr. Robert Spetzler, her neurosurgeon, about a year later. Spetzler said her account matched his memory. “From a scientific perspective,” he said, “I have absolutely no explanation about how it could have happened.” Although Spetzler didn’t investigate any further, Dr. Michael Sabom, an Atlanta cardiologist researching near-death experiences, did. After reviewing the surgery records, Sabom said “And long story short, what she said happened to her is actually what Spetzler did with her out in Arizona.” According to the records, there were 20 doctors in the room. There was a conversation about the veins in her left leg. She was defibrillated. They were playing “*Hotel California*,” and the bone saw does look like an electric toothbrush. Sabom says that, because her eyes were taped shut and because of what they did to her ears, her physical sensory perceptions were “off the table” when her consciousness perceived and remembered these occurrences. Sabom wondered how this was possible and postulated a spiritual explanation. Anesthesiologist Gerald

Woerlee, a near-death experience debunker, said Sabom's suggestion was preposterous, and that this report provided absolutely no evidence for the survival of any sort of consciousness during near-death experiences.

So, in this example, we have both a cutting-edge neurosurgeon and a cardiologist confirming Pam Reynolds' account and maintaining that there is no scientific explanation for her near-death perceptions and memories; and an anesthesiologist claiming that there is. I believe Reynolds' story supports the spiritual perspective that consciousness is a non-physical, non-material phenomenon that functions independently of the physical brain. And, in this case, the two highest ranking scientists suggest a spiritual perspective – consciousness existing separately from physical material processes – as a possible explanation for the things Pam Reynolds perceived and remembered.

In this engaging [video](#) of a Near-Death Experience conference held by the United Nations, Dr. Bruce Greyson describes documented cases of individuals who were clinically dead (they had no brain activity at the time) who observed and remembered everything happening to them on the operating table down below. Grayson is a former professor of psychiatry and neurobehavioral science at the University of Virginia and is considered one of the fathers of near-death studies. Jeff Olsen,

a survivor of a tragic auto accident that killed his wife and one of his sons, following which he flatlined; tells the story of his Near-Death Experiences, recovery, and related realizations in this moving [video](#). In it, Greyson also places Olsen's compelling story in a broader scientific context.

A surprising number of scientific articles have been published on this intriguing topic. One such publication, made by the international medical journal *The Lancet*, grew out of a 13 year [Dutch study](#) of Near-Death Experiences. In this investigation, 344 patients were observed, 18% of them had memories from when they were dead, and 12% (1 out of every 8) reported having very strong and deep experiences. And please remember that these things occurred when there was no electrical activity in the brain following a cardiac arrest. In the [world's largest Near Death Experience study](#) published in the journal *Resuscitation* and coming out of the University of Southampton, 2060 patients from 15 hospitals in the United Kingdom, United States, and Austria were monitored. Its results provide evidence that conscious awareness remains for at least several minutes after death. In the scientific world this was believed impossible. This [link](#) provides access to 359 more articles about NDEs.

**Past Lives.** The belief in reincarnation and past lives has existed for thousands of years, dating back to the ancient Celtic,

Greek, Asian, and Indian spiritual traditions. [Western countries](#) those influenced by “Western Christianity,” have continued resisting this widely accepted view – that is until celebrated scientists began serendipitously stumbling upon its undeniability. One such scientist is Dr. Brian Weiss, a Columbia-trained psychiatrist.

In [Many Lives, Many Masters](#), Weiss describes how he was initially bewildered and skeptical when one of his patients began recalling past life traumas that seemed to hold the key to her healing. His veils of skepticism began falling away when she started channeling messages about his family and deceased son from the space between lives. All phases of this amazing story were captured on videotape. Using past life therapy Dr. Weiss was able to help his patient heal, and then embark upon a more meaningful phase of his career – now as an alternative shrink.

Dr. Joel Rubinstein, former professor of psychiatry at Harvard Medical School, says this about *Many Lives, Many Masters*, “Dr. Weiss integrates concepts of traditional psychotherapy and the exploration of his patient’s spiritual unconscious. My view of myself and others will never be quite the same.” Dr. Andrew Slaby, Medical Director of Virginia’s Fair Oaks Hospital, says “An interesting, well-written and thought-provoking exploration of the influence of past-life therapy on present behavior. You cannot put it down without feeling empathetic with Dr. Weiss’s

conclusions.” Author of *Past Lives, Future Loves* and *You Were Born Again to Be Together*, Richard Sutphen says it is “a spellbinding case history substantiating the effectiveness of past-life therapy. The book will open doors for many who have never considered the validity of reincarnation.” Jeanne Avery, author of *Astrology and Your Past Lives*, says it is “a profoundly moving account of one man’s unexpected spiritual awakening. This significantly courageous book has opened the door to a marriage between science and metaphysics. Must reading for a soul-searching, hungry world.”

**Telepathy.** Telepathy is our ability to sense information from the minds of others – the paranormal acquisition of information regarding the thoughts, feelings, or activities of someone else. It can also be understood as the vicarious transmission of information from one person to another without using physical senses or interaction. The term telepathy, coined in 1882, replaced its less popular predecessor “thought transference.” Both [Sigmund Freud](#) and [Carl Jung](#) believed in the validity of telepathy. [J.B. Rhine](#) conducted some of the early scientific studies measuring telepathy in the 1930s. Rhine’s studies repeatedly produced statistically significant results. The [Ganzfeld Experiments](#), which began



testing telepathy in the 1970s and are still doing it to this day, have generated and continue to yield statistically significant results. [Telephone Telepathy](#), a more recent type of study being conducted on this subject by [Rupert Sheldrake](#), measures telepathy through a down-to-earth phenomenon we experience every day. It is based on knowing who is on the phone before we answer it. Sheldrake realized that this is a form of telepathy and turned it into an experiment. You can even sign-up and [do it yourself](#). It usually occurs between people sharing strong bonds or emotional connections with each other – like parents and children, husbands and wives, and close friends. Based on the experimental design, chance would produce a success rate of 25%, and Sheldrake's average success rate is a highly statistically significant 42%. Check out this lively and compelling YouTube [video](#) featuring Sheldrake testing the Nolan Sisters.

Telepathy, along with various other paranormal phenomena, can also be tested with animals. Many have experienced this with pets – when we focus on something, like a food bowl, their leash, the exit door, etc. – our pet will respond to our thoughts before we move, make a gesture, or say anything. They can also often tell when we are almost home, after being gone for a while (which can be verified by others at home). Sheldrake wrote [Dogs That Know When Their Owners Are Coming Home](#), about this very phenomenon. Telepathy is considered a natural feature of animal communication, as it also is for us.

Here is a fairly comprehensive [list](#) of articles on telepathy put together by Sheldrake for the deep and hungry reader.

## **Psychokinesis and**

**Precognition.** Psychokinesis is our ability to move physical objects with focused thought, and precognition is our ability to know the future. Both are supported by decades of scientific research.



Many of the early studies on psychokinesis involved a participant's ability to influence the roll of a die. Dean Radin and Diane Ferrari presented a [meta-analysis](#) of experiments performed from 1935-1987 that tested the hypothesis that non-material consciousness – specifically mental intention – can cause tossed dice to land with specified targets face up. Results of this analysis provide “weak cumulative evidence” for a genuine relationship between mental intention and the fall of dice. Although the evidence from these early studies is not overwhelming, it provides support for the existence of psychokinesis. Most current research on the topic is done with [random number generators](#) (RNGs). Results from a [meta-analysis of RNG experiments](#) performed from 1959-2000 – 515 RNG studies conducted by 91 researchers over a 41 year period

– reports a statistically highly significant and repeatable “mind-matter interaction effect.” It is possible, and it happens.

Scientific research on precognition usually includes forced-choice, free-response, or unconscious perception studies. Forced-choice precognition experiments are those within which the experimenter gives the participant a fixed number of options, regarding a future event, that they must choose from. By contrast, free-response studies offer the participant a range of options that is seemingly unlimited. In the unconscious perception studies, precognition is measured through skin conductance and EEG activity. Here’s a [meta-analysis of forced-choice precognition studies](#), and here’s one for the [free-response model](#). For an example of an unconscious perception experiment, please read “[Electrophysical Proof of Intuition](#).” The forced-choice meta-analysis included 2,000,000 individual trials by more than 50,000 participants. “The combined results of the studies produced odds against chance of 10 septillion to one. That’s 10,000,000,000,000,000,000,000,000 to 1. So we can say, with confidence, that the results strongly support evidence of precognition.

**Remote Viewing and Clairvoyance.** [Remote viewing](#) is the ability to consciously perceive a remote or hidden target without support of the physical senses. A form of clairvoyance, it involves the search for information about a distant or unseen

phenomenon. Although its experiments have been criticized for lack of proper controls and repeatability – since they are based on non-material, non-physical perceptions that researchers are often unable to verify – it is used because it works. Clairvoyance is the more general ability to perceive things or events in the future, or beyond the range of physical sensory perception. I think of remote viewing as a specific type of clairvoyance.

One such study, called the [Remote Viewing Program](#) was conducted over more than two decades by researchers at Stanford University after being initiated by the CIA. In it, Ingo Swann was able to successfully see and describe a ring around Jupiter – a ring that scientists didn't know existed. Swann's remote viewing of this ring occurred immediately prior to the first flyby of Jupiter by NASA's Pioneer 10 spacecraft, which confirmed that the ring exists. These results were published before NASA's discovery of the ring. Swann's successful perceiving of the ring followed scientists' observation of his accurate identification of physical objects in hidden envelopes placed hundreds of kilometers away. There are probably lots of such government-run experiments that may or may not ever be declassified and released for public consumption. And, once again, we might not yet be able to scientifically verify the source of these perceptions, but we can clearly verify what they are of. And at some point, we just need to accept that these things are happening – without trying to analyze, control, or prove them -

- based on all such forms of evidence, or just by faith. I personally believe it is another example of the existence of non-physical non-material consciousness – the spiritual part of each of us that connects with the broader consciousness of the Universe – and that it is through this connection that all such things are seen and known.



### **Prophecy and Prediction.**

From Nostradamus prophecies to the journals of Rachel Joy Scott, we find more evidence of the existence of spiritual perception – consciousness operating outside the range of physical or natural science. Michel de Nostredame was a physician and astrologer from the 1500s, and Rachel Joy Scott a high school student from the late 1900s. Both Nostredame and Scott had accurately predicted a number of events prior to their occurrences. So, it seems like this ability exists independently of age, education, or specialized training. Nostradamus became known for his revolutionary treatments for the bubonic plague (which resulted in charges of heresy by the Catholic Church), as well as the accuracy of his predictions both while alive and following his death. Scott was known for her faith and kindness while living; and for the teachings and predictions contained within her journals after her death. How did they do it? What were they accessing when seeing what would happen in the

future? What did they, and others with such spiritual gifts, see and know? Is there a common thread that ties them all together? Could it be their awareness of their non-physical non-material consciousness? Could this individual consciousness be directly connected to Universal consciousness, and interconnected with all other people, places, and things? Could this connection give them access to information beyond the reaches of their physical material sensory and cognitive perceptions?

Unfortunately, there are still those who fabricate such claims based on hallucinations or fictional stories, convincing skeptics of the validity of their skepticism, and causing believers to sometimes doubt the things they know. Such intentional misrepresentation slows our progress toward a broader acceptance of the more subtle spiritual things.

We can only perceive things up to the level of awareness we have thus far attained. We cannot yet see beyond this point. Some cannot see as far as we can, and others can see much further. Much of what is currently believed as fact is based on ignorance, old news, or short-sighted views – so when do we take a plunge of faith, and who do we believe? How do we recognize and bypass things that distract us from the truth? What are the most expedient means for removing remaining

perceptual barriers, raising the vibration of our consciousness, and opening up our eyes to see and know?

**Science and Historical Accounts.** All examples in this section – Scientific and Historical Support For the Existence of Non-Material Consciousness – are based on scientific research or historically verified information. This is to mitigate against the proclivities of those who might immediately reject or dismiss it for religious or political reasons. For example, when I Googled “what's the difference between prophecy and clairvoyance” on my iPhone, this was the first result:

[Sue Bohlin, from Probe Ministries](#) says that to understand the distinction between prophecy and clairvoyance it is helpful to look at safe and poisonous mushrooms – they can both be eaten, but one kind will kill you. She goes on to say, “Those who claim to be clairvoyant are either fraudulent or they are being fed information from demons.” She says the biblical standard of a prophet of God is 100% accuracy, because the information about future events is coming from God himself. If anyone is receiving their power or information from anyone except God, it is coming from the dark side – the evil one. There is no such thing as morally neutral supernatural information or power, she says. And who decides whether something is 100% accurate and whether or not it is coming directly from God?

Since religious organizations (monotheistically based), political systems (partisan based), and corporate business entities (global economy based) are competing for the power over people; information about spiritual advances is often discredited, controlled, or hidden from the world. These are some of the challenges we face when trying to develop spiritually and create a more collectively conscious world. This is because the new discoveries threaten the old beliefs that keep these people and systems in power (e.g. churches, national governments, and medical/pharmaceutical industries). At least science is beginning to see the universe through open eyes, embrace it with open arms, and perceive it with an open mind. to consciousness.

*“The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.”*

– Nikola Tesla

## 2. CHALLENGING OUR TRADITIONS

Those who live according to traditions will often quash, control, or cover up new discoveries, conflicting information, or scientific findings that render their traditions



perpetrators of heinous unconscionabilities, human or animal rights violations, and/or misrepresentations of a broader, deeper truth. They will often seek justification for doing so through cultural practices, religious customs, and claims to the very rights that they are violating. Such resistance slows our progress toward the awakening of a safe and conscious world.

*“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”*

- Martin Luther King Jr.

**Defining Tradition.** To leverage our lucidity, let’s combine the concepts of custom, tradition, customary traditions, and traditional customs into one, and call it tradition. Technically, customs are accepted ways of behaving, specific to a particular

society, place, or time; while traditions are the process of passing them on from generation-to-generation. So, when I use the terms religious, political, or cultural traditions, I'll be referring to the ongoing ways people within certain religious, political, or cultural groups perform specified rituals or practices over time based on the continuing transmission of supporting beliefs and justifications. So let's take a close look at the actual influence of traditions on the rights of people and animals. And then let's work together to eliminate the murder, rape, abduction, torture, and discrimination perpetrated in the name of tradition. Traditions should not subordinate human or animal rights – it should be the other way around.

And while scrutinizing the shortfalls of present-day religious, political, and cultural traditions, it is important to realize that, within each, there spans an entire gamut of practices – ranging from seemingly innocuous to heinously cruel and unjust. Whether considering things like the rights of women and children, racial equality, religious freedoms, the rights of the LGBT community, or the rights of non-human animals; there is a range from the extreme to the invisible. While we will review some of the more extreme examples to heighten our awareness, the more subtle violations do their own kind of damage – and serve as a gateway to the unconscionable extremes. For example, race and gender are still the basis for murder, enslavement, violent assault, and discrimination in the U.S. and

around the world. On October 25, 2018, two black senior citizens, Maurice Stallard, 69, and Vickie Lee Jones, 67, were shot and killed at a Kroger supermarket in Louisville, Kentucky, by a man identifying himself as a white supremacist. Tolerating any degree of racism is condoning all its forms and enabling its continuance.

Let's open our eyes to the truth of this world, and then lift what we see with the source of our light and our love. This is an element of awakening to who we are – we are interconnected, and we are one – with people, animals, plants, and the earth. When something happens to them, it happens to us too.



**UN Human Rights  
Council Resolution  
Subordinated by  
Traditions.** In [“The  
Trouble with Traditions,”](#)

Graeme Reid explains that,

when ratified in September 2012, the Human Rights Council (HRC) resolution seemed like cause for celebration. It calls for the promotion of human rights and fundamental freedoms through an improved understanding of human traditions. It cautions that traditions cannot be used to violate human rights. But a closer look reveals that the context it grew out of is, in

fact, one within which traditions are used as an excuse to undermine human rights. And through maintaining that the traditions of all cultures share a common set of values it invokes a uniform system of values that trounces diversity, stifles the dynamic nature of developing traditions, and undermines decades of progress related to the rights of women, children, and other groups around the world. Although the language of the resolution – stating that traditions shall not be used to justify practices contrary to human dignity or in violation of human rights laws – sounds good on the surface; on a practical level this language is out of touch with the reality of how tradition is used to justify violations of human rights – especially those of women and children. So, sadly and ironically, the resolution itself is used as a loophole in the justification for various types of human rights violations in the name of traditions, and also to quash dynamically occurring religious, political, and cultural traditions that are in no way violating human rights.

**Death by Tradition.** Religious, political, and cultural traditions have, throughout recorded history, been directly or indirectly responsible for the premature deaths of countless numbers of innocent people and animals. The killing continues. Following are present-day examples of women tragically dying from discriminatory practices of religious tradition, and dolphins being slaughtered in cultural tradition. These are two

among many, and exemplify the ubiquitous nature of this theological, sociopolitical, and anthropologic convention.

In the 2019 publication "[In Nepal, Tradition Is Killing Women](#)", Sophie Cousins writes, "In Nepal's predominantly agrarian communities, women are banished from their homes every month when they get their periods." This ancient Hindu tradition, known as "chhaupadi," has been practiced in Nepal, India, and Bangladesh for hundreds of years. Under its prescription, when menstruation begins, women are relegated to shared menstrual huts, private sheds, or filthy barns where they sleep on the floor amidst the stench of cows, goats, and buffalo. The lucky daughters and daughters-in-law have their own sheds made of mud and straw, adjoining the family homes, where they suffer in silent seclusion. Rooted in religious purity tradition, chhaupadi maintains that menstrual blood is impure, and teaches women that they are inferior and dirty. "Some of the spaces women as young as 12 are sent to are as small as a closet and so uncomfortably narrow that only one person can squeeze inside." Despite the harsh winters, women are isolated in these unprotected huts, with a straw mat to lie on and no way to keep warm. Countless women and children have died over hundreds of years from pneumonia, snake bites, smoke inhalation, rape, and other forms of violence while suffering to fulfill the demands of this tradition.

Although a law was passed in 2005 banning chhaupadi as a human rights violation, its practice continues. In 2017, during a 10 month period, three girls died in Nepal while practicing chhaupadi. Following these widely publicized deaths, Nepal's parliament criminalized the practice of chhaupadi in August 2017. And what about India and Bangladesh? Although this tradition will probably continue in some form for decades – as traditions often do – when its external practice diminishes, its mental and emotional impact will live on for generations to come (either from its demoralization or from fears related to the violation of its religious precepts). These are our women and children too! What is happening to them is happening to us as well.

Here's a [video about chhaupadi](#) that brings it up close and personal. And here's a documentary, "[Tradition or Torture](#)," created by girls and women of Nepal -- seeking our support through this "Awareness Campaign" – to end this harmful and sometimes deadly practice. And here's a short film telling [Chameli's story](#).

In "[Sea Turns Red as Hundreds of Whales are Slaughtered in Annual Tradition](#)," Andrea Pinto writes "Around 800 whales are killed each year in this centuries old tradition." Since 1584, Denmark's Faroe Islands have performed this ritual – most recently on May 29, 2019 – when 145 pilot whales and seven

white-sided dolphins were killed in Torshavn Bay. “Every summer, the waters that surround the Faroe Islands turn a horrific, deep red as the blood of hundreds of whales and dolphins spills into the sea. This gruesome bloodbath is just an ordinary, annual tradition of the culling of whales, referred to as Grindadráp by the local community. Every year about 800 whales are killed to provide meat and blubber that is part of the natural diet of the people of the Faroe Islands. Each whale provides communities with several hundred kilos of meat, that would otherwise have to be imported,” says Pinto.

When whales approach the bays, boats are used to surround them, herd them in until they are beached, and then slaughter them in mass. “Pilot whales,” those being killed in the Faroe Islands, are actually large dolphins, that often spend their entire lives together with their families. Female pilot whales even go through menopause.

Scientists have shown us that, based on how we measure intelligence, dolphins are earth’s second smartest creature. They can think in complex ways, have feelings, have self-awareness, can sense the thoughts of others, and can operate underwater keyboards. And isn’t it rather grandiose of us to think that the way we perceive the world, and measure intelligence, is the most relevant way? I believe our most valuable attribute is our non-material consciousness – of which

all people, animals, plants, and the earth are equally comprised. But some other animals, like dolphins, are also consciously aware of what they perceive – so isn't their mission then, like ours, to use this conscious awareness to help raise the vibration of the world? And which of our species is doing more to accomplish this? Do dolphins rape and torture other dolphins? Do they abduct and exploit their own? Do they commit mass murder or genocide in the name of religious, political, or cultural tradition? Which of our species is doing more to raise the conscious vibration of the world through loving kindness, peaceful acceptance, and joyful realization of truth – humans or dolphins? And what if our beliefs about what constitutes intelligence, progress, and development are super primitive? What if, in the plant and animal world, there are methods of communication, types of intelligence, and technologies that are millions of years ahead of ours – and we are destroying them, along with ourselves?



David Grimm and Greg Miller, in “Is A Dolphin A Person?” say dolphins have a very complex neocortex, the part of the brain responsible for problem-solving, self-awareness, and a number of

other traits we often associate with human intelligence.

Researchers have confirmed that dolphins have gangly neurons called [Von Economo neurons](#), which in humans and apes have been linked to emotions, social cognition, and the ability to sense what others are thinking. So if dolphins are so similar to people, shouldn't we be treating them more like people? Should we really be confining them to zoos and aquariums? Lori Marino, an expert on cetacean neuroanatomy at Emory University in Atlanta, says "The very traits that make dolphins interesting to study, make confining them in captivity unethical. In the wild, dolphins have a home range of about 100 square kilometers. In captivity, they roam one-ten-thousandth of 1% of this." Diana Reiss, a cognitive psychologist from Hunter College of the City University of New York, who has worked with dolphins in aquariums for most of her life, says, "Now that scientists know so much about how dolphins think and feel, they should use that data to build a bridge to the public. Our scientific knowledge needs to be used to influence international policy and ethical considerations. Scientific facts should transcend geographic boundaries."

And regardless of "intellect", or similarity to humans, animals deserve the freedom of their natural habitat and protection from the unnatural violations of their rights.

Here is a video of the [mass slaughter of pilot whales](#) in the Faroe Islands – WARNING: Graphic.

Here we have examined two present-day examples of how humans and other animals are killed by religious and cultural traditions in remote parts of the world. Death by tradition is not limited to isolated incidences in faraway places. Such heinous unconscionabilities occur to varying degrees in various ways throughout the world. They are happening around us all the time. If we heighten our awareness, and do everything we can within our spheres of influence to prevent such things from occurring, or intervene to stop them if they are; then together we will eventually change the world. If it is not being done directly to us, it is still being done to us. Please do everything you can – lives depend on it – and please share this with everyone you know.

**Rape by Tradition.** The hope-crushing rape of women and children stains our human chronicles with innocent blood, tears of sorrow, and the haunting fears of nightmares that are breathing. Around the world, political and cultural traditions condone or even sanction this horrific act. Let's take a look at the role of tradition in the revolting, power-seeking cowardice of sexual assault. The more I write, and the further you read, the clearer it will become that most forms of violence, abuse, or coercive control – whether performed within



religious, political, or cultural systems – are perpetrated to gain power over people.

*“As many as one in five women worldwide will be sexually assaulted over the course of her lifetime.”*

- [United Nations, 2008](#)

In “[Sex Roles](#)” (an October 2018 publication), Suzanne Hill and Tara Marshall, from the psychology department of London’s Brunel University, say according to a report from [UN Women](#) it is estimated that only 11% of sexual assaults are reported worldwide, although this figure varies widely from country to country. In India, it is believed that only about 2% of rapes are reported, while in Britain, it is about 18%, say Hill and Marshall. One factor leading to the stigma surrounding rape – which is linked to both an increase in its rate of perpetration, and a decrease in the prevalence of its reporting – is the cultural acceptance of myths about rape. Rape myths are a set of attitudes and opinions suggesting victims are at fault for having been raped, write Hill and Marshall. Rape myths are widely accepted under India’s patriarchal traditions and are largely rejected by Britain’s egalitarian values. They go on to say, “the widely-publicised gang rape and murder of 23-year-old Jyoti Singh, who came to be known as ‘India’s Daughter,’ illustrates the importance of considering how beliefs about sexual assault

function in Indian society.” For every Jyoti there are countless others whose stories go untold. Let hers be their story too.

“The victims, a 23-year-old woman, [Jyoti Singh Pandey](#) and her friend, Awindra Pratap Pandey, were returning home on the night of 16 December 2012 after watching the film Life of Pi in Saket, South Delhi. They boarded the bus at Munirka for Dwarka at about 9:30 pm (IST). There were only six others on the bus, including the driver. One of the men, identified as minor, had called for passengers telling them that the bus was going towards their destination. Pandey became suspicious when the bus deviated from its normal route and its doors were shut. When he objected, the group of six men already on board, including the driver, taunted the couple, asking what they were doing alone at such a late hour. During the argument, a scuffle ensued between Pandey and the group of men. She was beaten, gagged and knocked unconscious with an iron rod. The men then dragged Jyoti to the rear of the bus, beating her with the rod and raping her while the bus driver continued to drive. Then the juvenile (Mohhamad Afroz) after raping her inserted the rod in her private part and pulled her intestine with his own hands which leads to serious injury. Mohhamad Afroz was the most barbaric among all the accused. A medical report later said that she suffered serious injuries to her abdomen, intestines and genitals due to the assault, and doctors said that the damage indicated that a blunt object (suspected to be the iron rod) may

have been used for penetration. That rod was later described by police as being a rusted, L-shaped implement of the type used as a wheel jack handle.”

According to police reports Jyoti attempted to fight off her assailants, biting three of the attackers and leaving bite marks on the accused men. After the beatings and rape ended, the attackers threw both victims from the moving bus. One of the perpetrators later cleaned the vehicle to remove evidence. Police impounded it the next day.

The partially clothed victims were found on the road by a passerby at around 11 pm (IST). The passerby called the Delhi Police who took the couple to Safdarjung Hospital, where Jyoti was given emergency treatment and placed on mechanical ventilation. She was found with injury marks, including numerous bite marks, all over her body. According to reports, one of the accused men admitted to having seen a rope-like object, assumed to be her intestines, being pulled out of the woman by the other assailants on the bus. Two blood-stained metal rods were retrieved from the bus and medical staff confirmed that “it was penetration by this that caused massive damage to her genitals, uterus and intestines.”



Since Indian law does not allow the press to publish a rape victim's name, the victim has become widely known as *Nirbhaya*, meaning “fearless,” and her struggle and death have become a symbol of women's resistance to rape around the world.

Jyoti, meaning “light” in Sanskrit, is truly a light to the world! Let’s help keep her light shining, to reveal threats of violence, cries for justice, and the ubiquitous need to fight back against rape everywhere.

Here’s a video depicting the [second rape](#) women in India encounter while courageously fighting for justice – the rape of being blamed and publicly humiliated when standing up for their rights. The video also reveals India's great need for counseling and other support services (especially outside of the larger cities).

So much more remains to be done! Due to the fact that these brutally debasing attitudes toward women and children are so deeply embedded in the religious, political, and cultural traditions of so many world nations, these heinous atrocities remain virtually invisible. I think it is hard for many of us to

understand just how culturally embedded this epidemic really is – how widespread and pervasive this horrific ongoing practice is in so many countries filled with the silent screams of these innocent, vulnerable women and children! In India alone, there were 40,000 rapes reported in 2016, with children making up 40% of victims. The National Crime Records Bureau said in the same year only 28.2% of the child sexual abuse cases brought to trial had resulted in convictions.” Remember, only 2% of rapes are even reported in India. If there were 40,000 rapes reported in 2016, and if this represents 2% of the actual rapes that were perpetrated, then this means that there were approximately 2,000,000 (two million) rapes that year – of which an estimated 800,000 were children. And it seems like the tradition-driven beliefs that men have the right to dominate women (including raping them) exists at all levels of Indian society – including its Parliament. Following is another excerpt I just couldn’t leave out of this discussion. Please let it serve as an example of the ubiquitous and culturally buried reality of such crimes against women and little girls occurring in nation states around the world. We have to do something – and it must be on an international level! This little girl who was abducted, drugged, raped, and murdered was only eight years old – and police apprehension of the perpetrators was interfered with by government officials, who themselves were later accused of raping a 15-year-old girl. It’s that deep, really. Consider the

action of the chairwoman of the Delhi Commission for Women at the end of the excerpt.

In January, Asifa Bano, an eight-year-old girl from Kathua in the state of Jammu and Kashmir, was abducted, drugged and raped in a small Hindu temple. After five days the girl, who was a member of a nomadic Muslim tribe, was killed with a rock.

When police officers tried to arrest the temple custodian, Sanji Ram, and seven other men, they were confronted by a group of protesters orchestrated by BJP officers and a state minister.

Last week Kuldeep Singh Sengar, a BJP member of the Uttar Pradesh state parliament, was arrested after he and his brother were accused of raping a 15-year-old girl. The family tried to register a case with police for months without success, then the girl tried to burn herself alive outside the chief minister's residence. The next day her father died in police custody.

Modi failed to address either attack for several days, fueling public anger. Critics said too little had been done to protect women and change attitudes after the gang rape and murder of Jyoti Singh in Delhi in 2012. The chairwoman of the Delhi Commission for Women, Swati Maliwal, went on hunger strike nine days ago, saying that she would fast until the death penalty was introduced. "Until something concrete happens, I will not give up," she said on Friday after the order was announced.

“Until a system is there which ensures safety for the last girl, I won’t give up.”

This June 10, 2019 video tells the shocking story of Asifa Bano, the [eight-year-old girl who was raped and murdered](#) by four police officers, a former government official, and a minor – all finally convicted. The seventh child rapist involved was released due to “insufficient evidence.” The rape occurred in January 2018.



Rape by tradition occurs in every religion, every country, every culture. The more I read the more I realize that it is a bigger and more complex issue than could be justly

summarized in a single publication. So I hope these tragic examples, prevalent data, and sociological influences will set your heart on fire and shine its light on this heinous atrocity that we must join together to eliminate. One such influence is that of rape culture. According to [Wikipedia](#), “Rape culture is a [sociological](#) concept for a setting in which [rape](#) is pervasive and [normalized](#) due to societal attitudes about [gender](#) and [sexuality](#). Behaviors commonly associated with rape culture include [victim blaming](#), [slut-shaming](#), [sexual](#)

[objectification](#), trivializing rape, denial of widespread rape, refusing to acknowledge the harm caused by [sexual violence](#), or some combination of these.” In “[Rape Culture Is](#),” Sara Blume says, regarding U.S. traditions, “Rape culture shows up in different forms. Violent song lyrics is a common example; too many top-chart songs normalize sexual assault and are played repeatedly without drawing attention to the unhealthy behaviors being sung about. News headlines are spotlighting perpetrator “star athletes” for their athletic achievements rather than the sexual assault they committed, while also not mentioning the destruction to the survivor’s life. Even the idea that sexual assault doesn’t happen often, or that all perpetrators go to jail, is rape culture.” [The Rape, Abuse, and Incest National Network \(RAINN\)](#) reports that “every 92 seconds an American is sexually assaulted and that only 5 of every 1,000 rapists will end up in prison.”

Our glimpse into the horrors of rape by tradition has thus far considered the cultural and political, and we will now take a look at the gut-wrenching brutality of rape under the religious and political traditions of war. Just as rape culture and other forms of discrimination against women permeate the systems of government within developing countries, so too do they, although well hidden under a camouflage of carefully disguised political ploys, within the governments of the [three most powerful countries in the world](#): the United States, Russia, and

China. When the health, rights, and lives of women are subordinated by wartime strategies or political ploys, as sanctioned by the heads of state of world super-powers, it is no wonder that such heinous unconscionabilities persist in countries around the world. Please consider this April 23, 2019 NOW Press Release: "[Trump Tells UN to Accept Use of Rape as War Weapon](#)." This after the UN and nation states around the world have been working for decades to eliminate wartime rape, and get it established as a Crime Against Humanity under international law. And check out the real reasons Trump is doing it – to, along with Russia and China, control the reproductive healthcare of women around the world! This is disgusting, unacceptable, and must be stopped!

And those of you over there on the religious right, who think Trump is your political savior, need to dig a little deeper so you can see that he is really more like your Anti-Christ. The elimination of the horrors of rape and other forms of violence against women in war is an objectively good, necessary, and long overdue basic in our struggle for human rights around the world. When someone opposes this – someone who just happens to be the president of the most powerful country in the world – no matter how you spin your justifications, it is evil. Evil is not good. Evil is not God. Would you believe in, and follow Satan if he promised you that he would stand up against abortion – by insuring that millions of women, female children,

and unborn babies were raped, tortured, and murdered in the process – and he was using a Pro-Life political ploy as his justification for the mass murder and genocide – so he could hold on to more power over people? This is exactly what you are doing! Trump doesn't care about abortion, or the use of the word "gender" by the UN! He is playing you like a political pawn to retain your political support, while he, along with Russia and China, are pushing for more power at the expense of women's and other human rights. Please wake up! You know how cunning your "evil one" can be. Does a Godly leader, who is himself a married man, hire porn and Playboy prostitutes, pay them \$10,000 each in hush money (in addition to what he paid them for sex), and participate in illegal activities to get elected? Would you sacrifice millions of women, female children, and unborn babies throughout the world – who are brutally raped, tortured, and murdered – to stand up against abortion, when people can already get abortions anyway if they want them? Delivering healthcare to women and children who were brutally raped during wartime conflict is not making abortion possible – it is already possible – it is offering safe and effective healthcare to the ones who managed to survive. Look at what is happening in real life, compared to what you believe you are accomplishing within your well-fortified, comfortably insulated denial systems! Please wake up! If you are going to support the opposition of this and other needed legislation, please do it as well-informed and ethically responsible participants. Please don't just blindly

believe what someone else tells you – someone who himself/herself may not know what is really going on. Please take the time to read every available article, look at every photograph, and watch every video revealing the inexplicable horror and brutality of rape in war. Are these millions of raped and murdered women and children not even worth this much of your time? Wait until it happens to you or someone you love! Don't you love these women too? What would Jesus do?

All of us who understand what love really is want to help prevent the brutal rape, torture, and murder of innocent women, female children, and unborn babies! We should all be working together – not letting politicoreligious precepts prevent us from doing the more important, more responsible things! We must stand up and stop this! We must demand that our governments support the United Nations and all other efforts aimed at eliminating violence and other rights violations against women and children. The U.S. should be leading the rest of the world in this – not impeding its progress. And these women are not seeking abortions, they are seeking safety!

Here's a video about [rape as a weapon of war](#), with South Sudanese women speaking out against the violence.

In "Rape In War: Challenging the Tradition of Impunity," Dorothy Thomas and Regan Ralph explain that, in order to

correct misunderstandings regarding the prevalence, function, and motivation of wartime rape; and to help insure the effective application of international human rights and humanitarian law; and to end the tradition of impunity for this heinous atrocity; wartime rape must be understood as a crime against humanity that targets women for political and strategic reasons.

In "[Sexual Violence As A Weapon Of War](#)," UNICEF writers add that the wartime rape of women destroys the foundation of families and communities more effectively than most weapons can. From Bosnia and Herzegovina to Peru to Rwanda, girls and women have become tragic victims of the horrors of wartime rape, torture, and murder. The presence of similar forms of sexual violence have also been documented as occurring in the armed conflicts of Bangladesh, Cambodia, Cyprus, Haiti, Liberia, Somalia and Uganda. "UNHCR, the United Nations Population Fund (UNFPA) and UNICEF are promoting reproductive health services for refugees to counter high birth rates, maternal mortality, STDs and HIV/AIDS. UNICEF provides support for women affected by armed conflict in countries such as Bosnia and Herzegovina, Burundi, Croatia, Georgia, Liberia, Rwanda, Somalia and the Sudan.



The post-World War II Nuremberg trials condemned rape as a crime against humanity. Governments must be willing to enforce international law and

codes of conduct, while also supporting counselling and other services for victims,” says UNICEF. Many of the women and adolescent girls who are forced to give birth to babies after being raped, either abandon the newborns or take their own lives to avoid being branded, ostracized, or killed by their own.

Like the appalling pervasiveness of sexual assaults perpetrated under non-wartime conditions, rape in war is a shocking atrocity that must be eliminated. Thomas and Ralph say that wartime rape has never been limited to a certain era or particular part of the world. In their balanced adjudication, it is portrayed as an inveterate and global tradition. Aryn Baker, in [“Survivors of Wartime Rape are Refusing to be Silenced,”](#) says that, because of its intimate nature and social stigma, the stories of women raped during armed conflicts usually go untold, and this needs to change. Pablo Castillo-Diaz, a specialist on sexual violence in conflict for U.N. Women, says “Rape is one of the most underreported war crimes that there are. Women, if they survive the attack, rarely tell anyone else. We only hear of the

most brutal incidences or the public ones that the whole community sees.” So let’s tell their stories – to honor them and remain inoculated with the truth.

After murdering her husband and two sons, three Sudanese soldiers took Mary’s 10-year-old daughter Nyalaat and violently gang-raped her while five of them held Mary back. When these three armed soldiers finished raping this little girl, Mary could no longer see her daughter – only blood, and Nyalaat died a few hours later. They then took turns with Mary, who said she only wished she could have died with her family. Mary also remembered the civilian slaughter, gratuitous torture, and forced cannibalism. In the Democratic Republic of Congo village of Ishasha, seven-year-old Kanyere’s parents were killed by armed soldiers, and then so many different men raped her so many times that she was paralyzed and could no longer speak. Mukuninwa remembers soldiers attacking her village, killing the men, stripping all the women, and staking them to the ground by their hands and feet for all passing soldiers to rape. Mukuninwa doesn’t remember how many men raped her, but she remembers that they also used sticks and guns. She was sixteen. When the women passed out from pain, these armed soldiers would dump buckets of water on them and continue raping them. In Burma, Eslam Khatun, wife of the village headman, was at home in the village of Imuddinpara with her children and sister-in-law, Layla, when soldiers forced open the

door. The soldiers stripped Layla and began molesting her as they took her away. Eslam found Layla's body a week later; she appeared to have bled to death from her vagina. B., a forty-year old Muslim woman, remained in her home with her husband when Serbian forces began shelling Doboj. B. was taken to an abandoned high school where she was raped repeatedly for almost one month: "It began there as soon as I arrived. On [one] occasion I was raped with a gun ... Others stood watching. Some spat on us." In Peru, Florencia lost her husband to a Shining Path execution squad and was then gang-raped by the guerrillas. The Peruvian army arrived in her village a week later and accused the villagers of collaborating with the guerrillas. Florencia was then gang-raped by Peruvian soldiers as the men of her village were beaten. During an interrogation, Flora Elisa Aliaga, twenty-nine years old and pregnant, was raped by eight of her captors, once with a machine gun. When soldiers broke into sixteen-year-old Dilara Begum's house in the Arakan province in western Burma looking for the husband they had forced into hard labor, Dilara was gang-raped. Seventeen-year old S., a Kurdish woman from southeastern Turkey, was gang-raped during a night raid, and taunted by her captors about how her fiancé, and all other men, would reject her now.

In this [video](#) women in the Democratic Republic of Congo tell shocking stories of wartime torture, rape, murder, and forced cannibalism. One woman describes how the soldiers brutally

murdered her husband in front of her, cut off his penis, cut it into pieces and forced her to eat it, and then gang-raped her on top of her husband's bloody body.

These are innocent, vulnerable women and children who are being brutally beaten, indecently violated, and often murdered or left to die by men holding guns on them. We must work together to stop this. And what I have shared is but a crimson grain of sand on a long and bloody beach. We cannot escape this. Condoning any is sanctioning all. It's time for courage over comfort!

### **Abduction by**

**Tradition.** Another widespread cultural and religious tradition, occurring throughout history and around the world, is that



of [marriage by abduction, or bride kidnapping](#). This is a tragic practice in which a man kidnaps the woman he wishes to marry. As the description suggests, marriage by abduction is a heinous violation of the human rights of women and children, often resulting in rape, and sometimes murder. Bride kidnapping has a presence in Rwanda, Egypt, Ethiopia, Kenya, South Africa, Kyrgyzstan, Kazakhstan, Uzbekistan, Dagestan, Chechnya,

Ingushetia, Azerbaijan, Georgia, Pakistan, Indonesia, Hmong culture, China, Japan, the United States, Mexico, South America, Roma (Romani), Mediterranean, Italy, Ireland, Malta, and the Slavic tribes; as well as in Christian and Islamic religious traditions. Although its specific practices vary widely from location to location, its general mechanisms are essentially the same – men abduct women and claim them as their wives, or concubines. By cultural or religious sanction, girls as young as ten-years-old may be kidnapped and forced into marriage, slavery, or trafficking. In many parts of the world, the prevalence of marriage by abduction is steadily increasing, despite national and international laws that prohibit its perpetration. The most common method is to abduct the woman, take her to the abductor's home or a secret location, and rape her. Even if she isn't raped – since she spends the night with a male, the community stigma treats her as if she was – so she is no longer considered marrying material. One of the most common current practices is to kidnap the woman, rape her until she becomes pregnant, and then claim the right to marry her because she is pregnant. Although most countries have laws forbidding bride kidnapping, little is usually done because the laws are either not enforced, or the abductions go unreported (because of fears of intimidation by the victim and/or her family).

In "[Bride Kidnapping: Inside Terrifying Practice](#)," Australia's news.com, says, Of the 12,000 cases of bride kidnapping reported in Kyrgyzstan in 2013 (1 of every 4 marriages), 2000 of the women reported having been raped. The perpetration of this horrific practice continues to grow despite the fact that it was outlawed in 2013. In a 2015 report, the Kyrgyzstan Commission on the Elimination of Discrimination Against Women said there had only been one conviction for bride kidnapping since 2008, despite an average of 12,000 reported cases each year, and the alarming number of YouTube videos depicting the horror of women being captured and drug away by their attackers. "David Gullette, an anthropologist and author of *The Genealogical Construction of the Kyrgyz Republic: Kinship, State and Tribalism* [told the Irish Times](#) that people justify the practice by saying it is part of their culture."

[Newsweek tells the story](#) of Kasymbay Urus, a woman who was kidnapped by Imonakunov Seitbek for marriage. He raped her, and although she managed to return to her home two days later, the experience traumatized her so badly she hanged herself in her backyard.

In this video, a courageous woman, who herself was abducted and eventually escaped her captors, helps free other women from the [horrors of bride kidnapping](#). This is actual footage of

some real-life situations in Kyrgyzstan. Let's follow her example and do whatever we can to help those being imprisoned, raped, and murdered by tradition! Please don't turn your back on them! It's time for courage over comfort!

So once again we find tradition perpetrating unconscionable brutality against women and being used as the justification for violations of their human rights. Marriage by abduction is not romantic, funny, or justifiable. It is a brutal assault on the freedom and sanctity of women and children around the world. It must be stopped.

**Torture by Tradition.** Another horrifying practice performed behind the veil of religious and cultural tradition is the torture of humans and animals. One such practice, often resulting in severe trauma, lifelong health problems, or death; is Female Genital Mutilation (FGM). [Female Genital Mutilation](#) is a cultural and religious tradition involving cutting, removing, or surgically altering all or part of the clitoris, labia, and/or vagina of women and children. It is typically done between childbirth and fifteen years of age, but is sometimes done to adult women too. Its current practice is most commonly found in 30 African, Middle Eastern, and Asian countries within which an estimated 80% of all procedures are still performed by traditional, non-medical practitioners under unsanitary conditions. In some countries, like Somalia, as many as one of three girls dies from

FGM due to procedural complications or infection. Also known as Female Genital Cutting (FGC) and Female Circumcision (FC), it is a violation of the human rights of women, and a form of torture that can adversely impact the general and reproductive health of women throughout their lives. If they survive it, the long-term consequences of FGM include higher rates of bladder infection, cysts, infertility, stillbirths, and childbirth complications. Despite the 2012 UN resolution banning FGM worldwide, its practice is expanding in the thirty high-prevalence countries through its adoption by communities from neighboring communities, although its worldwide prevalence is said to be decreasing. There is no medical reason for FGM. Its practice is purely one of tradition. “Surveys show that, in countries where FGM is common, most women aged 15-49 [think FGM should end](#).” (Much of the information contained within the above paragraph was taken from “[Female Genital Mutilation: Types, Complications, Prevalence](#),” by Christian Nordqvist, as published by Medical News Today in May 2017).

In “[The ongoing violence against women: Female Genital Mutilation/Cutting](#)”, Jacinta K. Muteshi, Suellen Miller, and José M. Belizán say, in a 2016 Reproductive Health Journal publication, “By 2050, nearly 1 in 3 births worldwide will occur in the 30 countries in Africa and the Middle East where FGM/C is concentrated, and nearly 500 million more girls and women will be living in these countries than there are today. In Somalia

alone, where FGM/C prevalence stands at 98 per cent, the number of girls and women will more than double. In Mali, where prevalence is 89 per cent, the female population will nearly triple.”

They go on to say, “FGM/C is a deeply entrenched social norm. Communities practice FGM/C in the belief that it will ensure a girl’s proper marriage, chastity, beauty or family honor. Some also associate it with religious beliefs, although no religious scriptures require it. The practice is such a powerful social norm that families have their daughters cut even when they are aware of the harm it can cause. If families were to stop practicing on their own they would risk the marriage prospects of their daughter as well as the family’s status.”

This [video](#) is packed with useful information about Female Genital Mutilation.

FGM is another example of the heart-breaking, life-taking power of tradition – one we need to work together to eliminate.

**Discrimination by Tradition.** Although murder, rape, abduction, and torture are all forms of discrimination perpetrated by tradition, there are others that are pleading our review. In “[The Trouble with Tradition](#),” a Human Rights Watch publication, Graeme Reid says many groups encounter undue

challenges when traditions are given power over human rights. For example, religious and cultural traditions are “sometimes used to justify forced marriages in Afghanistan, virginity testing in Indonesia, ‘honor crimes’ in Iraq, and marital rape in Kyrgyzstan.” Yemen abolished the minimum marriage age in 1999, for religious reasons, meaning that, since then, little girls as young as eight-years-old are married, raped, and exploited without legal consequence. In Bangladesh, women’s ability to get a divorce is grossly impeded, on religious grounds, often being stalled for decades. Authorities in Saudi Arabia deny women and girls the right to participate in sporting activities, citing religious and cultural tradition as justification – “steps of the devil” on the path to immorality, as one religious leader called them. In the United States, the religious right has historically thwarted LGBT and women’s rights said to compromise family values, and today uses the same language to oppose gay marriage and accuse political opponents of undermining religious and cultural tradition. In Kenya, cultural tradition is cited as justification for denying women the rights to property ownership and inheritance.

In this video, “[The Child Brides of Yemen](#)”, stories are told of how little girls are sold, raped, and sometimes killed from the damage to their little bodies from violent sex. Child bride victims, the parents who sold them, medical professionals, and others are interviewed in this short, but powerful film.

It is time for us to challenge our traditions, and move toward much-needed, and long-overdue change – within our own countries and cultures, and together throughout the world. If we examine religious, political, or cultural beliefs, values, or customs from any period in history, we will find evolving realizations that were being heavily resisted by the then-current traditions. As time passed, often at a great cost and consequence, much of what had been resisted eventually became the new norm. In many cases it took hundreds of years and cost millions of lives – due to people fighting against change to retain power – for the new beliefs, values, and customs to be accepted, and from them new traditions formed. If we no longer fought for power over people; then we would be freed up to naturally and peacefully accept the evolving traditions without resisting them through war, genocide, torture, or discrimination against those who are smaller, weaker, or different. All others are a part of you. Every woman is your wife, daughter, sister, or mother; and every man your husband, son, brother, or father. It is inescapable. We are ONE. What we do to others, we do to ourselves and those we love. What is done to others, is done to us, and those we love.

We must stop claiming religious, political, or cultural tradition as justification for the violation of human and animal rights. We must awaken to the tragic truth around us. What is happening to them is happening to us too. We must force ourselves to feel

it until we do something to stop the pain. We must stop allowing the beliefs and practices of the past – which may seem harmless and reassuring through the familiarity of their traditions – to justify the continued abuse of people, animals, and the earth. It is time for courage over comfort! Does it really make sense to say, “Well, they’ve been doing it for centuries, so it must be OK, right?” or “People have believed in it for all these years, so it must be true, right? Why would so many people keep believing in it if it wasn’t true?” Isn’t this a form of insanity? Just take a quick glimpse back in time, and apply that reasoning to a few of the things we have managed to rise above (e.g. genocidal crusades against religions, cultures, or races who look, live, or believe differently than we do, brutally killing people with special healing knowledge because it was advanced or different from established practices, legalized slavery, men in civilized countries having the legal right to beat their wives with rods as long as the rod was no bigger around than their thumb, etc.). We must force ourselves to feel it until we do something to stop the pain!

To reach a place where we have the strength to endure this pain while taking conscious action to eliminate its causes and remain mindful of our connectedness without slipping back into the comfort of our day-to-day routines; we must prepare ourselves to live in higher consciousness. In the next section we’ll discuss ways to do this.

### **3. PREPARING OURSELVES TO LIVE IN HIGHER CONSCIOUSNESS**

To become the indefatigable brave hearts that strive untiringly for conscious transformation; we need to 1. rise above a struggle for survival, 2. live within a broadened state of safety, and then 3. elevate ourselves to higher consciousness. And



if we think we have it bad, we might suddenly begin feeling better when we put ourselves in the shoes of those we just read about. If you're one of them, please reach out, fight back, and hold on – we'll try to help you! It's better to die living than to live dying.

**Rising Above a Struggle for Survival.** When we experience stress, our brain prompts us to fight, run away, or freeze with fear as if we are dealing with a threat to our lives. Despite the lugubrious latitudes we sometimes traverse, most of us are rarely faced with crises of this magnitude. These misguided emotional states have a detrimental effect upon our lives.

Negative emotions narrow the mind in order to limit our options to only those that will help us survive and focus our attention on making it happen. They block out all other possibilities and courses of action. Did you know that sustaining life during a time of crisis is the only intended purpose of negative emotions? How often are we really faced with life threatening situations? Yet how often do we feel negative emotions such as the anger, fear, sadness, or apprehension that occur during periods of stress?

Imagine you get into a doozy of an argument with your partner, are blinded by rage, and all you can think about is what you can do to hurt them back. Or, that you are in dire financial straits, on the verge of another bankruptcy, and the only thing on your mind is running away. Or, that your job stress is so great you dread going to work, avoid it whenever possible, and feel so paralyzed by fear when you are there that you are unable to function. Negative emotions trigger the instinctual responses of fight, flight, or freeze; creating the illusion that a life-threatening situation is occurring. Although clearly unpleasant, and although they could lead to or result from anxiety or depression; do any of these examples truly represent a threat to our lives? The negative emotions generated by such situations limit our options and focus our thoughts on survival in the absence of a real threat, and by doing so may create an actual crisis. When confined to the narrowed scope of the “[stress](#)

response,” we are unable to see or access higher consciousness. Since we’re not supposed to experience negative emotions in the absence of real danger, what the heck happened?

When our cave dwelling ancestors developed to a point where life was something more than an ongoing struggle for survival, they became increasingly aware of a broader repertoire of thoughts, possibilities, and courses of action. The ego, our perception of self in the context of the world, began to develop. When life became more than a daily fight for food and shelter, there was room for reflection, relaxation, and other pursuits. Although the human ego sparked the origins of basic self-awareness; which carried the seeds of self-acceptance, compassion, and responsible living; it also awakened the potential for selfish preoccupation with image, power, and possessions. The higher vibrational use of the ego offers a window to higher consciousness, while its lower vibrational counterpart builds the walls that imprison us. It was intended to be a porthole through which to see that we are part of a larger whole, to encourage our pursuit of higher consciousness. Yet most live lost within the limits of its levees. As time passed, for those seeking attention, power, and wealth, growing importance was placed upon such ego issues. So image, power, and possessions; and the things that represented them; began to seem like they were matters of survival. Negative emotions, which were biologically engineered solely for the purpose of

helping us survive against real threats to life, were now occurring when our ego needs were threatened. Negative emotions went from the survival basics of anger or fear that helped us fight or run away from a snarling tiger or thundering landslide; to anger or fear in response to things related to our image, thirst for power, and push for possessions. Just as the ego was never intended to foster selfish preoccupations, our negative emotions were not designed to be influenced by the ego.

To rise above such negative emotions, and expand beyond the limitations of Survival Mode, we can follow the prescriptions outlined in these articles about [stress](#), [anxiety](#), and [depression](#), which offer hundreds of resources and suggest a variety of remedies to help us heal and grow naturally. To really work, a solution must succeed in convincing the brain that we are safe – that we are no longer in danger – from the real or perceived threats initially signaled by our stress and issue triggers.



**Living Within  
a Broadened  
Range of  
Safety.** After  
rising above the  
negative

emotions that trigger or keep us in Survival Mode – learning to exist beyond the constraints of fight or flight – we can expand our possibilities through living life within a broadened range of safety. When experiencing positive emotions, such as happiness, satisfaction, and relief; while in Safe Mode, or the “[relaxation response](#)”, we have access to a broader range of thoughts and possibilities. The scope of Safe Mode expands to include everything available to the human mind and human senses – much more than the narrowed scope of Survival Mode, which is limited to a fight or flight mentality – and much less than the infinite range of Spiritual Mode, which knows no limits.

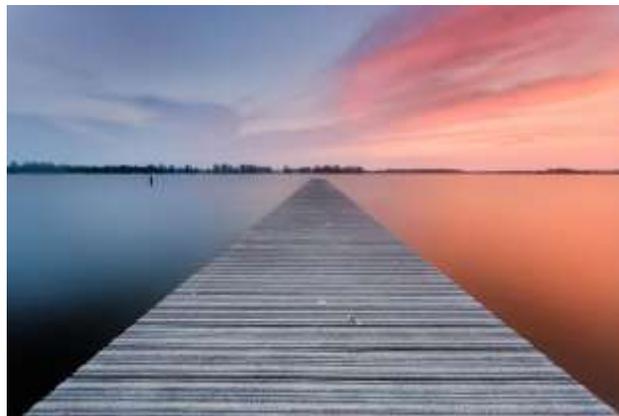
The power of positive thinking is old news, but knowledge of the scope of its benefits is expanding. Benefits of positive thinking include greater happiness, improved health, enhanced creativity, and accelerated spiritual development.

Understanding and integrating the “[Seven Colors of Happiness](#)” can help us live within a broadened range of safety. Since meditation supports vibrational healing across all colors of happiness, it is important that we understand two general meditative methods. The first of these is attentional focus meditation, which is where you focus on one specific thing. It could be your breathing, a bodily sensation, or a particular object in front of you. The purpose of this type of meditation is to focus strongly on one point and continuously bring your

attention back to it whenever your mind wanders. The second type is open-monitoring meditation. This is where you pay attention to all of the things happening around you—you simply notice everything without reacting to anything.

**Elevating Ourselves to Higher Consciousness.** After rising above a struggle for survival and learning to live within a broadened range of safety, we need to continue our development by ascending to a state of higher consciousness. Doing so will give us access to the oneness of all people, places, and things – by consciously connecting us to the consciousness that underlies and is a part of everything. This will broaden our awareness and help us focus on the things that really matter. It is not as out of reach or esoteric as it sounds. It is as simple, clear, and natural as our breathing or the presence of a smile.

So how do we get there, and how do we know when we've arrived? The first thing we need to do is determine where we are right now. Are we



trapped within the limitations of Survival Mode (stress response)? Are we free from Survival Mode, and accessing the

broader mind-based repertoires of Safe Mode (relaxation response)? Or are we accessing the infinite range of possibilities existing within Spiritual Mode (love response)? The levels of awareness, or ranges of that which can be perceived, are broadly determined by these states of consciousness. If we are in Survival Mode, then we need to first overcome our stress and issue triggers so we can enter Safe Mode and remain grounded in it. If we are in Safe Mode, then we need to move beyond our mind and external senses into Spiritual Mode and learn how to stay there. Once in Spiritual Mode, we can elevate ourselves to higher consciousness.

When we discover Spiritual Mode, it may be accidental and fleeting at first. We may notice that something is very different and will probably want more of it. It may even feel more blissful than good sex (unless the sex derives from heart-centered love). We may have access to information we have never known before. We may see ourselves, others, and the world very differently. Human things that seemed important before no longer will. We will suddenly understand things we have never been able to comprehend. We will feel compassion for people we might have previously loathed. Colors are brighter and have a different hue. Anything is possible. Everything is possible. We are aware of things when we are not physically present to access them through human senses. We become more aware of intuitive and energetic things. We see the interconnectedness

and oneness of all things. We realize that we are part of everything, and everything is part of us. We understand that consciousness is everything, and from it all is made and all is one.

So once we have either stumbled into, or intentionally reached Spiritual Mode temporarily; our goal could be to reliably get there whenever we want to, stay there for longer and longer periods of time, and then eventually remain there continuously. Viewing the world from Spiritual Mode will help us see through eyes of love what we must do.

Understanding and addressing our needs will build the ladder of ascent to higher consciousness. The "[Chakratic Hierarchy of Needs](#)" will help us determine and satisfy our physical, mental, emotional, and spiritual needs as we ascend.

## **4. UNDERSTANDING HOW HUMAN CONSCIOUSNESS CAN CHANGE THE WORLD**

Regardless of our level of conscious awareness, we can all make a difference in this world. When in higher consciousness, our impact may be greater because we



have a 1. broader awareness of our oneness with all things and 2. a greater vibrational similarity to that of the conscious universe. This broader awareness will tether our cognizance to the expanded world existing beyond our microcosm. Through it, we will see the needs of others as our own, and act on them. Since our higher consciousness exists at higher frequencies, while accessing it, the frequencies of our conscious vibration will more clearly and directly correspond to those of the conscious universe (like frequency modulation when tuning in an FM radio station). Through this higher vibrational connection our focused attention will have a greater impact upon its object directly, and everything else indirectly – since more of our energy and information will be effectively transmitted through the corresponding frequencies (the frequencies of our higher

consciousness that correspond more closely to the frequencies of the conscious universe).

Following are two studies that postulate the interaction of human consciousness with the conscious universe. The first, referred to as the Double-Slit Experiment, demonstrates how conscious observation changes the nature of matter. The second, conducted by Dr. John Hagelin, reveals how meditation can reduce lawlessness and wartime casualties in areas of high crime and armed conflict. Both experiments are statistically significant and repeatable. I believe Hagelin's experiments exemplify how higher human consciousness can change situational outcomes through its interaction with and influence upon the conscious universe. In both experiments, however you choose to explain what happened – it happened.

**Double-Slit Experiment.** In 1801, Thomas Young, a classical physicist, performed the first [double-slit experiment](#). Little did he know that his simple physics study would later revolutionize our understanding of light, matter, and the very nature of reality; and become the heart of quantum mechanics and quantum consciousness. The early studies demonstrated that beams as well as individual particles of light, when projected through a pair of small slits, would produce interference patterns – evidence that light behaves as a wave. In 1905, Albert Einstein discovered that light also acts as a particle. He wrote “It

seems as though we must use sometimes the one theory and sometimes the other, while at times we may use either. We are faced with a new kind of difficulty. We have two contradictory pictures of reality; separately neither of them fully explains the phenomena of light, but together they do.” Through the work of [Max Planck](#), [Albert Einstein](#), [Louis de Broglie](#), [Arthur Compton](#), [Niels Bohr](#), and others, modern scientific theory maintains that all particles exhibit a wave nature and that all waves also behave like particles. This holds true not only for elemental particles of both light and matter (e.g. photons and electrons), but also for compound particles like atoms and even molecules. Deriving from quantum mechanics, it is referred to as the [wave-particle duality](#). Emerging from this is the discovery that particles of light and matter will exhibit their natural wave state and then may eventually collapse back into a particle state. Still another outgrowth of quantum mechanics is the realization that, while in wave form, light and matter exist in a probability state – referred to as a wave function -- within which all possibilities exist simultaneously. It is when this wave function collapses into one of its infinite possibilities (e.g. interference pattern or straight line), that we experience what we believe it to be. But what we experience – from everyone and everything everywhere and everywhen – is only one of its limitless possibilities. In other words, in a wave form state quantum objects exist in a probability state – until one of the possible objects collapses into being. But the galaxy-rocking reality here

is that our belief-based conscious observation will influence – or even determine – which of the possibilities becomes reality. Want weirder? While in its wave form state, the quantum objects can also see the future! Hmmm, I wonder what quantum wave functions and Nostradamus have in common? Check out the below video for a captivating evidence-based explanation.

It is beyond the scope of this paper to dive too deeply into the fun and fascination of this ever-entangling topic – although it is much more exciting than a spine-tingling sci-fi thriller or video game – so let's take a look at its relevance to consciousness being everything, and how we can use it to make a difference in our world. This study shows us, time after time, that belief-based conscious observation can change the nature of matter. If we can change how things behave by consciously observing them, then what are the implications for global change – one family, or one culture at a time? If we apply this understanding to, for example, the conscious observation of the atrocities outlined in the “Challenging Our Traditions” section above – with a belief that peace and safety for all is the naturally occurring new norm – then perhaps we can learn how to select different quantum objects from the wave functions before they collapse into being. As uncomfortable as it could be, it seems like this would require our conscious awareness of what was going on. We'll talk more about this below.

In this video, “[Down the Rabbit Hole of the Double-Slit Experiment](#)”, Joe explains these possibility-changing mysteries in a clear and simple way. If you watch it a time or two, my focused overview will make much more sense. He also shares a few more brain-blowing tidbits that weren’t exactly paramount to my points.



### **Group Meditation**

**for Peace.** In “[World Peace from the Quantum Level](#)”, Dr.

John Hagelin and David Lynch explain that most people don’t

realize how deeply their own consciousness is linked to the overall state of the world, or how they can use an effective, research-based technology of consciousness to help generate peaceful conditions anywhere. They write “More than 50 demonstration projects and 23 studies published in leading peer-reviewed journals have shown that this new consciousness-based approach to world peace neutralizes the ethnic, political, and religious tensions in society that give rise to crime, violence, terrorism, and war. The approach has been tested on the local, state, national, and international levels, and it has worked every time.” Hagelin, in “[The Power of the Collective](#)”, explains his technique further, and shares some

amazing results. In a study occurring within the armed conflict between Israel and Lebanon, wartime casualties were decreased by a staggering 76%. In another, conducted in Washington D.C. during what would usually be a period of increased lawlessness, the crime rate dropped by an astonishing 25% (this D.C. study was done in collaboration with the police, FBI, University of Maryland, University of Texas, and Temple University). Hagelin and Lynch say that since this proven method for creating peace already exists, we should implement it posthaste. They go on to say “We all have the opportunity now to permanently change our world for the better.” Hagelin’s method involves group meditation for peace.

In this compelling [video](#) Hagelin describes how a group of one thousand people engaged in transcendental meditation changed the behavior of more than one million people in surrounding areas, and decreased wartime casualties by about 80%. In “[Change-Makers 2018](#),” he speaks to the necessity of our active involvement in a process of conscious evolution. When commenting on the deplorable state of political affairs, one of his mentors said, “Ivory tower academics isn’t enough; the purpose of knowledge is to change the world.”

Whatever our personal and professional roles, if we’re not yet actively involved in such a transformational process, the time is

NOW! Think of the scope and the depth of suffering  
everywhere! WE CAN make a difference, and we can do it NOW!

## 5. HOW TO CREATE A WORLD OF PEACE AND SAFETY BY USING CONSCIOUSNESS TECHNIQUES AND EDUCATION

It is critical that we understand that nothing, whether material or non-material, is as fixed or permanent as it may seem – nothing. Everything is flexible, possible, changeable – everything. ***Everything is consciousness – consciousness is everything.***

### **What If.** After

considering evidence supporting the existence of non-material consciousness, traditions we must challenge, ways to heal and grow naturally,



and transformational powers of human consciousness; let's see how we can use this knowledge to change the world. What if we took the mechanics of Dr. Hagelin's group meditation techniques, combined them with distance healing practices, and then collectively focused our loving, healing energies on those locations and circumstances having the greatest needs? What if we had a centralized website with up-to-date information regarding armed conflict, violent crime, and rights violations of

people, animals, plants, and the earth – supplied by groups like the United Nations, Human Rights Watch, People for the Ethical Treatment of Animals, and others? What if this site provided videos of each location with real people, scenes, sounds, and needs to actively focus on? What if it also connected us with some of the change-makers in each location, as an information source and focusing point? What if we could select our group and location, click to join the ongoing group, and then enter a group meditation process online by audio call or video chat? What if we could take whatever time we needed to study and orient to the specific situation, and then join the group to lend our heart and spirit to the collective meditation process? What if we could hear each other breathing, feel each other's energy, and sense the power we were directing to those in need? What if there were YouTube training videos available at the site to show people what to do and how to do it? What if having these meditative energies coming from various points around the world resulted in increased peace in all the areas between the senders and the receiving location, as well as the targeted locations themselves?

Although there could be some benefit from having all senders in one place, maybe there really isn't. If the senders could meditate to relax, connect with the conscious universe through their higher consciousness, and then connect telepathically with the receiving location, or a person in it; then perhaps the energy

and information they send will be as powerful as if they were actually there with a group collective. I guess there's one way to find out. When I have tried such things via phone and FaceTime, people felt my energy and presence on the other side as powerfully as if I was physically present – including being able to move/operate objects/electronics in a hotel room (from thousands of miles away). In the absence of higher consciousness, telepathy requires a bond – so maybe we can connect with a topic that we're passionate about – like decreasing war casualties or decreasing rape – and strengthen our telepathy through the cause-related bond. We can also watch interviews with some of the victims and connect with them energetically through this medium. And some of us are more emotionally charged by visuals, others sounds, others written words, etc.; so we need to figure out what works best for us individually – to engage our heart with love and healing energy.

And I'm not suggesting that we replace any existing techniques that work, but rather that we keep adding to them until we have succeeded with our goals – creating conditions of peace and safety around the world. If everyone does their part to make it a regular part of their lives, then it will become a regular part of our lives.

What if, on a global scale, perhaps delivered by the UN, media and news sources started posting a location of the day for everyone to focus on/meditate for – calling the column/topic something like “Peace and Safety Today” – so this location would receive the conscious attention of millions or billions of people on that day? What if, on a daily basis, global news sources joined together to highlight such violations – putting ongoing and relentless pressure on governments to confront and deal with them? What if the website was called [peaceandsafetytoday.org](http://peaceandsafetytoday.org)?

**Remote or Distance Healing.** As its description suggests, distance healing can be performed from a remote location – the provider and recipient can be in different places when the healing practices are performed. Although the mechanism of its action has not yet been scientifically verified, its effectiveness has. And there is some disagreement across distance healing modalities regarding just what the basic stuff of the universe is – some call it consciousness and some call it energy. For the purposes of this paper, let’s call them both consciousness, in accordance with Max Planck’s position: “Everything that we talk about, everything that we regard as existing, postulates consciousness.” My view is that both energy and matter derive from/exist within consciousness, and that our non-material conscious interaction with the conscious universe is the mechanism of action at work in distance healing, Dr. Hagelin’s

studies, the double-slit experiment, telepathy, and all other expressions of non-material consciousness (e.g. those discussed in the first section of this paper).

In remote healing research, the distance between the practitioner and recipient has no apparent impact on treatment effectiveness. In "[Distant Healing](#)", Dr. Daniel Benoir reviews 61 distance healing studies. He defines "distance healing" as an intent, wish, meditation, or prayer deliberately sent by one or more practitioners to designated recipients. His report reveals that – even when sent from thousands of miles away – statistically significant results are repeatedly obtained from randomized controlled trials involving humans, animals, plants, bacteria, yeasts, cells in a laboratory, and DNA. Benoir's article is extensively researched, the studies he reviewed were performed with high levels of scientific rigor, and his paper includes 80 references. In "[Remote Healing – Science Meets the Sage](#)", Dr. Laura Watson maintains that ongoing research provides statistically significant results in support of the effectiveness of distance healing. She goes on to explain that scientific research on remote healing has generally been based on results oriented, or cause and effect studies – examining the before and after effects of this highly efficacious, yet mechanistically mysterious modality. The MindValley team, in "[Sending Love from Afar – The Power of Distance Healing](#)", says, "A 2008 study showed that people trained in [distance](#)

[healing](#) – the sending of healing intentions remotely (outside the reach of the physical senses) – could influence the autonomic nervous system of the recipient of their intentions.”

Since distance healing is a technique that anyone anywhere is capable of performing, let's take a look at a few of its applications. Richard Gordon, in “[Distance Healing Tips](#)”, says, “it is simple enough that anyone can do it. All you need is a strong, sincere intention to heal others and the patience to achieve the meditative state required for healing.” In this article, Gordon provides practical instruction pursuant to the provision of distance healing. Dr. Daniel Benoir, in “[Distant Healing](#)”, describes a variety of ways we can deliver remote healing to a broad repertoire of recipients. “Even without directing your intention, you can help other people around you feel better; and “around you” means the entire planet! Anytime you raise your energetic frequency, you automatically raise the frequency of people you think about,” says the “[Sending Love from Afar](#)” authors. They suggest a four step distance healing method: 1. use the [Love Or Above program](#), 2. visualize the person or persons you want to heal, 3. visualize your recipient receiving love and light, and 4. hold your visualizations for brief periods with breaks in between. These are but a few examples taken from a wide variety of options existing within the spiritual and alternative healing genres. And if one person raising their conscious vibration – even without directing their intention – can create healing in the world,

imagine what thousands, millions, or even billions of people could do together when raising their vibration and focusing their intention simultaneously.



### **Blueprint for a Peace and Safety Upgrade.**

So, in order to increase conditions of peace and safety while decreasing wartime casualties, violent

crime, and other heinous rights violations within specified locations; let's combine Max Planck's quantum mechanical view of consciousness as everything with group distance healing methods through a global network linking healer/sender, locations/recipients, law and rights violations, news and other media sources, education and training, continuous on-line distance healing groups focused on specific locations or needs (e.g. rape), and a worldwide daily news and media spotlight on a particular need in a specified location (e.g. chhaupadi in Nepal, FGM in Somalia, rape in the Democratic republic of the Congo, child marriage in Yemen, whale culling in the Faroe Islands, etc.). As described above, we could have a centralized website that received informational updates from sources such as Human Rights Watch, UN Women, and UNICEF; sent these updates to subscribing news and media sources; provided education regarding current needs by type and location;

provided basic training in distance healing techniques; offered distance healing groups to join and collaborate with; provided ongoing statistics regarding effectiveness; and more. Maybe the site could be called Peace and Safety Today.

Although, in all of my Google digging, I didn't run across anything that combined all of these elements, the likelihood is that it already exists out there somewhere. If so, that's awesome! It's not a competition! It's a collaboration of love. So if you read this, and it is the same as, or similar to something you have already conceptualized, started, or done – please contact me and let's work together to improve the conditions of peace and safety around the world!

## ABOUT THE AUTHOR

Aloha! My name is Dr. Kai Swigart. I live, love, and laugh on the Big Island of Hawaii. As a healer I am a licensed shrink, shaman, spiritual teacher, vibrational healing practitioner, and coach. As a musician, I write, arrange, and record original songs; and play keyboard, guitar, sax, flute, and drums within a variety of genres. I love working out, landscaping, outrigger canoe paddling, swimming, fixing things, Dobermans, and dark beer.



My purpose in life is to grow spiritually, and to help others heal and grow. I do my best to make sure that my external life is in alignment with my inner true nature.

I'm the psychologist who helped surfer Bethany Hamilton get back on her feet again after the 2003 shark attack on Kauai. Check out this [article originally published by USA TODAY](#) about my work with Bethany.

I developed a prescription for happiness based on Ayurvedic medicine, quantum physics, and psychotherapy – "[Seven Colors of Happiness](#)".