

***The Transformative Moment:
The 7 Secrets for Healing Ourselves
and Healing Our World.***

by Barbara Brandt and Julie Matthaei

**Excerpts from the forthcoming book,
*The Transformative Moment:
The 7 Secrets for Healing Ourselves and Healing Our World*
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INTRODUCTION: A TIME OF TURMOIL, A TIME OF TRANSFORMATION

The present moment is a time of great turmoil. Many old institutions, long-held beliefs and values are crumbling. The world seems to be changing faster and faster, and becoming increasingly chaotic. People are wondering, “Where is it all going? Are things just getting worse?”

All this turmoil is now taking place because we are actually in the middle of a major human transition, as people everywhere are letting go of old systems of beliefs and behaviors, and are moving into a new phase of human history.

These changes have the potential to bring us into a more just, loving, and sustainable world. They are reaching and influencing every aspect of our lives. At the personal level they are changing how we understand and feel about ourselves and the world, and how we relate to other people, and to the Earth; and at the societal level they are changing our activities, our economy, and the rules, roles, goals, and values of all our other societal institutions.

There is growing scientific and scholarly evidence to document that a major shift in human values, behavior, and consciousness is now taking place – sometimes called the emergence of a “New Paradigm.” And a number of visionary thinkers and activists have offered their visions of what the emerging New Paradigm can – or should – look like. (According to futurist Willis Harman, a paradigm is “the basic way of perceiving, thinking, valuing, and doing associated with a particular vision of reality.”)

This move to a new paradigm is happening with people all around the world. It is influenced by globalization, spirituality, science and technology, the desire to connect, to communicate, and to grow. But how is this paradigm shift actually taking place? Is it just a hodge-podge of various kinds of changes, or is there a coherent pattern of transition and transformation now going on?

We have discovered, and in this book we describe a down-to-earth, step-by-step, coherent process that we see people now going through, as they move from the Old to the New Paradigm. It is a wholistic process of both personal and social change, based on innate human characteristics and an innate pattern of change. It is taking place both in the bodies, minds, and hearts of individuals, and in our external world. It is being expressed through changes in how we relate to each other, to the Earth, and in the development of new kinds of institutions. This wholistic process of transformation is re-shaping the personal, economic, social, political, and spiritual lives of people all around the world.

Can we predict with certainty that this process of change will bring about a more just, loving, and sustainable world? There are no guarantees. We have to acknowledge that as this change to a new paradigm proceeds, it is also evoking conflict and backlash, and it is often blocked by universal human shortcomings such as fear, ego, and the drive for power over others.

It may also seem as if we are not moving in any clear direction at all, but that what's going on today is simply one big chaotic mess. However, scientists who study the new sciences of "systems theory" and "chaos theory" tell us that chaos is actually a natural part of the transition to a new state of reality. During this transition, everything is breaking down, everything is in flux, the old beliefs and structures are falling apart so that new realities can take form. And once these new realities begin to take on a more solid, coherent structure – even in a very small way – then they rapidly grow, giving their shape to the emerging new reality. (See Ervin Laszlo, *The Chaos Point*, 2006)

The 7 Secrets for Healing Ourselves and Healing Our World

This book describes the 7 Secrets for Healing Ourselves and Healing Our World – the dynamics behind a coherent process of positive change and transformation that is now taking place, moving us into the New Paradigm. We will show how people all around the world are now using these 7 Secrets; and how you, too, can recognize them and express them more fully in your own life. Our goal in writing this book was to inspire, energize, empower, and give hope to you, our readers – so that you, too, will be able to more consciously, effectively, and joyfully participate in helping to bring this New Paradigm and new state of human consciousness into being.

Since each group of people, and each nation, has its own specific problems and culture, the specific expressions of the 7 Secrets for Healing Ourselves and Healing Our World vary somewhat from nation to nation. But they are happening everywhere today. And as global communications spread the word about each new development, then people in one part of the world who are involved in these processes of positive change learn from, and are inspired by, developments in other parts of the world.

In this book we focus on how the 7 Secrets for Healing Ourselves and Healing Our World have appeared and grown in influence here in the U.S., for two reasons. First, because we, the authors, have lived through the expressions of these 7 Secrets in the U.S., we are most familiar with their American examples. Second, because the U.S. is still so influential in the rest of the world – economically, politically, and culturally – we feel it is important to let people know that there is a lot more going on in the U.S. today than just the official story.

However, our focus on the U.S. is not meant to imply that the 7 Secrets for Healing Ourselves and Healing Our World are uniquely American, or that they began here, or that they are most advanced here. The emergence of the 7 Secrets seems to have begun in numerous places throughout the world, all starting around the same time, in the 1960s and 1970s. They continue to expand in influence today in all parts of the world. Many other nations are even further along in some aspects than we are in America. And – perhaps most important – we are all learning from each other.

We (JM and BAB) became aware that a larger coherent pattern of transformation is now happening because of the experiences of our own lives. Both of us are activists who have participated in a variety of social change movements beginning in the 1960s and 1970s. And (unlike many of our peers who eventually gave up out of pessimism or despair) we are both still activists today. In addition, we are both scholars, who for almost as long as our activism have simultaneously been studying and analyzing processes of social change. And as individuals,

both of us have been learning about and incorporating many types of personal healing modalities into our lives.

So not only could we look back at recent history because of our own active involvement with it. We could also look inward, to reflect on the personal transformations in our own lives, in order to discover the connections between what has happened to us as individuals, and the larger patterns of change.

The underlying patterns of positive personal and social transformation now taking place may be difficult to see, because so many different kinds of change are now happening, in many different areas of life. Also, some of the change now going on is taking place in the form of a conservative or fundamentalist backlash, which makes it difficult to recognize the more positive patterns that are now happening. We will explain why this conservative backlash is also happening now.

We wrote this book because we wanted to empower, inspire, and give hope to all kinds of people who are concerned about what is happening today, and who are looking for a more positive vision of what is now happening. And we wrote it because we wanted to show how each individual can help to bring this more positive and beneficial new paradigm into being.

A wholistic process of transformation

The words “wholistic” and “healing” both come from the same root – meaning “to make whole.” And we want to emphasize that the processes of positive change now taking place are wholistic, because they have the following characteristics:

- The 7 Secrets for Healing Ourselves and Healing Our World allow each of us to recognize, reclaim, and express all of ourselves – body, mind, emotions, and spirit.
- The 7 Secrets for Healing Ourselves and Healing Our World can be expressed by any human being – man or woman, of any age, race, nationality or ethnic background, occupation, amount of education, social or economic status, etc.
- The 7 Secrets for Healing Ourselves and Healing Our World can be expressed through any aspect of our lives – by individuals in our personal lives; through our involvement in various institutions (economic, religious, political, etc.); or through our participation in movements for social change.
- And the 7 Secrets for Healing Ourselves and Healing Our World refer not only to your relationship to yourself, and to other people; they also include your relationship to the Planet Earth that we all live on.

Healing ourselves and healing our world: Bringing about both outer and inner transformation

The 7 Secrets for Healing Ourselves and Healing Our World come out of people’s innate need to heal themselves and become whole. This book explains how these 7 Secrets are helping

to bring about the New Paradigm, both in the values and institutions of the larger world, and in the values, relationships, and worldviews of individuals like yourself.

We will describe each of these 7 Secrets in detail, with many examples to show how they have been appearing and bringing about ever-increasing change over the last 40-plus years.

We will also describe the new values, relationships, and institutions that are now being born out of these 7 Secrets for Healing Ourselves and Healing Our World, and what these developments suggest about the emerging new future.

Finally, we will show you how you can discover which of these 7 Secrets for Healing Ourselves and Healing Our World you are already expressing in your own life; and how you can more fully express each Secret, so that you can contribute in whatever way feels personally right for you in helping to bring about the larger paradigm shift now taking place.

Some final comments

We believe that the most influential area of American society today is our economy. So in order to bring about a more just, loving, sustainable, and personally fulfilling future here in the U.S. (and all around the world), we deeply need to make changes in our economic system. As we describe the many different kinds of positive change now taking place through these 7 Secrets for Healing Ourselves and Healing Our World, we will emphasize the numerous positive ways in which our economic values, relationships, and institutions are now being transformed. We will also point out how you, whether as an individual in your everyday life, or through organizational participation and action, can further help to transform our economy in more positive directions. And of course we will describe how you can participate in or support positive change in many other areas of life.

At the end of this book we have listed numerous publications, websites, organizations, and other resources that can support you in your own explorations and activities towards a more positive future, in whatever areas you feel most drawn to.

Each of us (the authors) has gone through an amazing journey in our own lives, and we have shared an exciting journey as we worked together to create this book. We wish all of you who read this book your own rewarding journey of growth, healing, and fulfillment.

(Continued on next page, with Chapter 2)

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Chapter 2. MOVING FROM THE PRESENT INTO A NEW FUTURE: THE 7 SECRETS FOR HEALING OURSELVES AND HEALING OUR WORLD

Healing ourselves and healing our world

In order to move from the Old Paradigm to a New Paradigm, we have to do the following four things:

- We need to bring about both personal and social change. We need to heal people's inner lives, our attitudes and belief systems, and our personal relationships. And we also need to transform the rules, goals, and values of our institutions, and change our larger cultural worldviews. This sounds like an enormous, if not impossible task, but in fact, people are doing all this right now.
- We need to heal and transform the many specific problems that afflict our world and our lives today. Problems such as – poverty, hunger, war, violence, prejudice, racial and ethnic conflict, environmental destruction, and many other types of harm and suffering. To do all of this also sounds like an enormous, if not impossible task. But the fact is, people all around the world are confronting all of these problems, and many others, and are discovering new ways to heal and transform each of them.
- We need to heal and transform the two basic patterns that underlie so much suffering – that is, the pattern of separation, disconnection, and lack of wholeness, especially within and among individuals; and the pattern of inequality, injustice, domination, and oppression, especially between and among groups of people. To heal and transform these two underlying patterns certainly sounds like an impossible task. But the fact is, people

all around the world are now confronting and healing these two basic, underlying causes of suffering.

- And finally, we need to heal our past, our present, and our future. We need to transform the many painful and destructive legacies handed down to us from the past, legacies which we no longer need. We need to heal the many different kinds of suffering that are going on right now. And we need to heal the potential of passing these harmful patterns on to future generations. To do all this also sounds like an enormous, if not impossible task, but the fact is that people are now doing all this, also.

How would you feel if you knew that there is a method through which people are actually doing all of these things – right now? That there is a coherent pattern through which people today are bringing about these four types of healing and transformation simultaneously? This is what we (JM and BAB) see happening today, as people are using the 7 Secrets for Healing Ourselves and Healing Our World. And that's why we want to share these 7 Secrets with you – so that you, too, can participate in this Transformative Moment, helping to heal and transform ourselves and our world, and helping to envision and co-create our new future.

Which comes first – personal change or social change?

Whenever people think about or discuss societal problems and how to solve them, a familiar dilemma always comes up: Should we first try to change our laws and institutions, in order to change people's behavior? Or should we first try to change people's hearts and minds, so that they will then want to change their laws and institutions?

We (JM and BAB) believe that we need to promote both personal and societal change — simultaneously. We say this because all of the problems we've mentioned shape and are expressed in individuals' personal beliefs and values, but they also shape and are enforced through the rules and relationships of our society and economy. Both our personal beliefs and our social institutions shape our families and intimate relationships; both influence our workplaces, and the goals, values, and activities of our religious, political, cultural, and all our other institutions.

Because our personal lives and beliefs, and our society's institutions are so deeply intertwined and mutually reinforcing, that's why we need to bring about both personal and social change, simultaneously. But how can we do both? The amazing fact is – people all around the world have been doing both for the last 30-40 years, through the 7 Secrets for Healing Ourselves and Healing Our World.

Healing the key problems of modern times

We can find many different kinds of problems in the world today that need to be resolved or healed. Figure 2.A. summarizes some of the key problems that people are now seeking to heal.

Figure 2.A.

Some of the major Old-Paradigm problems that need to be healed or transformed.

(Some of these problems are unique to modern life. Others have afflicted humanity for many centuries, and are still with us today.)

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|--|
| <p>A. Economic inequality and injustice. Poverty. Hunger. Economic exploitation (sweatshops, etc.). Existence of Haves and Have-Nots. Enormous differences in the distribution of wealth and power. etc.</p> |
| <p>B. Environmental destruction. Pollution. Depletion of irreplaceable natural resources. Destruction of ecological habitats and species. Climate change. etc.</p> |
| <p>C. Gender oppression. Inequality and injustice based on gender. Unequal position of women in relation to men – economically, politically, in the family, etc. Violence against women.</p> |
| <p>D. Racial and ethnic conflict and oppression. Inequality and injustice based on one’s racial or ethnic background. The unequal position of people-of-color in relation to white people. Violence against “inferior” racial or ethnic groups. etc.</p> |
| <p>E. The breakdown of communities. Loss of social connections and support. Feelings of loneliness and isolation. Fear and mistrust of others. No time to build or maintain relationships.</p> |
| <p style="text-align: center;">Figure 2.A. (continued) Some of the major Old-Paradigm problems that need to be healed or transformed.</p> |
| <p>G. Physical, emotional, and sexual abuse inflicted on both children and adults, often perpetrated by supposedly “safe,” respected authority figures such as family members or religious leaders, and leading to continuing psychological distress and trauma.</p> |
| <p>F. Painful personal feelings and psychological distress: Feelings of meaningless. Cynicism. Pessimism. Powerlessness. Despair. Lack of connection to one’s authentic emotions and authentic self. Drug use and other addictions in order to numb out or escape from all this pain.</p> |
| <p>H. Materialism. Overconsumption. Addictions. Lack of larger spiritual meaning.</p> |
| <p>I. Conflict. Terrorism. War. Violence. etc.</p> |

There are so many different kinds of problems. How can we even begin to tackle them all? But the amazing fact is – people all around the world have been confronting all of these problems, and more, and especially during the last 30-40 years have begun to discover many new solutions to all of these problems, through the 7 Secrets for Healing Ourselves and Healing Our World.

Healing both Separation and Domination

Another perspective on the problems of our world today comes from the work of many contemporary visionaries – visionary historians, spiritual leaders, inspired activists, and other innovative thinkers – who are presenting their own explanations of the larger underlying problems that humanity now needs to resolve, and who are offering their own visions for how a more peaceful, just, loving, and sustainable world can be brought into being.

Some of these visionary authors emphasize that the underlying problem of the Old Paradigm is separation and lack of wholeness: for example, separation between human beings and Nature; or separation and conflict between different individuals, and between different groups of people; or the type of separation that sees oneself as divided into unconnected parts, like a machine, or that sees oneself as made up two opposing aspects, such as mind vs. body, or spirit vs. body. All these forms of separation and lack of wholeness cause deep pain and suffering in every area of life – within individuals; between individuals, between groups of people; and in relation to the Earth.

For example, in *The Greening of America* (1970), visionary law professor Charles Reich described how the “youth revolution” of his time arose because of people’s alienation from meaningful work, their lack of authentic connection to each other, and their separation from their own authentic feelings. In the classic New-Paradigm survey *The Aquarian Conspiracy* (1980), visionary researcher Marilyn Ferguson described how people are beginning to overcome our separation from our full potential, as science and psychology are now discovering numerous new potentials and techniques for human growth. And in *World as Lover, World as Self* (1990), the visionary spiritual teacher Joanna Macy describes how human beings feel painfully separated from our planet Earth and from the natural world.

Other visionary writers emphasize that the underlying problem in the Old Paradigm is domination and subjugation, and the accompanying oppression and violence by one group over another: for example, the domination of men over women; of rich people over poor people; of corporations over individuals, communities, and the Earth; of white Western peoples over non-industrialized peoples of color; or the domination of humans over Nature. All of these forms of domination and subjugation also cause deep pain and suffering in every area of life – by brutalizing those on the bottom; by diminishing people’s ability to develop or express their full potential; and by destroying the natural environment which sustains all of life.

For example, the visionary historian Riane Eisler talks about our need to move from the “Dominator” to the “Partnership” model (*The Chalice and the Blade: Our History, Our Future*, 1987). The visionary spiritual leader Starhawk writes about the need to move from the “power-over” to the “power-with” model. And the sustainable economics activist and visionary David Korten writes about the need to move from the old paradigm of “Empire” to a new paradigm of “Earth Community” (*The Great Turning: From Empire to Earth Community*, 2006).

So is the underlying problem of our times Separation or Domination? Our answer is – both. In order to bring about the New Paradigm, we actually need to transform both the underlying pattern of separation and lack of wholeness, and the underlying pattern of domination, subjugation, and power-over.

But these two patterns go so deep, and are so all-pervasive. How can we challenge and heal even one, much less both of them? The amazing fact is – people all around the world have been confronting both these two underlying patterns of Separation and Domination, especially during the last 30-40 years, and they are transforming both these patterns, through the 7 Secrets for Healing Ourselves and Healing Our World.

Healing both the Wounded Masculine and the Wounded Feminine

Many people concerned about the need to heal and transform our world have suggested that gender oppression, inequality between men and women, and the domination of men over women is the basic, underlying pattern of the Old Paradigm. And that in order to bring about a more just, peaceful, and sustainable world, we need to overthrow the long-dominant “destructive masculine principle” and restore “the long-suppressed feminine principle.”

We (JM and BAB) also believe that unequal views of gender, and the long-unequal relationships between men and women are an important part of the basic patterns underlying the Old Paradigm. But as we will explain in greater detail in Chapter 3, we see that these unequal views and relationships in regard to gender cause harm to everyone – to both men and women. We would call the millenia of unequal relationships between men and women, in which men have been dominant over women, as the problem of both “the Wounded Masculine and the Wounded Feminine.”

So in order to bring about the New Paradigm, we need to restore both “the Healed Masculine” and “the Healed Feminine.” And the amazing fact is – this is something else that people all around the world have been doing, especially for the last 30-40 years and are continuing to do today.

Discovering a coherent pattern of transformation

By looking around the world today, one can certainly find many hopeful new developments. There are new technological advances that make global communications easier. New kinds of environmental technologies, such as renewable energy and organic agriculture. New economic forms, such as socially and environmentally responsible businesses. New values that place greater emphasis on spirituality and personal growth. And numerous other positive new developments are now taking place. But you might wonder — Is all this just a hodge-podge of randomly scattered positive innovations? Or do they perhaps reflect some underlying coherent dynamic of positive change that is bringing us into the New Paradigm?

Our answer is that, yes, there is in fact a coherent underlying dynamic of positive change now taking place, being expressed by all kinds of people, in all parts of the world, as millions of us are now engaged in healing and transforming all of the above problems. Even though the

specifics may vary from nation to nation and from group to group, the actual dynamics through which people are bringing about all these transformations are surprisingly the same.

These consistent patterns of positive personal and social change that are now bringing about the New Paradigm are **“the 7 Secrets for Healing Ourselves and Healing Our World.”** (See Figure 2.B.)

The 7 Secrets already exist in us

Human beings already know these 7 Secrets. They already reside in our heads and hearts, in our minds, bodies, and souls. How else can we explain the fact that hundreds of thousands, maybe even millions of people all around the world today are now using these 7 Secrets to actively take part in healing and transforming all aspects of our lives?

But people are not yet doing this consciously. It’s not as if, some time during the past 40 years, someone came down from Heaven or stood in front of national TV cameras and officially proclaimed these 7 Secrets as the way to heal and transform the world. (Or if someone did this, we certainly haven’t heard about it.) It’s not as if all these millions of people are following a top-down directive, or are consciously part of a formally organized and centrally coordinated movement for change.

Instead, starting in the 1960s and still growing, thousands, even millions of us have spontaneously begun to express these 7 Secrets in our beliefs and in our actions, and in doing so, we are each helping to heal the world and birth the New Paradigm.

We (JM and BAB) first became aware of these 7 Secrets as we looked back at our own lives. Both of us already sensed that a larger coherent process of simultaneous personal and social change is now going on, and that we had personally been living through its beginnings, and its various twists, turns, ups, downs, and unfoldings during the past 30-40 years.

Since so many observers have noted that the transition to a New Paradigm appears to have begun starting around the 1960s and 1970s, we re-examined the tumultuous history of the many recent social change movements that we’ve both been active with since the 1960s and 1970s – including feminism, gender liberation, the civil rights and anti-racist movements, urban community-building, the environmental and renewable energy movements, transformative economics, sustainable living, globalization-from-below, and many more. We also reflected on our own personal experiences during this time, as each of sought to heal and reclaim ourselves, in our personal lives.

Starting in 1999, it took us literally seven years to come up with the complete model for how all this was actually happening. By reflecting on our own lives over the past 40-or so years; looking for common patterns of learning and development in the many recent social change movements with which we were familiar, and also thinking about the development and changes in our personal lives; refining our discoveries by discussing them and getting feedback from others; and by working on this project for the past seven years (if not our entire lives); we (JM and BAB) can now recognize and explicitly share with our readers the underlying dynamics of healing and transformation that so many people are now spontaneously engaged in, that we call the 7 Secrets for Healing Ourselves and Healing Our World.

We don't know why these 7 Secrets recently began to appear and to influence people's lives – but what we do know is that the times, and the state of the world today are now ready for the 7 Secrets to come out. By consciously understanding these 7 Secrets, more people will feel hopeful and empowered, and the healing and transformation will grow even more.

Discovering your own unique Transformative style

The word “healing” means “to make whole,” and the 7 Secrets for Healing Ourselves and Healing Our World work together to create seven dynamic processes that are simultaneously bringing about healing, both in individuals and in the larger world. Each of these 7 Secrets has its own unique gifts, lessons, and insights, and all 7 are necessary in order to bring about the comprehensive healing that can birth the New Paradigm.

However, even though all 7 are needed for the overall process of transformation, it's somewhat different in regard to individuals. Since each of us is a unique person, with our own unique gifts and personalities, then each of us will have our own unique way of participating in the overall process of healing and transformation. This means that, for example, one person might be more strongly drawn to Secret #1 and will want to express that in their life, while another person might feel more excited about Secret #3, or Secret #7. Or you might be drawn to a combination of perhaps two or three of these Secrets.

And that's fine. That's the power of human diversity and interconnectedness. As each of us expresses our own uniqueness, the fact that we are all interconnected in some way means that together, the combination of our diversity will create a new whole that will unexpectedly be greater than the sum of all its individual parts. And this new creation will come about, not through top-down enforcement, but through numerous self-organizing systems in which all members participate, while each person simultaneously maintains their own individuality and self-direction. While this concept of “self-organizing systems” may sound strange, it's actually the way that the natural world operates, and it is a new principle that people are becoming more consciously aware of as the New Paradigm emerges.

What the 7 Secrets are now healing

For the past 40-plus years, people all around the world have been using these 7 Secrets to heal and transform the Old Paradigm in all its aspects. These 7 Secrets are bringing about both personal and social change, are transforming numerous specific problems, are healing the underlying dynamics of Separation and Domination, and so much more. For a summary of the many different types of healing and transformation that are now taking place as the 7 Secrets are birthing the New Paradigm, see Figure 2.D.

Figure 2.B. How the 7 Secrets for Healing Ourselves and Healing Our World are birthing the New Paradigm.

| <p align="center">The Old Paradigm</p> <p>(The present world, according to the mainstream view)</p> <p align="center">-----→</p> | <p align="center">The Transformative Moment</p> <p>(The transition we are now going through, which started in the 1960s-1970s, and continues to grow)</p> <p align="center">-----→</p> | <p align="center">The New Paradigm</p> <p>(The new worldview, values, beliefs, behaviors, and institutions that are now emerging)</p> <p align="center">-----→</p> |
|--|---|---|
| <p>The Old Paradigm is characterized by numerous destructive patterns and problems, for example:</p> <ul style="list-style-type: none"> *Economic injustice and inequality *Environmental destruction *Racial and ethnic conflict and oppression *Injustice and inequality based on gender *Community breakdown *Personal feelings of meaninglessness, powerlessness, despair *Abuse and addiction *War and violence *Underlying patterns of Separation and Domination *The underlying pattern of the Wounded Masculine and the Wounded Feminine *and many more. <p>These problems exist both within the beliefs and behaviors of each of us as individuals, and in the goals, values, rules, and relationships of our societal institutions.</p> | <p>Increasing numbers of people, of all kinds, all around the world, are expressing the 7 Secrets for Healing Ourselves and Healing Our World, as they are now healing and transforming the numerous patterns and problems of the Old Paradigm.</p> | <p>As all these patterns and problems are healed and transformed, a more just, loving, personally-fulfilling, spiritually-meaningful, and environmentally sustainable world is being created.</p> |

**Figure 2.D. What people are now healing
through the 7 Secrets for Healing Ourselves and Healing Our World**

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| <p>1. We are healing numerous systems of Separation – for example:</p> <ul style="list-style-type: none">• Separation of humans from Nature• Separation of mind from body• Separation of spirit from matter• Separations between people of different races, nationalities, ethnic groups |
| <p>2. We are healing numerous systems of Domination, Oppression, and Injustice – for example:</p> <ul style="list-style-type: none">• Men over women• White people over Black people• White people over People of Color• Haves over Have-Nots |
| <p>3. We are healing both our Inner and Outer Worlds:</p> <ul style="list-style-type: none">• Healing both the personal and the political• Bringing about both individual and institutional change |
| <p>4. We are healing both the Wounded Masculine and the Wounded Feminine.</p> |
| <p>5. We are healing the Old-Paradigm stories about the nature of reality:</p> <ul style="list-style-type: none">• By transforming stories about the inevitability of violence and oppression• By transforming stories about powerlessness, having no alternatives, and the impossibility of bringing about meaningful positive change |
| <p>6. We are healing the Past, the Present, and the Future.</p> |

Because all of this is now happening, that’s why we call this time “the Transformative Moment.” Many of the people engaged in these various activities may not consciously describe what they have been doing as “healing.” But as you will see in the rest of this book, that’s in fact what is now going on. And as the 7 Secrets for Healing Ourselves and Healing Our World are made more visible and understandable, then even more people will be able to participate, and to take part with even greater impact, in the healing and transformation that is birthing the New Paradigm.