

## The Gathering – Year 2023 in Review

2023 was quite a year... by any measure! And as we do each year, the 2023 Gathering hosting team selected a timely, value-added and purposeful theme to guide the selection of topics and speakers. Our monthly calls were rich with speakers *and* participants who gifted us all with their knowledge, perspectives, tools and resources designed to help us expand our abilities to hold and honor differing (and often polarizing) perspectives - and create inner and outer bridges to reconnect the divisive energies – in service to creating a world that works for everyone.

We've captured some of the highlights of our monthly calls below and encourage you to check out the recordings for 2023 and previous years here [audio archives](#).

### February 2023 – Gathering Hosts and Participants

#### Theme Reveal!

- “Paradigms and Possibilities: Embracing Humanity’s Divine Potential”

### March 2023 - Tim Kelley

#### Paradigms, Paradigms - What’s a Change Agent to Do?

- Paradigms are a way of seeing reality for communities who share them.
- They create an *invisible* lens through which you view and experience the world – and help to simplify the overwhelming and otherwise confusing nature of reality.
- As such, they are intentionally limiting and resistant to change.
- Exploration:
  - Why change agents have a heightened responsibility for perceiving paradigms
  - How to recognize paradigms that limit and support you – and what to do when you do

### April 2023 - Gathering Hosts

#### Paradigms: Possibilities & Limitations

- Exploring how it feels and what’s possible when we hold the world as safe or unsafe.
- We noticed the difference in our bodies of what it feels like to live in a safe world, how it’s easy to trust, feel freedom and possibility in the paradigm of the world is safe.

## **May 2023 - Beth Scanzani**

### **Paradigms & Parts; Mapping a Path for Compassion, Harmony and Purposeful Transformation**

- Our stories are like magnificent threads that create the fabric of our identity, beliefs, fears, longings, strategies and life experiences.
- Different parts/selves in you – perceive you, other people, life and the world through their own unique lenses, filters... aka “paradigms”.
- Understanding a part’s paradigm gives you invaluable insight to their strategies and behaviors → access and compassion
- Curious exploration: What might be revealed if you asked a different part to tell the same story?

## **June 2023 - Wasundhara (Wasu) Joshi**

### **“How can your Shadow Connect you with Divinity?”**

- In the Jungian paradigm of shadow, we hide the parts of ourselves that we don’t want to show people.
- By contrast, in the yogic paradigm of shadow and consciousness, there are five layers of densities.
- “In order to connect with the divine,” Wasu said, “we must accept all of humanity—all of what is possible for us in its entirety. Once we can do that, we can connect with the divine and build a better world.”

## **July 2023 - Gathering Hosts – Beth Scanzani on Shadow – and Participants**

### **“Embracing the Light & Dark to Actualize Humanity’s Divine Potential”**

- Key points about Shadow and how to work with both your personal Shadow and the collective Shadow.
- Discussing polarities to embrace our Shadow.
- Reminder to us that “all Parts serve” which also means all aspects of humanity also serve.
- Exercise to help us discern some of the qualities or characteristics of our shadow. Through this lens, we also identified the costs of not having access to those qualities or capacities.

## **August 2023 - Gathering Hosts**

### **“Opening our Hearts to Humanity’s Divine Potential” - Listening Circle**

- This very spacious circle was purely about being present with the people who were present to witness one another.

## **September 2023 - Rebecca Saltman**

### **“Consciously Working with Disruption to Embrace Humanity’s Divine Potential”**

- Shedding old skin with presence allows us to use disruption as a catalyst for purposeful transformation and birth new realities.

## **October 2023 - Keith Merron**

### **“Paradigm Shifting; Creating Sustainable Transformation in a Rapidly Changing World”**

- How and why we miss paying attention to paradigms – and how to get a better view
- Why understanding the nature of paradigms matters so much in the process of transformation
- Real time example and map for a guided journey of transformation through the lens of paradigm-shifting
- Resources and tools to optimize your ability to purposefully shift paradigms

## **November 2023 - Martin Rutte**

### **“Heaven on Earth in Tough Times”**

- Explored what Heaven on Earth looks like for each of us. In groups, we answered the following 3 questions:
  1. Recall a time when you experienced Heaven on Earth. What was happening?
  2. Imagine you have a magic wand, and with it you can create Heaven on Earth. What is Heaven on Earth for you?
  3. What simple, easy, concrete step(s) will you take in the next 24 hours to make Heaven on Earth real? (that you know you can be successful at?)
- Debrief, Martin reminded us that:
  - Notice that we don’t need someone to define “Heaven on Earth”. There is an already knowing that exists within us about what heaven on earth is.
  - If we’re not worried about the “how”, we can easily create Heaven on Earth.
  - The power of taking small, concrete and successful steps to begin to create Heaven on Earth.

**“We’re co-creating the new story of what it is to be a human, and what it means to be humanity.”**

If you want to listen to the full recording of any of these sessions or any session that we have hosted in the past 11 years, you can access the programs through [this link to The Gathering's \*\*audio archives\*\*](#).

You can also Join other Gathering members on our [Facebook group](#).