



TRAINING PREPARATION

STEP 1 TO 30 TO JOIN THE EMPOWERMENT CAMPS



**Are you one of the 10.000
Sustainable World Leaders
who will co-create a world
that works for ALL people
by the year 2050?**



Table of Contents

1 SUSTAINABLE WORLD LEADER TRAINING PREPARATION.....	4
1.1 Step 1 - Introduction of the Sustainable World Project.....	4
1.2 Step 2 – Learn more detailed information on what we do.....	7
1.3 Step 3 - Benefits of 9 programs for radical transformation.....	9
1.4 Step 4 - Training Location India.....	11
1.5 Step 5 - Launching THRIVE Empowerment Centers.....	18
1.6 Step 6 – Primary Continent Leaders.....	19
1.7 Step 7 - Transformational Interactive Dialogues.....	21
1.8 Step 8 - Rhythmic Movement Program – Couple Dance.....	22
1.9 Step 9 - Rhythmic Movement Program – Step Aerobics.....	23
1.10 Step 10 - A Vocal Expression Program.....	24
1.11 Step 11 - Healing Program.....	26
1.12 Step 12 - Spirituality Program.....	27
1.13 Step 13 - Awakening Program.....	28
1.14 Step 14 – Reconnect to the Earth Program.....	29
1.15 Step 15 - Well Being Program.....	30
1.16 Step 16 - Projects Program.....	31
1.17 Step 17 - Future Empowerment Camps and Platform.....	32
1.18 Step 18 - Higher Consciousness Self Selection and Financial Support.....	35
1.19 Step 19 – Fund Raising.....	36
1.20 Step 20 – Fund Raising.....	36
1.21 Step 21 – Fund Raising.....	37
1.22 Step 22 – Start Visa Process.....	38
1.23 Step 23 – Letting the community to get to know you.....	38
1.24 Step 24 – Preparation for Training.....	38
1.25 Step 25 – Health Assessment.....	39
1.26 Step 26 – Packing your Bags.....	39
1.27 Step 27 – Receiving your visa.....	40
1.28 Step 28 – Going to the airport.....	40
1.29 Step 29 – Traveling by plane.....	41
1.30 Step 30 – Arriving at the Camp location.....	41
2 FUND RAISING.....	42



1 Sustainable World Leader Training Preparation

1.1 Step 1 - Introduction of the Sustainable World Project

Today we will read. This chapter contains basic information. When you are done reading you are asked to share in our Facebook Group to inspire other youth leaders. Your sharing will encourage them to complete their selection process and join the Empowerment Camp. Lets start.

The Sustainable World Project will instill higher consciousness values and skills through participation in online and offline local, domestic and international interactive events using guided dialogues and healing sessions designed to transcend the Egoic conditioned mind. These sessions will lead to unprecedented experiences of unity consciousness in a critical mass of 10.000 people. Unity Consciousness means that I am aware in the moment of now, that all is connected to all. I am aware of the ultimate truth of oneness. When I am aware that all is one or in other words that all is me, then I will refrain from communication and action that violates others or the environment as I have realized it is violating myself.

These 10.000 people will bring the same unprecedented experiences to a participating audience of millions of people. As all consciousness is connected these experiences will bring forth new thoughts and new ways of being in the collective consciousness of humanity. This will lead towards new ways of communication, new types of action and new ways of collaboration. These new ways of collaboration will lead to a world that works for all by the year 2050.

What is the Need

Billions of people are suffering on a daily base. Humanity needs to be assisted to overcome this suffering. Humanity needs to be assisted to move from a young, immature violent species, fighting and competing for survival, to an awakened higher consciousness society, thriving in abundance for all beings.





Why is there a Need

The world is currently in a phase where chaos, violence and suffering is waking up humanity. Technology has evolved faster than consciousness and has brought our world at the brink of destruction. As humanity awakens to unity consciousness worldwide there is an urgent need for higher consciousness programs. These programs will avoid further, possible severe, consequences coming from old egoic mindsets and will assist humanity to a new golden age.

What is the Problem that Creates the Need

The frequencies at which the human brain operates (i.e. the wavelength of our neural oscillations) have long been categorized by the scientific world into four different categories: Alpha, Beta, Theta & Delta. The Beta frequency range is what we call lower egoic consciousness. This state of Beta is the default state of mind for most people most of the time. The judgment, which comes automatically and frequently in this state of mind, brings an almost continuous, often subconscious experience of separation and suffering. The ongoing identification with painful, negative thoughts leads to unconscious violent communication and action. This is as well to ourselves, as to each other, as to our environment. It causes tremendous suffering for billions of people. It causes a world which does not work for all. **The lower egoic consciousness or state of Beta is the root cause of all problems in our world.**

Solution

The solution to the problem is to shift the global collective consciousness from lower egoic levels to higher levels where we experience unity consciousness. For this to happen we need to slow down the mind from the default state of Beta to Alpha, Theta or Delta. ALL suffering for ALL people can be brought to an end by bringing the minds of a critical mass of the world's population to the state of Alpha. Alpha is a state of higher consciousness. In Alpha people automatically reclaim their power through recognition of their inherent connection to all that is. If one is connected to all that is, then one can influence all and therefore heal all and solve all. The scientifically proven 'extended Maharishi effect' tells us that 10.000 minds in Alpha will impact all minds worldwide. This way we change the collective mindset of all people in our world. This will change everything!





Our Sustainable World Project has therefore been carefully designed, to unite 10.000 Sustainable World Leaders and create a critical mass of 10.000 minds in the state of Alpha. We will cause a sustainable shift in their consciousness and the collective consciousness in two ways:

1. Tangible: Through facilitating shared activities on our Empowerment Platform, 10.000 Sustainable World Leaders will impact the consciousness of millions of people on thousands of locations. Read Vision 2026 to get a clear picture of how this will look.
<http://www.sustainableworldproject.com/downloads/Vision2026.pdf>
2. Intangible: The moment that we have 10.000 Sustainable World Leaders experience a higher consciousness, (Alpha, Theta or Delta) then it will impact the collective consciousness as all consciousness is connected as one. This means that all people here on earth will instantaneously start experiencing a new quality of life. This is scientifically proven and known as the extended Maharishi effect. For more information about the Extended Maharishi Effect, take a look at chapter 2 'More Information'.

Assignment Step 1

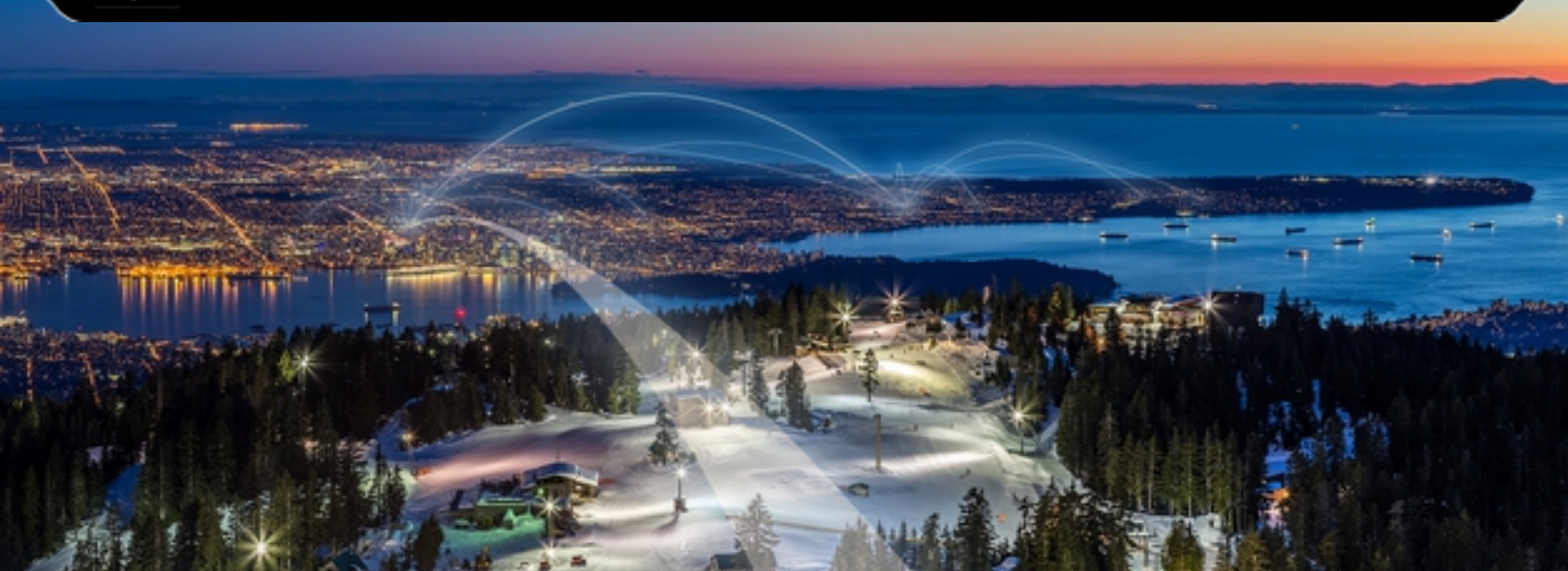
Make a new comment in our Facebook group. Click the following link to our Facebook post and comment one thing you learned by reading chapter 1.1. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3488918007829180>

You can write: "I am preparing to join Empowerment Camp [put the number] in [put the city and country]. Today I learned . . . [write what you learned]."

Start your fund raising process. Read chapter 3. Do this visualization process daily henceforth. Just few minutes daily is enough to manifest your goal.





1.2 Step 2 – Learn more detailed information on what we do

Vision and Mission

Our vision is to create a world that works for all people by the year 2050. Our mission is to organize highly participative, authentic, empowering, interactive online and offline live community events where through participation in shared activities we connect the hearts of millions of people from all countries worldwide. A core team of 20 co-creators and 50 Primary Leaders will teach a critical mass of 10.000 change makers from all countries worldwide how to bring their minds to a state of Alpha. These Sustainable World Leaders will connect thousands of locations with millions of people through audio and video and bring the minds of our participating audience to a state of Alpha. This will cause a sustainable shift in the collective consciousness. To get a more specific feel of the vision read

<http://www.sustainableworldproject.com/downloads/Vision%202026.pdf>

The 4 Elements of the Sustainable World Project

To support the transition to a sustainable world we are planning the following four elements:

1. An online Empowerment Platform hosting different interactive events with different activities to empower the Sustainable World Leaders and a worldwide participating audience.
2. The start of THRIVE Empowerment Centers (governed by the Sustainable World Leaders) as a structure to sustain and expand the learning after the camp.
3. Primary Leader Training for the Primary Continent Leaders in Bangalore, India
4. 15 six week long Empowerment Camps to cause a sustainable shift in the consciousness of 10.000 people.

Objective of the Camps and the Training

By the end of the camp or the training ALL participants:

1. will experience a sustainable shift in their consciousness; they will experience a completely new quality of life; they will have seen a glimpse of the potential they have.



2. will have the confidence that together we CAN and WILL create a world which works for all by the year 2050.
3. will have new higher consciousness leadership and communication skills with the potential to manifest as well their personal goals as their society goals.
4. can engage further in the process of becoming Sustainable World Leaders working in full time paid positions to create a sustainable world

Paradigm Shifts

The Sustainable World Leader Training will prepare you to co-create this paradigm shift.

From

Selfish context (what works for me)
Authority
Inequality
Scarcity
Fear
Egoic Consciousness
(thought of separation)

To

Context of Oneness (what works for all involved)
Being Sovereign
Equality
Abundance
Love
Unity Consciousness
(presence of oneness)

Assignment Step 2

Make a new comment in our Facebook group. Click the following link to our Facebook post and comment one thing you learned by reading chapter 1.2. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3488948334492814>

You can write: "I am preparing to join Empowerment Camp [put the number] in [put the city and country]. Today I learned . . . [write what you learned]."

Do your daily Visualization.



1.3 Step 3 - Benefits of 9 programs for radical transformation

The Sustainable World Project embraces 9 programs for radical transformation.

1. Transformational Interactive Dialogues to Awaken the Sustainable World Leader.
2. A Rhythmic Movement program to generate Gender Comfort and Equality.
3. A Vocal Expression Program to generate Joy, Self Expression and Confidence.
4. A Healing Program to generate Acceptance and Peace of Mind.
5. A Well Being Program to generate Stamina and Physical Strength.
6. A Spirituality Program to Instill Higher Consciousness Values and Skills.
7. An Awakening Program using Books, Movies and Documentaries to let the Sustainable World Leaders know what has been happening and what is happening in our world.
8. A Reconnect with Earth Program to restore our connection with earth.
9. A Projects Program to create a Sustainable World for all people.

Benefits for the Sustainable World Leaders

Overall Benefits

Unprecedented experiences of unity for all the camp participants. Depending on the amount of participants and the power of our program we will cause an initial or larger shift in the collective consciousness. In other words: unprecedented experiences of Love, Joy, Peace of Mind and Oneness for ALL people.

Six Specific Benefits of Being in a State of Higher Consciousness

When we shift to a higher consciousness, brain activity reduces. The state of mind will shift from Beta to Alpha, Theta or Delta. This will:



1. Release stress and promote a lasting and substantial reduction in people prone to violence and/or states of anxiety.
1. Facilitate a deep physical relaxation and mental clarity.
2. Increase verbal ability and also the performance IQ.
3. Better synchronize the two hemispheres of the brain.
4. Recall mental images live and spontaneous imaginative and creative thinking.
5. Reduce pain and suffering, promote euphoria and stimulate the release of endorphins.

Skills which will be Improved

The following skills will be strengthened in the consciousness of the Sustainable World Leaders.

1. Social Skills
2. Leadership & Communication Skills
3. Complex Problem Solving Skills
4. Non Judgmental Listening Skills
5. Decision Making Skills
6. Observation Skills
7. Conflict Management Skills
8. Reflection Skills
9. Enrollment and Registration Skills
10. Generating your Being Skills
11. Granting Being Skills
12. Visualization and Manifestation Skills

Values which will be strengthened

The following key values will be strengthened in the consciousness of the Sustainable World Leaders. Acceptance, Authenticity, Compassion, Commitment, Courage, Faith, Initiative, Joy, Peace of mind, Playfulness and Self esteem. To see the full list of all 134 values which will be strengthened in the consciousness of the Sustainable World Leaders please download:

<http://www.sustainableworldproject.com/downloads/Values.xls>

Assignment Step 3

Download the Excel sheet with values and skills and assess yourself before the training. This document you keep with you. It is just for you. So you can get a 'feel' of how much you grow over time in your training.

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3488974227823558>

Do your daily visualization.



1.4 Step 4 - Training Location India

Today we will take a look at the location of the Primary Leader Training and the Empowerment Camps in India. Embraced by beautiful nature Fireflies Intercultural Center is the perfect place for transformational programs. A welcoming heart centered staff, a cost effective location and low impact on the environment were our key criteria in choosing this location.

Fireflies is just South of the city of Bangalore where the convenience of good internet and facilities are enhanced by the bliss of a quiet and natural setting. Welcome to Incredible India!





The Meeting Rivers Hall

For a great energy flow we prefer open locations for our activities. Early mornings we come to the Big Hall for the Well Being Program. Some of the evenings we dress up, go to the Big Hall and participate in the Couple Dance of the Rhythmic Movement Program. Here we learn how dancing can transcend gender discomfort and in that way support to unite humanity.

On the last Sunday in our 6 week long camp we will use this location to host our Camp Celebration. Together we co-create this joyful event. The local Sustainable World Leaders can invite their friends and family. The only objective is to be together. Nowhere to go and nothing to do! It is on this evening that we simply celebrate being alive.





Teak Avenue and Amphi Theater

For dialogue, singing, chanting, breathing and meditation 'Teak Avenue' is our favorite. We find this location on top of the Movie and Documentary Dorm Room. Visualize many pillows, people from all over the world and a space filled with love and joy. Down below you see the Amphi Theater which can host up to 1200 people. Have you already packed your bags?





Meditation Hall and Lunch Room

Simply being in this location you will understand the meaning of the word 'Sacred'. In the shade under the trees we find a location to cause a cool mind. Meditation, breathing and chanting will bring your mind to Alpha. This will give you unprecedented experiences. You will remember who you truly are. A tremendous power will fill your heart and turn the spark for transforming our world into a life long fire. You can be one out of the 10.000 leaders who causes a world filled with peace and abundance for ALL. Pic below - At 1 pm we will meet in the Lunch Room. Organic wholesome healthy food will be the daily menu.





The Movie and Documentary Dorm Room

Some of the evenings we will wear our pajamas and find ourselves inspired watching awakening movies and documentaries in the Awakening Program. Do you want to find out what is really going on in our world? Do you know we are on the verge of seeing a world that works for ALL people? Do you know you can play a crucial role in bringing this sustainable world?

In this building we will also host our online interactive events. A video conferencing setup and fast internet connection will ensure that we can have real time interaction with other Sustainable World Leaders around the world. Next to this building you find the Lotus Pond with the Buddha.





The first Primary Leader Training has already started

Above you see the two trail blazers Mahoro Oliver and Gift Tarupiwa at our Sustainable World Headquarters. Mahoro and Gift were the first two Primary Continent Leaders who came for Primary Leader Training in 2019. Below you see 16 of our 32 leaders in December 2019. On the next page Mahoro and Gift in front of the stone Buddha statue at the Lotus Pond.





SUSTAINABLE WORLD PROJECT.COM

A World that works for ALL people by the year 2050



THE SUSTAINABLE WORLD PROJECT

Get a Life You Love => Get a World You Love

**Assignment Step 4**

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3488998881154426>

Do your daily visualization.

1.5 Step 5 - Launching THRIVE Empowerment Centers

Today we will read a bit more on our element 2. The THRIVE Empowerment Centers. During your training we will share our plan for launching the first 212 THRIVE Empowerment Centers (TEC) in 212 different countries.

For the Primary Continent Leaders among you who want to get more value you can opt to stay longer and experience long term Primary Leader Training at our THRIVE Empowerment Center in Bangalore, India. This is the training location we use for only the Primary Continent Leaders. This location also belongs to Fireflies Inter Cultural Centre and functions as Headquarters for the Sustainable World Project. The Founder Richard Alexander and the first Primary Continent leader Mahoro are living here.

Following the training, all of us will support the Country Leaders to establish a first THRIVE Empowerment Center in their country. Here they will sustain and spread our 9 Programs for Radical Transformation to the local communities and the world at large.

THRIVE Empowerment Centers are places where members of our communities and new leaders will come together to empower and enable themselves. At a THRIVE Empowerment Center you can meet your fellow Sustainable World Leaders. The THRIVE Empowerment Centers will support their local communities to discover oneself and one's purpose.





We have observed that when people find their purpose – their authentic self-expression – people become happy and contributing members of society, playing an active role in the advancement of themselves and their communities. When enough people do this, it will lead to a world which works for ALL.

Every TEC will be connected to our Empowerment Platform where worldwide exposure will empower all involved. See picture below with the Zoom Video Conferencing Platform.

Around a 1000 Sustainable World Leaders will be trained to be Country Leaders. Fifty Sustainable World Leaders will be trained to become Primary Continent Leaders. The Primary Continent Leaders will be invited to join all the Empowerment Camps. This will transform them into very powerful leaders. Their leadership skills will not only reflect on the local communities around them but will change the quality of life of the people in their country, continent and world.

Assignment Step 5

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3513454225375558>

Do your daily visualization.

1.6 Step 6 – Primary Continent Leaders

For the following 10 continents we will select a total of 50 Primary Continent Leaders. At the ending of 2022 five out of the 50 Primary Continent Leaders will self select themselves by their extraordinary commitment. They will become the 5 Primary World Leaders.

- | | |
|-------------------------|--------------------------|
| 1. Team Asia West | 2. Team Africa |
| 3. Team Asia East | 4. Team North America |
| 5. Team South America | 6. Team Middle East |
| 7. Team Europe | 8. Team Pacific |
| 9. Team Central America | 10. Team Asia South East |

In the next table you can see the cumulative amount of Primary Continent Leaders we aim to attract per Camp and from which region.

Four Camps for Primary Continent Leaders						
Regions	Id	Total #PCL's	P1 – #PCL	P2 – #PCL	P3 – #PCL	P4 – #PCL
North America	1	2	2	2	2	2
Central America	2	1		1	1	1
South America	3	3		1	3	3
Europe	4	5		1	3	5
Middle East	5	2		1	2	2
Africa	6	6	5	5	5	6
West Asia	7	2		2	2	2
South East Asia	8	13	3	3	6	13
East Asia	9	13		1	4	13
Pacific	10	3		1	3	3
		50	10	18	31	50



Assignment Step 6

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3513467302040917>

Do your daily visualization.





The 9 Different Programs for Radical Transformation

1.7 Step 7 - Transformational Interactive Dialogues

In this program we will work through Workbook 1 'Power over your Past' and Workbook 2 'Power over your Future'. The 1st workbook represents the past. Through funny and inspiring real life stories Richard will share what he has learned in life. He gives you insights and assignments to assist you with your life. Inside authentically sharing his life, his commitment is to build a strong relationship with you. His commitment is, that as he accepts his past, you can do the same for your past. His commitment is, that as he forgives himself for all his 'mistakes' and there were plenty, that you can do the same. His commitment is that as he has a good laugh about his past, that you can do the same with your past. This will leave the past behind us as through unconditional acceptance we will have released it from our sub-conscious mind.

The 2nd workbook will represent the future. We see how the Sustainable World Project brings a new experience of quality of life to the world. Our intention is to share a vision of the future and inspire people into finding their vision for our world. When worry about the past and anxiety towards the future is taken away, then the mindset changes back to Alpha, leaving people being present in the 'Here & Now'. This is the only place of power.

Some of these sessions, we will do while being online connected to people from around the world. In 2026 we will have these sessions with 8 million people Participating Audience on thousands of locations.

Assignment Step 7

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3513482135372767>

Do your daily visualization.





1.8 Step 8 - Rhythmic Movement Program – Couple Dance

Experience different flavours of joy in rhythmic movement. We use couple dance to create gender comfort and gender equality in our world. We will teach you 7 different dances – Quick Step, Waltz, Tango, Cha Cha, Rumba, Samba and Jive. Not only will we teach you dance, but we will teach you how to teach others. We will teach you how to make people feel safe and comfortable around you. A Sustainable World Leader is able to magnetize other people, build very powerful relationships and inspire people to be the best they can be. Dance is a very powerful tool to bring unity consciousness to our world.

Together with Sustainable World Leaders from all the different continents we will co-create 2 new dances for humanity. The Sustainable World Tap Step and the Sustainable World Cha Cha. Are you ready to find your creativity unleashed in this life changing camp? Are you ready to connect humanity through dance?

Assignment Step 8

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3513564782031169>

Do your daily visualization.





1.9 Step 9 - Rhythmic Movement Program – Step Aerobics

Our Step Aerobics Program has music up to a 150 Beats per Minute and a super exiting choreography. The program will dare you to go beyond your current limitations in your workout. As you build this habit in your workout it will reflect on your life, your communities and our world.

Together with Sustainable World Leaders from all the different continents we will co-create the Sustainable World Unity Step. It will be an aerobics program choreographed by all the Sustainable World Leaders together. The music will be a mix of all the Sustainable World Leaders favorite music. It will contain music from all the different countries worldwide. This program will be so powerful that it will inspire a worldwide participating audience to join. Together we will Step into Unity.

Are you ready to learn how to tap into the power of the universe? Are you ready to discover that you can achieve ANYTHING your mind can conceive?

Assignment Step 9

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3515865568467757>

Do your daily visualization.





1.10 Step 10 - A Vocal Expression Program

Through song, we aim to reach a state of joy you have never ever experienced before. This program is not about singing correct or singing beautiful. It is about you expressing yourself fully. If you can give yourself fully in a song, then you can give yourself fully to life. This will enhance your leadership skills and give you access to not only transforming your entire life but also transforming the life of many other Sustainable World Leaders and the world at large.

Together with Sustainable World Leaders from all the different continents we will co-create our Sustainable World Song. A song by Sustainable World Leaders united from all countries. A song so powerful that it will shift the collective consciousness! Are you ready to find a new power, freedom and self expression you have never experienced before?



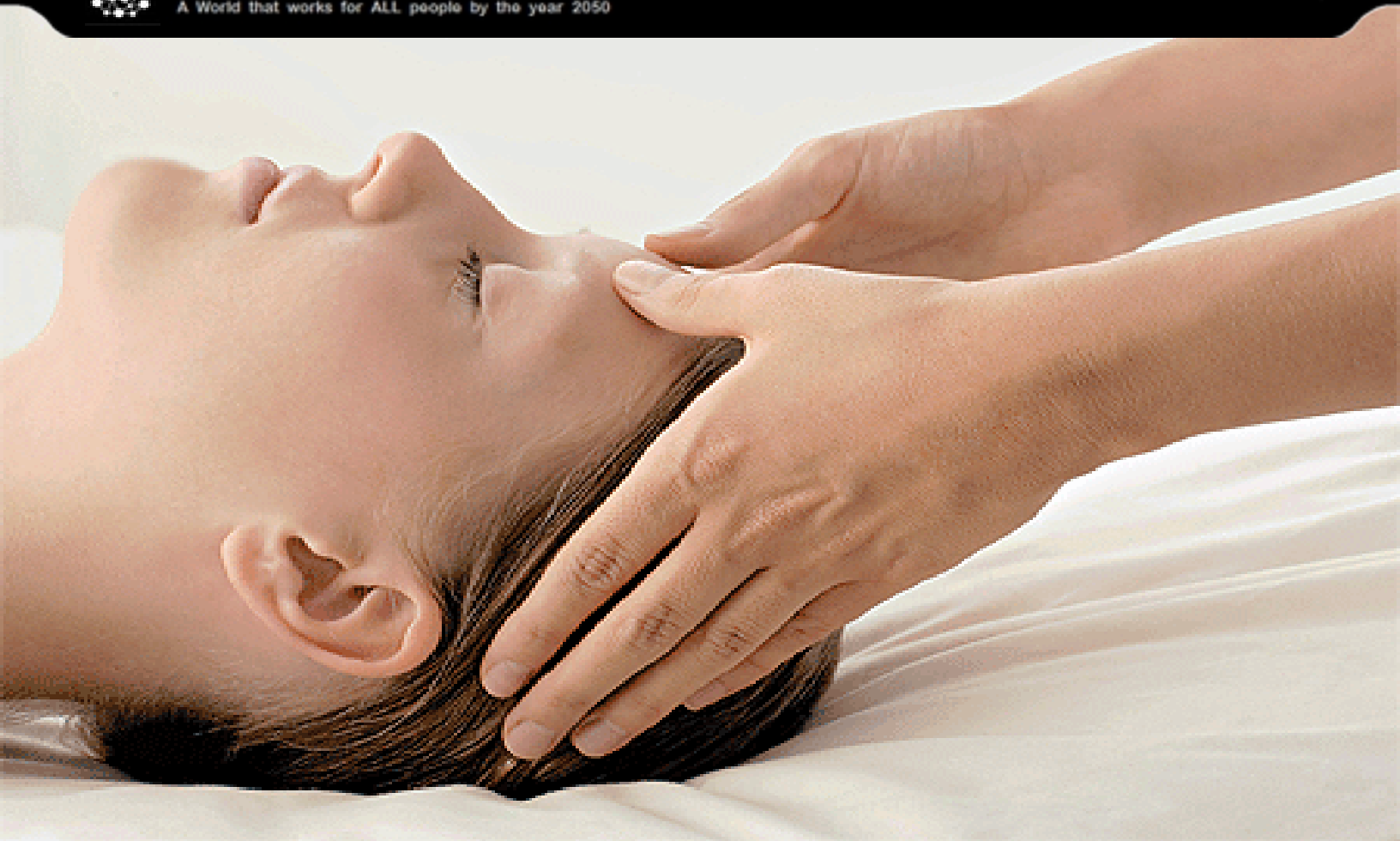
Through writing lyrics, composing music, using song, dance, playing instruments, drama, floor screens, background screens, 3D holograms and much much more we will create the 'Shanghai Act'. September 2028, this act will be facilitated in the last Empowerment Camp in Shanghai. This act will be performed in a Worldwide Interactive Event with a participating audience of 80 million people. This act will tell people the story of what has happened in the world and how the Sustainable World Project is aiming to overcome the suffering of humanity. The act will be so inspiring that it will cause an avalanche of collaboration. This act will play a key role in the bringing about of a sustainable world by the year 2050.

Assignment Step 10

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3516123295108651>

Do your daily visualization.





1.11 Step 11 - Healing Program

We use dialogue and touch for stress reduction and deep relaxation. It allows everyone to tap into the unlimited source of 'life energy'. This program will improve health and increase the overall quality of life. This program supports you to transcend egoic consciousness and experience unity consciousness. Our miracle healing session is the most powerful session of the entire Sustainable World Project. These miracle healing sessions will be used in the critical mass actions starting the year 2026. It will contribute to transforming the collective mindset and therefore our world. Are you ready to experience a love, joy and peace of mind you never ever had before? Are you ready to be a co-creator of a sustainable world? Are you ready to fall in love with all that is in life?

Unconditional touch combined with powerful dialogues at 1:30 local sidereal time will transform the collective consciousness. In 2026 our miracle healing program will bring 750 Sustainable World Leaders into a meditative state. Being in a meditative state in a Pyramid makes your impact on the collective consciousness 3 times more powerful than being in a meditative state at a regular location. If we facilitate our miracle healing program to bring our Sustainable World Leaders into a meditative state in a pyramid at 1:30 pm local Sidereal time we will enhance our effect on the collective consciousness as much as 12 times. Now we only need 750 people to impact the minds of each and every human being on our planet! The Empowerment Camp is filled with cutting edge science and spirituality. You mastering that will make you very powerful. It will make you so powerful that just 750 Sustainable World Leaders CAN change the world. Are you one of them?

**Assignment Step 11**

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3540849699302677>

Do your daily visualization.

1.12 Step 12 - Spirituality Program

Breathing techniques, chanting, meditation and visualization will start generating an unprecedented power by raising our state of consciousness. Our mindset shifts from a state of Beta to a state of Alpha. When the mind is in Alpha, it is more connected to all that is and we can manifest miracles in our lives. In this state we are also living more heart centered. We are easily expressing the 6 heart virtues appreciation, compassion, forgiveness, humility, understanding and valor. Imagine how the world will change if people express these virtues daily? Are you ready to manifest miracles? Are you worthy of miracles? Are you worthy of a Sustainable World? We think you are!

Our first P1 camp in August 2021 starts with 10 participants. By September 2028 we all fly to Shanghai, China where we will co-host a camp with 1800 leaders AND be connected online with 80 million people Participating Audience. Can you imagine the power of millions of people living heart centered? What will be the impact in the world when millions of people will experience a love, joy and peace of mind like never before?

When these millions of people step back into their lives something is different. They are grounded in unity consciousness. Where ever they go, who ever they talk to, these millions of people will express the 6 heart virtues bringing love, joy and peace of mind into all their local communities. They will think different. They will talk different and they will act different. Their communities will be amazed. People will unite and collaborate in creating a sustainable world; a world that works for all people. Are you one out of the 10.000 Sustainable World Leaders causing this?

Assignment Step 12

In 2016 we did a one year pilot to test our 9 programs for radical transformation. Watch this video on the Spirituality Program. https://www.youtube.com/watch?v=RaK3g4_p8lc





Assignment Step 12

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3553628321358148>

Do your daily visualization.

1.13 Step 13 - Awakening Program

In this program we use movies, books and documentaries to create a shift in awareness. You will be inspired by many extraordinary people. You will meet many new role models to empower you. You will realize that you have the same potential. Through mind boggling documentaries you will start understanding what is truly going on in our world. Once you understand at a deeper level why we are not thriving, you start to gain access to creating solutions which can manifest a thriving world. This will lead to a tremendous increase in your personal power.

Some of the movies and documentaries will be watched simultaneously with other Sustainable World Leaders from around the globe. While we watch we will pause, share and reflect on what we are observing. When the movie has finished we all share worldwide what value it has brought to us. This will create a bonding and a value impact beyond you can imagine now. Are you ready to awaken the Sustainable World Leader in you? Are you ready to embrace differences and unite with 10.000 Sustainable World Leaders? Are you ready to claim your power and co-create a world which works for all people?

Assignment Step 13

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3553674814686832>

Do your daily visualization.





1.14 Step 14 – Reconnect to the Earth Program

Just after sunrise and just before sunset we will do mindful walking and settle down in beautiful nature. We will take off our shoes and reconnect with our earth. Being present to mother Earth we will engage into interactive games, guided meditations, exercise and more.

We have 12 interactive games which will instill very powerful higher consciousness values like trust, faith, surrender, transparency, inclusion, love, unity, joy, peace of mind and more.

As our awareness expands we will be able to explain to others how we all have been a partner in unconsciously polluting our mother earth. This is not just polluting our environment. It is also polluting our collective mindset. Our communities understanding this and acting on this will start restoring our external AND internal environment. All of us will stand together for a sustainable world.

Assignment Step 14

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3553711478016499>

Do your daily visualization.





1.15 Step 15 - Well Being Program

At sunrise we engage into stretching exercise, Sun Salutations, weights, breathing, chanting, gratitude work and more. Combining Tai Chi movement with an ongoing practice of observing, acknowledging and accepting brings a profound spiritual effect. Get ready for unprecedented experiences.

Assignment Step 15

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3553916281329352>

Do your daily visualization.





1.16 Step 16 - Projects Program

In your training we start the preparation to do local, national and international projects. Through the online Empowerment Platform communities will unite for the execution of humanitarian projects.

Assignment Step 16

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3559657474088566>

Do your daily visualization.





1.17 Step 17 - Future Empowerment Camps and Platform

Today we give you a bit of idea how our camps could look using tent modules and dance floor tiles. This way we can create any size of tent or flooring we would like. Tents can be setup with optional top coverage so we can deal with any kind of weather. Down below see a possible setup for the last Sunday celebration in a smaller camp.





Future Empowerment Camps and Platform

When we start doing the larger camps from 2023 onward we will connect with our Participating Audience all around the world. Using large tents and even stadiums equipped with large inflatable air-screens we will connect the hearts of millions of people around the world. Imagine how the world will change when millions of people experience love, joy and peace of mind on a daily base.

Down below you see our pilot in the Barcelona stadium. Here Sustainable World Leaders will connect 40.000 people in the stadium with our Participating Audience worldwide.





In September 2028 during our camp in Shanghai we will facilitate a mass meditation by night with 1800 Sustainable World Leaders guiding 50.000 people in the stadium and 80 million people participating audience online.



**Assignment Step 17**

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3559700360750944>

Do your daily visualization.

1.18 Step 18 - Higher Consciousness Self Selection and Financial Support

The selection of a participant for the Empowerment Camp is based on a higher consciousness process in our SWP Selection group on WhatsApp. If you got selected it is because you showed up and were willing to do the work. That is why we call it Self Selection.

We have Empowerment Camps for Primary Continent Leaders, Country Leaders and Project Leaders. The preliminary cost for your Camp is determined together and depends on the resources available in the program, your family situation and which country you hail from.

Financial empowerment to raise money to join the camp can be given. Together we will make sure that all truly committed leaders can join a camp and become one out of the 10.000 Sustainable World Leaders who will transform our world by the year 2050.

In our interaction with you we will share our 5 plans for creating a paid position for all Sustainable World Leaders. As a group we will stand for all Sustainable World Leaders to live a life they love. Together we will cause a world we love. Welcome to your new worldwide family.

Assignment Step 18

Make a new comment in our Facebook group. Click the following link to our Facebook post to do so: <https://www.facebook.com/groups/725583880829287/permalink/3562305573823756>

Do your daily visualization.





1.19 Step 19 – Fund Raising

We start raising money for your visa. Step by step works best. Check whether you need a visa, what type and what is the cost. If you do not need a visa you can skip this step. Give an update on your fund raising situation. Share your experience on Facebook.

Assignment Step 19

Now write a new post in our Facebook group and attach your professional profile pic. Write: “TRAINING PREPARATION Step 19 of 30 – I am preparing to join Empowerment Camp [put the number] in [put the city and country]. I am now raising money for getting my visa.

I have raised [write how much you have raised] Dollar out of my target of [write how much is your target] Dollar. The entire family of Sustainable World Leaders and Participating Audience is supporting me to meet my target. I am almost there and feel [write how you feel].

If you would like to contribute in the creation of a world that works for all people, then you can make a financial contribution to cover the expenses for my visa. To work out the practicals for this you can contact me by simply dropping a comment on this post or by sending me a private message.”

When you have posted click on your professional profile pic. Then add your kick @ss intro as description for the pic.

Do your daily visualization.

1.20 Step 20 – Fund Raising

ONLY WHEN YOU HAVE RAISED THE MONEY FOR YOUR VISA CONTINUE WITH THIS STEP, IF NOT THEN KEEP DOING THE INNER WORK AND OUTER WORK TO CAUSE THE FUNDS FOR YOUR VISA - Next step raising money for your training. Check or ask the cost for your training (camp). Give an update on your fund raising situation. Share your experience on Facebook.

Assignment Step 20

Now write a new post in our Facebook group and attach your professional profile pic. Write: “TRAINING PREPARATION Step 20 of 30 – I am preparing to join Empowerment Camp [put the number] in [put the city and country]. I am now raising money for covering the cost of the training.

I have raised [write how much you have raised] Dollar out of my target of [write how much is your target] Dollar. The entire family of Sustainable World Leaders and Participating Audience is supporting me to meet my target. I am starting to make progress and feel [write how you feel].



If you would like to contribute in the creation of a world that works for all people, then you can make a financial contribution to cover the expenses for my training. To work out the practicals for this you can contact me by simply dropping a comment on this post or by sending me a private message.”

When you have posted click on your professional profile pic. Then add your kick @ss intro as description for the pic.

Do your daily Visualization.

1.21 Step 21 – Fund Raising

ONLY WHEN YOU HAVE RAISED THE MONEY FOR YOUR TRAINING CONTINUE WITH THIS STEP, IF NOT THEN KEEP DOING THE INNER WORK AND OUTER WORK TO CAUSE THE FUNDS FOR YOUR TRAINING - Next step raising money for your ticket. Go online and check out the cost for your plane ticket and your travel itenary. Give an update on your fund raising situation. Share your experience on Facebook.

Assignment Step 21

Now write a new post in our Facebook group and add a picture of a plane of the airline you selected. Write: “TRAINING PREPARATION Step 21 of 30 – I am preparing to join Empowerment Camp [put the number] in [put the city and country]. I am now raising the last bit of money for covering the cost of the plane ticket. I will fly from [city, country departure] to [city, country arrival] with [name airline] on [date].

I have raised [write how much you have raised] Dollar out of my target of [write how much is your target] Dollar. The entire family of Sustainable World Leaders and Participating Audience is supporting me to meet my target. This is my last fund raising step before I fly and start my training! I feel [write how you feel].

If you would like to contribute in the creation of a world that works for all people, then you can make a financial contribution to cover the expenses for my ticket. To work out the practicals for this you can contact me by simply dropping a comment on this post or by sending me a private message.”

Do your daily Visualization.



1.22 Step 22 – Start Visa Process

ONLY when all funds are raised you can start your visa process.

Assignment Step 22

Make a new comment in our Facebook group. Write: “I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I started the visa application process.” If a visa is not required then make the last sentence. “No visa required.”

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3639425559445090/>

1.23 Step 23 – Letting the community to get to know you

Assignment Step 23

Make a new comment in our Facebook group. Share a pic of you in your house, or in front of your house with or without your family, friends or community. Write: “I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. In [put how many days] I am leaving my country. On the pic you see me . . . [describe what we see in the pic]”

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3639463006108012/>

1.24 Step 24 – Preparation for Training

The Sustainable World Project will teach you how to attain a state of higher-consciousness. The program offers you the opportunity to accelerate your personal development. The program starts by giving you glimpses into your full potential. Moments of inspiration and profound love will tell you that there is so much more to life than going through the motions.

The Sustainable World Project begins with Primary Leader Training or a 6 week Empowerment Camp. In this training you will discover how powerful and valuable you truly are. You will learn the most cutting edge higher consciousness leadership skills.

In this training you will make new life long worldwide friends. In this training you can choose to become one of the 10.000 Sustainable World Leaders who will dedicate their lives for a better tomorrow.

During and after the training you can connect with all the other Sustainable World Leaders through our online Empowerment Platform. After the training the Sustainable World Leaders coming from the same region will be empowered to initiate their own THRIVE Empowerment Center.



At this center you will empower and enable your local communities in the higher-consciousness values and skills you now possess and together we WILL create a sustainable world. A sustainable world that works for all people by the year 2050.

Assignment Step 24

Make a new comment in our Facebook group. Share what inspired you reading the above. You can add your professional profile pic to the post. Write: "I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I read more on the higher consciousness leadership training I am about to experience in my [Empowerment Camp / Primary Leader Training]. I was inspired by . . . [write what inspired you while reading]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3639484299439216/>

1.25 Step 25 – Health Assessment

Inform your coach on your overall health by private message on WhatsApp. Comment done on the next post when completed.

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3639686256085687/>

1.26 Step 26 – Packing your Bags

What do you need to bring to the training?

1. Walking shoes and outdoor walking outfit
2. Sport shoes + sport outfit. Bring one sport outfit using black and white only for our professional photo shoots. If possible bring a red, blue, green and yellow sports top or shirt so we can match in color for other photo shoots. For the ladies, if you are comfortable, also include an outfit with shorts and only a top so your body can cool down more. Otherwise trainings trousers and shirt will be fine. Workout will be rigorous, the weather could be warm! Get trainings jacket too, so when early morning we go out or when we are done with the workout, you can keep your body warm.
3. Dance shoes, one or two dance outfits + one party outfit for the celebration evening.
4. Indoor slippers and comfortable open shoes. Bring your phone, laptop and/or tablet.
5. Pajamas or comfortable evening wear, one handkerchief, at least one warm sweater and a jacket.
6. Toilet bag and regular clothes for 1 week. Sunday will be laundry day.
7. One thing you can eat and does not get spoiled. Do not eat it yet! As we need this in one of our Interactive Games! Bring one thing that smells nice, one thing that makes sound and one thing that has a shape you like. Don't think about it too much. It is not so significant and this can also be resolved on location.
8. Massage oil and/or body lotion.
9. If you have a music instrument that you can bring, then please do so.
10. Bring the outfit of your professional profile pic. This includes formal shoes!



11. Bring your favorite perfume, after shave or deo. Besides your personal use, we will use this in an interactive game.
12. Bring your favorite music for singing and/or dancing.
13. If you come on a long term visa double check they give you Employment Visa for doing voluntary work at an NGO. In that case also bring 10 passport pics and a soft copy (digital) file of that passport pic.
14. If you come for a 6 week camp and Empowerment Tour then a tourist visa will suffice.

Assignment Step 26

Make a new comment in our Facebook group. Make a pic of you packing your bags. You can add this pic as a comment to the post. Write: "I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I have started packing my bags. I am . . . [write what is present for you packing]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3639695869418059/>

1.27 Step 27 – Receiving your visa**Assignment Step 27**

Make a new comment in our Facebook group. Make a pic of you holding your visa. You can add this pic to the post. Write: "I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I received my visa. I am . . . [write what is present for you receiving your visa]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3641965025857810/>

1.28 Step 28 – Going to the airport**Assignment Step 28**

Make a new comment in our Facebook group. Make a pic of you going to the airport or being at the airport. You can add this pic to the post. Write: "I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I am traveling to the airport. I am . . . [write what is present for you]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3642008369186809/>



1.29 Step 29 – Traveling by plane

Assignment Step 29

Make a new comment in our Facebook group. Make a pic of you in the plane. You can add this pic to the post. Write: "I am preparing to join Empowerment Camp [number] in [city, country]. My first training day will be [put date]. Today I am traveling to [location]. I am . . . [write what is present for you]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3642013505852962/>

1.30 Step 30 – Arriving at the Camp location

Assignment Step 30

Make a new comment in our Facebook group. Make a pic of you arriving at the training location. You can add this pic to the post. Write: "Today I arrived at [location]. I am . . . [write what is present for you]."

Click the following link to do so:

<https://www.facebook.com/groups/YoungWorldLeaderProgram/permalink/3642023865851926/>

MORE INFORMATION

1. Richard Alexander is the founder of the Sustainable World Project and author of the 'Sustainable World Project'. For more info about him read his short life story - <http://www.sustainableworldproject.com/downloads/Short%20Life%20Story%20Richard%20Alexander.pdf>
2. Understand more about consciousness and the Maharishi or Meditation Effect. Link 1: https://www.youtube.com/watch?v=vH7mjTynqlg&list=PL7LIbzozv_7QsbHZtEpi5EsfmZ-I4Nh8P – Link 2: <http://www.permanentpeace.org/>
Link 3: <https://www.mum.edu/about-mum/consciousness-based-education/tm-research/maharishi-effect/> Link 4: <http://purusha.org/index.html>
Link 5: <http://www.truthabouttm.org/>



2 Fund Raising

Daily fund raising activities. Take 5-15 minutes to get into a meditative state and visualize the following.

1. See yourself holding your passport with visa. How do you feel?
2. See yourself packing your bags. How do you feel?
3. See yourself traveling to the airport. How do you feel?
4. See yourself in the plane. How do you feel?
5. See yourself landing in the country your camp is facilitated. How do you feel?
6. See yourself in the different programs for radical transformation. How do you feel?

Listen to the following recording as often as needed to inspire yourself.

[Click to download our Visualization audio](#)

Watch videos to get inspired:

https://www.youtube.com/playlist?list=PLy_y_fjWT51SpXfE3cQAf-hxaZjUoSFW

The first time you listen to the recording above we request you to make a new comment in our Facebook group. Click the following link to our Facebook post and comment what you learned hearing this audio. Here is the link:

<https://www.facebook.com/groups/725583880829287/permalink/3488930374494610>

You can write: "I am preparing to join Empowerment Camp [put the number] in [put the city and country]. Today I learned . . . [write what you learned]."

Do the visualization work. THEN LET GO! DETACH! Just do something you love. Be open. Be curious. But let the Universe do the work. Don't work hard. Don't sacrifice yourself. Surrender the outcome. Surrender the how and when. Be humble and offer yourself to be at service for humanity. If inspired ideas to raise money are coming up then pursue those.

Few ideas for fund raising

1. Throw a party invite everybody in your community. Prepare an enrolment speech. Tell them from your heart why you would like to join the training. Ask them for their financial support.
2. Make a post for our Facebook group. Ask people to sponsor you. Inspire them!
3. Keep reaching out to Educational Institutes. This will not just fund your trip and training, but the rest of your life too as it will lead to a paid position!