



WELCOME PACK 3

SUSTAINABLE WORLD LEADERSHIP PROGRAM

STEP 8 TO 9 OUT OF 50



Welcome Pack 3

Today we will read some testimonies of people on the Sustainable World Project and its programs. This will give you an idea of what value you can get, how this value could improve your life and what this could mean for your unique contribution to the world. On the next pages you will find the next 7 testimonies.

1. **THE BEST THING THAT EVER HAPPENED TO ME** - on the Sustainable World Leadership Program - 2018 to 2022 – by Mahoro Oliver, Africa
2. **HOW TO OVERCOME A PAINFUL PAST** - on the 'Get a Life You Love => Get a World You Love' Program - 2015 to 2017 – by Smitha Shelke, Australia
3. **MAKING PEACE WITH MY PAST** - on the 'Get a Life You Love => Get a World You Love' Program - 2015 to 2017 – by Bashpika Todakati, India
4. **FREE AT LAST** - on the THRIVE Empowerment Centers - 2016 to 2017 – by Mubarak Ansari, India
5. **BEING SELF AWARE** - on the Empowerment Camps - 2016 - by Kartik Aradhya, India
6. **THE BEST YEAR OF MY LIFE** - on the Empowerment Camps - 2016 to 2017 – by Saba Nurye Abera, Ethiopia
7. **OTHER TESTIMONIES** - from 2001 up to 2012

Photo: the Founder Richard Alexander with (left to right) Bashpika, Sunitha and Smitha.





1. THE BEST THING THAT EVER HAPPENED TO ME – STEPPING UP AS A CORE TEAM MEMBER TO CHANGE THE WORLD – Testimony by Mahoro Oliver

I am deeply touched, moved and inspired by the vision of the Sustainable World Project. A world that works for all people by the year 2050. From January 2018 onward I have been on the online Empowerment Platform. As I connected myself more and more with the Sustainable World Leadership Program I have been gaining so much wisdom from my fellow Team Members and our coach Richard Alexander. This program is truly changing my entire life. I have never ever felt this way. I have never ever felt so alive, inspired and empowered.

My name is Oliver Mahoro. I am 30 years old. I used to live in Kigali, Rwanda, Africa. Now I live in Bangalore, India. In the Sustainable World Project, I am a Core Team Member. My mission is to inspire 4.000 Sustainable World Leaders by October 2035.

Before my official training in India started I had already gotten a taste of so many lessons to learn. Some of these lessons include topics on manifestation, meditation, the 3 levels of integrity, non-judgmental listening, visualization, nonviolent communication, how to be in a state of higher consciousness and how to be self-aware. I realized that most people in our world do not have access to such lessons. These lessons are so important to gain power in all aspects of our daily lives. I am talking about learning the skills to create fulfilling and intimate relationships, the courage to pursue your dreams, to come out of the money rat race and shift from surviving to thriving, to travel the world, to contribute to your fellow human beings and to experience true power, freedom and self expression. I feel so lucky to work along in such a meaningful project.



I still have many lessons to learn, but I believe that surrounding myself with other leaders and a Coach that all inspire me to be the best version of myself, is the greatest gift I can give myself. I also want to give this gift to you.

You are so much more powerful than your mind allows you to experience. You are so much more wonderful, worthy and important than I am able to express right here.

I now understand what Richard has been saying. Ten thousand people will be enough to change the world. We will show you how. I am now working side by side with Richard, Sunitha and Shilpa at the Sustainable World Project Headquarters in Bangalore, India.

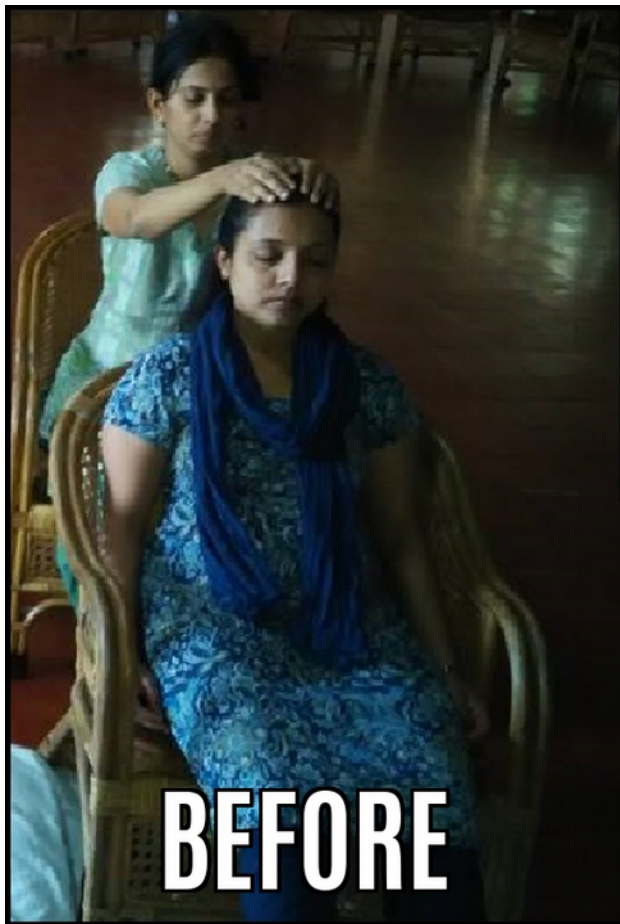


2. HOW TO OVERCOME A PAINFUL PAST – Testimony Smitha Shelke

In 2011 my husband passed away. For four years I was completely lost and suffered a chronic depression. With the loss of his father, my son went into shock, never interacted with people and his only answer was either 'Yes' or 'No'.

I knew my son needed much attention. I knew he needed help to recover. I knew I had to heal myself first for that. That's when I approached Sunitha Kolar who introduced me to Richard Alexander. I met Richard on the 28th of Feb 2015. He introduced me to his online 'Get a Life You Love' Program. To be honest, I was not sure how it could help, but this was the only available option. I committed to this program and hence I had weekly online Skype calls. This one hour per week with Richard started a life transforming process.

During this process I experienced a non judgmental listening and this provided the safety needed to start expressing myself. Finally I felt heard. Finally I felt understood. I started sharing again, again and again until all hurt was gone. In the program I learned to accept my past. I learned how to create the peace of mind needed to help my son. The energy of this program has given me the highest motivation ever and has taught me how to overcome a painful past. I learned how to value myself and take committed action. I now look ahead positively in life. After just a few months in the program as I was overcoming my past the sessions became more and more fun. Weekly I would look forward to that hour that was changing my life. After a year the experience of my life had fully turned around.





. . . and now? Now I am pursuing my lifelong dream. Since Jan 2016 I am here in Melbourne, Australia living a peaceful life. I am so happy that I could create a better environment for my son. He is flourishing right now as you can see on the photo. I truly understood that if a parent is not empowered, how can we make a difference for our children?

Photo: Left side, Feb 2015, when I met Richard and Sunitha for the first healing session at the start of the program. Right side, June 2016, me and my son at the Gold Coast in Australia.

3. MAKING PEACE WITH MY PAST – Testimony by Bashpika Todakati

I am deeply grateful for my mentor Richard Alexander; for his support in my journey. He supported me in finding out 'HOW' to change my life. My entire life has been transformed since I started taking his online 'Get a Life You Love => Get a World You Love' Program. I have worked with counselors and therapists but I found this program very powerful and unique. Richard doesn't come from a place that "I know the right solution for you. Apply this." he always says "You are enough. I do not know what is right for you. I can only listen to you without judgment, share my experience and give suggestions only if you want."





I recommend the 'Get a Life You Love => Get a World You Love' Program for anyone who wants to transform their life. Make peace with your past, overcome feeling lost and regain a sense of total well being. Thanks Richard. Your gentle guidance, non- judgmental listening has helped me so much to transform myself very quickly. Like any other human being, you have also suffered. However while still facing the ups and downs of life with grace, you choose to stand up for others. I owe you so much. I am feeling lucky to have you in my life. Thanks for standing up for this world. You are a blessing for humanity.

4. FREE AT LAST – Testimony of Mubarak Ansari

For a long time the human race is fighting for their freedom and so am I. In most cases freedom is not defined to us. Freedom means free to live, free to learn, free from all the bondage's, free to think, free to create something and free to choose.

In my life I saw a lot of dependency around everywhere. I sensed a lot of fear because of it. What if I lost the job? What if I grew old and my children will not support. What if my property is being looted by my relatives? I hated these dogmas and instead I had a different thought in my head. What if everybody will have abundance? What if everybody will share and support each other? What if everybody will trust each other? What if everybody gets space to grow and do their things at their own velocity? That's what freedom means to me.

So I was considered to be a fool, inefficient, slow, crazy, and selfish. I was threatened, suppressed and bullied by many. At the same time I myself was not clear about my ideas. My own self was trapped in such a vicious circle of old habits, that it made me to feel guilty, worthless, confused and doubtful. In this state of mind I could not take any stand for myself confidently and that was sucking my energy. A world of incoherence was mounting on me.





On Sep 12th, 2016 I met Richard Alexander. He is running the Thrive Empowerment Center in Bangalore. His dream is to create a sustainable world that works for all people by the year 2050. He is an outstanding personality in an outstanding place and has created a wonderful environment where everyone can be helped to get precious value, or as he says 'to be empowered'.

I started visiting the place 4 times a week at my own comfortable timing. The silence and serenity gave me already so much space that I could finally focus on myself and figure out what makes me valuable; what gives me happiness. The guidance of Richard, the dialogue with our team members Sunitha, Bashpika, Saba and Shobha and witnessing the power of our young people Nithik and Smrthi gave me the clarity to break old patterns of thinking and living. It helped me to get clarity, become more courageous and make new decisions to sort out the many confusions of my life.

Now, after joining for merely one month I am learning to stand up for myself, to know my value and to give priority to do what is right versus what is easy or what people expect me to do. I stopped chasing people and I have become less judgmental to myself as well as others. I stopped applying for jobs I did not want. I stopped pleasing my family. I am now pursuing my dream to start my own coaching center. I am sensing the real freedom I was longing for many-many years and I love it! I am free from the clutches of the old and the ordinary. Instead I am breathing newness, freshness, creativity, excitement and happiness. I am free at last.

5.BEING SELF AWARE – Dec 10th to Dec 12th 2016 – Testimony by Kartik Aradhya – 4 important skills the training weekend has brought me.

COMMUNICATION SKILLS

It is one thing to speak intellectually of presence of mind and the other to practice it in our daily life. In the training weekend I experientially realized that our mind has great momentum which seems to always take us away from the NOW into the past or the future. I could see how sometimes I become anxious and react when certain questions are asked by my fellow brethren. This anxiety reduces when the other is listening and communicating without judgment. This is something I want to learn as it will change ALL my relationships.

CREATING SPACE

This was the most important concept I learned over the weekend. I realized that by creating space, by slowing down, by waiting instead of reacting, by listening instead of talking, I get access to the NOW. Conversations and therefore relationships then become much more profound. As my fast mind slows down I also get access to the intelligence of the universe. New insights are coming and I get access to an inner knowing. I believe this can support me to achieve my full life potential so I can help others to reach their full potential. I am extremely grateful to understand the concept of creating space and will start practicing this in my everyday life.

**HAVING COMPASSION AND EMPATHY**

Whenever a variable would occur in my routine, it was very easy to lose my peace, thus resulting in a reaction. When I react, then compassion and empathy are gone. In this weekend I started to learn to BE with the flow of life, rather than to resist or oppose it. If through being self aware I let go of my judgment then compassion and empathy arises. This is something I want in all my relationships.

**REFLECTION SKILLS**

Life takes us through different experiences to make us more self aware. As I am becoming more self aware I can 'see' the mindset I am having in the present moment. By taking time to reflect on my life and my mindset I can learn and grow with more ease and less suffering. Reflecting helps me to better understand myself and that is enriching my life and the lives of the people around me. I truly believe if people become more self aware, the world can become a better place.

This is why I will continue my training and recommend you to join too. You can start for a weekend or a week so you get a taste of the value. This program is not one you can understand by reading about it. It is an experiential program. It can change your entire life and if enough of us join our entire world!

It is clear that most suffering among people is occurring due to a lack of awareness of the importance of communication and space. Thank you Richard for making a difference to change the world. Even if it is one person at a time. I am now continuing with a next 5 days of training.



6. THE BEST YEAR OF MY LIFE – Testimony Saba Nurys, 25 years old, Ethiopia.

Before I joined the Sustainable World Leadership Program I had no clear vision for my life. I didn't understand how life works. I did not know what was important and rarely reflected on what was happening in my life. I mostly went on autopilot. I studied to become a nurse. It was interesting but definitely not my ultimate dream. It was 'okay', but do I want to settle for 'okay' in life?

In the program I realized I have difficulties saying 'No' and drawing boundaries. In the program I am slowly learning to stand up for myself. I realize that healthy boundaries are very important! If I want quality in my relationships then saying 'No' is important to learn.

In the program I am learning observation skills. I learn to observe my thoughts. When I see my thoughts I can make a conscious choice to use a thought or to ignore it. Earlier I would rarely compliment someone as I was too worried what 'they' would think of me. Now when we had our 1st session at the Treamis Worldscool I complimented a girl for her beautiful smile. In return I felt so happy I expressed myself. I became more confident.

In the TID Program (Transformational Interactive Dialogue) I am learning reflection skills and critical thinking skills. In this program we read real life stories. Reflecting on my early childhood when my parents divorced I realized I had made two big decisions which were still influencing my life. One was that I am unlucky and two is that nobody cares for me. When I did some critical thinking about this I realized that these disempowering belief systems were not true and were not serving me. By seeing this previously unconscious belief system I now have the choice to let it go and create something more empowering. By transforming my disempowering belief systems I am now having the clarity to create a new and bigger vision for my life.

I'm learning non judgmental listening skill. I realized that I was very judgmental towards myself and others. Now I start to see the beauty in everyone and everything. I am learning to love myself, to accept and respect the way I am. It leads me towards happiness and having more self expression.

I am slowly becoming someone who is courageous to do the things I have never done before. The best thing of this program is the unconditional love and acceptance amongst the entire team. I am grateful for my mentor Richard. For giving me the platform to see the world in a different way. By creating a more comfortable environment for the people in Ethiopia, Africa and beyond. I am now finally starting to live the life of my dreams!





7. OTHER TESTOMONIES

Testimony by: Florian Bekkers, on 4th of June 2002, The Netherlands.

I am a policy consultant from the Dutch Ministry of Finance. I think the Sustainable World Project is an exquisite opportunity for people all over the world to get into contact with each other. My experience is: people you know, you love. Contact with people all over the world will strengthen global solidarity and love for each other. It will encourage good will and peace. We are all together on this drop of dirt in the universe, so let us do that together. Pull down barriers and look each other in the face.

Testimony by: Paul Whiting, on 28th of May 2002, Boston, USA

Hi Richard, Thanks for keeping me abreast of what is going on for you in your project. I loved the story about your interview with the owner of the Chinese restaurant. I also loved the gesture of placing one hand on your heart and the other hand on his shoulder - what a wonderfully deep meaning gesture. One of the things I love about receiving your emails is how inspiring they are. Wherever your readers are in the world and whatever they are dealing with, your emails and website have us question what it is that is important to us and what it is that we are doing to work towards that. Take care and keep faith in your vision. I really want to acknowledge you for you have to be each day. I'm sure that there are days when you want to throw it in the "too hard" basket and yet you continue to generate yourself in the face of no agreement. You are an inspiration to so many people Richard!

Testimony by: Laurence Platt, on 28th of April 2002, California, USA

I am a computer trainer and seminar leader, and as for the Sustainable World Project, this is what I say: the Sustainable World Project is already complete because Richard created it backwards from already being complete. It's totally brilliant. Many projects start from their beginning, then work their way forward, going through the details until it is complete. But the Sustainable World Project is already complete like a future possibility - because he says it is. So all there is to do is, based in completion, to work backwards and fill in the details. There is nothing far fetched, difficult, or impossible about the Sustainable World Project. It is conceivable, timely, and doable. And even in the very way in which Richard communicates with his listening audience and support team, he is demonstrating one of the asserted outcomes of his project: a world in communication.

Testimony by: Maya, on 27th of April 2002, age 29, San Francisco, California, USA

I work at a youth hostel but want to travel the world learning the violin, be a poet, and have a garden and a baby. I think the Sustainable World Project is important because understanding what connects everyone in the world would bring us closer to understanding what god, or the meaning of life is. Life is a beautiful gift if we take the time to listen to ourselves and others.

Testimony by: Karunakaran Natarajan, on 27th April 2002, Age: 29 M, Bangalore, India, Computer software programmer

The Sustainable World Project is one of the most wonderful projects for mankind, and this will mark a history in the planet.

**Testimony by: Candy Rule, on 27th of April 2002, Littlestown, Pennsylvania, USA**

I am a retired English, Speech, and Drama teacher. While I am retired, I travel with my husband and take time to write poetry, short stories, and carefully proof-read my son's screen plays. Richard and I met over the internet when he sent his fantastic e-mail outlining his project to bring world peace through the sharing of lives via technology. The Sustainable World Project, when it reaches the full potential of Richard's vision, goal, dedication, and co-operation of friends throughout the world, will be a major vehicle for educating our world to embrace peace and brotherhood. The sharing of one another's cultures, important questions, and personal lives in this forum of trust and love will advance the ability of all people to see how alike we are as human beings in our homes, communities, countries, and the world! It has been exciting watching the project grow. I wish that I had money to contribute to its development; however, I do not. Thus, Richard allows me the special privilege of emotional and psychological commitment to a vision which I know that he can bring to fruition. His contribution to my life and that of my family is an inspiration to generosity, kindness, and true compassion.

Testimony by: Michael Ordoña, 2012, Age 38, Metro Manila, Philippines, Graphic Artist and Writer

The Sustainable World Project is a unique global unifying personal and interpersonal experience. With the aid of modern technology and the use of internet video conferencing, human interaction from around the world and different cultures is promoted through the basis of sharing ideas, life experiences, similarities, tales of growth, understanding and love. It's a new inspirational process of communication and learning which is currently unavailable anywhere else. It is certainly one of the greatest ideas that I have come about in this lifetime and is surely beneficial to breaking barriers for all human-kind.

50 STEPS TO BECOMING A SUSTAINABLE WORLD LEADER – STEPS 8 - 9**STEP 8**

Make a new comment on our Facebook post and share one thing that inspired you in one of the testimonies. Say what you read, how did it make you feel and how did it contribute to your life. This is the link to the Facebook post where you can add that comment -

<https://www.facebook.com/groups/725583880829287/permalink/4524950600892577>

Remember to share on WhatsApp and in your text file.

Pls share our pinned post on your time line on Facebook so we start inspiring more people in your community. [Link to Pinned Post](#)

STEP 9

In the Sustainable World Leadership Program we are looking for people who love to be at service. We look for people who love to use their unique gift to contribute to others. Our work in the Sustainable World Project revolves around instilling the 6 heart virtues of appreciation, compassion, forgiveness, humility, understanding and valor. We are committed to build a worldwide family of people who, regardless of their circumstances, operate with heart



centered behavior. To express this commitment we have created an opportunity for everyday people to participate in the creation of a sustainable world. We name this worldwide family our Sustainable World Community Members.

You are now in the pre-selection of our leadership program. This is for people out of our community who are willing to spend much of their time towards making this world a better place. These are the people we see as potential Sustainable World Leaders. Now we ask you to invite 5 people in your life who might not have that much time. People who could contribute 4 hours weekly to make this world a better place. It is not about the number of people you invite. It can be more or less. Just give it your serious consideration.

You can invite these people to our Facebook group and ask them to read our pinned post. Here is the link. [Link to Pinned Post](#) You can also write to them, visit them or call them. It is up to you.

Make another new comment on the following Facebook post and share what was your experience inviting people in your community. You can write: "I completed Step 9 out of 50. I have invited [name], my [relationship – for example neighbor, friend, etc.] to join our group as a Sustainable World Community Member. I have asked them to read our pinned post. [or tell about the conversation you had] This made me feel . . . "

This is the link to the Facebook post where you can add that comment -

<https://www.facebook.com/groups/725583880829287/permalink/3223393964381587>

A small check: "Are you enjoying going through the Welcome Packs? Or are you doing it to 'get it done'? Are you relishing or resisting? Choose wisely! ;) If you don't judge the present moment. If you continuously give up that 'something is wrong' you start to get access to power. If you stop reacting to life and start creating your life you are well on your way to becoming a higher consciousness leader. Enjoy your journey!"

If you are ready with this Welcome Pack 3 then you can continue with Welcome Pack 4. If you do not yet have this PDF file then here is how you can get it.

1. You download it from our server by clicking the following link - [Welcome Pack 4](#)
2. You go to the download page of our web site and click on 'WELCOME PACK 4 PRE-SELECTION PROCESS' in the section 'DOWNLOADS FOR THE SUSTAINABLE WORLD LEADERS' - <http://www.sustainableworldproject.com/download.htm>
3. You ask one of our leaders to send it to you by posting: "Pls send me the Welcome Pack 4" in our Facebook group. This is our Facebook group link - <https://www.facebook.com/groups/725583880829287>