



# **WELCOME PACK 5**

## **SUSTAINABLE WORLD**

### **COMMUNITY MEMBERS**

**STEP 5 OUT OF 5**



## WELCOME PACK 5 – SUSTAINABLE WORLD COMMUNITY MEMBERS

This week we will continue sharing more about the project and we will do a powerful visualization exercise. This week we take 2 hours. Lets start with learning about the objectives, the methodology, how the project works and the ways of evaluating our progress.

### Objectives

**2026** => Five Pilot Empowerment Camps have delivered 50 Core Team Members. In camp P4 five Primary Leaders will be chosen out of the 50 Core Team Members.

**2035** => Six Empowerment Camps have delivered 936 Country Leaders. Camp 7 will facilitate a first 6 week long global critical mass action at Pyramid Valley at 1:30 Sidereal time to start shifting the global collective consciousness for 1 hour per day. Through Worldwide Interactive Events 1.596 Sustainable World Leaders are in unity consciousness for 1 hour per month on our online Empowerment Platform with 0.1% of the world population, causing these 8 million people to experience unity consciousness for 1 hour per month. Daily a growing 1600+ community of Sustainable World Leaders impact the collective consciousness of 4 billion people for 1 hour during the 1:30 Sidereal time slot.

**2038** => Five more Empowerment Camps have delivered 10.000 Project Leaders. Through Worldwide Interactive Events these 10.000 leaders are in unity consciousness for 2 hours per week on our online Empowerment Platform with 1% of the world population, causing these 80 million people to experience unity consciousness for 2 hours per week. Daily a growing 10.000+ community of Sustainable World Leaders impact the collective consciousness of 8 billion people for 1 hour during the 1:30 Sidereal time slot.







## **Methodology / How is the Solution delivered**

As not all people are comfortable with meditation we have developed many different ways to facilitate the shift in consciousness. Here is a list of different activities we use on our platform to shift people's consciousness from the lower egoic range to the higher unity consciousness. As the amount of Core Team Members is growing we will have more 'flavours' to offer. We will add programs revolving art, sports, cooking and more. Remember there is no 'right way' to raise our vibration. It is highly individual. People can choose any program they love. People can choose any program that resonates with their heart.

## **THE 9 PROGRAMS FOR RADICAL TRANSFORMATION**

1. Transformational Interactive Dialogues. (TID)
2. A Rhythmic Movement Program. (RMP)
3. A Vocal Expression Program. (VEP)
4. A Healing Program. (HP)
5. A Wellness Program. (WP)
6. A Spirituality Program. (SP)
7. An Awakening Program. (AP)
8. A Reconnection with Earth Program. (REP)
9. A Projects Program. (PP)

## **How does it Work**

We will teach people:

1. to not look at the outside world as an isolated independent system
2. to focus on the inside, which changes the outside
3. to focus on who they are being in the present instead of performing unconscious action to obtain material (money, car, house, partner, the right body) or mental positions (being CEO, being famous or being rich).
4. to work from inspiration instead of judgment. We stop launching projects because 'something is wrong'. We launch projects as an expression of love through the personal purpose of the Sustainable World Leader.





5. to focus on empowering non violent communication and non judgmental listening instead of reactionary (Egoic) intellectual and righteous talking.
6. how to unite the world by creating a 'bigger' context of a 'Sustainable World that works for all' (understand how this works by watching the movie Invictus where Nelson Mandela unites his country using the same principle)

Our continuous question 'What's present' creates an observer in the mind which brings out the thoughts in the conditioned mind. By non judgmental listening these thoughts are accepted and lose the power to dominate the mind. Unconditional acceptance is one of the key values of unity consciousness and through the process of asking this question repeatedly judgment reduces and the personal power (experience of oneness a.k.a. true universal love) starts to grow. People will dis-identify from judgmental thought of their egoic conditioned minds. They become more conscious; they become self aware. By continuous repetition of this question, we create more coherent thought waves in large groups of people and shift the collective consciousness towards the experience of oneness.

In our Transformational Interactive Dialogue (TID) Program we use real life stories. These stories are delivered by our founder Richard Alexander who playfully creates a safe environment where insights bring subconscious belief systems to the conscious. There we can evaluate and make a new choice if a belief system does not serve us. Facilitating these stories online in Worldwide Interactive Events will impact the mindset of millions of people. Over time Sustainable World Leaders will take over the facilitation of this TID program and the 8 other programs for radical transformation.

The Awakening Program will awaken a critical mass of 10.000 people to what has truly been going on in our world. This program will explain to them how we can overcome our worldly





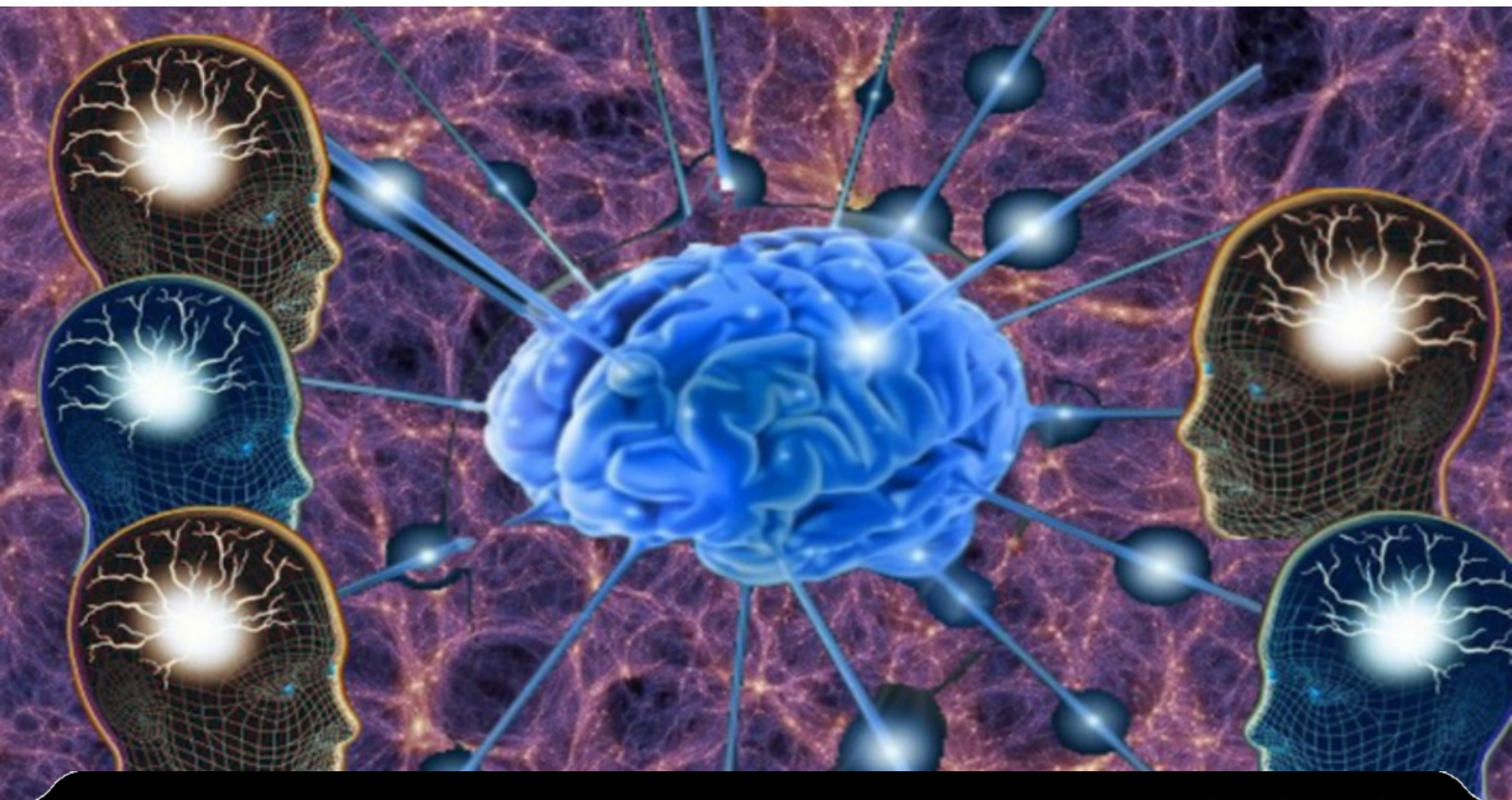


problems by shifting our consciousness. Latest consciousness science shows how we can transfer this awakening to the collective consciousness. Instantly people will know what has truly been going on without tangible interaction. This can be explained through the story of 100 monkeys. [Read the story.](#)

As all minds are being in a state of Alpha or higher, people will be inspired by the experience of unity consciousness. When we are BEING inspired we will think in positive, loving and constructive ways. These thoughts will lead to new dialogues, new collaboration and new inspired action. A critical mass of people taking inspired action will lead to worldwide projects created from a realm of unity consciousness. This will lead to a world that works for all.

### Evaluation

1. We will measure the state of mind of the Sustainable World Leaders during the different activities. (Alpha, Beta, Theta, Delta, etc.)
2. When we start doing the critical mass actions and the larger interactive events we will measure the local, domestic and global decrease in the following six statistics. War – Hunger – Poverty – Crime – Depression – Suicide. We will also connect with the Global Consciousness Project and measure the impact we have on the collective consciousness.





## **CREATING A WORLD THAT WORKS FOR ALL PEOPLE BY THE YEAR 2050 STEP 5 OUT OF 5 - SUSTAINABLE WORLD COMMUNITY MEMBERS**

### **WATCH ONE SHORT VIDEO**

I request you to watch the next video to get an understanding of one of our 9 programs for radical transformation. Watch this to calm your mind and get ready for the next exercise.

### **Spirituality & Well\_being Program**

Make a new comment on our Facebook post and share your experience while watching the video. You can write: "My experience while watching this video was . . . " Here is the link to the Facebook post where you can watch the video and add that new comment. Pls also share this Fb comment in our Sustainable World Community Members group on WhatsApp.

<https://www.facebook.com/groups/725583880829287/permalink/3229179440469706>

### **VISUALIZE THE YEAR 2038**

To make the exercise more powerful I have a few tips.

1. Pick a good time where you have a calm mindset and you will not be disturbed.
2. If you can watch on a big screen with good audio it will enhance the experience
3. The video is a visualization video, which means it will be continuously edited till we reach the event itself in the year 2038. Some things are purposely not fully finished. In the beginning of the video we show you some elements we see. Towards the end of the video we leave more space so your consciousness can fill in what could happen.

### **MAKE A NEW COMMENT ON OUR POST**

After watching the visualization video for the year 2038 make a new comment and share in a couple of lines what was your experience while watching. You could start with: "My experience while watching the visualization video for the year 2038 was . . . " Here is the link to the Facebook post where you can watch the video and add that new comment. Pls also share this Fb comment in our Sustainable World Community Members group on WhatsApp.

<https://www.facebook.com/groups/725583880829287/permalink/3229191970468453>

### **MAKE A NEW COMMENT ON OUR POST**

I request you to comment one thing you learned today when you read the information about our project in this pack. You could write: "Today I read Welcome Pack 5 for the Sustainable World Community Members. I learned . . . [write what you learned]. Here is the link to the Facebook post where you can add that new comment. Pls also share this Fb comment in our Sustainable World Community Members group on WhatsApp.

<https://www.facebook.com/groups/725583880829287/permalink/3229203343800649>



## **LAST STEP – OFFICAL REQUEST TO APPLY FOR BEING A SUSTAINABLE WORLD COMMUNITY MEMBER**

If you are ready with this Welcome Pack 5 then henceforth guidance will come through our weekly Sustainable World Community Program on Facebook and messages in our Sustainable World Community Members group on WhatsApp.

Every week there will be 2 hours of assignments which will give you the opportunity to contribute to the creation of a sustainable world; a world that works for ALL people by the year 2050.

### **MAKE A NEW COMMENT ON OUR POST**

If your heart is resonating with what we do, then comment the following declaration on our Facebook post. You are making this declaration in front of the whole community. We will all keep ourselves and one another accountable for this declaration.

Pls comment: “I declare that I have read the 5 Welcome Packs fully. If I had questions I have asked them to the Sustainable World Leader that is guiding me. The name of the leader guiding me is [tell the name – for example Mahoro Oliver]. I resonate with the mission and vision of the Sustainable World Project. I declare that I understand that monthly incentives will only be paid when funding is in place and leaders are inspired by my contribution. I understand that this can change from a month to month basis. I promise to not bring any pressure to any of the leaders or anyone else when monthly incentives are stopped or being moved to the tab (spreadsheet) due to lack of funds or me not inspiring any of the leaders. I hereby officially apply to be a Sustainable World Community Member.” Here is the link to the post where you can make your declaration. Pls also share this declaration in our Sustainable World Community Members group on WhatsApp.

<https://www.facebook.com/groups/725583880829287/permalink/6456124724441812>

Our team will consider your request and assess our relationship with you. If we feel confident you are applying from the right place, which is to contribute to make this world a better place and you are not applying solely for the financial incentives, then we will reach out to you with our confirmation.

### **NOTES**

Our Founder Richard is juggling a lot of commitments. He will not be able to respond to each and every person reaching out to him by private chat. Please write your questions in our Sustainable World Community Members group on WhatsApp and one of our leaders will respond.