

# The Global Transformation Minute



## SEPTEMBER HEADLINES

- Note from IFGT Editor: Do You Need a Reset?
- Lee Harris Podcast: September 2019 Energy Update
- GAIA: Transformational Media for the Awakened Community

## MONTHLY CONTENT

- Greeting from IFGT Founder, Maryann Miller
- Terms and Definitions
- Free Guided Meditations

## IFGT EVENTS, OPPORTUNITIES, AND RESOURCES

- Monthly Global Meditation/Prayer
- Distant Service Council (Meditation and prayer for you)
- Critter's Distant Service Council (For your furry friends)

## Note from IFGT Editor—

### NOW THAT SUMMER IS OVER: HOW DID IT GO?

I trust everyone has had a few adventures, time with family, and time off from your normal routines. Now that September has arrived, I think it may be helpful for all of us to reflect over the last few months, and to adjust and recalibrate if necessary.

My summer kicked off with a 3-day silent retreat at the Garrison Institute in New York. This retreat was focused on the practice of mindfulness, something I'm very interested in. After I settled into the notion that 'silence' is not an awkward thing, I realized that by removing the overtures of saying hello and the necessity of mealtime conversation, I could just BE without the pressure to connect with others. It was such a change from my normal life and I felt a sense of liberty not experienced before. I loved this practice and would do another silent retreat... in a heartbeat.

At the end of this long weekend retreat I felt renewed, deeply connected to my soul, and balanced

within. Looking back now, this retreat provided a much needed 'reset' and its impact lingered all summer long as I tackled moving, a change in my work life, and lots of big projects that needed to be done. Summer unfolded rapidly while I focused my attention on maintaining a connection to my inner world of self and purpose, and my days moved forward with lots of big and little steps.

Here we are now at the beginning of autumn and we're entering the final months of 2019. For many who are on the path of ascension and spiritual awakening, you may feel called to be a Light Worker, and this means giving of your time and energy to humanity. If this describes you then it's quite possible you are delivering services that are designed to help others. And this probably isn't your day job. It means you're busy... or busy planning what you believe you're called to do. Like me, you may be facing some big challenges that are initiating more of this inner transformation.

So, as September ramps up, it's vital that we all engage in genuine self-care. For many this may be a new thing, but it's something we all need to learn— and we can start by placing a priority on mastering our own well-being through the practice of meditation, listening to music that touches the soul, going on walks in nature, taking Epsom salt baths, and simply being alone and quiet. These things bring balance to your life and provide an inner state of connectedness with yourself, your soul. Now more than ever, everyone must learn to do this as part of regular self-care. Think of it as mastery of your inner world, your energy, and your body.

### **Why is this so important?**

New things may be emerging in your inner world that are now representative of your truth and who you are. Becoming your authentic self means that you are going through profound transformation, and for many of us, the buildup and the momentum peak— and then eventually we step into an in-between stage where all of this must be fully integrated in our bodies. It is crucial to allow this to take its natural course— as it is a powerful part of your inner transformation.

Many of you might not want to be in this place and it could be quite stressful. You may be phasing out one area of your life and heading into something new— and it may be that you're right in the middle of it. If you can relate to this, trust your own intuition and focus upon the NEW that's coming into your life and your true sense of self. Trust that you are heading in a forward direction even if it doesn't feel that way. This limbo stage is the path of faith where you develop a true confidence in yourself and the divinity that exists to carry you forward and fulfill your purpose.

In closing this September note to all of you, I encourage you to listen to the podcast by Lee Harris, a globally acclaimed intuitive messenger and transformational leader. Each month Lee takes the pulse on what is showing up in the collective—energetically, emotionally, and psychologically, and this month there are a couple of big themes. I get a lot out of hearing others speak on the human collective at large, and it also helps to know that I am not alone on this journey. Lee's message brought inspiration and I hope it will do the same for you. Be sure to also check out the TERMS & DEFINITIONS located toward the end of the newsletter. It is our intention to not only provide good content, but to help in educating and informing you of global trends within the conscious community at large.

Let's rest if necessary, and allow a reset. Then let's get on with our missions.

Namaste.



### **Theresa Lundquist, IFGT Newsletter, Editor-in-Chief**

As a conscious business leader and management professional in Legal/Banking/IT, I've spent my entire career in technology, management, business development, adult learning, and performance improvement. While I am highly focused on introducing mindfulness in the workplace, in my spare time I am fascinated with the study and exploration of energy, quantum physics, and astronomy. I am a mother of three adult children and three young grandchildren.

I have been a seeker all my life and recently experienced a conscious awakening in 2015. I consider myself a Light Worker, Way Shower, Teacher, Intuitive, and I am committed to helping others awaken to their own conscious path. I see my life full of purpose in service to the planet and the awakening of humanity.



### ***Greeting from IFGT Founder***



Do you call yourself a mystic, a server, a mindful person, a spiritual person... I could go on and on with titles. The point is, if you bring into the world the ideals of your higher self – your soul – and live a life that expresses the Light of your soul, then you are living your true purpose and making the world a better place for everyone. You are among the millions of people in the world who call themselves change makers, and who count themselves among this growing group of individuals who are transforming the world each day simply by being and living who they are. It is a great privilege for me to walk this journey with you.

In Shared Service,  
Maryann Miller

**The Institute for Global Transformation™ is a GLOBAL COMMUNITY** of change makers endeavoring to master our lives and help build a more loving, interconnected, and peaceful world.

We have the power to change the future. We are raising our consciousness, connecting with our Higher Selves, and mastering our lives.

We are concerned with the environment, bringing trust and transparency back to economics, promoting responsible science and engineering, encouraging honesty with regard to social issues and relationships among individuals. It is the nature of these characteristics that holds the power to create real, lasting, and positive change in the world.



***“In order to change the external situation we must first change within ourselves.”***

**~ Dalai Lama**

Change is at the root of creating a better world, and at the root of all change is consciousness. Sometimes it is simply becoming aware that something is harmful and therefore needs to be changed. Other times, it is the awareness that the path we have been traveling upon is not leading us

to our desired destination. No matter what change we seek, it is always a change in consciousness that illuminates the path to change.

***It is being said there's a new species emerging within humanity. IFGT calls them the change makers.*** We come from all walks of life, all races, education, religions, socio-economic status, age, and spiritual development. We are creating enlightened changes in our personal lives and through these changes— we are, together, creating a profound new world model of interconnectedness, inclusiveness, harmony and purpose. We are, together, impacting global consciousness and ushering in the Age of Aquarius.

Are *you* a change maker? If so, what would *you* like to change?



## SEPTEMBER 2019 ENERGY UPDATE

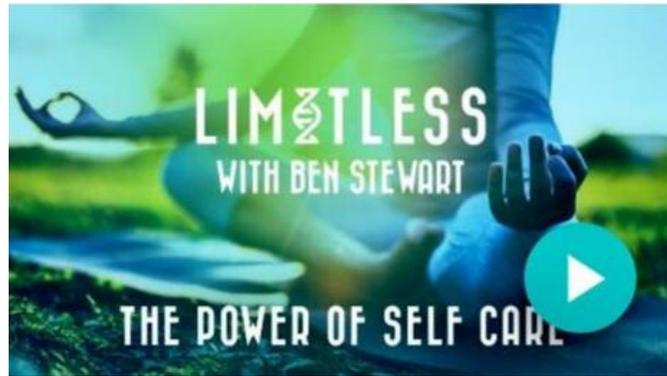
On the planet things are particularly *gritty* right now— and as a result, things are a bit edgy within ourselves. Levels of vulnerability and emotions are higher than ever, which is really necessary for transformation. This is an intense time where we ride the waves... and while it's wonderful to have a vision for your future, a desire to help others, to be someone who brings transformation— it's vital to allow ourselves the space and the time to *feel* what we're feeling as we go through this period of time of inner transformation.

If we don't 'catch up' with what we're experiencing and if we don't *integrate* what we're feeling within our bodies, we become off center, we lose our balance— and we don't *personally* get to access the transformation that we are here to *have within ourselves*. This is just as important as being part of the outer collective transformation that is taking place in the world.

Let what needs to move through you... *move through you*.

To listen to the video podcast, click this link: <https://youtu.be/e5mnT2bLNUs>





GAIA is a global digital video streaming service and community dedicated to providing transformational media to those seeking a fully awake and aware life. They deliver curated media to 515,000 subscribers in over 185 countries. This is an excellent viewing channel for those who want to learn more about conscious awareness, the power of inner transformation, and human evolution. LIMITLESS is a series on GAIA that embarks upon a path that unlocks the deepest mysteries of our limitless potential by stepping beyond perceived limits to safely and easily experience the next level of our evolution.

Suggested episode to watch—

THE POWER OF SELF CARE [Season 1: Episode 11, 24 minutes]

You cannot skate through life without slowing down. Stop, take a breath, and relax. In this fast-paced world, it's more important than ever to forgive ourselves, release stress, and bring balance to our inner world. The path to unlock our hidden potential is through self-care.



## IFGT EVENTS, OPPORTUNITIES, AND RESOURCES

### IFGT LINKS AND RESOURCES

- [TRANSFORMATIONAL CONVERSATIONS GROUP](#)
- [IFGT CLASSES AND COACHING](#)
- [HELP CREATE A BETTER WORLD](#) (Become part of the Oneness Movement)

The **DISTANT SERVICE COUNCIL** is intrinsically concerned with the balance, health, and harmony of the whole person as well as the whole of humanity. The Council is a free service of the IFGT and consists of over 100 individuals who meditate or pray on your behalf when you ask for assistance. To find out how the council operates or to request assistance: [Click on this link.](#)

### MONTHLY GLOBAL MEDITATION-PRAYER FOCUS

We've all experienced those moments when life flows, when it is easy to do what is right, what is good for ourselves and for other people, when applying mystical principles is easy, when the results of our training and study is effective and produces dramatic results, a time when we manifest discipline, commitment and confidence, when we seem to be in a state of grace. [Continue reading.](#)

**THE CRITTER'S DISTANT SERVICE COUNCIL:** Dr. Frances May, a retired Chiropractor, Acupuncturist, and Reiki Master—has been serving both humans and animals for the last 30 years as a Spinal Consultant. As Chair for Critter's Distant Service Council, Dr. Frances May, D.C., L.Ac., realized long ago that her calling was to give a voice to the voiceless companions that could not speak for themselves. With that said, we'd like to introduce you to another facet of IFGT, which is the Critters' Distant Service Council, where you can ask Lightworkers from an extensive global network to support your animal companion. It is our fervent hope that you will find peace and comfort from this service, as we believe that our animal companions deserve the very best that we can give them.

To request this service, click on this link:

<https://www.ifgt.net/contact-the-critters-distant-service-council-3>.

## TERMS AND DEFINITIONS

Below is a glossary of terms used to edify language that may be contained in this newsletter.

### **Spiritual Awakening**

Spiritual awakening is sometimes referred to as a one-time event, and while this is true to an extent, it is very much an initiation. More accurately, awakening is just the beginning of an entirely new journey. This can happen more than once throughout a lifetime.

The term 'spiritual awakening' is used by different people to refer to, in general, a new revelation, breakthrough, or enlightenment that happens within one's spiritual life. A spiritual awakening brings a newfound awareness of a spiritual reality. It can be gradual or rapid, and it can mean different things to different people. This experience brings a profound moment of clarity about something or some aspect of one's self and is associated with a collapse or breakdown— where someone finally lets go of something, and the truth is revealed. Spiritual awakenings generally mark the beginning of a spiritual path, and unlike the popular depiction, it isn't all love, light, sunshine, and roses. It can be a shocking, painful, disruptive, and an unsettling period of life.

Spiritual awakening requires a willingness to let go of limiting beliefs formed by the ego. This can be a beautiful experience, but it can also feel like a roller coaster at times— as you bounce between depressed states, elated states, and stable states.

Spiritual awakening is, in essence, a shift in consciousness and initiation into expanded consciousness. The awakening process itself is when the lower self transcends fear, confusion, and the many lies and illusions of the physical world in order to reconnect with higher consciousness and full awareness of the underlying love and peace present in every moment. In its simplest sense, it is a paradigm shift— a profound, life-altering internal change that can happen in a moment.

Spiritual awakening is not the 'be all end all' of spiritual development, it's simply the tipping point, an initiation into the process of fully awakening to view reality through an enlightened perspective. An awakened state is one where you are connected to your higher self and to higher consciousness— present and aware.

Awakening is a shift in consciousness... one person at a time. Humanity at large is now undergoing the spiritual awakening process and many cite 2012 as The Great Shift. Individuals across the planet are now 'waking up' and letting go of the mind's grip upon illusion to experience a profound change in consciousness and an expanded perspective. It involves realizing from deep within and all around that the separation, limitation, beliefs, and the models for success and happiness in the physical world are rooted in lies. It is a highly personal process that can also be deeply challenging, as the very foundations you've built for how to live and succeed in the world— seem to crumble away.

Awakening reveals that the many 'matrix programs' of society have only been weighing down humanity and hiding us from our true light and infinite potential.

Awakening is when you wake up to the truth that you are ONE with Divine Source, God, Light. The veil of 'separateness' dissolves and you embrace the reality that you are connected to ALL things and YOU are a spark of the Divine.

Awakening is part of the ascension process.

### **Path of Ascension**

Ascension is a unique process that leads to a reunion and connection with God, Source, Spirit, the Universe. It represents the acceleration of consciousness and is not tied to formal religion.

Ascension is actively choosing to evolve into higher consciousness, and by definition, it is the path of those who are intentionally choosing to step into a higher level of consciousness and light.

When does ascension begin? It is an ongoing lifetime process, so to speak, as it is directly linked to the opening and expansion of your heart, which reunites you with Source, merging with your higher self— and all levels and layers of your authentic self. It is returning to pure Source, divine Light, and experiencing the highest levels of unconditional love in every area of life.

Ascension is not something that happens to us on a certain date. It is a process of aligning with higher consciousness and the Divine. It doesn't happen instantly or automatically, but rather ascension happens incrementally, as we increase our illumination one step at a time.

Ascension is not just spiritual, physical, and mental. The process of ascension has an impact on your entire being and how you perceive, relate to, and interact with the world around you. Ascension is a total transformation. To ascend is to realign with divine Love and awareness at an expanded level of consciousness.

### **Authentic Self**

Our roles in life don't make us who we are, but we often base our idea of who we are on everyday roles such as parents, spouses, friends, colleagues, what we do in our jobs, or what qualifications we have. We even go to the extent of changing our personas in different social situations and act out of character because we think we must to be accepted. In doing so, you are not being 'you' at your deepest level.

There is the true self with a small 's' and there is also your big self with a large 'S.' Your true self is the most authentic expression of your character and personality. Your big Self (big 'S') is known as your Higher Self, or Soul.

The authentic self is the 'you' that can be found at your absolute core. It is that part of you not defined by your job, function, or role. It is a level of identity that represents the real, true, genuine substance of who you are, and it reflects outwardly as a composite of your values, wisdom, inherent talent, and skills.

The authentic self is always trying to find ways to show itself to you. It wants you to come to know it intimately and it means to give you the awareness of congruence. The authentic self means to show you who you are so you can become that in your daily lives.

What does it mean to be your true authentic self? By holding the intention of being true to yourself, you focus your attention on whatever resonates with your inner truth.

The path toward living as your authentic self begins with knowing your core values and this helps to understand what drives you— what you enjoy, what inspires you, and what is most important to you. By building a life and lifestyle around your values, you create a life that is more satisfying and meaningful to you. Your values may change over time, and they deepen as you understand yourself better.

The benefits of becoming your authentic self include an increase in self awareness, being in alignment with your dreams and goals, being truthful to self and others, doing what you love, satisfying your needs, having a deep sense of purpose, being happier, and having a feeling of fulfillment.

### **Collective Consciousness**

This is the collective awareness of humanity and is often referred to as mass consciousness. Many simply refer to this as the collective consciousness.

The collective consciousness is a web of magnetic thought energy that connects every human mind with every other human mind. Every human mind within this web is affected by the thoughts streaming forth from the combined or collective awareness of humanity.

Collective consciousness can be likened to a musical orchestra. Every musician plays an instrument, and the instrument sends out sound vibrations. When all the instruments are playing in harmony, the orchestra can produce the most amazing and inspiring music. But when an instrument is out of harmony with the rest of the orchestra, a discordant sound is produced that lets the listener know an instrument is out of tune.

Human minds are joined with each other AND with the infinite divine Love of unity consciousness. They are not separate. They are inter-related, like instruments of a musical orchestra or like computers accessing the worldwide internet.

Whatever you think and feel affects the collective consciousness.

The human mind acts as a transmitter receiver for thought waves from other human beings. We 'receive' in our solar plexus in the stomach, translate thoughts and feelings up through the heart, and broadcast our response through the 'single eye' in the forehead (pineal gland). All of this happens in a split second of awareness.

Most of us are not aware that we silently broadcast our positive and negative thoughts and feelings all the time to the world, which in turn affects the positive or negative frequencies of the collective consciousness. When we are tuned into our environment, we can pick up positive or negative vibrations from people, places and things. We get strong feelings in the pit of our stomach when something is not in our highest and best interest.

The strength of collective consciousness can be seen very powerfully when a group of people come together to manifest a mastermind: the group's focus on a single intention that manifests a desired experience or outcome. It could be anything the group may desire to manifest, for example— a family set on obtaining a new house, an individual set on a new job or career, a company set on breaking all sales records, a sports team set on winning a championship game.

The magnetic power of the collective consciousness is exponentially increased by the larger the number of actively 'aware' participants. This is why meditating in a group is so powerful. Each contributes to the group's collective consciousness, and the cumulative effect of that collective consciousness raises the energy of each individual exponentially. This is the power of collective consciousness.

Humanity's collective consciousness holds the power to manifest positive outcomes. For example, impacting weather patterns, dissolving hurricanes, tornadoes, and storms before they cause damage and possible loss of life. Or coming together in a global prayer and meditation to send unconditional love to the world, and affecting positive change in the low frequency of negative thinking. Even creating a heaven on Earth of free energy, no wars, no starvation, and abundance for everybody. All of this and more is possible with the power of our human collective consciousness.

This is what The Great Awakening is all about: discovering the magnificent and enormous power inherent in our collective consciousness and learning how unity consciousness is at work to uplift humankind and all sentient beings.

### **Self Care**

Self care is about getting in touch with your inner world— through your mental, emotional, and physical body. It significantly reduces the negative effects of stress, which over time will break down your mind and body.

Self care includes activities that we do with intention to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something many often overlook.

Knowing what self care is not might be even more important. It isn't a selfish act and it's not something we force ourselves to do— nor is it something that we don't enjoy doing. Self care is something that can refuel us.

Self care is the key to living a balanced life and although this means different things to different people, there are basic things you can do easily, with regularity: 1) maintain a nutritious, healthy diet, 2) get enough sleep, 3) exercise, 4) do yoga, 5) practice meditation, 6) listen to music, 7) take Epsom salt baths, 8) be outside in nature, and 9) spend enough time with your loved ones. All of these practices create balance and connection to your inner self.

Doing at least one relaxing or pleasurable activity every day will also help to maintain inner peace and balance. This could be cooking, watching a movie you really enjoy, or simply calling or meeting with a friend. If spending time alone is vital to your inner sense of wellbeing, take time alone without any interruptions as often as you can. All these activities will restore balance and bring peace and calm (and even bliss) to your daily life.

### **Light Worker**

A light worker is anyone who devotes his or her life to being a bright light in the world. They understand that their actions (no matter how big or small) have the potential to raise the vibration of the planet. A light worker is awake, conscious that their presence matters and that they are part of something that is bigger than them. Light workers are not just tie-dye wearing hippies and healers with dreads. Far from it. They are teachers and chefs, corporate professionals, writers and singers, mothers and intuitives. This list goes on. Light workers are at the nightclub, in cafès, the boardroom, and in the art studio. They are everywhere.

Newly awakened light workers tend to have a significant awakening experience spurred on by a life event. Once awakened it is hard to go back to sleep and there is a feeling that things can never be the same. Their consciousness has shifted, and they may decide to answer the call to be of service to humanity. Newly awakened light workers seem to be able to jump right in and make big life changes in response to answering the newly awakened call within them.

Retro light workers come in knowing. They have been doing this work for lifetimes and as a result may find that they have considerable fear around stepping forward (due to a soul memory of persecution). They are likely to have always had a knowing that they were here for a reason, that there is work to do, and a feeling that time is running out. Erecting a spiritual closet from a young age is common for this type of light worker and as a result, revealing to the world who they really are can be a scary process for them.

There are countless souls awakening to the call of service. Anyone who chooses to devote their life to being a bright light in the world is a light worker. The only requirement is a desire to connect with your own authentic light and a longing to serve the world and humanity. Some call this “working your light.”

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