

Guide to Going High When Others Go Low



#WeGoHighProject

3/14/2017

Report, Activity and Resource Guide

“It’s hard to jump high and feel down at the same time.”

Terri Trespicio, Living Magazine

GUIDE TO GOING HIGH WHEN OTHERS GO LOW

REPORT, ACTIVITY AND RESOURCE GUIDE

BEST IDEAS TO KEEP FROM PULLING YOUR HAIR OUT AND SCREAMING WHEN OTHERS GO LOW:

1. Remember we are in the midst of a massive global transformation and that we as individuals have more power than it feels like we have. We created the world we have and we can create a new one.

“THROUGHOUT HISTORY, THE REALLY FUNDAMENTAL CHANGES IN SOCIETIES HAVE COME ABOUT NOT FROM DICTATES OF GOVERNMENTS OR THE RESULT OF BATTLES BUT THROUGH VAST NUMBERS OF PEOPLE CHANGING THEIR MINDS – SOMETIMES ONLY A LITTLE BIT. SOME OF THESE CHANGES HAVE AMOUNTED TO PROFOUND TRANSFORMATIONS – FOR INSTANCE THE TRANSFORMATION FROM THE ROMAN EMPIRE TO MEDIEVAL EUROPE OR FROM THE MIDDLE AGES TO MODERN TIMES.”

- WILLIS HARMON IN GLOBAL MIND CHANGE

2. Going High when others go low is catching on. More and more of us are fed up with the negativity and divisiveness and are taking responsibility for doing things differently. Check out the We Go High Project Facebook page and the list of organizations in this report and sign up to get positive news and guidance so you feel empowered to act and be a part of a community.
3. Get serious about changing how you see things and think and talk and act. We can't cause anything in the world that we are not being ourselves. So take a close look at what you want in the world like peace, acceptance, compassion, respect, and freedom and get clear about how and where you are falling short of being these things. And with compassion for yourself take steps to change these things.

“COURAGEOUS COMPASSION”- SERVING AS A COURAGEOUS STAND FOR A BETTER WORLD BY USING RADICAL COMPASSION TO NAVIGATE DAUNTING TERRAIN WITH A NIMBLE MIND AND HEART.

- MARILYN LEVIN, WE GO HIGH FOUNDER

4. Choose to hospice the death of the old systems and midwife the birth of new systems
 - Release old patterns that created the mess we are in and learn to use new ones that will build the world we want. Practice with every belief, thought, feeling, word and action.
 - Bring compassion to ourselves and others when we fall short

"THE JOB OF OUR TIME IS TO HOSPICE THE DEATH OF THE OLD UNSUSTAINABLE SYSTEMS AND STRUCTURES WITH COMPASSION AND LOVE AND TO MID-WIFE THE BIRTH OF THE NEW SUSTAINABLE SYSTEMS AND STRUCTURES AND NEW WAYS OF BEING."

- LYNNE TWIST, *THE SOUL OF MONEY*

5. Treat self care as essential instead of optional - If you are frazzled, stressed, and exhausted you are not in good shape to make the best choices about how to deal with the volatile and complex challenges we face.

"HEALING YOUR OWN HEART IS THE SINGLE MOST POWERFUL THING YOU CAN DO TO CHANGE THE WORLD. YOUR OWN TRANSFORMATION WILL ENABLE YOU TO WITHDRAW SO COMPLETELY FROM EVIL THAT YOU CONTRIBUTE TO IT BY NOT ONE WORD, ONE THOUGHT, OR ONE BREATH. THIS HEALING PROCESS IS LIKE RECOVERING YOUR SOUL."

- DEEPAK CHOPRA

6. Give up the "I am right and you are wrong" mind set. We are conditioned to think in dichotomies of right and wrong but the reality or truth of something is dependent on the observer. We can remember that to validate someone else's truth from their view does not invalidate our truth from our view.

"WE ARE AT A TIME WHEN HUMANITY IS BEING ASKED TO HOLD MULTIPLE SEEMINGLY CONFLICTING TRUTHS AND FIND THE COHERENCE WITHIN DIVERGENT PERSPECTIVES."

- QUEST FOR GLOBAL HEALING CONFERENCE

7. Choose the views that are most empowering to your higher self. With so many complex possible explanations for anything and everything out there it can work well to choose perspectives that make your life work. For example:
 - Assume good intentions of others (I know that the person who wants to "save my soul so I don't go to hell for being gay" is actually making a loving act from their perspective so I react to the loving intent rather than the worldview I don't share).
 - Understand that emotional trauma, exposure to toxic substances, and unhealthy cultural conditioning have all of us falling short of our capacity and that compassion and forgiveness just might get us father as a human family than negativity and fighting.
8. Try not to play along in the Victim/Villain/Rescuer Dynamic. Look up the Drama Triangle and start learning how you are playing along and how you can step out of this dysfunctional dynamic to healthier models of relating to others.
9. Use your best self to bring out the best in others and treat them with respect even when they are forgetting to demonstrate their best selves. You will almost always have more luck in changing things by building people up rather than tearing them down.
10. Remember that many times when people and circumstances trigger you it is more about you than it is about them. They are often showing you where you have yet to heal. In those places where we are free of wounds we can find it easier to come from a grounded sense of strength and compassion instead of reactivity.

QUICK MINI ACTIVITIES THAT CAN WORK WAY BETTER THAN WORDS TO BREAK THROUGH DIVISIVENESS AND SNARKINESS:

[Click Here for 16 page guide on facilitating mini activities that are effective tools for going high when others go low.](#)

Activities included in guide:

Mind Power - Use the best in you to bring out the best in others

Hand Fold - Move beyond initial reactions based in cultural conditioning

Thumb Wrestle - Resist competing when cooperation is more effective

Hand Slap - Remember that no one does their best while under attack

Focus - Broaden your focus - transition from scarcity to sufficiency

Perspective -Expand your perspective to enhance creativity and wisdom

Polarization - Stop polarizing & get grounded in connection

RCC - Use collaboration to enhance mutual investment

Listening Pairs - Use active listening to communicate with power

Appreciations - Acquire the art of appreciation and acknowledgement

If you want a book full of over 100 activities and facilitation guidance for a better world in English or Spanish go to www.experientialactivitiesforabetterworld.com

RESOURCE LIST OF SOME GROUPS AND ORGS LEADING THE WAY IN “GOING HIGH”.

PLEASE SEND ADDITIONS TO MARILYN@WEGOHIGHPROJECT.ORG

We Go High Project – www.wegohighproject.org

KINS Innovation Network – www.kinsinnovation.org

Center for Sustainability Solutions – www.centerforsustainabilitysolutions.org

YES Magazine – www.yesmagazine.org

Search for Common Ground – www.sfcg.org

Compassionate Listening Project – www.compassionatelistening.org

Public Conversations Project – www.listeningproject.org

Challenge Day – www.challengeday.org

The Pachamama Alliance – www.pachamama.org

Huffington Post – www.huffingtonpost.com

Alliance for a New Humanity – www.anhglobal.org

Youth for Environmental Sanity – www.yesworld.org

Wonderful World Media Network – www.facebook.com/wonderfulworldmedia/

Parliament of World’s Religions – www.parliamentofreligions.org

Soul of Money Institute – www.soulofmoney.org

Love Army – www.thedreamcorps.org/lovearmy

The Shift Network – www.theshiftnetwork.com

Humanity’s Team – www.humanitysteam.org

Tree Sisters – www.treesisters.org

Be The Change Earth Alliance - <http://www.bethechangeearthalliance.org/>

Center for Sacred Studies – www.centerforsacredstudies.org

Care First World – www.carefirstworld.com

Philanthropy4Life – www.philanthropy4life.net

Tribal Trust – www.tribaltrustfoundation.org

We World Network – www.weworldnet.com

National Peace Academy – www.nationalpeaceacademy.us

Natural Awakenings Magazine - <http://www.naturalawakeningsmag.com/>

National Coalition on Dialogue and Deliberation – www.ncdd.org

Generation Waking Up – www.genup.net

Care2 - www.care2.com

Mosaic Project – www.mosaicproject.org

Uplift – www.upliftconnect.com

Earth Guardians – www.earthguardians.org

Standing Rock – www.standingrock.org

Women’s March – www.womensmarch.com

Movement Strategy Center – www.movementstrategy.org

Unify – www.unify.org

Noomap – www.noomap.info

Live the Future Now – www.livethefuturenow.com

Inspired Legacies – www.inspiredlegacies.com

Bolder Giving – www.boldergiving.org

Bioneers – www.bioneers.org

Evolving Wisdom – www.evolvingwisdom.com

Institute of Noetic Sciences – www.noetic.org

Daily Good – www.dailygood.org

Kosmos Journal – www.kosmosjournal.org

Revolutionary Love – www.revolutionarylove.net

Ellen TV – www.ellenTV.com

Obama Foundation – www.obama.org

Inspire More – www.inspiremore.com

Good News Network – www.goodnewsnetwork.org

Not in Our Town – www.niot.org

Bright Vibes – www.brightvibes.com

Dream Corps - www.thedreamcorps.org

Collective Evolution – www.collective-evolution.com

Outward Bound Peace Building – www.outwardboundpeace.org

Kindness.org – www.kindness.org

And many more to come – send your additions to marilyn@wegohighproject.org

WE GO HIGH PROJECT BACKGROUND

INSPIRATION

In the backdrop of numerous global happenings that has exacerbated a sense of divineness and fear in society I was searching for a pathway through the collective suffering. I was deeply inspired by Michelle Obama's guidance "When they go low, we go high" and moved by Obama's praise of Ellen DeGeneres's use of kindness and humor to bring people closer together (when he awarded her the Presidential Medal of Freedom).

I was also trying to figure out how we could put the KINS Innovation Networks principles and the Center for Sustainability Solutions whole systems approaches to solving large scale issues to use in addressing the complex issues at hand. And I was exploring how the many transformational and healing tools I have learned in my journey could provide value here. I was also present to the reality that this is the time of collective leadership and courage rather than the time of global leaders of the past like Gandhi and MLK.

And it all came together in a lightning bolt of clarity and inspiration!

Start the **"WE GO HIGH PROJECT"**

The We Go High Project will give humanity a place to dance in the inquiry about what it looks like to "Go High when others Go Low" and use this to create a more humane and joyful world.

WHAT IS IT/WHAT WILL IT OFFER

- Community – place to find examples/models, place to lift your spirits, place to question, place to feel supported and empowered
- Inspirational stories and examples of going high and handling when people go low
- Guidance on navigating current cultural challenges effectively
- Whole system approach – value different approaches and apply appropriately (honor different ways of coping with and addressing issues)
- Joyful and playful space – using high vibration and humor
- Resources and opportunities – free and fee – handouts, guides, webinars, interactive speeches, trainings, coaching (individual and group), videos, audios, we go high guides for different audiences, etc
- Embodying highly conscious philosophies and practices to move us ahead – like Gene Keys, multiple intelligence, radical compassion, radical rethinking and reinvention, new language for a new story, extricating ourselves from current paradigm dynamics like victim, villain, rescuer, etc
- Learning to do "social justice, eco-activism and making a difference" in new ways (i.e. we can't effectively heal divisiveness, fear, hate, injustice with just more of the same but we do need to stand up and fight back at times so how do we navigate this complexity).
- Self care and self healing as fundamental to a better world (instead of an afterthought)
- Play days to heal divisiveness (Cooperative Games, Zumba, Yoga, etc)

And perhaps most importantly, we will use our 40 years of experience in bringing together entire systems of diverse stakeholders into Innovation Networks to solve complex and intractable issues. The WE GO HIGH PROJECT is the newest Innovation Network of KINS Innovation Networks (<http://www.kinsinnovation.org/>) and The Green America Center for Sustainability Solutions (<http://www.centerforsustainabilitysolutions.org>). Networks with proven success include Solar, Community Capital, Sustainable Agriculture, Clean Food, Philanthropy, Business and Investing, Women's empowerment, Sharing Indigenous Wisdom and many others.

**THANKS FOR JOINING THE EMERGING MOVEMENT TO
GO HIGH WHEN OTHERS GO LOW!**

SPREAD THE WORD!

www.wegohighproject.org

www.facebook.com/wegohighproject/

www.twitter.com/wegohighproject