

# Two Leaders in Human Potential Share Perspectives: BARBARA and RAMA

by John Ariel Murphy

What came first — the chicken or the egg? Or, more appropriate to our theme, what comes first — discovering self or living it? Can you live self without discovering self, or can you discover self and not live it? In more esoteric terms, can you separate the inner from the outer?

If you have experienced the interconnectedness of life, then it is likely that you would say that the inner cannot be separated from the outer. Our outermost is a reflection of our inner awareness. And as our awareness of self changes, so does our manifestation of self in the world. Therefore, the answer to the age old puzzle of the chicken and the egg is that they both come "together"

And recently, two dynamic women — known for actively manifesting personal spiritual principles on a planetary scale — came together in the Northwest. Barbara Marx Hubbard, futurist, politician,

and spiritual humanist met with Rama Vernon, yoga teacher, founder of the *Yoga Journal*, creator of the Unity in Yoga movement, and currently active in a citizens' diplomacy mission to the Soviet Union. Barbara was in Seattle March 8 - 10 as guest of the Bellevue and Seattle Unity churches. Upon her arrival, she met at Sea-Tac with Rama Vernon, who was on her way to San Francisco to confer with Hollywood producers regarding the filming of the citizen's diplomacy trip to Russia in May. Also present at this meeting were Phyllis Grimes, Shiela Connors, and Gretchen Christopher, all of whom are going to Russia with Rama.

I taped their conversation and share it with you because both Barbara and Rama discussed their personal techniques for self discovery and living it. The conversation started with a discussion of whom Rama should arrange for Barbara to meet

with in Moscow. Barbara told a fascinating story about her journey to the Soviet Union in 1972 in an effort to create a private citizens'-sponsored space mission. Through the arrangements of Norman Cousins and Dr. Womer Von Braun, she met with Elena Masevitch of the Soviet Academy of Science. According to Barbara, Elena was willing to take a risky political gamble and involve the Soviets in an unprecedented mission. As it turned out, the U.S. Government rejected the proposal.

Before we could continue, a waiter was summoned with a cordless phone so that Barbara could be interviewed by Seattle KIRO's Jim French. Addressing the theme of a "peaceful Armageddon" in an on-the-air interview, she said, "I think we can act in such a way that the negative scenario can be aborted. I think it's really our choice. If self-centered conscious-

Left to right  
(clockwise): Rama  
Vernon, Shiela  
Connors, Barbara  
Marx Hubbard,  
Phyllis Grimes,  
Gretchen Christopher







Rama Vernon and her daughter, Andrea

## RAMA'S AGENDA

Approximately one hundred Americans will depart the U.S. on May 12, 1985 and travel to the Soviet Union for a two week long "people-to-people" exchange program of citizen diplomacy aimed at improving international relations. The group is sponsored by Projects for Planetary Peace (3Pi), a world-wide, non-profit, non-political organization founded in 1984 by psychologist Ron Mann of Nevada City, California. The impetus for this project was initiated by Rama Vernon, Project Coordinator, in May of 1984.

The diverse make-up of the 3Pi group embraces educators, psychologists, medical personnel, business leaders, artists in all fields, lawyers, clergy and politicians. Upon their arrival in the Soviet Union, they will be met with their respective professional counterparts. A twenty-member American film crew will be part of the entourage and, in co-production with the Sovin Films of Moscow, will shoot a documentary film of the exchange taking place. The film will subsequently be exhibited throughout the world.

As the second step in this program, 3Pi plans to sponsor a similar exchange of Soviet citizens in the U.S. in 1986. For further information, contact Ron Mann, Ph.D. (916) 265-6094.

Rama Vernon is the mother of four and grandmother of two.

ness dominates as it does at the heads of many of our large institutions where we have our greatest fear expressed, then I see the possibility of a very negative scenario. However, if those of us who are already moving towards an expression of unity, harmony, love and spirit activate ourselves, connect, communicate, then I think it will be positive. The question is — the cosmic problem is — can the new, deeper, more spiritual state of mind become dominant and change behavior patterns soon enough?"

She said that the world has reached a crisis of the old way of thinking but that we are approaching a quantum leap in consciousness set in motion when enough people "get it" thereby creating an invisible field of energy she calls a "morphogenetic field." For that reason, she feels a positive future is possible.

Meanwhile, back at the lunch meeting, the conversation turned to discovering self and living it. Barbara gave us 10 steps she uses:

- (1) *Intunement* - tune in to the God in you, feel that Divinity, and infuse yourself with it.
- (2) *Choosing* - very clearly and specifically write what you want to manifest.
- (3) *Acceptance* - accept at a deep level that you already have it.
- (4) *Have it* - feel the experience of having it.
- (5) *Visualize having it* - go through everything you can imagine about it.
- (6) *Love it* - get in touch with your enthusiasm about it.
- (7) *Decree* - verbally declare with enthusiasm what you want.
- (8) *Gratitude* - give thanks for it being so.
- (9) *Surrender* - release all doubt and anxiety and turn it over to the forces of Creation.
- (10) *Action* - act with the confidence of having it already.

Someone commented that the sixth step — Love it — is where you'll get in touch with your resistance. Barbara agreed and told about her experience running for Vice-President on the Democratic ticket last fall. "I chose to get nominated, but I didn't choose to be Vice President. So in fact, I was nominated but not elected. If I had *totally* chosen, who knows what would have happened? What they say in DMA is if you have doubt in your system,

doubt is what manifests. So, what you have to deal with is your own doubt. And the way to deal with that is by formally choosing what you want and then visualizing and experiencing it."

Then Barbara said to Rama: "I notice the way you talk, Rama. You already do this."

**Rama:** "It's incredible listening to you, because I do actually take these steps, but I don't know that I'm doing it. It just happens. I realize I started by creating something out of nothing, and now it's actually manifesting. And as I look back, I can see that every thought I've had I could manifest."

**Barbara:** "I meditate in the morning for about two hours at least. I first get my energy up, my vibrations up, experience the love and all that, and then I just make my choices. That's when it all happens."

The food arrived. We all joined hands and Barbara gave the blessing: "Let us choose that the trip to the Soviet Union will produce a major shift in the relationships among our nations, that connections will be established that will facilitate the joining of the critical mass (morphagenic field) by January 1, 1987. We accept it, we have it, we visualize it, we love it, we declare it, we're grateful for it, we surrender it to the energy of the Universe, and we take all action with absolute joy. Amen."

In her prayer, Barbara referred to a planned event that John Price calls for in his book, *The Planetary Commission*. Barbara is director of an effort to get 500 million people to meditate on December 31, 1986.

**Rama:** "I think it is great to be able to break it down into those steps. It comes all from the inner plane. Watch it manifest — it just goes (she snaps her fingers) like that on the physical plane

except, I haven't worked it out with money. But, I am working on that. I'll figure it out." (laughter)

**Barbara:** "You notice this typing?" (referring to a piece of paper in her hand)

**Rama:** "Yeah, it's from the Macintosh (computer)."

**Barbara:** "I want to tell you about something that's happening. In my meditation the other day, I go that I should build the Office for the Future — the thing that I said should be in the White House (Democratic campaign, last fall). Some-



where, there has to be a point of convergence for the information we need for the future. The last place I had thought of was my own office. I didn't even have a computer. In the last two weeks, a man who worked with Bucky Fuller has come. I have a big computer set up and we're applying to be developers of an Apple software for accessing your higher self. Three or four other people who are *experts* at this type of thing have come into my life. If I'm Director of the Planetary Commission (organizing 500 million meditators), Co-Chair of North America for the Planetary Congress, I'm going to create in my office the thing I said should be in the White House. And I'm going to paint my office white." (laughter)

**Rama:** "And you'll do the same thing there that you did in Washington D.C."

**Barbara:** "In Washington D.C., I was a big hostess and I had what amounted to a big hotel. Now, I'm going to be a laser beam. I don't want to have just a lot of social life. It's exhausting. But we don't have to network anymore because convergence is occurring. I think what's happening is that we're being reordered by the design. And the reason the powers of manifestation work is that you're getting at the design on an inner level. And that somehow puts you on the path of everybody else who is getting reordered. And the change is effortless; If you're putting a lot of effort into it, something isn't right."

**Rama:** "Because it isn't in the Divine Flow."

**Barbara:** "Nothing that I have ever put a lot of effort into has happened."

**Rama:** "It doesn't work because that's self-effort, not the Higher."

**Barbara:** "Now I am 100% in surrender to my Higher Self."

**Rama:** (referring to the 10 steps) "I would like to ask about the order of these. Can I see the list? I start with surrender by asking to be used as a vehicle."

**Barbara:** "Well, I think that's attunement in calling upon the inner to be manifest."

**Rama:** "OK"

**Barbara:** "The surrender here (Step 9) is surrender once you have visualized what you choose to do. Surrendering your choice to the higher plane (forces of Creation)."

**Rama:** "Yeah."

**Barbara:** "Then taking action at the level of the heart is what you do. I think the intunement is what you are doing at the beginning."

**Rama:** "See, for me, that's like a form of surrendering and then not really having a plan but asking for guidance. Then the plan drops in. And, what happens is you make a single first effort and everything happens."

**Barbara:** "And to increase the effectiveness of that, you add visualizing what it is you're achieving (Step 5). Visualization is not planning. Like, you have a *feeling* of what this trip to Russia can be "

**Rama:** "Yes, and *now* it's to the visual level, but, you see, at first my inner guidance tells me what to do. But I am not shown too much. If I am given the whole scenario, I would probably get frightened and not do it. So I am given one step at a time, and it takes a great deal of faith to walk in that path. But sometimes, like my last trip to Russia, everything opened and for a moment the veil dropped. I could see the past, the present and the future, superimposed upon one another. I could see that this was only a springboard and catalyst for future projects that are going to evolve. It will have to do with children — I mean, child ambassadors. And it was just incredible. I thought, 'oh my God, more work' But you're right when you said surrender to it. That only came after I said, 'OK, I'm not going to resist anymore.' But, there's so much sacrifice we have to do on a personal level first. We have to get rid of a lot of things."

**Barbara:** "And I realize that I haven't totally gotten rid of my thing about having to figure it all out. I felt like a rat in a maze for awhile. I was going down that path and that path and circling around and I couldn't find my way into it to reorder it. So you finally have to surrender."

This conversation ended with Rama rushing to catch her plane. I later asked her how she would answer the question: "How do you do what you do?" Her reply was: "Through faith and devotion. My faith grows stronger as I see miracles. When you're doing God's work, everything is provided."

*John Ariel Murphy is a freelance writer and photographer in Seattle, long involved with the Yoga and meditation networks. He can be contacted at (206) 641-5206.*



*Barbara Marx Hubbard*

## BARBARA'S AGENDA

Barbara Marx Hubbard is presently on a speaking tour across the U.S. She has decided to call herself a "former futurist" because she recognizes that what she is talking about is happening right now. She will accompany Rama Vernon on the Citizen's Diplomacy trip to Russia.

Barbara is also involved a project to design the "Peace Room" for the National Peace Institute Foundation in Washington D.C., a 500,000 member non-profit organization that received government funding of over \$16 million dollars.

She aligned her organization with the Planetary Commission's goal of having 500 million people meditate and pray for peace on December 31, 1986. This project is sponsored by the Quartus Foundation in Texas.

Barbara is producing a tape series called "Mind Linkage Tapes", at the rate of one a month for 12 months, to bring people up to date on resources and information. She is also preparing a manual for the "Co-creators of the Quantum Leap"

Barbara Marx Hubbard will be back in the area July 18 - 23 as a guest of the Unity Church. She'll speak on the theme of Co-creation at the Miracle Mountain Retreat at Wistler Mountain, B.C., sponsored by the Unity Church. She will be in Santa Rosa for an intensive in getting in touch with the Higher Self on June 28 - 30

Barbara is the mother of five children and grandmother of three.