



THE AGE OF
CONSCIOUSNESS
Surfing the Disruption

By Ayman Sawaf & Rowan Gabrielle

The Sacred Commerce Series: Book 3

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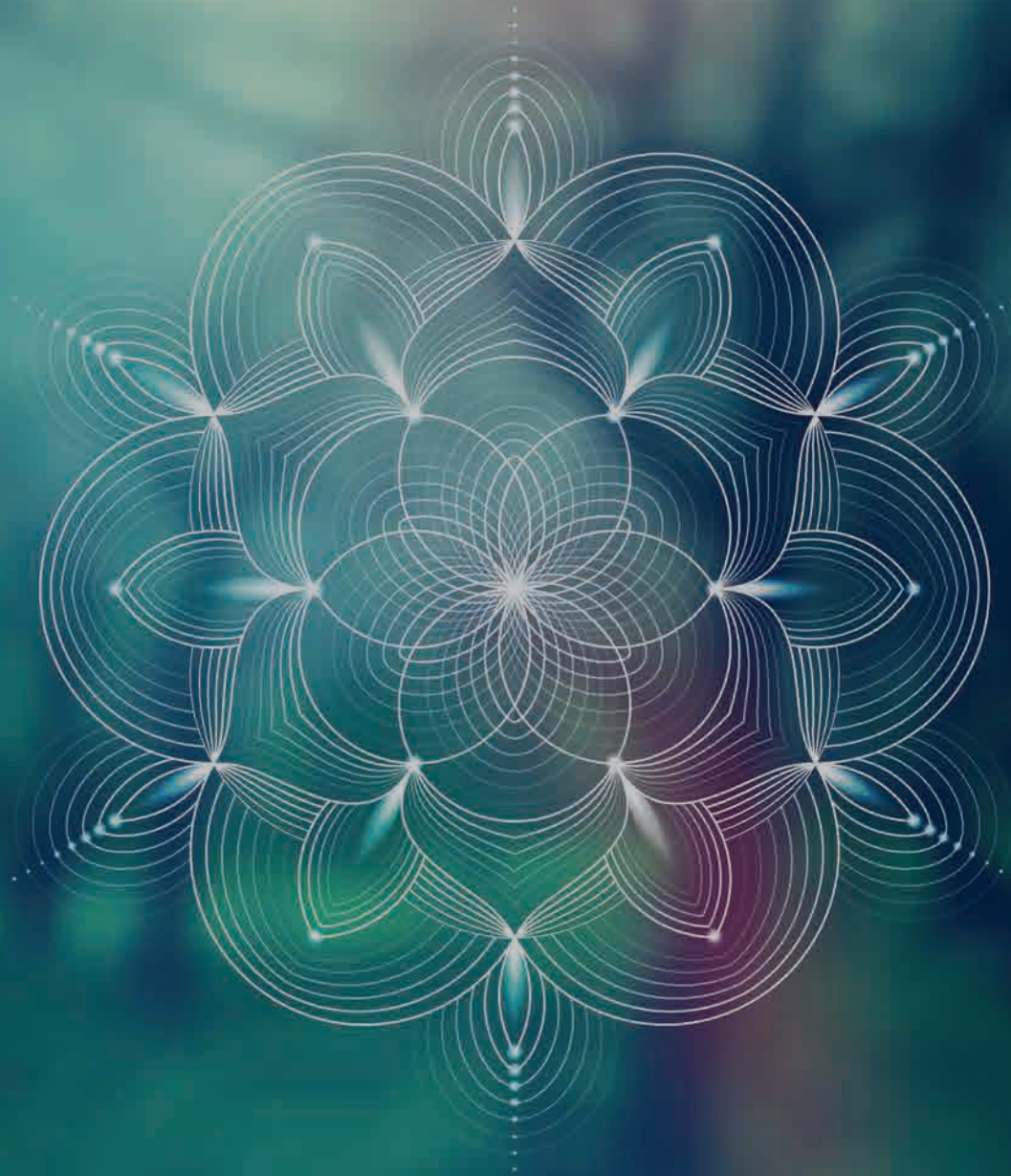
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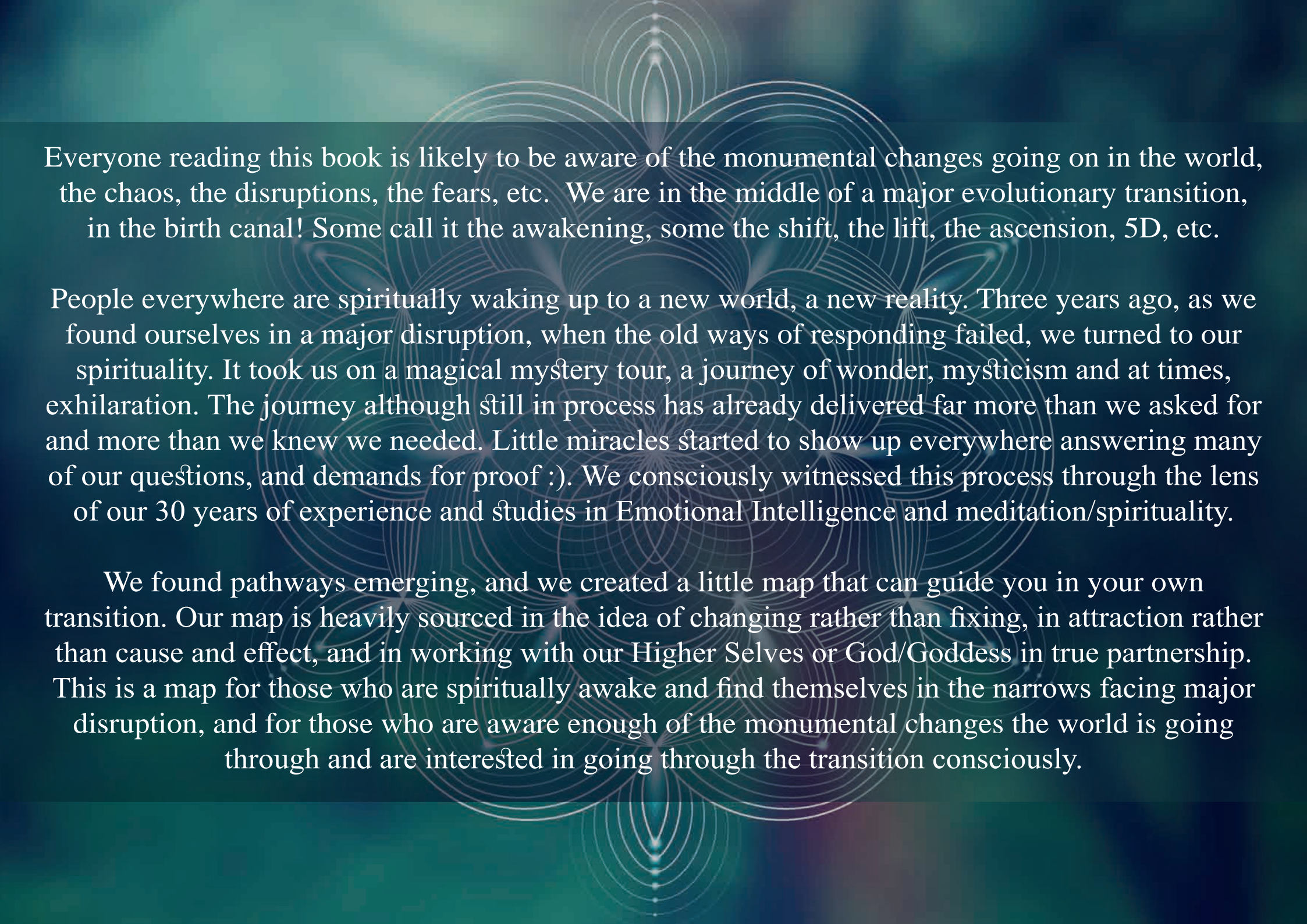
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Forward



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Everyone reading this book is likely to be aware of the monumental changes going on in the world, the chaos, the disruptions, the fears, etc. We are in the middle of a major evolutionary transition, in the birth canal! Some call it the awakening, some the shift, the lift, the ascension, 5D, etc.

People everywhere are spiritually waking up to a new world, a new reality. Three years ago, as we found ourselves in a major disruption, when the old ways of responding failed, we turned to our spirituality. It took us on a magical mystery tour, a journey of wonder, mysticism and at times, exhilaration. The journey although still in process has already delivered far more than we asked for and more than we knew we needed. Little miracles started to show up everywhere answering many of our questions, and demands for proof :). We consciously witnessed this process through the lens of our 30 years of experience and studies in Emotional Intelligence and meditation/spirituality.

We found pathways emerging, and we created a little map that can guide you in your own transition. Our map is heavily sourced in the idea of changing rather than fixing, in attraction rather than cause and effect, and in working with our Higher Selves or God/Goddess in true partnership. This is a map for those who are spiritually awake and find themselves in the narrows facing major disruption, and for those who are aware enough of the monumental changes the world is going through and are interested in going through the transition consciously.

The Age of Consciousness

Humanity has evolved from the Stone Age to the Bronze Age, through the Age of Agriculture, the Industrial Revolution, the Age of Information, and now we are entering “The Age of Consciousness”.



What does that mean the Age of Consciousness?



It means that higher consciousness, that exalted state of spiritual awareness, inner peace, greater understanding, wisdom, compassion and bliss, that has in times past been reserved for the few mystics, gurus and prophets will now be available to everyone - not unlike during the Information Age, when information became available to everyone at the click of a button, leveling the playing field: allowing for greater fairness, equality, justice, innovation and above all, evolution.

The Transition

As we move from Age to Age, the old forms have to be broken down to make way for the new. These massive changes entail chaos, disruption, and exhilaration. All the paradigms, the current way we do things, are changing, from our financial paradigm to our political one, and everything in between.

“Disrupt yourself or get disrupted by someone or something”.



When we consciously disrupt ourselves, we are stepping into a process of deep review, an internal ‘spring cleaning’. It requires challenging the old way we do things, looking at every friendship and relationship anew. We will find ourselves reviewing our work/projects, looking at them as if for the first time, and making new decisions.

As we disrupt ourselves consciously and make the changes needed, responding in real-time, we will experience a certain level of exhilaration, joy, and inner peace while surfing the chaos and the disruption. As we bear witness to the old world crumbling in front of our eyes, it is important to remember that we are not victims. This is not happening ‘to us’ this is happening ‘with us/for us’. This is not a failure, this is part of the discomfort and pain of birthing a new world. Humanity is in labor. We can go through the birth consciously thus reducing the pain, receiving the gifts, and maybe even making the birth ecstatic; or we can be dragged, kicking and screaming.



Conscious Evolution

In the past, we usually died in one Age and were born in another.

This time, it is going to be different: humanity is going through the transition consciously, aware and responsible for the disruption caused by the dying of the old and the birthing of the new.

Everything is changing: not better and improved, but completely new and different. We are not only witnessing the birth of a new humanity, we are consciously co-creating a new world together. Humanity is transcending itself. The time of the caterpillar is over, humanity is becoming a butterfly. This is going to be the hardest element to understand - the sheer level of the change we are embarking on is almost incomprehensible to our current selves.



Partnership



As we loosen the hold on our current reality and find ways to come into a conversation with the divine, we can allow the changes to slip in with greater and greater elegance. We will find ourselves able to create a true partnership that will start to guide us as we begin to transform from the inside out. Once we open the door to this partnership everything changes. There is no going back :)



A Map

A few years ago we found ourselves being thrown into our own personal disruption. We paused and became very conscious and present. We analysed and observed every detail we could.

We experimented with ways to deal with the transition and the disruption we found ourselves in. We began rebirthing ourselves with our eyes wide open.

Although we are still not out of the narrows, miracles are slipping through everywhere.

We've come up with a little map that we think can be of help to others, so we are sharing it. Although the steps follow a natural order, it is far from a linear process and you will find yourself jumping back and forth between them.

We welcome your feedback as we continue to update and upgrade this map.

An aerial photograph of a surfer riding a wave. The water is a vibrant turquoise color, and the wave is breaking into white foam. The surfer is positioned in the upper left quadrant of the frame, riding the face of the wave. The overall scene is dynamic and captures the essence of surfing.

*Surfing
the Disruption*

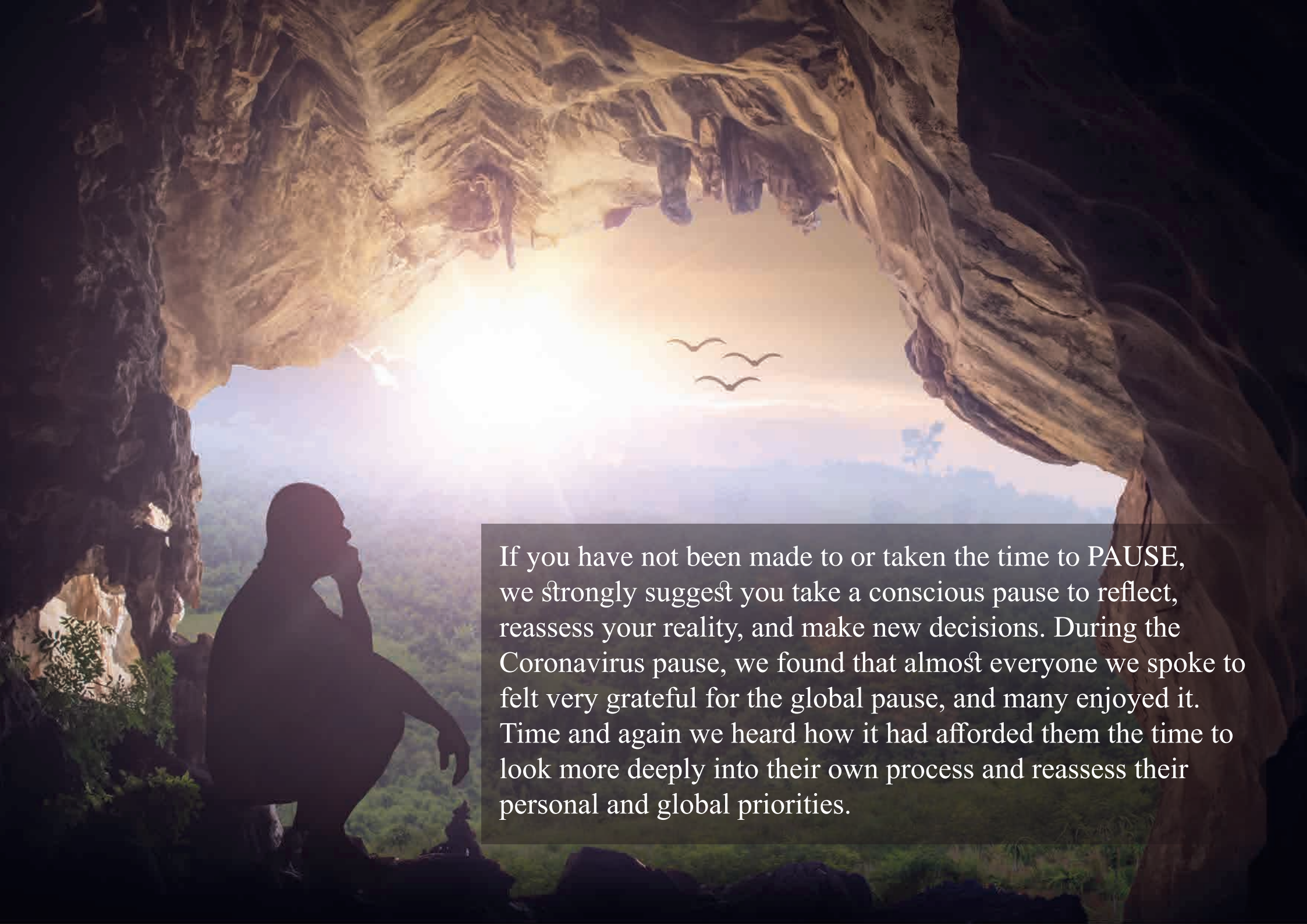
In any process, the most important and challenging step is the Pause - to take the time to stop, reflect and make new decisions. Humanity has been zooming along, fast, noisy, and relatively unconscious for a long time. The Coronavirus has forced almost everyone to pause and reflect on what is real.

In the Pause Stage, it is important to completely disconnect from normal daily activity. Consciously letting go of life as we know it. Take time off, enjoy ourselves - pauses do not need to be boring or long. It is time to Just BE



Step One

PAUSE



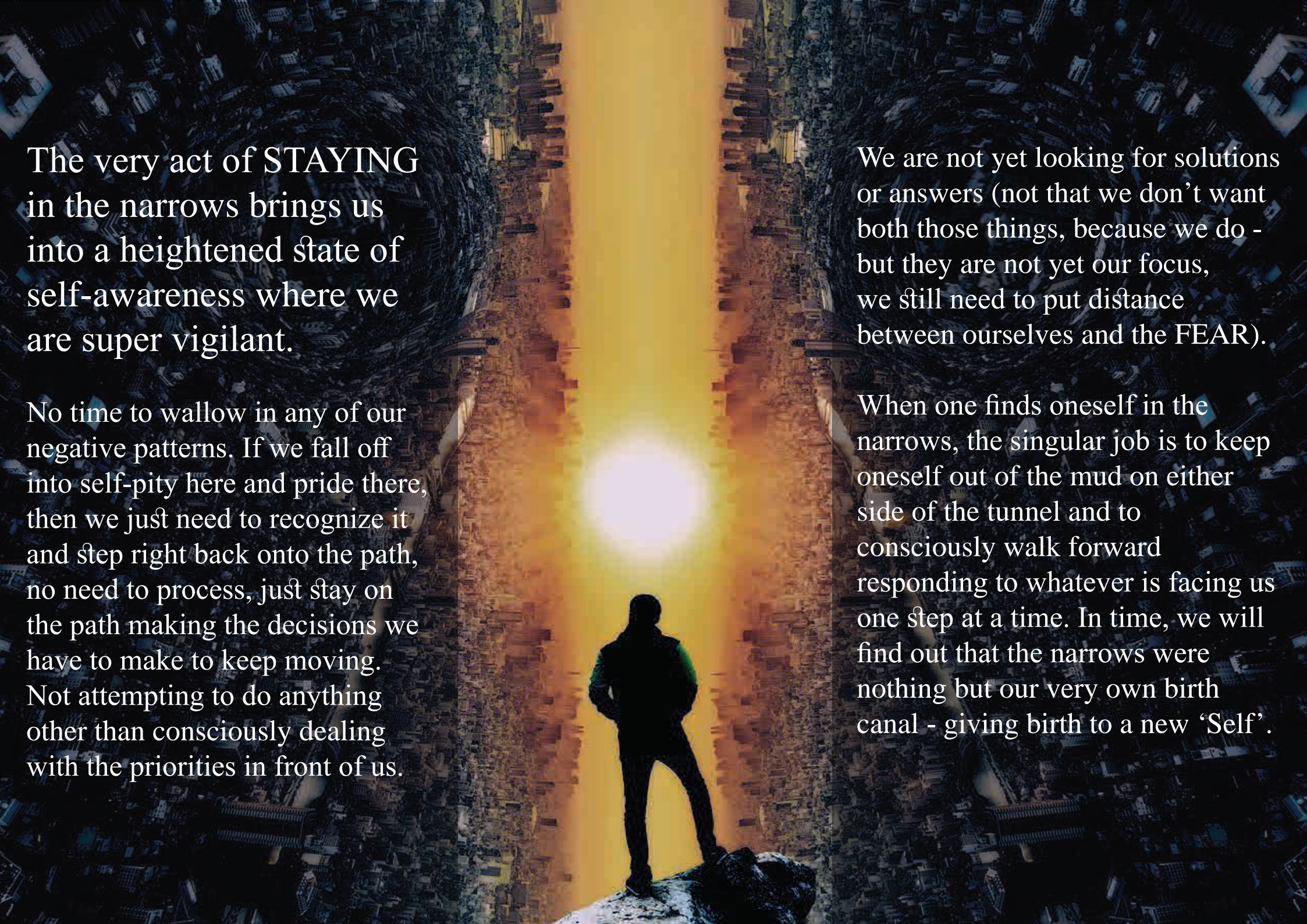
If you have not been made to or taken the time to PAUSE, we strongly suggest you take a conscious pause to reflect, reassess your reality, and make new decisions. During the Coronavirus pause, we found that almost everyone we spoke to felt very grateful for the global pause, and many enjoyed it. Time and again we heard how it had afforded them the time to look more deeply into their own process and reassess their personal and global priorities.



Step Two

THE NARROWS

The Narrows usually present themselves at times of monumental personal change, when nothing works as it used to and we find ourselves lost, stranded in the dark wood. It is a term used for situations where we find ourselves in the face of danger, with the threat of destruction looming or active. Our choices are suddenly constricted, we have to deal with the immediate situation at hand. When we find ourselves in the narrows, there is the temptation to fall into our own negative patterns at every turn - Martyrhood here, self-pity there, blame on that corner, righteousness on this one - you get the picture.

A person stands on a dark rock at the bottom of a narrow, glowing tunnel. The tunnel's walls are dark and textured, with a bright, golden light emanating from the far end. The background is a dark, inverted cityscape. The text is overlaid on the left and right sides of the image.

The very act of STAYING
in the narrows brings us
into a heightened state of
self-awareness where we
are super vigilant.

No time to wallow in any of our
negative patterns. If we fall off
into self-pity here and pride there,
then we just need to recognize it
and step right back onto the path,
no need to process, just stay on
the path making the decisions we
have to make to keep moving.
Not attempting to do anything
other than consciously dealing
with the priorities in front of us.

We are not yet looking for solutions
or answers (not that we don't want
both those things, because we do -
but they are not yet our focus,
we still need to put distance
between ourselves and the FEAR).

When one finds oneself in the
narrows, the singular job is to keep
oneself out of the mud on either
side of the tunnel and to
consciously walk forward
responding to whatever is facing us
one step at a time. In time, we will
find out that the narrows were
nothing but our very own birth
canal - giving birth to a new "Self".

Step Three

Asking for help

Remember that you are not alone, you have many unseen friends that know you and love you. Your higher self, spirit guides, the divine, the universe, God, Goddess, whatever name you give the source of all things: for the purposes of this book we'll call it the 'Divine'.

Sometimes it is difficult to ask for help, (especially when you really take the time to genuinely ask for help not just words like god please help me). We need to step over our resistances and let go of beliefs that no longer serve us - beliefs around 'being weak' or 'not being good enough', or feelings of vulnerability, pride, arrogance etc. - or maybe fears of there being strings attached.



Recognise what your
resistance is made
out of and let it go.

Consciously say goodbye
(it will raise its head again,
but when it does, just
smile and say 'oh no not
you' and let it go again),
until in time the voice
becomes so quiet that one
barely hears it.





Step Four

SURRENDER

Many of us have had a pretty negative connotation to the concept of surrender, thinking of it as ‘giving up’ or ‘losing control’ - but we are not talking about submission - and we are not talking about surrendering to anyone we meet in the street either.

We are talking about the humility to surrender to the Divine. It is about surrendering that which no longer serves us - surrendering our need of control, our arrogance, our perfection, etc. Most importantly it is about surrendering our sense of separateness: we are many, and we are one.


The background of the entire page is a dark blue, ethereal scene. Two hands, rendered in a soft, glowing blue and purple hue, are positioned as if holding a central, glowing orb. From this orb, several bright, jagged lightning bolts of cyan and white light emanate, striking outwards. The overall atmosphere is one of divine energy and spiritual resonance.

Why Surrender?

Each one of us has a personal resonance, a radiance; our light. Imagine your resonance as a ball of light that oscillates between dimly lit and enlightened!

Simply put: in Quantum Physics, the law of resonance says: When two resonances meet, either one is attracted to the other or they meet halfway. We see this in relationships - when one person is in a funk, their partner has the choice to either get sucked into their funk, or to hold their own ground/their resonance, To be there for the other without judgment, feeling empathy, not sympathy, thus pulling the other out of their funk.

The divine will not drop their resonance or meet us halfway. Lucky us :) The reason why we need to surrender our resistance: - control, ego, arrogance etc. - is to shake loose our resonance and allow the higher resonance of the Divine to pull us magnetically to theirs with ease, thus lifting us from the reality we were in, to a brighter one.

A woman in traditional attire is hugging the trunk of a large elephant in a lush, sunlit jungle. The scene is filled with greenery and a warm, golden light, suggesting a peaceful and meaningful moment. The woman is wearing a red top and a white shawl, and the elephant is standing on a rocky bank near a stream.

As we move through this process, and as we allow the divine to guide us through the transition, we will start to feel profoundly grateful, and with that comes a newfound humility and a deeper trust. Even though we don't have all the answers (we don't know where the next check is coming from, the next job, the new relationship, new house, etc) support turns up from the strangest places and we start to feel the truth that the universe and all of humanity is in one big conversation, an intelligence behind the scenes bringing each of us exactly what we need (not necessarily what we ask for) at the right time, for where we are at in our personal evolution. As we actively feel greater levels of gratitude and humility we find ourselves able to receive the help we ask for more and more elegantly.

Step Five
**Trust,
GRATITUDE
& HUMILITY**



Step Six

Raise Your Resonance

Every single thing in the Universe is vibrating at a particular frequency. Your thoughts and feelings (including everything in your subconscious), are transmitting a vibration out into the Universe, and those vibrations shape the life you are living. This is simply how the Universe works.

Our resonance is made up of many frequencies some of which we are aware of and some we are not. Our beliefs, thoughts, feelings, choices, attitudes, the decisions we make, psychic agreements with parents, past life influences, and so much more, all produce a unique frequency.

They all merge together creating a resonance that is far more powerful than the sum of its parts. Some of these frequencies are constricting and some expansive. As they blend, they create a standing wave that is ever-changing. The realities you want to create come from the future and go through your resonance, with all its filters, and materializes accordingly. The higher your resonance the more expansive the realities that precipitate. The following image is an example of what some of the elements of a person resonance could consist of.



Let's take a closer look at vibration. The vibrational frequency of anger for example is 150 and is constricting, whilst the frequency of joy is 540 and enlightenment is 700+, these are expansive. Same for our beliefs, some are expansive and others constricting.

When you want to raise your resonance, it is therefore important to consciously release what does not serve you anymore, the low frequency/constricting energies like pride, past hurt, 'not good enough', etc, and to add the high frequency/expansive energies like happiness, joy, courage, 'I can do it', 'I Deserve' etc. Releasing them is not about fixing them. It is not about processing either, practice is over. It is about being conscious of them and saying "stop, I am not going there anymore." These beliefs will try to sneak back, but just affirm, 'I am not playing this game anymore' until with time they lose their influence.

As for adding expansive frequencies, you can see what is missing in your life like joy, gratitude, humility, courage, etc, and work on developing these frequencies. It is also important to be conscious of your existent expansive emotions and to appreciate them. When we appreciate anything it gains value.

As you do this your reality will have to change to match your new resonance, allowing your radiance, your light to become brighter, adding greater depth and grace to your transition.



Step Seven

PARTNERSHIP with the Divine

The last step is possibly the most beautiful. This is where we step into a relationship of partnership with the Divine. All the previous steps leading to this are preparation.

We found that the most elegant way to ignite the partnership is by resonating with the divine qualities of beauty, goodness, and truth, the highest virtues that any human can aspire to. It is about becoming more beautiful, creating the beautiful, seeing the beautiful in everyone and everything, becoming goodness, and developing wisdom (knowledge obtained and sourced in love and empathy). That is the Blueprint for a New Humanity- (more on this in the next minibook)



EPILOGUE

When our disruption hit and our normal securities were all metaphorically put on ice, out of our reach, the old ways of doing things stopped working for us, we disrupted ourselves, went through the narrows, surrendered and raised our resonance daily. Everything is changing. Our dreams and visions have more depth, our friendships and relationships are more real, and our spirituality has gone to a whole new level.

We had to walk into this beautiful trust with our guidance and the divine. They have consistently supported us, not by saving us, but by co-creating with us as true partners. Things have been very uncomfortable at times, but even on our worst days we would meditate, and we would come out with greater understanding, buzzing with love and joy from our communion with the divine - and that, without fail brought miracles both big and small.

As we said at the beginning, this is not a linear process - we find ourselves going back into different steps at different times. It is important to remind ourselves, that we as humanity, as we evolve into this amazing and beautiful age of consciousness, are shedding not only our personal baggage but the baggage of the collective, the trauma of thousands of years of pain and suffering,

This is your TIME, this is our time - ENJOY the adventure,
it is better than any Hollywood movie :)

Collaboration Station

People everywhere are waking up spiritually, and all of us are facing disruption personally, socially and globally as we go through the transition. Each awakening process is unique. We envisioned this book as a collaborative effort, where each one of us can contribute ideas, challenge assumptions, share personal stories and experiences in text or short videos. We have created a Facebook Page, where you can party-cipate with us in developing this meme, this book, this spiritual adventure.

Go in, page by page, like/or not, write a paragraph or two and get involved, all comments and excerpts used in future updated/expanded versions of the book will be honored and credited. Comments will be moderated purely to make sure they are relevant- this is a very focused. We look forward to hearing your ideas and sharing more with you. If it is appropriate, please share this free book with your community and if there are any special stories you or your friends would like to share we would love to interview you.

The secret is finally out, Beauty Goodness and truth are the blueprint for a new humanity - Gather round.

Time to co-create.



The Authors

Ayman Sawaf is a visionary social entrepreneur, published music and best selling author.

He spent the last 40 years in business, disrupting media commerce and education.

He is one of the original pioneers of the discipline now known as Social Emotional Learning (SEL) with a focus on Emotional Literacy. He is a leader within the Emotional Intelligence movement - his book *Executive EQ: Emotional Intelligence in Leadership and Organisations* 1995, is the book that introduced Emotional Intelligence to the business world. His book 'Sacred Commerce, A Blueprint for a New Humanity,' written with his partner Rowan Gabrielle aims to spiritualise Commerce one entrepreneur at a time. They recently created the platform *Sacredcommerce.com* with Training, Travel, Consulting and Business Incubation. With their latest book the 'Age of Consciousness', they inspire entrepreneurs and leaders to surf the chaos and disruption consciously and hopefully with elegance and grace.

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Rowan Gabrielle is a visionary artist, entrepreneur and philanthropist with 30+ years experience in the conscious marketplace. She is the co-author of *Sacred Commerce*, and incorporates spirituality within her consulting practices. Rowan has been involved in multiple companies in the sustainable living/consciousness arena, culminating with the Wholelife Expo, (the US Wholistic living Expo). She is the founder of *organicleather.com* a brand focused on natural leather that comes from animals that lead good lives. She is passionate about interspecies communication and is a special events producer and photographer.

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*As we awaken
Sharing
becomes essential.*

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