

An excerpt from

# TRANSITIONS

*Pathways to the Life and World  
Your Soul Desires*

by Bonnie Hutchinson

From chapter

***You might have noticed a few changes***

There is a wave. A wave of transition. You may be feeling it.  
Or not.

Humanity is experiencing a great lifting.

It may not be obvious to you. If you watch or read or listen to the news you may feel discouraged about the state of the human race and the state of the world. But a lifting is happening. The human race is experiencing a huge evolutionary leap. You are part of it.

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You too may be having transitions and transformations in your life – career changes, a different home, changing financial status, health challenges (your own or those of someone close to you); relationships ending, beginning or changing radically.

Perhaps you are experiencing more subtle changes – changes in your inner world. Perhaps you feel restless or vaguely discontented with no cause you can identify. Maybe you've had some realization that makes everything in your life look different.

From the outside nothing appears to have changed, but inside you know you've changed course and nothing will ever be the same.

Or maybe you're happier than you've ever been, excited to move ahead, and curious what form your next phase of evolution will take.

Of course this is a personal experience. But it's not only personal. Your personal experiences also reflect changes and transitions that are happening for millions of people around the globe.

### **Crisis = danger + opportunity**

The human race is in the midst of a huge opportunity for positive change. We've created environmental, economic and political crises that give us powerful motivation to move past old habits of behaviour or ideology. We've created conditions of existence with new levels of complexity that cannot be handled using our earlier value systems, skills, knowledge or technology.

We may be in the midst of a breakdown that precedes a breakthrough, a great evolutionary leap. Or – we may be in the midst of a breakdown that precedes disastrous consequences.

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*Examples of global changes are described*  
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Other generations and other societies have been through natural and human-made disasters, violence and turmoil, political and economic collapse. A few generations have experienced catastrophic changes that changed everything, like the shift from hunter-gatherer to agriculture, or the Industrial Revolution. But as far as we know, no other generation or society has brought us so close to the brink of circumstances that could mean the end of our species.

The planet will survive. The human race may not.

## **So what's needed?**

I have spent much of my adult life working with and for organizations with a mission to make the world better, especially for vulnerable people. I've been involved with efforts to reduce negatives: poverty, displacement, addictions, crime, family violence, prejudice, exploitation and other forms of human misery. I've also been involved with efforts to strengthen positives: early childhood development, resilience, healthy relationships and community capacity.

In recent decades I've been especially interested in how to change systems and environments so they enhance the well-being of people and the planet. And, perhaps like you, while I've been working in the world, I've also been on a conscious spiritual journey. Through these personal and organizational experiences, I've come to a couple of conclusions.

My first conclusion is reflected in Margaret Mead's statement: "Never doubt the power of a few thoughtful committed people to change the world. Indeed, it's the only thing that ever has." I'm guessing you too have seen inspiring changes through the efforts of thoughtful committed people.

My second conclusion has come out of times when I wondered if we humans have the political will or institutional capacity to support changes that so obviously would make the world better. Perhaps you've had those dark moments too.

Albert Einstein said, "Insanity is doing the same thing over and expecting a different result." An example of personal insanity is trying to borrow one's way out of debt. An example of political insanity is trying to stop violence by using violence. Einstein also said, "We cannot solve problems with the same thinking we used when we created them." For example, we cannot solve the problem of a polluted earth with the same thinking we used to create the pollution.

From that, here's my second conclusion. In the twenty-first century, we have challenges that didn't exist in centuries past. To resolve our twenty-first century challenges, **we need a new kind of human being who functions at a higher level of thinking and a higher level of consciousness.**

This "new kind of human being" seems almost impossible. But before I sink into bleakness, I remember a quote from Sue Monk Kidd. To paraphrase, "When you can't go forward and you can't go backward and you can't stay where you are, it's time for a miracle."<sup>1</sup>

Here's the miracle – **a new kind of human being is emerging – right here, right now.** And – because you're reading something with "transition" in the title – *you* are quite likely one of them.

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*Real-life example of "a new kind of human being" is described*

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Okay, that's one example of a new kind of human being who is up for the challenges of the twenty-first century. Other examples abound, and I'll mention some later in this book.

Can you think of times when you've had some of those kinds of experiences? When you felt fully alive, engaged, filled with vitality, willing to face whatever challenge was in front of you? When you were focussed and in the moment and not limited by past baggage? When things just seemed to flow?

If so, you've experienced *being* a new kind of human being, up for the challenges of the twenty-first century. Let's call this the "evolutionary human."

I believe each one of us is a leader in raising human consciousness, in creating and becoming a new kind of human being operating at the level of consciousness we need in the

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<sup>1</sup> Sue Monk Kidd in *The Dance of the Dissident Daughter* (1996), HarperCollins Publishers, New York NY USA.

twenty-first century. Knowingly or not, we are leaders and pathfinders in humanity's evolution. As we move through our own personal transitions and create new lives for the next version of ourselves, we are simultaneously bringing higher levels of consciousness to the planet. This thrills me.

If that doesn't thrill you, it's okay. My primary purpose in this book is to help you make your transitions easier and more deeply fulfilling. You don't need to have any interest in raising human consciousness in order to benefit from the book.

### **"I just want to have a nice life"**

Once during a coaching session, I asked the person I was working with, "How do you want to be of service?" My client was quiet for a few moments. Then she said, hesitantly, "Well, it makes me feel good when I know I've helped someone. But actually, I just want to have a nice life."

If that's what you want too, that's perfect. **You being alive is a benefit to the world.** By reading this book and experimenting with some of the ideas and activities, you'll be helping to create "a nice life" for the next version of yourself.

As a by-product, your transitions and your nice life bring more positive energy to the world. And if you happen to be a person for whom "make the world a better place" is a motivator, having a nice life is one of the ways you contribute.