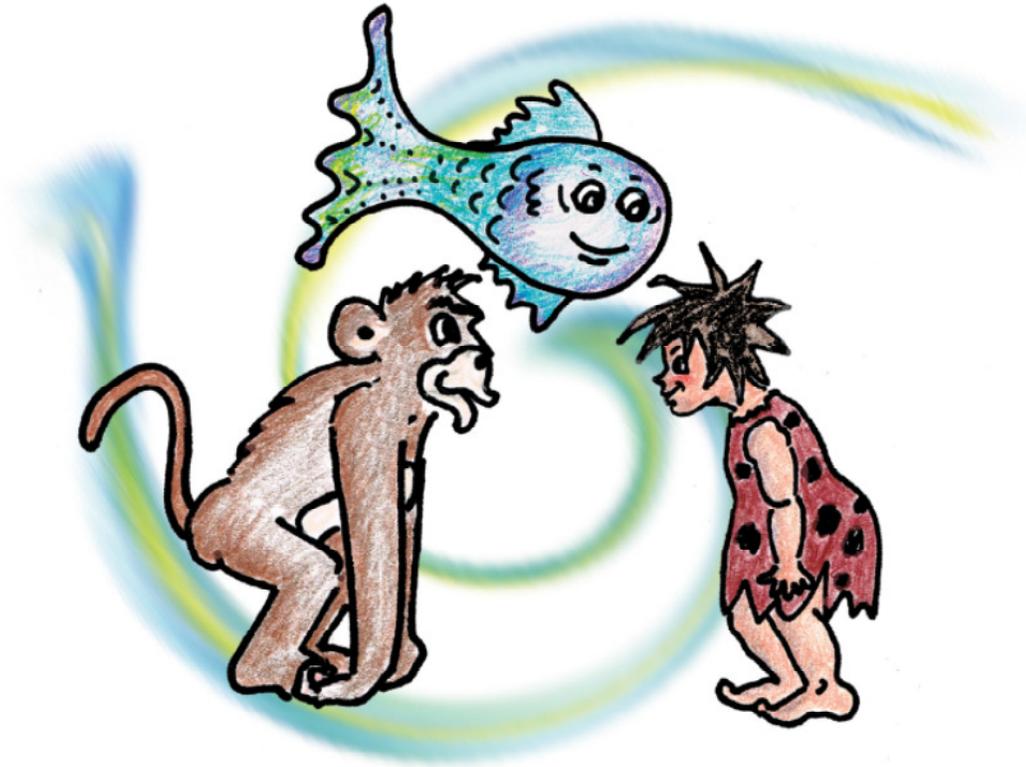


# My AwwwSOME STORY

*Parent/Teacher Supplement*



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**Illustrated by Lois Allen**

# SUPPLEMENT TO “MY AWWWSOME STORY”

## BACKGROUND INFORMATION FOR PARENTS/TEACHERS

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### MAKE THE STORY COME ALIVE FOR CHILDREN

I have found that I can use this story to invite children into their own inner world and connect it with everything around them. They become engaged and animated and maintain an attention span beyond their years. The energy I set from my own Being creates the space for the children.

- Cultivate an attitude of great appreciation for each child, of excited curiosity, and of amazement at what has been and the possibilities of what can be. Love being alive now.
- Start by introducing the concept of energy. I use the World Energy Ball by Safari Ltd ([www.safariltd.com](http://www.safariltd.com) and available on Amazon). I hold one point on the ball, the child to my right holds one finger on a point and the children hold hands around the circle in succession. When the last child holds my hand the ball sounds and lights up. We then discuss how energy connects us and everything. Without a ball you can have the children rub their hands together quickly and then separate them, palms facing and feel the energy, then make an energy ball by imagining building and forming that energy by rotating their hands as if around a ball. They can rub them again and hold their hands above the bare arm of the child next to them. Tell them that this energy is represented by the swirl behind every picture in the book.
- Find toys that are similar to some of the “characters” in the book. I use fiber optic filaments for the speck. Have them find the speck on each page.
- Have the children move their bodies in ways that depict the story. Some suggestions: “explode” their arms into the air for the Big Bang; wiggle all over; move their hands in a fish-swimming flow; slither their whole bodies; get on all-fours for the runners; stand and walk in place; pose like the thinker; look up for the know-er; smile and hold hands at the end. If you know HeartMath, teach them the quick coherence technique.
- Ask them how they want to help the world, or their community. Be sure to acknowledge every comment even if all you do is repeat it and nod.
- Read the following explanations so you can answer their questions or add comments.

## HOW THIS BOOK CAME TO BE

For years when I meditate I have had a sense of timelessness—that all time was contained in this moment. After really feeling deeply into my experience created by Barbara Marx Hubbard’s *Evolutionary Chakra Meditation* it seemed more a sense of “timefulness”. I was aware of my connection to all of the steps of evolution before me and that I held it all within me as the sum total of me. Then I wondered if children feel this before they forget and move into duality.

In decades of working with children in education as a teacher and school psychologist and then in private practice as a Marriage and Family Therapist it became apparent that many, if not most, of today’s children are “wired” for the future and learn holographically, have contact with other planes of reality, and perceive the world through love. Some of them are deeply frustrated by our current systems that are so out of sync with their inner knowing, and they protect themselves by withdrawing or acting-out.

One July morning in meditation I “heard” words that could describe evolutionary stages and would capture the interest of children. A week later I had one of those rare “sit straight up in bed” awakenings at four AM (I am a night owl and usually sleep at least until eight). I knew I had to get to my computer. In just over an hour a rhyme using the words from the week before flowed onto the page. I found the perfect illustrator who is a child at heart, and comes from her heart. The book was born.

It is critical at this time that our youth open up to who they are and bring the gifts they have been given to co-create the shift in our societies toward a future of our highest possibilities. This book is intended to celebrate the brilliance of our children and inspire them to develop and share their unique piece of the evolving future.

The Parent/Teacher Supplement that I offer without cost gives adults the conceptual and brief scientific basis for the story—and it took a lot longer to write!

## GUIDING CONCEPT:

We embody all the 14 billion years of evolution within our Being. Without any step in the process we would not be here. We are made up of minerals, cells, DNA, gill-like structures in our embryos, a reptilian section and a mammalian section of our brain, and the frontal cortex that is uniquely human. We can draw on all the resources,

capabilities, and knowledge of all the past forms throughout history: the simplicity, strength, courage, innovation, cooperation, and love that have gone before us.

We are now at a point of a leap in evolution as is the pattern of nature (Ervin Laszlo 1996). There is a profound difference with this leap—many of the Beings (us) that face extinction or expansion are aware of that choice and our power to affect the outcome (David W. Orme-Johnson et al 1988, *Journal of Social Behavior and Personality* 2005). This knowledge brings great empowerment and hope, but with that comes the realization of the responsibility each of us carries for the future of our planet. Barbara Marx Hubbard's book *Birth 2012 and Beyond: Humanity's Great Shift to the Age of Conscious Evolution* is an anthology written by several members of what she calls the Welcoming Committee for the birth\*\* of this new humanity. Lynne Twist who is the co-founder of the Pachamama Alliance working with indigenous people to save the rainforests of the Amazon writes a chapter in the book. She states, "As a species we are no longer the subject of the evolutionary process, we have become the authors of it." The amazing power that created all that now exists out of nothing is within us.

\*\*Global shared intentions and celebrations on December 22, 2012 united tens of millions of people throughout the world in ushering in the new era after a 26,000-year cycle ended. Those present held an intention of a paradigm shift to a world society that practices its awareness of the connection of all things and is committed to the sustainable well-being of the earth and all beings. (Thomas Kuhn coined the phrase "paradigm shift" in his book *The Structure of Scientific Revolution* as a change in thinking accepted by society as a clear model of how things work. He sees the cause or driver for this shift as the coming together of agents of change.)

Many of our children today have been born with genetic and neurological systems more prepared for this shift (Garret Loporto 2008, Thom Hartmann 2005), and most have an innate knowing of how to be in cooperation instead of competition and in community instead of isolation—note Facebook, Twitter, and those cell phone appendages. In Hubbard's book, *Birth 2012 and Beyond: Humanity's Great Shift to the Age of Conscious Evolution*, Lynne McTaggart says, "new discoveries in physics and biology demonstrate that all living things succeed and prosper only when they see themselves as part of a greater whole. Rather than a will to compete and dominate, the essential impulse of all of life is a *will to connect*." Many children are in extreme frustration about what they see and hear around them in our society and environment that they intuitively know is destructive. This story is designed to speak to and validate their inner knowing.

There are two tenets that form the concept of Continuity of Consciousness (John R. Gribbin 1993) or Cosmogogenesis (Ervin Laszlo 1996):

1. That we all hold within us remnants of each of the evolutionary steps going before us
2. That the Cosmos (Universe) is an integrated living system. This concept suggests that we continue to create new ways of being in each moment.

Lynne McTaggart in her book, *The Field: the Quest for the Secret Force of the Universe* (2002), concludes that modern quantum physicists see “a process that was not random or chaotic, but intelligent and purposeful. They’d discovered that in the dynamic flow of life, order triumphed.”

We are an evolving species and our knowledge is evolving at an increasingly rapid rate. Although it will change, very brief scientific information that is presently accepted as the basis for *My Awwesome Story* is as follows:

**Page 2:** The Big Bang occurred 13.7 billion to 16 billion years ago with less than a three-second window for the perfect conditions of temperature, speed of expansion, etc. to combine to produce matter (John R. Gribbin 1993). “The first, best superpower” refers to God, Great Spirit, The Divine Matrix, Cosmic Intelligence, Source, Creator or whatever label is comfortable to you.

**Pages 3 and 4:** Gases swirled and particles formed to create stars which spawned their solar systems and planets, Earth coming about nine billion years into the process (4.5 billion years ago). The “bright speck” follows all the characters through the book until it becomes part of the heart-light at the end. The speck comes from the energy swirl (creative impulse of evolution?) that also is present in all pictures throughout the book.

**Page 5:** Single cell organisms such as bacteria and algae occurred 600 million years after Earth was formed and life was born (3.9 billion years ago). These organisms lived in the oceans and large bodies of water, and thrived.

**Pages 6 and 7:** In fact, they were so successful that they over populated over the next 2.75 billion years and crowded the waterways to such a degree that they were dying from pressure and lack of food. They moved forward by joining together in altruistic communities of multi-cellular organisms (Bruce Lipton 2005 and Roderic Gorney 1979).

**Pages 8 and 9:** Then a few of the organisms made a leap into utilizing their chlorophyll cells to create food from the rays of the sun. Plants were born about one billion years ago (Roderic Gorney 1979)! This illustrates two characteristics of evolution:

- Chaos and impending catastrophe are evolutionary drivers that nudge a species into a state of greater complexity, cooperation and freedom (Allan Combs 2002, Eric Chaisson 2001)
- Evolution happens in leaps, not slow modifications over thousands of years (Ken Wilbur 2007, Ervin Laszlo 1996). In her book, *Birth 2012 and Beyond: Humanity's Great Shift to the Age of Conscious Evolution*, futurist and visionary Barbara Marx Hubbard writes, "As Laszlo tells us, 'small fluctuations in a sea of social chaos can jump the whole system to a higher order'. We can be part of that small fluctuation. The morphogenetic field of consciousness, creativity and compassion that we are building will enable us to make the quantum leap in time."

**Page 10:** Non-plant multi-cellular organisms continued to evolve, adding more complexity and freedom in their water environment. Fish appeared about 500 million years ago.

**Pages 11, 12 and 13:** The first amphibians were dinosaurs and lived about 200 million years ago. They are classed as egg-laying reptiles, sharing the environments of the sea and land. They ranged in size from as small as the birds of today to 200 feet in length.

**Pages 14 and 15:** After the probable asteroid impact on earth and the resulting Ice Age led to the extinction of dinosaurs 65 million years ago, animals again were nudged by catastrophe to become more complex and free, moving into more and more diversity. By 50 million years ago primates from elephants to gorillas appeared and had formed greater social interaction in herds and communities. Evidence of emotion, loyalty, and simple problem solving appeared.

**Pages 16 and 17:** Then the leap into the first human over 2.4 million years ago in Africa, homo habilis (the handy human); 1.8 million years ago homo erectus (the erect human) appeared; 200,000 years or more ago homo neanderthalis appeared and became extinct 28,000 to 30,000 years ago, replaced by homo cro-magnonis who lived

from 45,000 to 10,000 years ago and were the earliest known modern man. The earliest remains of our modern homo sapiens (wise human) species have been found and dated 160,000 years ago. It is hypothesized that the survival of homo sapiens over homo neanderthalis is related to their enhanced ability to work in cooperation and community. (Duane Elgin 1993; Robert Sanders 2003)

**Page 18:** It is uncertain when homo sapiens became homo sapiens sapiens (one who knows that one knows—self-awareness). Evolution has accelerated, and over the last 450 years man has moved from believing that the sun revolved around the earth and that the earth was flat, to moving humans through space to our moon and sending a vehicle to Mars capable of sending pictures and data back to Earth.

**Page 19:** Although there is controversy about the causes of planetary destruction, there is consensus among scientists that the change in temperature and melting of the ice flows at our poles is accelerated far beyond any of the previous cycles shown in the ice cores from Antarctica and that it is advancing many times faster than anticipated. Bill McKibben, environmentalist and author of *Eaarth: Making a Life on a Tough New Planet*, writes that we have already created irreversible change, and that if we do everything possible to eliminate fossil fuels we can cap the temperature rise to two percent. If not, the rise will be four to six degrees and our civilization cannot survive. He believes the answer to weathering the unprecedented weather changes is to scale down to basics and create cooperative communities. Beyond climate change, our economic systems are failing in many parts of the world, governments are being toppled, and massive starvation is occurring on more than one continent (Asia and Africa). We are losing more animal and plant species each year.

**Page 20:** Stories of miracles, hope and young heroes and heroines are frequent on You Tube and the internet. Researchers have discovered that some of today's children show activity in regions of the brain previously thought to be dormant, and have at least two codons (amino acid segments) active on their DNA that have never been activated before (Garret Loporto 2008, Thom Hartmann 2005). More and more children show amazing talent at very young ages, and teachers report children learning new material before it is fully presented and without practice—learning holographically (I have observed this in several children). Brainwave patterns in these highly creative young people differ significantly from the usual balances of Beta, Alpha, Theta, Delta and now Gamma. They function with a much higher percentage of Theta (Garret Loporto 2008). Whether or not they are assigned labels such as Indigo or Crystal or Millennial, it is evident that many children are not the same as they were even a decade ago, physically and behaviorally.

Further research validates the evolutionary tenant that greater levels of cooperation and connection ensure survival of a species (John Gribbon 1993). A study of the effect of peace-creating assemblies (people meditating together on peace) at seven different times during the Lebanese war showed not only a 71% decrease in fatalities and a 68% decrease in injuries during the time of the assemblies, but also a decrease in crime, traffic accidents, and fires with an increase in the stock market (Journal of Social Behavior and Personality 2005). Some of these assemblies were local, but three were in the U.S. and one in the Netherlands. The power of combined human intent and focus changes whole environments over dramatic distances. Rupert Sheldrake (2009) and Allan Combs (2002) offer scientific explanation for this human (and animal) ability through the creation of morphic fields which are patterns that become stronger with repetition and cause the original state to reoccur (like the hundredth monkey story). Research conducted at the 2012 Burning Man event by both the Institute of Noetic Sciences and the Global Consciousness Project predicted that their random number generators placed at the event and around the world would deviate from randomness at the time of the burning of the man due to the intensity of the collective consciousness or field created by the participants. Results showed statistically significant deviations for both researchers (Dean Radin et. al. 2012)

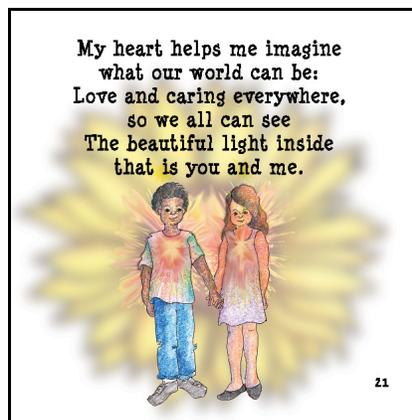
The new paradigm for co-creation involves collaboration, but it is beyond collaboration. Yes, it seeks where my vision touches yours and where we can mutually benefit one another, but it recognizes that all things are created with energy and vibration as Einstein's Theory of Relativity explains, and that we have moved into a time when individual vibrations are not sufficient to fully catalyze the possibilities. In their *Co-Creator's Handbook* Carolyn Anderson and Katharine Roske explain the co-creative way of life: "When groups come together in a field of love, safety and mutual trust—the creativity, power and wisdom of each person are liberated. The sense of separation within people that leads to war, crime, pollution and disorder is healed. As each person finds his place in the body of society, every field of endeavor is taken to a higher level of expression."

HeartMath techniques combined with the Vistar Evolutionary Circles are also two options for learning to reach this level of co-creation. Vistar Circles provide four GuideRules that assist breaking through patterns of the Ego to authentic and synergistic communication that creates a heart-connected field of inspiration [www.vistarfoundation.org](http://www.vistarfoundation.org). Co-creator of the circles, Ron Friedman, writes this in his blog: "Our relation to the invisible dimension of space and our understanding of how we are connected to it and influence it is new territory. We need open eyes and ears

for this exploration, for it will shape our evolutionary journey and every aspect of our human experience. Ultimately, it will determine how we as a species shall take our position as citizens of the Cosmos.”

**Page 21:** The Institute of HeartMath has done extensive research into the ability of the coherent heart to make major positive impact on conditions such as depression, Attention-Deficit/Hyperactivity Disorder, Post Traumatic Stress (even for war veterans) and improved learning and test scores. Heart-focused intention has been shown to actually alter DNA (Rolin McCraty et al. 2003), balance the parasympathetic and sympathetic nervous systems and harmonize the electromagnetic field of the heart. In one study states of love, gratitude, appreciation, giving and caring (a coherent heart) decreased the chances of contracting a major illness from 52% down to 36% over a thirty-year time period. The positive effect is also transmittable to others as shown by research designed by Steven M. Morris, Ph.D. (2010). Hundreds of studies showing the power of heart-focused positive energy can be found at [www.HeartMath.org](http://www.HeartMath.org). Research on the collective effect of group heart resonance is in process through HeartMath’s Global Coherence Initiative, utilizing technology placed throughout the world to monitor the effect on the electromagnetic field of the earth. Participate and follow the research at [www.glcoherence.org](http://www.glcoherence.org).

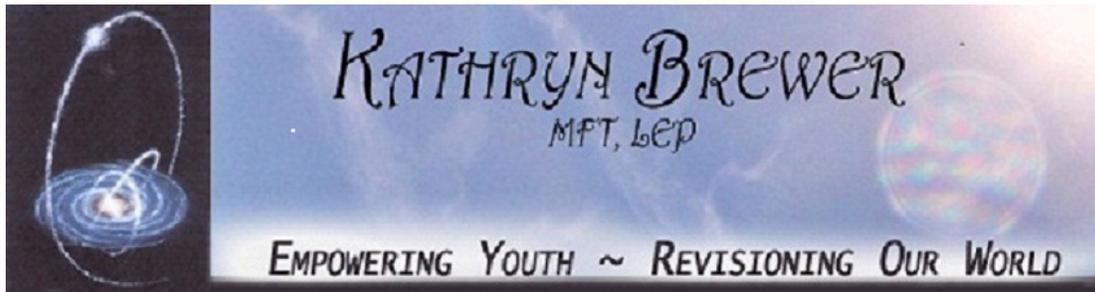
Major innovations in all areas of society that solve our most difficult challenges and create lives that honor and satisfy all people are beginning to be documented in all parts of the globe. A book soon to be published (2013) by Eleanor LeCain called *Breakthrough Solutions* describes nine of those created solutions. The possibilities are real. The choice is ours.



If you are reading this without the book, you are missing something.

Order here: [My Awwwsome Story](http://www.kathrynbrewer.com/my-awwwsome-story-book/)

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Vistar Evolutionary Circles: For information about the method designed to diminish ego involvement and increase acting from Essence or heart in group interaction go to [www.vistarfoundation.org](http://www.vistarfoundation.org) or [www.kathrynbrewer.com/conscious-evolution/](http://www.kathrynbrewer.com/conscious-evolution/)

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## WEBSITES and LINKS

[www.350.org](http://www.350.org) (Bill McKibben)

Foundation for Conscious Evolution, [www.evolve.org](http://www.evolve.org) (Barbara Marx Hubbard's site)

Generation Waking Up, [www.generationwakingup.org/about](http://www.generationwakingup.org/about)

Global Coherence Initiative, [www.glcoherence.org](http://www.glcoherence.org)

Global Consciousness Project, [www.noosphere.princeton.edu/](http://www.noosphere.princeton.edu/)

HeartMath, [www.heartmath.org](http://www.heartmath.org)

Institute of Noetic Sciences, [www.noetic.org](http://www.noetic.org)

Kathryn Brewer, [www.kathrynbrewer.com/conscious-evolution/](http://www.kathrynbrewer.com/conscious-evolution/)

The Pachamama Alliance, [www.pachamama.org](http://www.pachamama.org)

The Shift Network, [www.shiftnetwork.com](http://www.shiftnetwork.com) and

[www.birth2012.com](http://www.birth2012.com)

The Thrive Movement, [www.thrivemovement.com](http://www.thrivemovement.com)

Vistar Foundation, [www.vistarfoundation.org](http://www.vistarfoundation.org)