

## Chapter 1 : Boulder Center for Conscious Community |

*By Bernadette Evans Overview November is a busy month with some planets going direct and some going retrograde. Venus starts Read More».*

Share on Facebook Tweet on Twitter From tree house villages in Costa Rica to yoga communes in Hawaii, these 10 intentional communities are havens of peace, creativity and sustainability. Imagine waking up to the sound of bells from a temple to share in a morning yoga ritual overlooking the mountains of Peru, or the glittering Pacific Ocean in Hawaii. Picking fresh vegetables from your neighborhood garden to cook in a community-wide meal in a spacious, shared kitchen. Building your own non-toxic, mortgage-free cob house in a low-impact neighborhood of like-minded nature lovers. Stepping out of your very own treehouse to gaze at a network of aerial walkways that look like something out of a sci-fi movie. These 10 intentional communities, from utopian eco-villages to cute historic houses in urban Los Angeles, bring people together with common goals of harmonic living, artistic exploration and sustainability. Awakened each morning by the sound of music from the temple, a shrine dedicated to the teachings of Paramhansa Yogananda, guests enjoy daily routines involving organic food grown on site, volunteer service, art and lots of community involvement. Eco Truly Park, Peru It looks like something out of a fairy tale: This ecological and artistic community, an hour north of Lima, was founded on principles of non-violence, simple living and harmony with nature. Both the architecture and the values of the community are inspired by traditional Indian teachings and lifestyles. Eco Truly Park has a goal of being fully self-sustainable, and currently boasts a large organic garden. Open to volunteers, the community offers workshops in yoga, art and Vedic philosophy. Synchronicity has eleven residents and focuses mostly on artistic actions and holding monthly artistic salons that are open to the public. Earthhaven Ecovillage, Asheville, North Carolina Located in the mountains of Western North Carolina, Earthaven is just one of many similar intentional communities focusing on sustainable living. Set on lush acres 40 minutes southwest of Asheville, Earthaven frequently holds natural building workshops and welcomes the public to learn about permaculture, organic gardening and other sustainable topics. They offer camping and visitor accommodations as well as live-work arrangements. Milagro Cohousing, Tucson, Arizona Twelve minutes from downtown Tucson, Arizona, Milagro is a co-housing community with 28 passive-solar, energy-efficient adobe homes on 43 acres. Set against the Tucson mountains, Milagro is simply a community of people who want to live a green lifestyle, surrounded by like-minded neighbors. Each resident has access to 35 acres of undeveloped open space, as well as the 3,000-square-foot Common House, which has meeting and dining space, a library, a playroom and storage space. Gardens, workshops and a solar-heated swimming pool make it even more enticing. Finca Bellavista is a network of rustic, hand-built tree houses in the mountainous South Pacific coastal region of this Central American nation, surrounded by a jungle that is brimming with life. The off-grid, carbon-neutral tree houses are connected by aerial walkways and include a central community center with a dining area, barbecue and lounge. Gardens, ziplines and hiking trails make it even more of a tropical paradise. Prospective community members can design and build their own tree houses. Additionally, some of the tree house owners rent out their homes, and there are visitor accommodations available. Tamera Peace Research Village, Portugal Aiming to be a totally self-sufficient community, the Tamera Peace Research Village is in the Alentejo region of southwestern Portugal and is home to coworkers and students who study how humans can live peacefully in sustainable communities, in harmony with nature. Dancing Rabbit Eco Village, Missouri Another showcase of the beauty of natural building techniques, the Dancing Rabbit Eco Village is a sustainable community located near Rutledge, Missouri advocating low-impact living and dedication to social change. The village is on acres including six ponds, a small creek and 40 acres of woodland, plus 30 acres where they have planted over 12,000 trees as part of a restoration program. It includes three co-housing neighborhoods called Frog, Song and Tree as well as an organic CSA vegetable farm, community gardens and over acres of protected green space. The houses are all energy-efficient and share facilities like a common house, wood shop, metal shop, bike shed, playgrounds and centralized compost bins. Tiny house communities are hard to come by because of various city and county

ordinances, which favor large houses and conventional utilities. There are two tiny house communities currently in planning phases, in Washington D.

## Chapter 2 : Conscious Community

*Conscious Community was begun in by Rev Karene Piccolo, an Inter-Faith Minister. The intent is to come together and share our Spiritual Journeys so that we can support one another as we awaken from ordinary consciousness.*

Two sides have emerged that often seem to find themselves at odds with each other. For every Yin, there is a Yang. And even in a community built on love and peace, you still find a great deal of separation. It will be interesting to review this within ourselves and on a mass scale so we can try to come to an understanding that combines the best of both worlds and use the strengths of both to initiate some real change. With that being said, here are the two sides of the conscious community: This group is usually very concerned with the quality of their vibration and they aim to live in a positive state as much as possible. Life is too short to spend it feeling miserable. Avoid the negative, and amplify the positive. Oftentimes, this crowd follows the Law of Attraction and works to avoid conflict and drama. They tend to believe that it is important to have positive thoughts, use positive language and focus on positive issues to create the most spiritually fulfilling life possible. They typically do not like to focus on problems or negativity in any form, and tend to avoid anything that compromises their high vibration. The judgment on people who are not always positive seems to be that they feel they are focusing too much on the negative, and are thus drawing more negative circumstances into their realities. This side of the fence tends to believe that the way you initiate positive change is through focusing on the positive, and that negative thoughts only create more problems. Therefore, they would say, by focusing on government corruption we only create more government corruption because we are feeding it our attention. Side 2 – Facing The Darkness Is The Only Way This side tends to spend more time talking about the problems with the world in hopes that they can arrive at a solution. This side of the community is very vocal about the things that they want to change. They are concerned about issues like animal rights, immunizations, GMOs, conspiracies, and corruption in the government. They tend to believe in the importance of spreading awareness about the problems in the world in order to initiate positive change. These people tend to be activists, and believe that facing the negative is what allows us to transmute it into something positive. The judgement appears to be that they believe the positive vibe side has their head in the sand, and are deliberately ignoring important issues to make themselves feel better. At times those on this side will express that they believe that people who focus only on the positive are squandering their potential to initiate change. The Middle Ground The middle ground between these two polarities is that both sides have something to offer. We should speak out against injustice, but at the same time we should not allow it to drive us into insanity. By creating a balance in our attention on both the light and darkness, we are well equipped to be the change the world needs right now. By learning what we are up against and balancing that out with spiritual grounding and a well-trained mind, we have a much greater force in the world. Although there are many similarities between these two sides, this one particular issue has created a bit of division. What side of this spectrum do you fall on? Do you believe positivity is the key to world change, or that fighting the darkness is the key? Or, have you developed a perspective somewhere in between? Leave a Reply Your email address will not be published.

**Chapter 3 : 10 Utopian Intentional Communities with Distinct Values**

*Our team here at Conscious Community Wear is dedicated helping to serve the world with a positive outlook on life. By providing excellent quality t-shirts with fun positive images and quotes.*

We turn to this substance because we desire relief. We hope to numb overwhelming emotions. We turn to this coping method because we want increased energy. We want to feel happy, alert, vital, and alive. This is especially true of individuals with PTSD, whose endocrine and nervous systems are overly-stimulated. PTSD is not a life sentence. It is absolutely and totally curable. I speak from experience! But why is it bad? For individuals with PTSD, getting plenty of deep, rejuvenating sleep is utterly crucial to the healing process. Sleep is the time when the body is most able to cleanse the negative effects of trauma. Alcohol is a poison. True, it may help us temporarily relax, but only by sending toxins to the brain that dull our senses. Even a single alcoholic drink can do considerable damage because it puts strain on our liver and immune system. For traumatized individuals, our systems are already severely compromised. Adding alcohol into the mix only impedes our healing. I was drunk every weekend and many weeknights. I realized that I had a serious problem with alcohol. So, I began to research mind-body connections. I also began to practice Reiki: My panic attacks were greatly reduced and my sleep was vastly improved. I found that I had greater concentration, focus, and balance throughout the day. This type of constant stress exhausts the endocrine and nervous systems, depleting our bodies of natural energetic resources. For those of us in trauma recovery, this is the last thing we want! When we are feeling tired, it may seem like the smart solution is to go to Starbucks or eat a chocolate bar; however, the long-term effects on the body are horrendous. After scanning my test results, she announced that I had an endocrine system that was functioning at levels normal for a year old person. I was 30 at the time. She looked me squarely in the eye. How in the world would I get through grad school????? For the past three years, I had been surviving chronic illness by drinking lattes from Starbucks, daily. How would I make it through my classes? How would I get out of bed in the morning? As my mind raced with these frightening questions, the full impact of my addiction became clear. I had, somehow, begun to equate drinking coffee with the very ability to live my life. You can do this. I am thirty-five years old today, and I can honestly say that I feel better today than I have ever felt in my entire life! I was a very sickly child. Yet it was a crucial part of my recovery journey. However, on the other hand, if we intentionally add in new habits, patterns, or practices, we can often feel a growing sense of abundance and excitement about our new path. I not only look forward to the benefits that I receive from these practices, but I have added motivation to always learn more and dive deeper and deeper, so I can teach them to others. Today I have a fulfilling career in the holistic health field. I offer Reiki healing and meditation workshops in a domestic violence shelter, and coach women one-on-one about how they can heal themselves from PTSD. I am a natural intellectual. I love to think. So, when my team of holistic healers suggested I bring the spiritual practices of Reiki, meditation and yoga into my life, I struggled at first. Because these practices are based on silence and the surrender of thought, I found it difficult to embrace them or have faith in their benefit. However, over time, I have observed the many benefits resulting from these practices and have formed what I call positive addictions to them! For example, when I skip meditating for a day or two, I feel off-kilter and sad! I truly adore meditating now; it brings me such joy. Instead of my afternoon latte or weekend wine, I now love to sip organic sparkling waters, homemade raw juices, and unsweetened almond milk with cinnamon and raw honey iced or hot. I also adore caffeine-free herbal teas, such as chamomile, lavender, bergamot, dandelion, and spicy ginger. If you are drinking three cups of coffee or caffeinated tea per day, see if you can reduce your daily intake down to two cups per day, and then one, and then half a cup, and then, eventually, zero. If we are gentle with ourselves, then we are free and excited to make the changes we know we want to make. Sometimes, what our bodies need may be different from what our emotions are craving. And, sometimes making changes can require a certain amount of discipline. There will be setbacks sometimes. We listen for the loving voice within, the one that says: You can do anything. I am not a psychologist or nutritionist. In no way does this article constitute a prescription or official medical advice. Rather, what I am gently suggesting here is simply personal opinion, based upon my

own personal experience and research.

**Chapter 4 : Home - Network for Developing Conscious Communities**

*This conscious community is a joke, people keep calling them 'conscious' and saying they 'waking up' the black community but in reality they are doing absolutely nothing.*

Introducing the Conscious Community: Part 1 Adam Coleman September 27, We are all searching and seeking identity. I have asked my colleague, Adam Coleman, to address this particular issue. Dawkins and friends are but a newer addition to a narrative that had its inception long before now. It was during this era that thinkers were emboldened to use their pens and printing presses to drive a wedge between Faith and Reason. The seeds planted by the likes of David Hume have produced a harvest of vicious skepticism and anti-theism in our time. While this has certainly presented the Christian apologetics community with a foe worth fighting, I suggest to the reader there is another enemy at the gates, albeit a less familiar one. These factors would have included family lineage, clan affiliation, tribe, markings on the skin, physical build, language, traditions, religious practices, etc. These factors provided a basis for differentiating between people groups in Africa and afforded individuals a context for their self-concept[1]. Upon arriving in the New World, Africans found themselves in a situation wherein their productivity was valued above their personhood—people were made cattle. In his autobiography, former slave, John Jacobs lamented: We must also consider how throughout the Transatlantic slave era there were new ideas coming to the forefront related to the re-categorizing and ranking of people groups. Scientists and other academics advanced a number of theories wherein phenotypical traits such as skin color, bone structure, and size of the head were used as a means of elevating one people group over another; the pinnacle of which were European. In similar fashion, liberal progressive ideas regarding population control that targeted black populations in the early s still plague the black community today. Thus, via the Transatlantic Slave Trade, we find that Africans entered a milieu that was adverse to the continuity of their personhood, self-concept, and ethnocultural identity. In being taken from their original context, Africans were removed from the natural network of factors from which they had developed personal and ethnic identity as well as differentiated themselves from other people groups. In addition, Africans found themselves faced with challenges to ethnocultural identity development that arose due to the Slave Laws and general processes of the slave trade. The centerpiece of this new identity was a skin deep understanding of identity and value. In the shedding of what is perceived to be European, Christianity is often considered to be on the wrong side of the ledger. There seems to be a burgeoning problem in the black community: Generally, amongst people of the Consciousness Community it is taken at face value that white slave masters imposed Christianity upon the slaves to keep them in line. Nothing more than a shackle that is to be shaken off as one returns to their ethnic roots. For that reason my hope is that this article would be as alarming as it is informative. There are questions and objections to the Christian faith that are of particular concern to people of African descent. For the non-believer, this issue of reconciling their ethnic identity with the Christian faith is many times an insurmountable barrier; preventing their hardened hearts from considering the gospel of Jesus Christ. For many believers, who happen to be of African descent, the balancing act of holding onto the faith while being true to their ethnic heritage is like having a pebble in their shoe. It presents a nagging concern that remains with them as they walk with God. I am bringing attention to this in an attempt to shed light on the fact that this identity issue among people of African descent is a real obstacle to spreading the gospel and is presently causing many to turn away from Christ. There is a real need here and through Christ we are well able to meet that need. My next article explores the Consciousness Community in further detail and provides a general description of this movement, cursory review of the major groups within the movement, and recommendations as to how the church can respond to the challenges at hand. Of course, it would be impossible to give a comprehensive breakdown of the entire movement in one article. Explaining African ethnic diversity. International Political Science Review, 34 3 , National Bureau of Economic Research. Traders, and Slaves in the Old South Madison, , A True Tale of Slavery. Slavery and social death. Developmental psychology, 42 5 , Naming and linguistic Africanisms in African American culture. In Selected proceedings of the 35th annual conference on African linguistics pp. Adam Coleman is passionate about equipping Christians with evidences

for the faith and engaging the culture.

**Chapter 5 : Love. Light. Conscious Community.**

*Our Calling: We, at Conscious Community, a community-based nonprofit (c)3, are dedicated to making a difference in quality of life - one person at a time. We, the people, one at a time, make up the entire world!*

Introducing the Conscious Community: Part 2 Adam Coleman October 4, In my last article , I laid out a context for what appears to be a growing problem in the black community. I discussed the lingering identity issue that seems to grip so many people of African descent and then illustrated how it poses a barrier to the spreading of the gospel as well as a stumbling block for many believers. The CC is a rather nebulous entity. In a moment I will give a brief overview of these belief systems, but first I would like to revisit the matter of identity in a way that may shed light on the manner in which people come to engage them. Recently, it occurred to me that the groups most prominently represented amongst the CC make a unique claim that other religious groups do not. Each of these groups purport to solve the identity problem, faced by people of African descent, by restoring the individual to their true identity. The primary draw for these groups is that rather than simply offering an alternative belief system, they offer an identity system. Therefore you are a Hebrew and on the basis of your true Hebrew identity you ought to adopt the Hebrew Israelite religion that corresponds with your true identity. For those who belong to these groups, their new identities serve as a basis for self-esteem, personal worth, moral framework, sense of purpose, and so on. As with any sub-culture there are a number of themes, values, and sentiments common amongst its members. Two of the pillars that undergird this sub-culture are Afrocentrism and anti-European prejudice. Among the CC, anti-Caucasian sentiment ranges from latent resentment to violent aversion. By extension, Western society as a whole is viewed as a power structure that is bent on subduing people of color. In addition to the two main pillars of the CC, a hallmark of this sub-culture is a thirst for knowledge; being well studied is considered a virtue within this movement. Unfortunately, the desire for knowledge is generally not coupled with a firm understanding of how to obtain or identify reliable information. For most CC members, their research does not extend beyond Youtube and the Afrocentric websites they frequent. Umar Johnson, and old-school CC celebrities like Dr. Ben Johacanan provide CC members with a steady diet of information aimed at affirming blackness, opposing Western oppression, and casting off the shackles of Christianity. For this reason reliance upon pseudo-scholarship, Jesus mythicism, and conspiracy theorism is a staple among the CC. Hebrew Israelite, Moor, etc. When I was about 12 or so my family and I attended a church that made a biblically based effort to reconcile African ethnicity with Christianity. This served to vaccinate me from influences I would later encounter in college that attempted to persuade me that Christianity is at odds with my black skin. Both the Bible and church history are rich with diversity. In addition to the Biblical characters there are a number of African theologians, martyrs, thinkers, missionaries, etc. Educating believers about this aspect of Christian heritage is a preventative measure churches can take in equipping the saints against challenges to the faith that center upon the alleged discord between Christianity and African ethnicities. Most importantly, believers need to be theologically prepared to deal with the types of objections they may encounter within the black community. It is our God-given identity that brings true worth and trumps all earthly conceptions of self. When the center of who we are is who He has made us to be, only then will we have peace with ourselves. I believe the apologetics community should do what it has done in the past as challenges arose. When the New Atheists began to emerge Christian philosophers, scientists, historians, textual critics, theologians, etc. Likewise with other societal matters such as recent LGBT activity and the abortion discussion, apologists have been able to demonstrate how Christianity affords us a coherent worldview that both honors God and provides guidelines for how we interact with one another. The belief systems and ideologies represented within the CC can neither support the weight of their claims nor provide a coherent worldview. The CC, however, has gone virtually untouched by our apologetics community and seems to have gained traction while remaining in the shadows. It is time for Christian Apologists to respond! Hebrew Israelites The essential claim made by the Hebrew Israelites is that the Africans who were brought to the Western World via the Transatlantic Slave Trade are the descendants of the Biblical Hebrews, who were also dark skinned. Hebrew Israelite theology is probably the

most well established belief system among the CC groups. Points that may guide discussion:

### Chapter 6 : The Two Sides Of The Conscious Community: Where Do You Fall? | Spirit Science

*Conscious Community, Hawi, Hawaii. 6, likes. Live Conscious is a community of people dedicated to sharing tools and ideas for living more consciously.*

Thank you for your attempts to teach black America about our culture as well as your dedication to reproducing information from past scholars, teachers and historians. You have quite a way of rewording content and making it your own and for that, we are grateful. Nonetheless, we have many issues that need to be addressed today so that we as a people can shift from reading history to accepting our position in creating a future worth living to see. We have grown tired of your antics to make us believe that enlightenment is a process of learning knowledge outside of self. You have continuously given out false African history and traditions merely to further your agenda of procrastination. We hear you speaking about the importance of family and community yet your actions seem to be unaligned with your speech. We have grown tired of hearing about your back to Africa movement. A movement geared towards encouraging us to pack up, close shop and relocate to a place that few of you have actually visited. We ask what good is your conscious community if members have joined and turned away from their beliefs, not because they felt you were right but because they were intellectually intimidated by you? Many followers yet few believers. We have grown tired of hearing countless stories of how we built the pyramids. We have noticed that with this powerful wisdom of what our ancestors have done in past times, we as a people still lack architectural schools of higher education. Why are we not competing with our ancestors? We have grown tired of your constant pressure to study the people of Africa when we should be studying their lifestyle and behaviors. Your studies have yet to eliminate the rampant spread of HIV, AIDS, diabetes, high blood pressure, depression and suicide that is plaguing our communities. We have heard your pleas to join you in consuming knowledge and while the history of our ancestors does intrigue us, we are in a battle of our own here in Many of the black leaders you worship have integrated us into a school system which is now forcing us to drug our children under the guise of being autistic, having ADD or ADHD. We were integrated into a food industry that is now selling food products full of monsanto. We are at odds with the prison industrial complex which continues to incarcerate young black men and women disproportionately to other races. We are having to compete viciously with one another to attain well paying careers, homes in safer neighborhoods and reliable transportation. There will never be unity, history shows us that our ancestors too went to war with one another, Tribes have been fighting one another since the beginning of time. We are asking you to join us at the table to deal with the problems WE are facing today. How do we fight and strive for reparations for our ancestors when we, ourselves are pinned to the ground by our opponent? Knowing what our personal purpose, strengths, gifts and talents are. If you are stepping up as a teacher, teach insight that empowers our people rather tearing them down. Personal responsibility is the order of the day! By doing your part, you create a space for others to join in and do the same. The days of black leaders have passed! We need no more leaders, we need responsible, devoted, self invested folk to step forward and fulfill their personal duties. We need classes on agriculture and farming. We need classes on architecture and engineering. We need no more debates, we need spaces that uplift family and reconnect us to our spiritual selves. Remember seeing is still believing.

### Chapter 7 : Events Calendar “ Conscious Community Magazine

*One of the things that I've noticed over the years is that there seems to be some division within the conscious community. Two sides have emerged that often seem to find themselves at odds with each other.*

### Chapter 8 : Conscious Community Wear

*Co-creating conscious community in Boulder We invite you to be part of our unique community, where connection, belonging, and personal transformation happen naturally as you step in with your commitment to (re)discover and*

*express your real self.*

**Chapter 9 : Introducing the Conscious Community: Part 1 – Free Thinking Ministries**

*Conscious Community Tags (sub)urban warrior art 12 acres of nature 13 treasures 19th annual world tai chi & qigong day conscious events events.*