



**Creating a World of New Possibilities  
A Newsletter of 'To Go Beyond'  
October 21, 2006**

Welcome to the Home of To Go Beyond.

So much is happening each day to usher in a new world of freedom, joy and peace for all people. You can see many wonderful projects in all areas of life – health, politics, education, etc. on the Internet. Every day, I experience positive changes in the way people treat each another....even in the grocery store.

This issue features an interview with the Executive Director of Natural Step, a nonprofit organization in Portland, Oregon which teaches businesses how to become more sustainable. Also, there is an article about creativity and one about group service. At the end, there is a special free offer just for you.

We welcome your stories, songs, and poems about creating a better life and world for all people. Please feel free to email them to us.

Wishing you all that your heart desires....

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Through Your Creativity..... A New World is Born

Imagine a world in which each person enables the creative force inside of them to fully express itself....Imagine the music, plays, scientific inventions, new ways of schooling children, and much more....which arise.

When we connect this deeply, we tap into the oneness of all things. What we create naturally serves the whole. It is beyond us...we receive the energies which generate

harmony among all living things. Whatever flows through us becomes healing and enriching for others. Perhaps this is why we feel so fulfilled.

Consider that this is one of the ways the world changes....through us.....when we are connected in this way.

Here are a few questions which may help you to see how you are already serving others and how you may begin to express your creativity even more. You may wish to write down your responses to these questions.

1. How is my “art” contributing to the lives of other people?
2. Do I acknowledge this and appreciate myself for it?
3. How can I appreciate myself for this even more?
4. Do I have support from other people for what I am creating?
5. How can I receive more support, if that is what I am desiring?
6. What changes in my life would give me more opportunities to express my art even more?
7. How can I begin to make these changes now?

It does not matter how many people are benefiting from your creative work right now. What matters is that you are devoted to expressing your gifts in service to others. You are a part of a global network....through you, a new world is born....

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### The Natural Step - Teaching Businesses Sustainability

I had the pleasure of interviewing Regina Hauser, Executive Director of Natural Step in Portland, Oregon. Started by Swedish oncologist, Dr. Robert, the mission of Natural Step is to assist businesses to reduce their impact on the environment and enhance their efficiency and effectiveness at the same time.

In the late 1980’s and early 1990’s, Dr. Robert observed that many children who had cancer were not engaging in risky lifestyles. He realized that their illness could be environmentally related. He soon concluded that one of the problems in addressing environmental issues is that we focus on symptoms and details and not on causes and symptoms. He then developed, with the assistance of 50 other scientists, a framework for sustainability, which is the foundation for the work of this organization. This framework includes the following conditions:

1. Do not subject nature to increasing concentrations of materials from the earth’s crust.
2. Do not continue to expose nature to the increasing concentration of human-made

- substances.
3. Do not degrade nature's ecosystems.
  4. Do not create conditions that undermine peoples' capacity to meet their needs.

The Natural Step encourages each group to be creative in the way they implement these principles. David Yudkin and Gina Edelman, owners of Hot Lips, a gourmet pizza company in Portland, Oregon, found a way to reduce their energy usage through compact fluorescents, better use of daylight, efficient coolers and by capturing waste heat from their large ovens. Waste heat is now being used to meet most of their hot water needs. David and Gina also realized that much of the food for their pizzas was "traveling" 1300 – 1500 miles to reach them! They decided to work more closely with local farmers and to buy local ingredients for their pizzas from them.

I had the pleasure of talking with David about the how becoming sustainable has impacted his Company and his life.

"It's transformed the Company. It gives Gina and I a purpose to our working lives. It gives our employees a sense of a daily control and effect on these pressing issues that everybody is thinking about so that they have a way they can do something. There is a constant improvement in our everyday actions. We are always addressing issues such as facility, personnel (benefits, working environment) – it is basically an all-encompassing mission – it impacts everything. It gives us a reason to go to work, it is fulfilling, our employees are enjoyable to be around, we have a sense of community and belonging, and a rewarding life."

Natural Step offers programs such as networking breakfasts, trainings, consulting, one-on-one coaching and conferences to assist businesses to become more sustainable. Their year-long course, Leadership Course Kickoff: Taking Your Natural Leadership from Inspiration to Accomplishment, began on October 5<sup>th</sup> in Portland.

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### Together – We Are One

Do you feel drawn to participating in groups more than you did before? Do you have one or more groups in your life which offer friendship, collaboration and support?

Many traditions tell us that the present Golden Age is an age of group service and that through groups, we will build a new world.

Why is Group Service So Important?

1. We can accomplish much more together than we can alone. When we share together, the synergy of the group enables new possibilities to be revealed to us



