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Becoming ONE, People and Planet  
*Volume Two*

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*Seven Steps to Soul*  
*A Poetic Journey of Spiritual Awakening*

Becoming ONE  
People and Planet

A Manual for Personal  
and Planetary Transformation

Volume One



Text, Poems, Stories and Art

By  
Suzan Carroll PhD

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## DEDICATION

I dedicate this book to my seven grandchildren, (chronologically) Brittany, Miles, Taylor, Olivia, Tristan, Andrew, and Jade. May they have a safe and healthy planet on which to live, learn, and love.

In fact, I dedicate this book to *all* the children of the world, encouraging every adult to cherish and protect the great light that shines within them.

## THE CHILDREN

These children come from Heaven.  
Their wings are newly clipped.  
Their memories are awake still.  
Their halos have not slipped.

How long can they remember  
the places they came from?  
How long can Soul live in their hearts  
and warm them like the sun?

Can others that come near them  
know this child will lead the way  
then guide them to remain them SELF,  
so innocence can stay?

The glory of a newborn  
matures into a child,  
but as the child becomes adult,  
that innocence turns wild.

If we help them to remember  
the purpose of their birth,  
they'll know the meaning of their life  
and acknowledge their self-worth.

The leaders of our future  
have bodies very small,  
but if we listen with our hearts,  
then they can guide us all.

Love them with a love that's true  
and see their inner glory,  
then they'll know that they are safe  
to share their lives-long story.

For fresh in their remembrance  
is the truth we seek to find,  
but pain has made us deaf  
and fear has made us blind.

We'll protect them from the fate  
that we ourselves have suffered  
then know that from the harm of life  
our love has kept them buffered.

We welcome all our children  
for they know much more of life  
than those of us who have been lost  
in illusions of our strife.

Lead us please, dear children.  
We follow now your light.  
We hear the vision of your words  
and see with your clear sight.

For, as these children take the lead  
their love will show the way  
to open up our hearts and minds  
to see a brand new day.

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we are part of the planet.*

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## FOREWORD

*Becoming ONE People and Planet* is a blend of ecology, psychology, metaphysics, science, art, poetry, and storytelling. This combination is meant to encourage whole brain thinking—the ability to simultaneously use the analytical/sequential thinking of our left brains and the holistic/creative thinking of our right brains.

This synchronized and unified thinking can allow us to access more than the usual 10 to 15 percent of our brains to discover what latent potentials lie hidden from our conscious awareness. As we expand our brains, we open our minds to concepts and ideas that once seemed impossible. This expansion allows us to rise above the doldrums of daily survival to discover not only our hidden qualities, but also our multidimensional selves, the part of us we have forgotten.

Not only are we not using the vast majority of our brain cells, but we're also not using the bulk of our DNA. The latest studies show that up to 95 percent of our DNA has no known function; scientists actually refer to it as "junk DNA." Where in nature is an organism only 10 to 15 percent functional? The respond is, when the organism is in chrysalis form. If we are in chrysalis form, then who or what are we becoming? This answer may be so complex that it's simply not available to our mundane mind.

Fortunately, as our right and left brains communicate with each other, our egos and our Souls also communicate, this expanded communication extends our consciousness beyond the confines of what we think of as ordinary reality. With this expansion, multidimensional realities from the quantum world to the higher dimensions become available for our exploration. What is constant in all of these realities is Gaia, the consciousness of planet Earth. With this realization, we understand that we are not only merging with our expanded potentials and our multidimensional selves, we are also merging with Earth, the planet of which we are a part.

These concepts may seem unfeasible now, but our everyday lives have greatly changed in a very short time. Only one generation ago, the world seemed very large. Letters and newspapers could take days, weeks, or even months to travel

from sender to receiver. Due to the difficulty in communication, the different areas of the world were very separate. It was a time when everyone could safely feel as though his or her personal reality was protected from the problems and strife far, far away.

Now, there is no "far away" in communication. Through the internet, we can communicate instantly with just about anyone, anywhere. Every area of the world is a click away, and we can view events the instant they happen—no matter where on the globe they are occurring. Because of this, the planet no longer seems so large; nor do we feel as safe, for now our problems are planetary. Humanity is finally realizing that the Earth, not just our neighborhood or even our country, is our home—and *our home* is in trouble!

When the planet seemed so big and we all felt separated from each other, we believed we were limited in our ability to change planetary situations. Besides, we thought that as humans, we were the most evolved species and nothing could end our reign over this Earth that we thought of as a thing. Fortunately, our consciousness has expanded enough for many of us to realize that the Earth is a living being whose ecosystem is vital to our survival.

Because of these realizations, the collective consciousness of humanity experiences immense fear. Many people will ask, "I am only one person. What can I do?" Indeed, one person seemingly does not have much power to make an impact on our currently grave situation, that same situation about which we were repeatedly warned back when we felt safe.

Yet if we pull our heads out from under the covers and use our collective voice, we can make a difference. In the children's story *Horton Hears a Who!*, by Dr. Seuss, *all* the Whos in Whoville had to raise their voices in order to save their world. In the end, it was the contribution of the small voice of one child who had been playing alone who saved Whoville from sure disaster.

What if our *individual* voice is the *one* voice that will save our planet, and we do not speak up? Maybe our singular contribution is the one that will move our collective consciousness into the critical mass that will wake up the sleeping masses from millennia of separation to manifest planetary unity. However, whether we wish to recognize it or

not, the planet is already a unified, living being and her consciousness, Gaia, calls us to awaken *now*. We must release old illusions of being separated within our thinking, from our expanded selves, from each other, and from our planet.

Up until now, we have all been caterpillars whose entire universe was a single branch. But we, like Earth, are great multidimensional beings who are on the verge of expansion into the greater expression of self. Now we are becoming butterflies, and like the monarch, we can travel vast distances within our lifetime. Amazingly, the greatest distance we will travel is from our caterpillar (ego/self) to our butterfly (Soul/SELF). Yes, the situation on our planet seems impossible to cure. However, a caterpillar can only crawl, whereas a butterfly can travel huge distances on wings that can be dismantled by a simple touch.

We do not have to look far to find the miracle that will save us. Myriad miracles are right here on the very planet we have thought of as a thing. What if we instead viewed the planet as a life form named Gaia? What if we saw ourselves as a part of this life form, just like our fingers are a part of our hands? What if we awakened from millennia of illusion to find the truth that the people and the planet are *one*? If we are indeed one with Gaia, then healing our own fear and darkness would heal a portion of the planetary fear and darkness. Then, we would no longer be talking about being one person but instead about *being one planet*.