

Introduction

THE NEW HUMAN STORY: THE POWER TO THRIVE IN OUR TIME OF EXTREMES

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A single question lurks at the very core of our existence: It's the unspoken question lying beneath every choice we'll ever make; it lives within every challenge that will ever test us, and it's the foundation for every decision we'll ever face. The question at the root of all questions—one asked countless times by countless individuals during our estimated two hundred thousand or so years on Earth—is simply, *Who are we?*

Our Story Matters

While the question itself is simple and brief, the story we tell ourselves about ourselves has implications that we simply cannot escape. It tears directly into the heart of each moment of our lives. Our story—what we believe about our past, our origin, our destiny, and our potential—defines

the way we see ourselves, other people, and the choices we make. It determines who we invite into our lives as friends, partners and life-mates, what careers we choose, and how we heal our bodies. The implications of our story are woven into the very fabric of our society. They show up in everything from how we choose to nourish our bodies, to the way we care for ourselves, our children, and our aging parents.

The implications of our story go even deeper. They inform the thinking at the foundation of civilization itself. Our story influences how we share the vital resources of food, water, medicine, and the basic necessities of life. It determines why, when, and how we go to war, as well as when we choose to accept peace. What we believe about ourselves even justifies our thinking for when we save a human life and when we choose to end one.

In what may be the greatest irony of our existence—at the dawn of the twenty-first century, following more than five thousand years of recorded history—we have still not clearly answered this most basic question about ourselves. And while at any time discovering the truth of our existence would be worth the needed energy and resources, faced with the greatest crises of life and survival in our species' memory, it's especially critical.

Navigating a Time of Extremes

We're living in a time of extremes—*extreme* shifts in the world and *extreme* changes in our lives. To be clear, the extremes I'm talking about aren't all bad: extreme shifts in technology and the internet, for example, now provide the broadest levels of human connection and information sharing in recorded history. It's the extremes in unsustainable thinking and living that are the problems. The best minds of our time acknowledge that when it comes to factors such as climate, energy, poverty, and environment, if unchecked, our current trajectory of unsustainable practices places us on multiple collision courses that threaten local communities, global society, and ultimately, civilization itself.

In *Our Moment of Choice*, we explore the reasons for the extremes and how to embrace them in a healthy way. Their emergence presents a rare window of opportunity—*our moment of choice*. Will we choose to replace today's broken and failed systems with the sustainable technologies and practices of healing, peace, and cooperation that are at our doorstep? Or will we ignore our window? Will we choose to cling to the familiar habits of ego, money, power, and competition that keep us locked in the turmoil polarizing our world today? Our success hinges upon us and the way we respond to two key factors—our willingness to (1) acknowledge the extremes and (2) embrace new ways of thinking and living that reflect the uniqueness of our time.

Although we face many unknown factors in our moment of choice, one thing we can know with absolute certainty: our lives are changing in ways that we haven't been prepared for, and it's happening at a speed that we've never known.

Creating the World We Know Is Possible

We're being asked to embrace new discoveries revealing who we are—the new human story—and through that new story to radically, and quickly, shift the thinking of the past when it comes to us and our relationship to the world.

I'm an optimist by nature. I see real reasons for optimism in our lives. At the same time, I'm also a realist. I am under no illusion when it comes to the effort—the work—that it takes to make such a shift. In his 1923 classic book *The Prophet*, philosopher and writer Kahlil Gibran described work as love made visible. This perspective reminds us that the tremendous effort required to thrive and transcend our time of extremes is the visible expression of our love for ourselves, one another, and the world. The world that we leave for our children, and theirs, will be our legacy to our love made visible.

Fortunately for us, we already have the solutions to the big problems of the world—the physical ones, that is. The scientific principles are

already understood. The technology is already available. They exist right here, right now, at our fingertips. What stands between us and the world we know is possible—where clean, abundant, and sustainable energy is accessible to every member of our global family; where live, healthy food and clean water is plentiful and accessible to every mouth on the planet; where every human is able to obtain the basic necessities of life and the support to live a healthy and meaningful life—is something that we can't build, touch, or measure. The elusive link that's missing in the equation that brings this world to life is the *thinking* that makes room in our world for what already exists in our minds.

Are we willing to embrace the vision that makes such possibilities a priority? Will we allow the discoveries that reveal the deepest truths of our relationships to ourselves, one another, and the earth to become the passport to the emerging world? Will we embrace the work it takes to expand our thinking—our love made visible for ourselves and our planet? This is where *Our Moment of Choice: Evolutionary Visions and Hope for the Future* comes in.

While there is certainly no shortage of books that identify the extraordinary conditions of change we face today, they typically fall short of addressing the single element at the heart of how we deal with the conditions. How can we possibly know what technology to choose, what policies to enact, what laws to pass, or how to build sustainable economies, share life-saving technologies, and bridge the issues tearing the fabric of our relationships and society, until we've answered that most fundamental question of our existence: *who are we?* As individuals, as families, as nations, and as a civilization, this most basic understanding becomes the cornerstone for the priorities in our choices and policies.

Without the answer to this question, making life-altering decisions is like trying to get into a house without knowing where the door is. While it's possible to break in through a window or knock down a wall, we'd damage the home in the process. And maybe this is a perfect metaphor for the quandary we find ourselves in. For our human family—which has more than quadrupled in a little over a century, from 1.6 billion in 1900 to about 7.7 billion in 2019—can use the key of understanding

who we are to move through the door of successful solutions, or we can continue to respond to crises with the knee-jerk reactions and false assumptions based in incomplete, or obsolete, science until we damage our home, both Earth and ourselves.

This book identifies seven areas of discovery that will radically change the way we've been led to think about our world and ourselves, as we open new horizons of hope and possibility. In the pages that follow, you will discover the keys to

- building a global community as a culture of peace,
- revisioning the universe as alive, conscious, and intelligent,
- renewing an ethic of deep integrity in conscious business, media, and entrepreneurship,
- healing the whole body as a way of living, rather than as a response to illness,
- awakening the power of a spiritually based science,
- understanding new scientific discoveries that reveal the cosmos as a deeply connected and fully integrated system, and
- knowing sustainable living and prosperity as a foundation for global transformation.

Taking a Personal Journey

Our Moment of Choice is written with one purpose in mind: to empower us with an honest, truthful, and factual understanding of our relationship with the earth, one another, and perhaps most importantly,

ourselves. In doing so, we develop new insights and discover new answers to the ancient and timeless question: *who are we?*

The key to our moment of choice is simply this: the better we answer this question, the better we know ourselves and the less we fear change in the world. In the absence of fear, we are better equipped to make conscious and informed choices.

I invite you to take the discoveries in these pages and explore what they mean to you. Talk them over with the people in your life; discover if, and how, they change your story and the story that is shared in your family. New discoveries regarding our origin, our past, and the most deeply held ideas about our existence give us reasons to rethink the traditional beliefs that define our lives. When we do, the solutions to life's challenges become clear and the choices become obvious. This book is dedicated to revealing the discoveries that have yet to show up in our textbooks and classrooms; they hold the key to awakening our new human story.