

# HUMANITY 2.0

ACTIVATING YOUR XFACTOR:  
Realize Inner/Outer Freedom and  
Finally Master Your Life



# INTRO

## How This Checklist Works

**Are you ready to break free of a chaotic world spinning out of control? Would you like the trade confusion and turmoil in your life for an abundant life rich with purpose and meaning? Are you ready to have the world working for you instead of being a slave in the world?**

If you answered YES, it means you are already consciously manifesting the next version of yourself within **Humanity 2.0**.

The excited quickening of your heart is your ineffable connection to the unprecedented evolutionary leap in consciousness that is opening millions to the greater awareness we have far more power in our lives than we were led to believe.

As we come to the realization material science is limited without the incorporation of the immaterial world, we must seek to unite the left and right hemispheres of our brain, going a step further connecting your mind with your heart, then connecting with Universal Consciousness.

Thus, embracing the entire spectrum of what you know about mind, body, and spirit, you finally realize internal and external freedom. **Yes!**

Chances are you've already begun the necessary shift, one that is long overdue. But how do you know you're on the right track for sure? Join the millions now tapping directly into:

- enhanced insight—personal and big picture beyond academia
- access to your creative inner genius; your link to true wealth
- influence on your health—it's all energy fields
- unlimited prosperity by going within directly to Source
- living life on your own terms peacefully and harmoniously

**This brief checklist** will pinpoint not only how **Humanity 2.0** is already busily opening doors once closed, but what you must *let go of* to achieve the big results that have always eluded you. Yes, you heard correctly. Humanity 1.0 is unsustainable and is coming to an end. Let's explore what *is* abundantly sustainable. How are you tracking?

# CHECKLIST

## Humanity 1.0

For eons, human potential has remained predominantly dormant due to the mass perpetuation of the false doctrine we are separate from one another and all that exists. This is known academically as separation consciousness or in spiritual terms, the “veil.”<sup>1</sup>

This belief has kept most of humanity locked in unsustainable cycles of desperate survivalism, the visible evidence the ongoing and prevalent exploitation of one another and planet Earth.

The global breakdown of societal/social systems that is presently occurring is the collapse of these self-destructive recursive looping thought patterns rooted in separation consciousness.

Outdated thought patterns have kept you, the individual, as well as the collective in a state of powerless servitude as we struggled to evolve to the next stage of human evolution. Thankfully, evolution is unrelenting.

Evolution (*Creation in process*) ensures Creation’s perpetuity by introducing quantum energy fields—formed out of its own internal processes—that act as catalysts and accelerants that spontaneously bring about change.<sup>2</sup>

Your future depends on whether you continue to limit yourself by focusing on end times (like corporate media), or if you are part of a generation of newly awakening souls. This exciting wave of arising consciousness is literally transcending external confusion, allowing you to enter into a new era of the limitless human being—**Humanity 2.0**.

Separation consciousness results in the forfeiture of one’s personal power and victimhood, worsening the greater you’ve been trained to close your mind and heart. Symptoms are thoughts of failure; feelings of unworthiness; competition; judgment; conditional love; service to self; and domination over others—to name just a few borders behind the veil.

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<sup>1</sup> Technology in itself is not a measure of evolution—it’s how we apply it that reveals a species’ maturity.

<sup>2</sup> Science has barely begun to explore our metaphysical world to understand these processes.

# CHECKLIST

## Humanity 1.0: Letting Go

You will know you are on track to transition from Humanity 1.0 to 2.0 when you let go of the above limitations and begin to:

### **#1 – Take 100% responsibility for your life.**

A friend would complain that without a big publisher marketing budget, no one was ever going to know her books existed. I kept suggesting she stop using lack of funding as an excuse and look for other writing opportunities that would lead readers back to her books.

She took responsibility for her limited thinking, came up with a unique solution over time and now readers from some of the top online media websites around the world click through to order her [books](#).

Activate Your XFactor: Notice every time you have a self-limiting thought or wish to lash out in anger over your circumstances. Allow your feelings to come and go in silence (do no harm). Say, “I’m open to infinite possibility—what should I do next?” Then wait and watch.

### **#2 – Give up any claims to playing life’s victim.**

This same friend complained she desired lots of money to help support others actively being the change they wish to see in the world, but that “life” had kept her in “poverty.” She finally ignored the thought, moving forward to co-create a [private foundation](#) and is slowly giving away more and more [micro-grants](#) as funding becomes available.

BTW, that woman is me. My friend? The Universe—an ocean of consciousness that is my ultimate collaborative resource and guide. The reality is no one or institution can hold you down when you align with the Universe. Stop blaming others and using them as an excuse.

Activate Your XFactor: Are you checking in, asking questions, then listening as in Step 1? Take it a step further by sitting in silence for the length of a cup of coffee daily. Do it any way you like, eyes open/closed, with a drink or not. It isn’t even necessary to pose questions. The more

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## Humanity 1.0: Letting Go

you practice, the more you notice the amazing ideas you have and begin to trust them. Your desires are already floating in the collective.

### **#3 - Open your mind and heart.**

A closed heart and mind shut down the **XFactor** in your life. Strategic Coach Dan Sullivan says, “When 10X is your measuring stick, you immediately see how you can bypass what everyone else is doing.”

In unity consciousness, what’s so amazing is that no one is left behind. When you lift your conscious awareness, it’s absorbed by others.

Activate Your XFactor: Daily, consider one new idea (philosophical, scientific, spiritual, or other). Is the idea sustainable or is it now self-limiting? That’s 365 grander ideas each year. You just scaled your life up in a big way. Do this for one week, then review the new you vs. the old you. Talk about wow factor!

### **#4 – Know it’s not possible to fail.**

You just learned evolution ensures Creation’s success (perpetuity)—and yours. As you are part of Creation, this means you can’t fail either. (There is a much more exhaustive explanation not included in this brief.)

In separation consciousness, the ideals used to measure success are so short-sighted and half-baked, it’s no wonder only a handful of “lucky” ones are able to fulfill these ridiculous requirements.

Activate Your XFactor: Know the true definition of success is the joy and reciprocal support given/received for doing what you love. Surround yourself and collaborate with people who have discovered their inner genius and are applying it to achieve inner/outer freedom. It rubs off! Spend time each day refining your skills, investing in doing what you love instead of wasting time with media devices. (Warning: You may feel a sense of purpose and of being alive for the first time in your life.)

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## Humanity 1.0: Letting Go

### **#5 – Feel your worthiness.**

We have a HUGE worthiness problem on this planet—another byproduct of separation consciousness exploited for gain by others. The proof is perpetual human-created suffering when we've literally been given paradise to reside.

Worthiness and humility are on opposite ends of the spectrum. I know this from personal experience because I've experienced radical humility. At that moment, I fell to my knees weeping, saying, "thank you" over and over. I couldn't move, nor did I want to. Nirvana.

Activate Your XFactor: When you know your worthiness, you would never exploit another nor allow yourself to be exploited. It's a feedback loop that's broken when you refuse to engage. Offer an equitable win-win solution and then be prepared to walk away for a better offer. The Universe supports higher consciousness in kind.

### **#6 - Embrace cooperation over competition.**

Your network is your net worth. Win-win is created in collaboration, not competition which divides—the new living math. This is your XFactor.

Another benefit? When we work together, we cut our workload down from the ridiculous to a few hours each day. You can then devote more time to creativity, family, higher education, and civic responsibilities.

Activate Your XFactor: Your ultimate collaboration partner is the Universe. Your net worth? Infinite. A reminder to tap into Universal Consciousness by asking questions and waiting to see what resources become available. You'll be stunned how little effort is involved when you get out of your own way. But, don't be afraid of the "empty" space in between the action. We are used to working ourselves to death. A lull in action we fear nothing is happening. It's happening on your behalf!

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## Humanity 1.0: Letting Go

### #7 – Develop a State of Neutrality.

Dr. Eben Alexander says, “By remaining open to all possibilities with no expectations or pre-judgment, we allow new insights and wisdom to emerge. Remaining open can be challenging at first, but with regular practice, it becomes a natural process.”

What Dr. Alexander means is that judgments are self-limiting thoughts. Notice how emotions that next arise tend to control your behavior when you live unconsciously. The way to open a life locked in limitation is to examine every thought like bad habits to be broken with observation. The goal isn't to eliminate thought, *but to see it for what it is*—bits of incomplete data. Yes, awareness is all that is required to rise above what's got you down—your thoughts.

Activate Your XFactor: First, take 100% responsibility for monitoring your thoughts throughout the day. The more you become the observer, the more you move to a state of neutrality. It's a practice that takes practice. Notice thoughts and emotions control you less over time. Rather than reacting to life fearfully, you're now able to *respond* mindfully from a place of love.

### #8 – Practice unconditional love.

Did you know neutrality is the doorway to unconditional love—the ultimate power behind the Universe? Unconditional love is the crucible of change and the realm of the miraculous that even trumps the Laws of Physics. The word compassion may resonate with you more as most people have never experienced unconditional love. If you have, you know it. (Hint: More weeping and the inability to move.)

Masters and the enlightened intrinsically understand all of Creation—fueled by love—is in service to the highest good—sustainability. Yes, even fear-based lower consciousness behavior is imbued with

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## Humanity 1.0: Letting Go

purpose—seeking that which it believes it's separate from—love. Yet, we are afraid to trust this. Instead, we are taught to hold back our natural state as unconditional love, scrap with one another competitively, and struggle for survival. Crazy, huh?

Activate Your XFactor: Want to open the miraculous in your life? Trust love. Take baby steps by greeting a new person each day even if with just a smile. You never know who you might meet because you've been tapping into Universal Consciousness through mindfulness. That's 365 unmissed opportunities. I hope you're smiling because you're getting the big picture now...

### **#9 - Exchange self-service to the service of humankind.**

Would we be shocked to hear you say, "I hate my job!"? Hardly. Most people have caught on that our economic system is designed to enrich a few while compensating you as little as possible.

Economics aside, most human activity is of little practical value, designed to feed the consumer products/services we don't need by first making us feel inadequate for not having them in exchange for a temporary feeling of worthiness—a vicious egoic cycle.

Activate Your XFactor: Is your work meaningful? Maybe you are a coffee barista, and you answered yes. You love serving good coffee. Perfect. A no means your work doesn't involve doing what you love and is not in direct service to others.

If you don't get why this matters, please go to the nearest food pantry or homeless shelter to volunteer for a shift. Giving freely of yourself is the most rewarding feeling in the world. It's how you should feel every day. Are you immersing yourself in doing what you love at least in your free time? Are you surrounding yourself with givers instead of takers?



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## Humanity 1.0: Letting Go

### #10 - Surrender total control of your life.

Don't. Freak. Out. 😊 “Gaining control” and “achieving big” (entering the realm of the miraculous that has always existed *within* you) occurs when you finally let go of separation consciousness and surrender total control of your life. *It's the easiest yet most difficult part of the process.*

To change the story, you must let go of the story. This is not easily understood by the mind, if at all because it's not a doing/thing. It's all energy—the life-giving energy of love as a state of Being!

In separation consciousness, you “think” there is a “you” laboring, but it's really your consciousness expanding to awaken fully to your limitlessness. You literally transcend your limited body to consciously co-create with the Universe as *part* of Universal Consciousness.

*Yet, the proof will be in the shift in your life as you slowly let go of the wheel and let go of struggle.* It's a process or seems to be. Believe it or not, we are even terrified of letting go of the struggle. It's familiar!

Activate Your XFactor: This is where you take a leap of faith and free fall. Most people don't willingly surrender total control. You might not either, and that's okay. Science's evolution (or spirituality's Grace) is busily at work propelling you forward with the awareness work in steps 1-9 as you transition from a state of doing to a state of being.

Example: You'd like to sell the jewelry you love creating, but how without going into debt? You pose the question. Weeks or months later, you meet someone who owns a local boutique willing to take your work on consignment. You didn't do a thing but pose a question. You didn't solicit ten stores in town only to be rejected; you didn't spend a dime. Universal consciousness went to work bringing like-minded energy together. This is the difference between doing and being. Are you willing to be patient? To sit and mind the gap for miracles?

# CHECKLIST

## Humanity 2.0

*Your Brilliant Future Here Now is the transformation from separation to unity consciousness that is reshaping humanity's future NOW. This guide was created to empower and support you on your journey toward maximizing your human potential merging your material/immaterial world not only for you and me, but for the planet, and the entirety of our Universe.*



### Humanity 2:0

- ☑ I am limitless when I consciously merge mind, body, and spirit.
- ☑ I peacefully enjoy neutrality and unconditional love.
- ☑ Worthy, I benevolently serve the good of all.
- ☑ Bigger than my body, I consciously reside within my multi-dimensional Being.
- ☑ I recognize the Universe is supporting me in every moment.
- ☑ Thoughts, emotions and the physical body are my co-creative power tools.
- ☑ I harmonize with the flow of life actively co-creating within the ebb and flow of life.
- ☑ Sustainability is my universal guiding principle.
- ☑ I honor my inner and outer freedom by giving others theirs.
- ☑ In gratitude, I recognize life as a miraculous gift—I AM THE GIFT.

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