



120. Navigating the Landscape of Change

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Future Sense is a podcast edited from the radio show of the same name, broadcast on BayFM in Byron Bay, Australia, at www.bayfm.org. Hosted by Nyck Jeanes and well-known international futurist, Steve McDonald, Future Sense provides a fresh, deep analysis of global trends and emerging technologies. How can we identify the layers of growth personally, socially and globally? What are the signs missed; the truths being denied? Political science, history, politics, psychology, ancient civilisations, alien contact, the new psychedelic revolution, cryptocurrency and other disruptive and distributed technologies, and much more.

This is Future Sense.

Nyck: Good morning and welcome to *Future Sense* here on BayFM 99.9, broadcast on Monday morning, Monday the 13th of April from 9 to 11, and edited and podcast through www.futuresense.it within about 24 hours of the initial broadcast. We are broadcasting for BayFM at a remote location—myself, Nyck Jeanes and my co-host, Steve McDonald.

Good morning, Steve.

Steve: Good morning, Nyck. It's lovely to be able to see you today.

Nyck: I know, we're actually in the same room. Steve has come out of two weeks of lockdown on Friday, and so we're actually able to be in the same space, but with appropriate social distance. I can see you across there, across the way there with our with our large screen and, you know, the cone of silence, you could say.

Steve: Exactly.

Nyck: Today's show comes to you in the midst of this continuing crisis that we are in on the whole planet, in a time never before seen in so many ways. There are many things that are somewhat clear and there are many things that are not, and we're going to look at some of those things that are not so clear today, perhaps, but also about the change process itself, yeah?

Steve: Yes, we'll start out talking about navigating the landscape of change with reference to value systems and how understanding the deep flow of value systems which underlies everything that's going on at the moment can really point us to identifying what might be trying to drag us back to the past and what might be pulling us towards a more evolved and capable future. Then, in the second half of the show, we're going to talk about the media: how our media has been responding in general—and that's both mainstream media and social media—and also how the information that we're getting from the media is informing our response and how various countries are dealing with it differently. There are some countries now, for example, New Zealand, that are actually planning for coming out of lockdown reasonably soon.

Nyck: Yes, it's interesting, the word 'respond'. In a piece that I have here today, I was going to read at some point, it comes from the word *spondere* in Latin, which means 'to answer to pledge or to promise in return'. It has a deeper meaning, I think, and to me, that's kind of interesting because we are being called, I think, in some sense or other, to have a deeper response to this—from wherever we are, and however we have been affected by all of this.

Steve: Absolutely, and having time alone to contemplate really feeds into that as well.

Nyck: It does, indeed. I've got a lovely piece here from my good friend Richard Jones who posts on social media, does a lot of wonderful stuff. This is a quote partly from the site, *I Fucking Love Science* (IFL Science)—you may not, that's the title of the website—and it's really about the quietness here, because for me, in talking about the change process, one of the clear things, as you just alluded to, is that we're in this process of lockdown, of isolation, of something we've never experienced before, any of us, and this is a little bit, a short piece, about some of that; about some of the positives and also, 'well, what do we do then? What's the what's the process next? How do we respond to this?'.
It goes: "The world is a quieter place now that one-third of humanity is cooped up indoors under global lockdown measures. At least, that's what the seismographs say. Lockdowns associated with the COVID-19 pandemic have reduced the amount of anthropogenic seismic noise, or sounds—and thus vibrations—created by human movement through things like travel, rock concerts, and commuting to work. This drop in seismic noise, which *Nature* calls the 'hum of vibrations in the planet's crust,' means the planet is moving less."

The whole planet is quieter, according to Belgian researchers, who've recorded a 33% drop in noise—interesting—and also that carbon dioxide emissions have dropped significantly (<https://www.iflscience.com/environment/humans-are-making-less-seismic-noise-due-to-worldwide-lockdown-measures/>).

Another quote here is: "I wouldn't be shocked to see a 5 percent or more drop in carbon dioxide emissions this year, something not seen since the end of World War II," said Rob Jackson, who's chair of the *Global Carbon Project* and a professor of *Earth System Science* at Stanford University in California. "Neither the fall of the Soviet Union nor the various oil or

savings and loan crises of the past 50 years are likely to have affected emissions the way this crisis is" (<https://www.iflscience.com/environment/we-may-see-the-biggest-drop-in-co2-emissions-since-ww2-due-to-coronavirus-but-experts-warn-this-is-only-a-small-dent/>). So we're talking about emissions here but I think, generally speaking, the quietness on the planet: "Planet Earth has had a little breather, but how long will it last? Will we simply resume our plundering destructive ways when this virus passes?" It's a good question. "We might consider while we are pausing whether we actually need to go on cruises or to fly to Bali for massages and meditation. Do we really need that new handbag or to update the car? Our reckless, feckless behaviour has brought many issues to Mother Nature and during this pause, we might like to consider how we live when it's over." And this is a question that I think is really important to me. This seems to be what people are talking about: how do we respond as we go forward?

Steve: Yes, a lot of what you said there really speaks to what's going on on a global scale in terms of this value shift as well, where we've got a parallel process going on. One is the collapse of the old value system and everything in society which has been shaped by that; and the other thing, of course, is the emerging paradigm—the rise of the emerging paradigm—which is bringing new solutions and the potential to live in a more peaceful and cleaner world.

Nyck: Beautiful.

Nyck: Thanks for joining us today. As you know, we are recording from a remote location actually on Sunday—on Easter Sunday, the day of resurrection—and broadcasting now [Monday], so you can't use the text line. Unfortunately, we can't have that wonderful exchange with you that we usually have. That will come back eventually, but please contribute via our social media platforms to anything that we are discussing and say hello and join us.

Thank you so much for being with us here on *Future Sense*, and as I said, the podcast within 24 hours, produced and uploaded through www.futureseuse.it. We're talking about the change process today to begin with, on a broad scale on the planet, with all this going on.

Steve: We are indeed. The outbreak of COVID-19 has definitely accelerated the values shift at a global level, taking us beyond the modern paradigm, and increasing the evolutionary tension available to drive the change process as it has, has changed the way that we're living in very serious ways. So I thought it would be good just to talk about the change process briefly. Both this and understanding the values shift that's going on can help people when they're listening to the news and listening to other people talking about what's going on, to start to sort the old paradigm from the new paradigm and understand which direction we're heading in; which direction is going to serve us.

Nyck: Yes, that's a wonderful thing, folks, and take note of that, really, because this is a wonderful model. Just doing that—a very simple way of looking at things and the language, the way things are presented—can you determine exactly that: where you sit with that and where things are actually coming from that you receive, particularly through the media.

Steve: Yes, so the change process takes us on what Joseph Campbell called a “Hero's Journey”. It's a transformational ride involving leaving the comfort of our 'normal life conditions', venturing into the unknown, experiencing some stress and sometimes a personal crisis that can be transformational—and by transformational, I mean literally rewiring our neural networks, changing our neurochemistry, changing the way that we perceive reality at the deepest level. In the process of that, we gain insights, often with the help of guidance from others along the way; we perceive a new way to live and perhaps even find a new life path, overcoming the obstacles in the process and feeling energised; and finally, after an integration process, returning to normal—but it's not the same normal, it's a new normal—a new normal that is more complex, more capable and more enjoyable, let's hope.

You can think of what we're going through at the moment—and this whole global paradigm shift, which is stretching out over many, many years—as a kind of a birth process. I think it's actually quite a good analogy to think about a birth. A birth is a joyous thing and a new human being is welcomed into the world, so I think it's pretty well accepted that birth is a wonderful thing, there's no question about that. But if you think about the actual process of going through that—and of course, I don't know this from experience and there are plenty of women out there who do—it involves pain, some contractions and the whole process that you have to learn to work with. Things get stretched, sometimes they tear and need to be stitched up.

Nyck: Graphic analogy there today, Steve. That's very good.

Steve: The more you understand what's happening and how you can work with the natural flow of that process, then the easier, I think it's reasonable to say, it can be. And maybe even the faster it happens as well. It's great to just compare that to what's going on at the moment and how different people from different walks of life are trying to give advice on how we should do this.

A couple of things come out of that analogy. The first thing is it's really important to actually know what's going on, right? If you know which direction things are headed in, then it's much easier to work with it.

Nyck: 'It's coming out this way.'

Steve: That's right. Imagine if you got halfway through a birth and then you weren't sure if it was coming in or going out. It would be very confusing, very confusing. Contrasting that is some folks who, with the very best of intentions, are just saying, 'all we need to do is think loving thoughts and everything will be fine.' I mean, there's nothing wrong with thinking loving thoughts, but if you're in the middle of a childbirth and you're not really thinking about what's going on, then you're not going to be having the most efficient and effective experience.

Nyck: You may need some kind of intervention, for that matter.

Steve: That's right, exactly. So we need to stay grounded and actually learn as much as we can about what's going on, how we can best work with the process and be informed, basically.

That change process is summarised in Clare Graves's work quite simply as a sequence of a few milestones which start at stability, move into stress when the life conditions change, and then, as a result of the natural human response of trying to fix things without initially understanding what's going on, we descend into a highly stressed kind of chaotic phase, which is where the transformation takes place. It's like the alchemist's furnace, where the heat is so hot that things get changed in the pot.

Nyck: *Calcināre* [calcination] is that particular part of the alchemist's process.

Steve: Yes, and then at some point there's a tipping point—a breakthrough—where we have insights, we see the path ahead, and then when once we are able to move beyond the obstacles, we're generally highly energised and very keen to get where we're going, and we end up coming back to a stability again, but at a new and more capable place.

Nyck: It's also the case, isn't it, as we move to a new layer of consciousness in this way, that we transcend, but we also include the lower layers. It's not like replacing the old with a brand new thing and discarding it. It's actually including those other layers that we've learnt from, like an onion growing a new layer or a student moving from fourth grade to fifth grade.

Steve: That's exactly right, and if we look at Clare Graves's model and we look back at the previous paradigms—you know, we had the Agricultural paradigm, which is still very much there and very much an important part of life on the planet, but it's no longer the dominant global mindset. Then prior to that, we had the Egocentric-Warlike paradigm which is not all bad, even though I've used those terms to describe it. I mean, it's really about recognising our individuality and exercising our right to be who we are in a more balanced sort of perspective.

Nyck: Almost on an archetypal level, you could say it's the experience of the warrior energy.

Steve: It is exactly that, yes, and it needn't be a bad thing, although sometimes it is, of course.

Nyck: Of course.

Steve: And then prior to that, we've got Traditional Tribalism and then basic survival at the base of the model, and all of those things are still here, of course, in varying degrees. They're all part of the puzzle that makes up who we are and how we live on this planet at this time.

Nyck: And in fact, as we've said before, too, in different parts of an individual's life, those layers that you're living through will change on a daily basis—from the workspace to the home space, for example, and many others. So you may be living through different expressions of different layers within your life all the time. In fact, we are.

Steve: We are. We all do. Exactly.

So the global values shift that we're talking about is the movement beyond the Modern paradigm—beyond the Scientific-Industrial era which has lasted for a few hundred years—and to a new way of being human, which all signs tell us is going to be relatively short-lived. It may only last a decade or two before we have this huge quantum leap into being something very different, which may even be the emergence of a new species. Some things are pointing towards that now.

In terms of where we're at right now, we are exiting the Modern paradigm and probably not quite at the tipping point into the new paradigm yet. On that abbreviated model that Clare Graves has of the change process, I would place us at the entry into the chaos, probably. We've had the stress around for quite a while now—decades at least—where we felt this tension between the way that we're living in the way that things could be. That's shown itself as waves of people demanding social change—probably the 60s and the 70s are the biggest ones in living memory, for sure—but that that's been an ongoing thing and a growing thing. We are, I think, nearing the end of that stress aspect of the change journey and getting ready to move into the chaos, and I think this global-scale pandemic that we're facing at the moment may well be like the marker of the entry point into the chaos zone, I believe.

The chaos zone will last a while. Again, the indications—the sort of signs that I'm seeing about the rough time scale of this shift, even though I really don't know what the timescale is going to be; this is just a best guess—are telling me that it may take 15 to 20 years from now before we really come out the other side and have that sense of stability once again, and we

have a completely new dominant global paradigm which is based around this emerging world view of reconnecting with the Earth, reconnecting with each other.

Nyck: Yes. I've got a little piece here from Monica Bourgeau's book, *The Change Code*, which Steve wrote the foreword for and we quote here quite often, about the transition from 'Orange' to 'Green' [Layer 5 to Layer 6]. She says: "Orange begins to break down when overconsumption wreaks havoc and the need for inner peace grows. Here's why. Material success brings the luxury of time to ponder the meaning of life and notice the loneliness and absence of spiritual nourishment and for most people, burn out from overwork prompts a desire for greater inner peace. The materialistic nature of this layer no longer meets the needs of an increasingly complex society", and so on. I think there are some really great keys, because I know that the emotion that drives the transition into this layer of Green is loneliness, isn't it? And in this society we have, interconnected in the way we are, but suddenly we are experiencing loneliness. We have a lot of mental health issues on the planet anyway, but now we're forced into an isolation where we really face directly with that loneliness, I would suggest, for many people.

Steve: Absolutely, and having all of a sudden more loneliness thrust upon us, really, it increases our evolutionary tension, like the tension on an elastic band, to shoot us back in the opposite direction. That's part of the reason why we're saying that what we're going through at the moment is accelerating the shift. In terms of precedents, all we really are able to look back on at the moment is the shift out of the Agricultural era into the Scientific-Industrial era. We don't have any really good information about the previous transitions, basically because some of them happened before our recorded history, but the previous transition into the Scientific and Industrial era took quite a long time—it was actually stretched out over hundreds of years—and as we move forward in time to the present day, with increasingly fast communication technology, the faster an idea can spread, the faster change can happen. So if you look long-term, right back to our earliest understanding of the emergence of hunter-gatherer humans, we can see that the transition times have become shorter and shorter and shorter up until the present day.

That last transition from the Agricultural era involved things like moving beyond class-based societies, and moving beyond things like slavery. There was an awful lot of conflict during that transition period, and the earliest signs of it might go back even to around the 11 or 1200s, which was the Dark Ages, where there was a lot of conflict going on, a lot of people trying to enforce values on other people who didn't want them.

Nyck: It's a very strong 'right or wrong' modality, isn't it?

Steve: Yes, the old Agricultural paradigm was, for sure.

Then, if we look at the transition to industrial life, the metal printing press came out around about 1440, and the Industrial Revolution lasted roughly from about 1760 to 1840, so you can see right there there's a period of hundreds of years for that industrialisation to roll out.

This time it's going to be much quicker—there's no doubt about that whatsoever—and as I said, it's because of our communications technology and that overall trend of change where we can look back through all of the paradigms and we can see that each one has been shorter than the previous one and the transition periods have got shorter and shorter and shorter. So I guess that's the good news, is that we're probably not looking at any longer than about 20 years from now to be somewhat stable in the new paradigm.

Nyck: The thing that occurs to me with this, though, is the word 'complexity' itself, because it's kind of like the key. In my experience, having become involved with Clare W. Graves's work in the last couple of years through you, what I've noticed out there is that while people want to start talking about complexity of life, they sort of start to tabulate and go, 'oh, yeah, it is more complex', but generally speaking, a lot of people don't actually factor in the incredible increasing complexity of life on Earth now. Somehow, a lot of people I think—I'm generalising big time here, I know—but look back and say, 'actually, things are really the same, we're really the same way', but we're not. Clearly we're not at all.

Steve: No. A lot of people get confused when you talk about complexity. Some people mistake it for diversity where you've got a lot of different pieces of knowledge.

Nyck: That's interesting.

Steve: You can go way back to the earliest paradigms and then take the original tribal civilisations who had vast amounts of knowledge of the environment and of the movement of the stars and all sorts of things. So it wasn't simple in terms of their access to vast amounts of knowledge, but the complexity was simple because the interactions between different aspects of life, and the implications of doing one thing and how it might affect a whole raft of other things—that's what's increased. There have been many factors for that, and one of the most important ones is our technology—connective technology, where we're not just connected to our local tribe anymore, we're connected all over the world to multiple tribes.

Nyck: We've sort of collapsed time in a sense, too, I'm thinking as you're speaking, because in those earlier periods of our existence, we were very much in linear time scale: this happened and we knew that would happen—the harvest would come then, and so forth. Now things are collapsed to such a degree where that really isn't the same anymore. We're kind of in the moment much more all the time, if you want to be; if you want to be that connected. So it offers a completely different opportunity for understanding or taking, or grokking that complexity somehow.

Steve: Yes. We did a show on how perception of time changes with the different value systems, actually, if you want to dig back through the past episodes, you'll find that (see: <https://www.futuresense.it/40-evolving-concepts-of-time-and-space-part-1/>).

Let's have a look at some of the central themes that are rolling out and the things that are changing between the Modern paradigm and this emerging paradigm, because these are really the key indicators that you can look for to understand which direction certain things are heading in.

Nyck: We'll take a little break and come back with exactly that here on *Future Sense* with Nyck Jeanes and Steve McDonald, here on BayFM 99.9, or listening via the podcast. Hello out there anywhere in the world that you may be listening to this show. Thank you for joining us and please pass it around. We'll be back shortly.

Steve: You're listening to *Future Sense* with Nyck Jeanes and Steve McDonald, and today we're talking about how to use value systems to help us navigate the landscape of change, something very relevant to life at the moment. We've been talking about the change process, and now I'm going to look at, very specifically, this transition beyond the Modern paradigm to the Relativistic or Postmodern era, which we expect to be fairly short-lived. We're going to talk specifically about how values are changing—the things that we value, the things that motivate us, how they're shifting—and the idea of speaking about that today is to give you a bit of a compass with which you can figure out which direction to head, whether you're inclined to hang onto the old paradigm and restore things as they were, or whether you're inclined to move forward and be pulled forward into creating a new world.

Nyck: Could you say, if I may interject just on that point, I find it fascinating because there is a lot of fear afoot out there—and fear is understandable in this situation; it's a fearsome time in so many ways. Of course it is. You may have lost a job, you know, let alone the medical implications that may be there for you or your family, but that feeling of fear also, I would suggest, or does it happen, that keeps you back in your earlier generations of layers—that keeps you back where you are or even throws you back further into an earlier generation. So you don't get a lot of movement, I guess is what I'm saying, for some people.

Steve: Evolution's an interesting thing. It's vastly intelligent and it's organised itself so that usually when we're faced with changing life conditions, the first natural response is to think backwards to a time when things were okay.

Nyck: Halcyon days.

Steve: Yes, and I think it's reasonable to say that people who are afraid of change would probably do that naturally as well, which is most people, to be honest—most people are afraid of change. This is why we're experiencing at the moment what's called a "regressive values search", where we're looking back to older ways to see if they might solve the problems that we're facing—these new problems which don't seem to be getting solved by our Modern Scientific-Industrial way anymore. It's a perfectly natural dynamic, and in fact it speeds up the change process because it's like pulling an elastic band—stretching an elastic band—on a slingshot. By going backwards, we actually stretch that band even further and create more and more tension, so more and more potential to fire us forward into a new world.

Some of the values that are shifting—and I'm talking now about the change of values between the Scientific-Industrial paradigm and the emerging Relativistic, some might call it Postmodern-Communal paradigm—the first and perhaps the most important one is that the key driver within the Scientific-Industrial era has been personal success or personal ambition. It was an individually-oriented era and the idea was that you need to be the best that you can be. There were many things that came along with that, like, for example, the sense of competition, the need to compete, wanting to compete with somebody else.

Nyck: And thus arose things like marketing and entrepreneurialism in order to satisfy your particular agenda.

Steve: Exactly.

The emerging era is driven by human connection, and that's a very, very different thing. It's very much apples and oranges. It's not that ambition is shifting *per se*, it's that ambition is no longer central at all. What is central now is that desire for deeper human connection, and of course that fits very well with the idea that we're transitioning from an individually-oriented area to a communal era. In the old paradigm, knowledge is discoverable, and you go out there and find it and you make up your own mind and make up your own rules based on the knowledge that you can discover. But in the emerging paradigm, all knowledge is relative, so everybody has a different truth and there is no single scientific truth according to the new paradigm. It's all relative; it depends on who you are and how you're looking and what you're looking at.

Nyck: And we're certainly seeing that at the moment with the amount of information that is out there in media generally—either the authoritative official media line, or somewhere in the middle, or to the far extremes of some of the conspiracy theories out there. There's a sort of level playing field attempting to be put in place, not by anybody particular, but there's so many possibilities of how to look at this. This is a problem with Green, isn't it, because Green can become overwhelmed and confused by the many, and try and figure out, 'well, what's the truth here? Who's got the truth? Let's all listen to the truth.'

Steve: Yes. So Green is a colour that's attributed to this emerging paradigm, Layer 6, in Graves's model based on the *Spiral Dynamics* book, and it does seek a level playing field, that's very, very true. What we see if we look back through all the paradigms throughout history, each new one has a bit of a backlash towards the old one. It looks at what felt really wrong about the old paradigm and it actually goes a little overboard to try and compensate for that. How that plays out at the moment is that, whereas the old Modern paradigm was about progression on merit—people being successful, and so those who had the most merit and were the most successful ended up at the top of the hierarchy, a dominant hierarchy—and that doesn't feel nice to the emerging paradigm. The drive, then, is to level the playing field, bring everything down to size. As I was saying before, all knowledge becomes relative and that is really playing havoc with science at the moment, because once you level the playing field, you miss things like cause-and-effect processes because they are vertical processes and if you flatten everything out and you just miss that, and so what you do, according to the emerging paradigm, is you consult your network and talk to the people around you and come up with a relative truth that fits your situation.

Nyck: As best you can, you go for consensus and inclusion, so everybody's voice ideally needs to be heard, which is wonderful, theoretically, but not necessarily the best way to get a result.

Steve: No, and that's one of the confounders at the moment. With our social media technology, and also this shifting value set that is looking to level the playing field and come up with a relative truth based on consensus, and this endless flood of information that's coming in from social media and mainstream media—some of it, very much conflicting—it creates a perfect storm.

Nyck: I also wonder as you're speaking here, too, about leadership, because obviously in this layer—in Layer 6, in the Green layer—leadership, the idea of hierarchy itself, is questionable; is suspicious for many people. And so leaders are not who you think they are. You don't necessarily give a lot of credence to the leaders who are coming from the previous paradigm that is still dominant. And yet we are finding that we are falling in line pretty much with our leaders. So is that a regressive step?

Steve: Yes, it's a regressive step because we're under pressure. We're being thrust into a change process unexpectedly and therefore, we're regressing to fall back in line with the old paradigm. That's happening widespread at the moment.

Nyck: And of course, we recommend that you do that in terms of the social distancing and the things that are coming from our government and agencies at this time, but it does, on a deeper level, bring up some questions about how we do what we do and why we are doing it now.

Steve: Yes, exactly, and also what we're moving forward to in the short term. So the emerging paradigm is very much about 'restoring balance to'. The old paradigm has shifted resources around; those who have been most successful have ended up with a whole bunch of resources and those people who haven't been successful, which is the other 99%, have missed out in many, many cases. That looks like something that needs fixing to the new paradigm and it will work actively to try and restore the balance in every respect—not just around the allocation of resources, but restoring the balance of nature, restoring all things to some kind of balance within life, including inner peace as part of that, as well.

It includes the sense of being rewarded for things in life—everybody needs to have equal access to those rewards—whereas, of course, in the old paradigm, only the winner gets the trophy kind of thing. And again, that links back to the competition thing in the old paradigm, but co-operation is best for the new paradigm.

Nyck: And we're seeing movements towards, for example, Universal Basic Income. That discussion is up again. It's been around now for quite a while, but particularly in the last few years it has popped up, and suddenly now in this climate that we're in, those sort of ideas—those more sort of social equalisers—are coming into play more.

Steve: Yes, very interesting discussion right there, actually. I mean, any system, any tool, is really without any inherent morality. It comes down to the human who designs the system and the human who puts the system in place and controls the system. That's where the morality comes into it. So Universal Basic Income under a government or under some sort of social co-ordination system—let's not even call it government, because it might not look anything like the government that we have at the moment.

Nyck: Oh, good. Thank goodness.

Steve: A Universal Basic Income under a new paradigm system might be a wonderful thing, but a Universal Basic Income under the old paradigm—dominant hierarchy—then becomes a tool for controlling you, basically. So it's very, very interesting. The important issue is that the system itself is not the good or bad thing, right? So it's not really appropriate to be asking, 'is a Universal Basic Income a good thing or a bad thing?' The question is, 'OK, whose system is it?; and how is it going to be maintained?; and who are the people and what are their values?'

Nyck: Because if the same leaders are in place after this happens—and I'm sure they're vying to be in place around the world—then you can be sure that things like UBI will be utilised to create some sort of efficient system whereby they profit in the end, to put it cynically, but pretty bluntly true.

Steve: And that's just a reflection of the way it is.

Nyck: Just the way it is.

Steve: What else have I got here? I'm just looking through a couple of old slides from talks that I've given on this topic. There's a couple of extra things here just to wind up.

Nyck: I've got this little piece too, just about the Green thing. I thought this is really wonderful, written by Katie Lamont. It's a brief thing, really very Layer 6, about the Green layer. With regard to media and information that comes in, she says:

If you believe this virus is spread human to human, the antidote is building the immune system with eating plants & natural medicines and sitting in nature alone or with your immediate family, soaking up vitamin D & sunshine.

If you believe that this virus is symptoms of 5G exposure, then the antidote is sitting in nature, connecting to Mother Earth, building your immunity with eating plants and natural medicines - submerge yourself in water & dirt.

If you believe that this is all a hoax and you just need to sit back while Q saves us all, then the answer is sitting in nature, build a garden for the new earth, commune with God, eat plants & natural medicines that strengthen your connection and open your channel to the new earth frequency ~ ascend with her.

If you believe the economy is collapsing, and authoritarian dictatorship is imminent, the most radical thing you can do in protest is build a garden, releasing dependency on the system.

If you believe that Mother Earth is mad at us and purging the human race, the answer is go outside and listen, build a garden, align with her.

The answer is always nature. Always."

Steve: Very interesting new paradigm parable there, Nyck.

Nyck: I thought you'd like that.

Steve: The important thing to remember is that while you're sitting in your garden, there are other people with different value sets who ...

Nyck: ...are doing other shit.

Steve: ... have completely alternative plans, so we just have to take that into account, also.

Nyck: But it's a very good thing to be in your garden and be sitting with nature, which is something that I'm doing at the moment. And we are very fortunate, many of us in this kind of region, to be able to do that, thinking of the many millions and billions of people on the planet who are in much more dire circumstances than we are at the moment.

Steve: That's right. I missed out by two days when I came back from overseas on being confined to a motel room, and I'm so glad that I missed out on that. It would have been rather challenging, I think.

So just to wind up this values shift and how things are changing. The old paradigm builds allies that it can work with in order to be successful, the new paradigm builds communities—very, very different concept, communities being a holistic, whole of life kind of concept, and ally being simply someone who's useful to help you get what you want.

In the new paradigm inner peace brings harmony—that's a very important and central part of the new paradigm, and one of the characteristics of the emergence of this new paradigm is having the time to actually cultivate that. You'll find people who are immersed in the rat race—generally, they'll need to bail out of the rat race in order to find the time to make this transition into the new paradigm, and that's why the tree-change/sea-change trend has been very, very clear.

Nyck: People who are caught in that world still, obviously have not accessed, or are not aware of the capacity that is emerging in them, to have a much bigger expression of themselves—to exponentially and existentially start to ask bigger questions and start to change behaviours to mirror those understandings.

Steve: That's right, and no doubt, many of them are feeling the tension of being caught in that rat race and feeling drawn to want to get out of it somehow. This lock down and pressing of the global pause button has certainly been a gift in that respect, because it has allowed people to stop and do some contemplation, and for that reason it will feed the shift.

Nyck: I think also, along with that piece I just read there, this notion of self-healing, you know, we are going along with the things we need to do to stay safe. But there's also, I think, certainly—and it's easy to speak in our little bubble here in Byron Shire—but I suspect that there's quite a lot of people out there who are looking at different ways of self-healing in this situation, whatever that may look like to you out there.

Steve: Yes, exactly.

So I hope going through those value sets has given you a better sense of what this value shift—this global value shift—involves, and may help you recognise, and also to some extent, depersonalise this process of realising what it is out there and who it is out there that's trying to drag us back to the old way; and who it is and what it is out there that might be pulling us forward to create a new world based around more complex and capable value sets that are far more likely to solve the key challenges that we're facing both locally and globally at the moment.

The other thing I find really interesting—just deferring to value assets, which is a deeper current—is that it takes a lot of the troubled detail out of these things. I mean, just look at the conflict that's been going on within governments around the world—governments that are, for the most part, aligned with the old values set and who are fighting amongst themselves and becoming fragmented.

Nyck: Intense polarisation, as we've talked about on this show before.

Steve: That's right, and the older systems are asking us to choose, 'okay, which one do you want to back in this process?' But an understanding of values would reveal to you that actually both sides are the old way, and really what we need is a new system that bypasses that system.

Nyck: Beautiful. We'll take another break. Thanks for being with us here on *Future Sense* with Steve McDonald and Nyck Jeanes, broadcast on BayFM 99.9 and podcast through www.future sense.it within 24 hours of this broadcast today. Thanks for being with us and stay tuned to BayFM.

Nyck: Just quickly, I thought we'd mention the idea of cognitive dissonance, which you would have all heard of. Psychologist, Leon Festinger, first proposed that theory of how people try to reach internal consistency in response to challenges outside. He suggested that people have an inner need to ensure that their beliefs and behaviours are consistent. Inconsistent or conflicting beliefs lead to disharmony, which people strive to avoid, and people, when they experience this, will kind of do anything to satisfy the hunger, if you will—literally, sometimes the hunger—to satisfy that cognitive dissonance. In this current situation, where we're faced with a whole bunch of challenges to our behaviour—our behaviour's changed—a whole bunch of challenges to our beliefs, even, for some people perhaps, and certainly conflicting phenomena, particularly within the media, about what is going on. So I think there's a lot of people who are psychologically quite unstable in response to this; trying to find a stable place in response to this at the moment.

Steve: That's really very true, Nyck, and value systems, again, offer a solution to this. If we know our own values and then we start to look at the information being provided to us from a value systems perspective, it helps us sort things out. I would, as a word of caution, just say that words are cheap so you really need to look at people's actions. There's that old biblical saying: 'you shall know them by their fruit, not by their ... spin'.

Nyck: I think Jesus said that, didn't he?

Steve: Yeah, I think so. I'm pretty sure.

Nyck: Spin. First known use of the word in that context.

Steve: That's right.

So, the old paradigm—people who are living from that value set are opportunists. They will try to take advantage of whatever they can in order to achieve that success that they're seeking.

We're probably all familiar with the term 'greenwashing', which is a classic example of the old paradigm taking something that's new and attractive to the new paradigm and then putting a coat of paint on it and spinning it as being a wonderful new paradigm thing, when actually it's aligned with the old value set. We know this by other terms such as marketing, spin, propaganda, and we learned a lot, of course, from the experience of World War II when they explored the use of psychiatry and psychology during warfare to shape messages in order to deceive and to cover hidden agendas and those sorts of things.

This leads us into the next part of the show where we're going to talk about the media's role in what's going on with the COVID-19 pandemic right here, and how this shift—this change between the old paradigm and the new paradigm and the global systems that we have in place, and particularly our media and communication systems which have been designed and operated by the people coming from the old value set—how they're impacting our capacity to know what's going on, our capacity to make clear choices about what we need to do and our capacity to plan for the future.

Nyck: Just one last little piece, a one-liner staring out at me as you're speaking, about cognitive dissonance. It says this: "The greater the strength of the dissonance, the more pressure there is to relieve the feelings of discomfort." So actually, this cognitive dissonance that people may be feeling in these many ways are actually an impulse to change and to move forward, too. It's another trigger for that.

Steve: Exactly, and it's important to be able to somehow decipher the core truth behind the messages that we're hearing so we understand actually what choices we're being offered and we can make informed choices.

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