

# THE NINE REALMS of **POWER**

## **WHY DO WE NEED POWER??**

People feel powerless. We see the world approaching multiple disasters, yet feel we cannot do anything about it.

### **WHY DO WE NEED POWER??**

Most of our problems stem from a handful of people trying to create some measure of control over their lives. These “controllers” attempt to limit natural processes, to replace natural processes with man-made ones. In doing so, the controllers act in ways that are harmful to society and to their own long-term interests.

### **WHY DO WE NEED POWER??**

Powerful people act in harmony with the Earth, with each other, with society, and with their values.

## **WHY DO WE NEED POWER??**

In America, most people feel powerless because we do not understand how to cultivate and nurture power, and we are not clear about our values.

## **VELVET POWERS FOR A VELVET REVOLUTION**

We must change our relationship to and understanding of power. This is one of the three great transformations.

The way to change society is to change the way people THINK.

The transformation of consciousness is the single most important thing that we must achieve at this time.

As we change our consciousness, we will create

- an alternative vision,
- alternative institutions and ultimately
- an alternative society.

## REALM (definition)

**1. a sphere of activity or influence;**

**2. a field, domain or province**

([www.wiktionary.org](http://www.wiktionary.org))

## **The Nine Realms of Power:**

The Realm of **Culture/Story**

The Realm of **Emotions**

The Realm of **Exchange**

The Realm of **Governance/Politics**

The Realm of **Mind**

The Realm of **Relationships**

The Realm of **Soul**

The Realm of **Spirit**

The Realm of the **Tao/Inclusivity**

EACH REALM IS:

**A Power** ( a way of being in the world)

**"The Power of ..."**

**Relationships**

**Governance**

**Culture**

**Mind**

**Soul**

**Spirit**

**Tao**

EACH REALM IS:

**A Practice** (something we intend to perfect)

“The Art of...” or “The Practice of...”

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao

EACH REALM IS:

**A Relationship** (a way of relating to the world)

The Way of ...”

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao

EACH REALM IS:

**A Vision/ Ideal State** (something that is never fully realized)

**"The Vision of ..."**

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao

EACH REALM IS:

**A Philosophy** (a way of understanding the world)

**"The Study of ..."**

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao

EACH REALM IS:

**A Mystery** (something that cannot be fully understood by rational means)

**“The Mystique of ...”**

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao

EACH REALM IS:

**A Pathway to Success** (a way to experience completeness or wholeness in the world)

**“The Path of ...”**

Relationships

Governance

Culture

Mind

Soul

Spirit

Tao



## EACH REALM IS:

- A Power** ( a way of being in the world)
- A Philosophy** (a way of understanding the world)
- A Practice** (something we intend to perfect)
- A Relationship** (a way of relating to the world)
- A Vision/ Ideal State** (something that is never fully realized)
- A Mystery** (something that cannot be fully understood by rational means)
- A Pathway to Success** (a way to experience completeness or wholeness in the world)

	<u>Culture</u>	<u>Emotions</u>	<u>Exchange</u>	<u>Governance</u>	<u>Mind</u>	<u>Relationships</u>	<u>Soul</u>	<u>Spirit</u>	<u>Tao</u>
Power	The power of Culture	The power of Emotions	The power of Exchange	The power of Governance	The power of Mind	The power of Relationships	The power of Soul	The power of Spirit	The power of Tao
Philosophy	The Study of Culture	The Study of Emotions	The Study of Exchange	The Study of Governance	The Study of Mind	The Study of Relationships	The Study of Soul	The Study of Spirit	The Study of Tao
Practice	The Art of Culture	The Art of Emotions	The Art of Exchange	The Art of Governance	The Art of Mind	The Art of Relationships	The Art of Soul	The Art of Spirit	The Art of Tao
Relationship	The Way of Culture	The Way of Emotions	The Way of Exchange	The Way of Governance	The Way of Mind	The Way of Relationships	The Way of Soul	The Way of Spirit	The Way of Tao
Vision	The Vision of Culture	The Vision of Emotions	The Vision of Exchange	The Vision of Governance	The Vision of Mind	The Vision of Relationships	The Vision of Soul	The Vision of Spirit	The Vision of Tao
Mystery	The Mystique of Culture	The Mystique of Emotions	The Mystique of Exchange	The Mystique of Governance	The Mystique of Mind	The Mystique of Relationships	The Mystique of Soul	The Mystique of Spirit	The Mystique of Tao
Pathway	The Path of Culture	The Path of Emotions	The Path of Exchange	The Path of Governance	The Path of Mind	The Path of Relationships	The Path of Soul	The Path of Spirit	The Path of Tao

FOR EACH REALM...

Tools

Vision

Hunger

Harmony & Discord

## **The Nine Realms of Power**

**THE REALM  
OF  
RELATIONSHIPS**

[The Art of Relational Sociology]

**THE  
REALM  
OF  
RELATIONSHIPS**

**Operative Question:**  
What is my relationship with  
"The Other"?  
How do we create healthy  
relationships?

**THE  
REALM  
OF  
RELATIONSHIPS**

**THE  
REALM  
OF  
RELATIONSHIPS**

**VISION:**  
A healthy  
relationship  
with all beings,  
especially  
"The Other".

# THE REALM OF RELATIONSHIPS

## HUNGER:

A person who  
hungers for this  
power desires  
community and  
good relationships  
with all beings.

## VISION:

A healthy  
relationship  
with all beings,  
especially  
"The Other".

## TOOLS:

- dialog,
- ritual,
- ceremony,
- communal behavior,
- compassion,
- conflict resolution,
- creativity.

# THE REALM OF RELATIONSHIPS

## VISION:

A healthy  
relationship  
with all beings,  
especially  
"The Other".

### **HARMONY:**

a person in harmony with this power experiences:

- a healthy relationship with all beings
- an ability to resolve or heal conflicts with others.
- A full range of healthy experiences.

### **DISCORD:**

a person out of balance with this power experiences:

- hatreds/violence
- phobias
- isolation
- exclusivity
- shallow or forced "community".

**THE  
REALM**

**OF**

**RELATIONSHIPS**

### **VISION:**

A healthy relationship with all beings, especially "The Other".

## **THE REALM OF GOVERNANCE**

**[The Art of Relational  
Governance/ Politics]**

**THE  
REALM  
OF  
GOVERNANCE**

**Operative Question:**  
How do we govern our behavior for  
the common good?

**THE  
REALM  
OF  
GOVERNANCE**

**THE  
REALM  
OF  
GOVERNANCE**

**VISION:**

A sense of belonging to a society that is governed for the benefit of all.

**HUNGER:**

A person who hungers for this power seeks to exercise their Will to create balance and security in their dealings with others in the world.

**THE  
REALM  
OF  
GOVERNANCE**

**VISION:**

A sense of belonging to a society that is governed for the benefit of all.



### TOOLS:

- politics
- economics
- persuasion
- compassion
- conflict resolution
- authorized violence
- illegal violence

## THE REALM OF GOVERNANCE

### VISION:

A sense of belonging to a society that is governed for the benefit of all.

### HARMONY:

A person in balance with this power experiences:

- a world that works for all
- the common good
- sustainable politics
- Servant leadership
- effective leadership
- democracy

### DISCORD:

A person out of balance with this power experiences:

- “The Mess”
- powerlessness
- inappropriate exercise of Will
- power for power's sake
- Aggression
- Violence

## THE REALM OF GOVERNANCE

### VISION:

A sense of belonging to a society that is governed for the benefit of all.

**THE REALM  
OF  
CULTURE**

[The Art of Behavior & Expression]

**THE  
REALM  
OF  
CULTURE**

**Operative Question:**

How do I act in culturally appropriate ways?

**THE  
REALM  
OF  
CULTURE**

**THE  
REALM  
OF  
CULTURE**

**VISION:**

A healthy  
relationship to  
“reality” as a  
set of cultural  
norms.

# THE REALM OF CULTURE

## HUNGER:

a person in this realm hungers for:

- meaning
- a positive role in society
- community
- an appropriate set of behaviors

## VISION:

A healthy relationship to “reality” as a set of cultural norms.

## TOOLS:

The tools of this realm include:

- storytelling
- myth-making
- apprenticeship
- appropriate filters
- creativity

# THE REALM OF CULTURE

## VISION:

A healthy relationship to “reality” as a set of cultural norms.

### **HARMONY:**

a person in balance with this realm has:

- harmonious and appropriate cultural behaviors,
- a healthy "story",
- healthy & shared filters,
- an appropriately enculturated reality.

### **DISCORD:**

a person out of balance with this realm experiences:

- internal conflicts,
- inappropriate filters,
- identity crises,
- various "-isms",
- exclusivity and isolationism,
- racism and discrimination,
- culturally, socially and ecologically destructive behavior.

## **THE REALM OF CULTURE**

### **VISION:**

A healthy relationship to "reality" as a set of cultural norms.

## **THE REALM OF THE MIND**

[The Power of Relational  
Consciousness]

**Operative Question:**

How do I address my mental/intellectual needs and wants?  
How do I apply my mental energy for the good of the whole?

**THE  
REALM  
OF  
THE MIND**

**THE  
REALM  
OF  
THE MIND**

**VISION:**  
an awareness of  
and a healthy  
experience of  
consciousness on  
multiple levels.

# THE REALM OF THE MIND

## HUNGER:

a person driven by  
this realm desires:

- identity;
- self-knowledge
- self-expression
- trans-personal  
consciousness.

## VISION:

an awareness of  
and a healthy  
experience of  
consciousness on  
multiple levels.

## TOOLS:

the tools of this  
realm include:

- meditation
- contemplation
- holistic/ humanistic  
psychology
- various learning  
modalities
- discourse/ dialog

# THE REALM OF THE MIND

## VISION:

an awareness of  
and a healthy  
experience of  
consciousness on  
multiple levels.

### **HARMONY:**

a person in balance with this realm experiences:

- clear perceptions,
- clear communications
- appropriate responses.

### **DISCORD:**

a person out of balance with this realm experiences:

- suicide
- various psychotic states
- sociopathic behavior
- violence
- dysfunctional relationships

## **THE REALM OF THE MIND**

### **VISION:**

an awareness of  
and a healthy  
experience of  
consciousness on  
multiple levels.

## **THE REALM OF THE MIND**

### **THE PATHS OF CONSCIOUSNESS**

#### **The Path of Wisdom**

(balancing matters of faith and  
matters of fact.)

#### **The Path of Secular Rationality**

(over-attention to sensate  
reality, ignoring faith and  
belief. "Science")

#### **The Path of Religiosity**

(faith and belief,  
at the expense of  
"reality".  
"Religion")



## **THE DIFFERENCE BETWEEN “SPIRIT” AND “SOUL”:**

### **Two paths to the Transcendent**

#### **SPIRITUAL:**

Connection to the Transcendent through the non-material, greater than material/physical “reality”.

#### **SOUL-FUL:**

Connection with the Transcendent through connection with the Earth, the senses, physicality.

## **THE REALM OF SOUL**

**[The Art of the Essence]**

**Operative Question:**

How do I act with beauty in the world?  
How do I address my physical and emotional needs,  
wants and desires?

**THE  
REALM  
OF  
SOUL**

**THE  
REALM  
OF  
SOUL**

**VISION:**

In relationship  
with form and  
fully embodied  
in sensate  
reality.

# THE REALM OF SOUL

## HUNGER:

A person in this realm is driven by a desire for soulfulness and a sense of being in the world; a need for beauty and harmony.

## VISION:

In relationship with form and fully embodied in sensate reality.

## TOOLS:

- expressive arts
- craftsmanship
- creativity

# THE REALM OF SOUL

## VISION:

In relationship with form and fully embodied in sensate reality.

### **HARMONY:**

a person in balance with this realm has a full range of "erotic" and sensual experiences.

### **DISCORD:**

A person out of balance with this realm experiences:

- acquisitiveness,
- hoarding,
- Shallow materiality,
- overeating,
- deviant emotional behavior,
- world-negating activities

## **THE REALM OF SOUL**

### **VISION:**

In relationship with form and fully embodied in sensate reality.

## **THE REALM OF THE SOUL**

### **THE PATHS OF PERSONALITY**



**The Path of  
Selfishness**  
(self-centered greed)



**The Path of  
Selflessness**  
(lack of identity)



**The Path of Compassion**

# **THE REALM OF THE SPIRIT**

**[The Art of Relational  
Transcendence]**

**Operative Question:**

What is my relationship with God/ The Transcendent?

**THE  
REALM  
OF  
THE SPIRIT**

# THE REALM OF THE SPIRIT

## VISION:

An awareness of  
and a healthy  
relationship with  
The Divine/  
Transcendent  
Reality.

# THE REALM OF THE SPIRIT

## HUNGER:

A person motivated  
by this realm  
desires:

- inclusivity with  
others
- an awareness  
and/or connection  
with The Divine
- meaning

## VISION:

An awareness of  
and a healthy  
relationship with  
The Divine/  
Transcendent  
Reality.

### TOOLS:

- Meditation
- ritual
- ceremony

## THE REALM OF THE SPIRIT

### VISION:

An awareness of  
and a healthy  
relationship with  
The Divine/  
Transcendent  
Reality.

### HARMONY:

- inner peace
- Harmony
- sacredness
- the unconditioned good
- compassion
- Oneness

### DISCORD:

- various schisms
- drugs and alcohol
- suicide
- depression and despair
- fracturing/ alienation

## THE REALM OF THE SPIRIT

### VISION:

An awareness of  
and a healthy  
relationship with  
The Divine/  
Transcendent  
Reality.

**THE REALM  
OF  
THE TAO  
[WHOLE]**

**[The Art of Relational Unity]**

**Operative Question:**

What is my relationship to the Universe/ the Whole/ All There is?

**THE  
REALM  
OF  
THE TAO**



# THE REALM OF THE TAO

## VISION:

An experience  
of the universe,  
beyond the  
duality of "self"  
and "other".

## HUNGER:

A person motivated  
by this realm  
desires:

- inclusivity with all  
aspects of being
- harmonious flow  
of energy

# THE REALM OF THE TAO

## VISION:

An experience  
of the universe,  
beyond the  
duality of "self"  
and "other".

### TOOLS:

- meditation
- contemplation
- extra-sensory awareness

## THE REALM OF THE TAO

### VISION:

An experience of the universe, beyond the duality of "self" and "other".

### HARMONY:

a person in balance with this realm experiences:

- a holistic understanding and dynamic relationship to the universe
- catalytic relationships

### DISCORD:

a person out of balance in this realm experiences:

- duality;
- reductionism;
- manipulation;
- irresponsible meddling;
- secularism as a religion
- shallow religiosity

## THE REALM OF THE TAO

### VISION:

An experience of the universe, beyond the duality of "self" and "other".

