



Spirit of WE

Guide



Only on common ground, where all people and beings are united, lies the power with which we can give an answer to what is needed.

„The Spirit of WE offers a viable way to put humanity on a sustainable path by calling on those who consider themselves spiritual to discover how they can fulfill their task in this process.“

*From the book „Spirit of WE - World Problems, Spiritual Solutions“
Stéphano Sabetti - Founder of Spirit of WE e.V.*

SPIRIT OF WE e.V.

The aim of the Spirit of WE e.V. association is to show various ways of coming together, and to invite all people to join in shaping a global community.

The following guide is based on a lecture by Stéphane Sabetti which he gave at the Heiligenfeld Congress in 2015, and on his spiritual work.

Through the guide we hope to get in touch with like-minded people in order to develop perspectives in the Spirit of WE, and to initiate and support concrete projects.

INTRODUCTION

In a chaotic world like the one we live in today, we become acutely aware of our problems. It will be of the utmost importance for the survival of humanity and this beautiful planet, that we develop a common WE in global cooperation. This will express itself on various levels.

Only in what is common, in which all people and beings are united, lies the power to give an answer to what is needed. What is needed is a courageous common experiment: To dare to find the truth of our deep, spiritual connectedness, and express its realisation. This (r)evolution is the return to love for ourselves and for all those with whom we share the planet.

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GUIDE

With We Consciousness, a new view of the world situation opens up to us, one that includes solutions to global problems.

Let us first ask ourselves:

- What is the world? - What is needed to solve the world's problems?

We all live on this Earth now. It is in danger of falling out of balance. The tremendous challenges we face are our common task. Overcoming and solving them can only succeed if we work together.

However bad, unbalanced and wrong things appear to be on the outside, at the same time there is something else under the surface that is untouched by conflict. This is something free from suffering, from pain and from the I - the ego that so often stands in the way of deeper understanding.

To cooperate, we need to look at the following questions on a personal, as well as on a collective level:

- What is a problem, and what do I need to look at?
- How are these problems related to ME and WE?
- How could a solution develop?
- What are the spiritual challenges?
- How may our WE Consciousness grow and strengthen?

What is a problem, and what do I need to look at?

At first it might seem strange to ask whether, and why I need problems. However, on closer examination we often notice that a change, a developmental step is needed, that I don't want to go along with. So the problem in reality might be:

- a. a pause in the development, an interruption, a stop that I use to not be the spiritual person I actually am,
- b. a chance to pause and look closely in order to recognise and learn something about how and where I or we have become distanced from or alienated from life.

Could it be that we are afraid of not having a problem because:

- the problem orientation gives us a focus?
- in fact, we do not want to change and develop concretely?

That is, that in fact we are constantly circling around problems that we ourselves have created. This keeps the ego busy, so the ego is maintained in this way. We need problems to feed our ego.

Furthermore, we often split conflicts off from ourselves so that we see them on the outside. So, conflict is not something that happens (only) on the outside. It is there so that we can see and understand that the problem resonates with us. And at the same time, the solution is to be found within us.

How are problems and their solutions related to the I and WE?

In order to arrive at a healthy WE, we need to look at what the I is. The basis of the common WE is not simply to ignore our I interests and disregard our personal development. Instead, we must understand what the I is, and extend this into the WE.

The I has a limited consciousness. That is why many religions and spiritual communities speak of the necessity to „kill the I.“ It does serve biological and psychological needs, and is a summary of past and future in the form of memories, behaviours, thoughts and projections. Whenever you say „I,“ all this comes together.

But the I is not the problem

Many of us have been trained to think that the I is in the centre of problems. And this is usually the way we want to solve problems.

Mental processes, however, tend to be rational and intellectual, artificial and detached, controlling and cut off from feeling. We often identify with these thoughts and their content.

Understandably, we are afraid to let go of these thoughts and their contents. At the same time, we feel and know: Something has to die, that is, change radically.

Freedom from personal attachment

The I is like a donkey that has carried us up to a point in our lives. It was useful in order to survive. But this survival orientation may be the very part of us that is now holding us back from the spiritual process towards WE Consciousness, the Spirit of WE.

So on a deeper level, we need to ask ourselves if there is a fear of surrendering our I and feeling in our hearts who we are essentially. If we feel and experience this, we do not need to hold on to anything. The attachment to our personal view and its contents dissolve. Free thinking takes the place of bound thinking.

This experience brings an awareness of space that allows us to feel the deep connection to our Self and to others. It includes our human compassion as the basis of the Spirit of WE.

This is why we recommend distinguishing between the „selfish I,“ the part that is separate, special, isolated, or dependent on other people, and on the other hand, the part that is devoted, which we call the „service I.“

It is the service I that says, „I need a drink of water, let me go and get it.“ You don't reject the I; you can use it when you need it. It is a useful part of yourself. It is not necessary to eliminate it.

This servant quality is necessary for common solutions - also for solving the world's problems. We do not take on these problems, which are a collective process of humanity, as a personal burden. We see them as a challenge for which we take and accept responsibility.

WHAT DOES THIS CHALLENGE CONSIST OF?

Readiness for personal change

For the Spirit of WE to unfold, it is necessary to shift our focus from thoughts to feelings, to sink from the head to the heart.

In addition, we recommend being aware of the connection between the heart and the hara, an energy center in the belly. The heart allows us to remain open, and the hara keeps us protected, clear and organised.

Both energy centers are important for a loving presence - a life from the heart here and now. You ask: How can I be helpful today? What does my partner, neighbour or colleague need? What does the world need from me today? After a while, the selfish ego is no longer in focus.

A life of freedom and responsibility.

This means living consciously in this world, but not being determined or ruled by the conflicts of this world. The learning lies in understanding the meaning and the messages of problems, accepting them, and find creative solutions. We recognise what we can change, at least in ourselves - and perhaps also in the world.

We empathise with and understand the distress, misery and pain of many people, animals and nature, but we do not internalise this pain. We do not hold on to it by identifying with the suffering. We feel empathy and ask the question: „What is the spiritual challenge of these problems?“

The ability to perceive several levels at the same time.

We often experience „opposite dynamics“ (so-called contramatics), which means: allowing seemingly opposite things to be present with each other at the same time. For example, I can have a difficult day in my relationship and still feel peace. Every problem can serve as an opportunity to reconnect with the essential level through exploration and clarification.

The willingness to let go of much in the course of spiritual development:

- the belief of myself as a solid and isolated human being,
- the fear of melting and dissolving,
- the resistance to really coming together and being united on a deep level.

Can it be that the fear is not only of melting, but also of what comes afterwards? We call the fear of „being whole,“ „being one with wholeness/holism,“ holophobia.

Are we ready to experience peace, light and energy after this „dying process“?
Are we ready to let go of our pain, problems, ideas, and memories?

Accepting wholeness as a focus in life.

The key word in this challenge is „resonance.“ We perceive what is resonant and coherent on different levels. There is a wisdom that is deeper than this physical world, deeper than this body, that knows exactly what is true, honest, whole, and peaceful.

SPIRIT OF WE - A FIELD OF CONSCIOUSNESS

What does this mean in concrete terms? The continuous practice of devotion, essential spirituality, heartfulness and spiritual commitment strengthens the field of WE Consciousness.

Surrender

Surrender means to give yourself completely to an inner process. At the same time, it also means that you are willing to courageously change what you can change, to accept what you cannot change at the moment, and being wise enough to know the difference. (according to Reinhold Nibuhr). After a while of practising you start to feel what to do.

For example, if you want to force a change, if you are always running through resistance, then ask yourself: „Is this the right way or the right attitude?

Essential Spirituality

Essential spirituality is a spirituality that asks: What is essential?

The body as a medium

It is a spirituality that includes the body as an important medium to feel resonances on all levels. The body is a signal-giver that transmits life messages. For this, you need an active and vital body - although that is not all.

Our essence is space.

We don't feel it very often. But sometimes in love, in total surrender, we feel our essence, we feel space. There is no more separation.

Underneath the problems we deal with, even the world problems, there is another reality. The experience of space enables us to perceive this reality. When we open ourselves to it, we experience ourselves as connected - the WE arises.

Heartfulness

Heartfulness puts the heart at the centre of life. It is the deep feeling of an open heart - the expression of our spiritual nature: human, touching and simple.

We accept who we are as human beings. In connection to the heart, we grow beyond the person we are and develop our full potential. We experience ourselves as naturally loving and gentle, yet powerful, stable and fulfilled.

Through everyday warmth and compassion, we learn what our fellow human beings and the world really need. By finding our inner warmth and connection, we become the bridge that can help many people to find their path as well.

Commitment to a spiritual global community

It is time for a covenant an agreement to a common purpose. A field of conscious people who share the Spirit of WE and agree to serve the world in many ways.

A modern covenant would include everyone in the world, without exception: all those of all faiths, all the marginalised, the excluded, and the forgotten. An understanding of universal Oneness is the great umbrella under which we all live together respectfully.

In order to move forward, we need to recognise that in the midst of a great diversity of cultures and ways of life, we are one human family and one Earth community with a common destiny. We are giving ourselves another chance to grow and blossom beyond our personal survival.

Can you imagine all of us having a good life, and helping each other as best we can in our lives? This is a global community of the Spirit of WE.

*„The selfish ego is a dinosaur
on its way to extinction.“*



Spirit of WE e.V.

*Non-profit association for the promotion of social, humanitarian
and forward-looking developments*

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