

The Future Is Calling Us to Greatness

with Michael Dowd + 56 Experts



Living Purposefully with Death in Mind with Carolyn Baker

Big ideas from this session:

- How to speak truth to power and navigate the coming chaos
- Collapsing Consciously: Transformative Truths for Turbulent Times
- Embracing mortality and the possibility of extinction as a spiritual practice

Michael: Carolyn, thank you for joining this conversation series, *The Future is Calling Us to Greatness*.

Carolyn: Thank you for having me. It's really a pleasure to be here, and I look forward to this conversation.

Michael: Cool. Me too. Carolyn, the theme of this particular conversation series is really not just the future is calling us to greatness, but a sense of having an honorable relationship to time, to the past—that we honor the contributions of the past. We honor the sacrifices of the past. We allow our sort of awareness of that to guide us.

Carolyn, for our listeners and viewers who may not be familiar with your work, could you please—and don't be bashful—share what you're particularly interested in, passionate about, where you come to this topic of the future is calling us to greatness? Just give us a sense of who is Carolyn Baker and what your gifts and what you bring to this conversation.

Carolyn: Well, for the past 14 years, actually, I've been researching world events, and in 2007, I really came to understand that what we're dealing with is not a series of isolated, separated problems, but rather what we're dealing with is a whole scenario of the collapse of industrial civilization and the paradigm on which it's based.

When I started really understanding this, I began to, as a result of my background training in psychotherapy, I began to ask, "Well, how is this going to affect people emotionally and spiritually? If we have the end of a way of life that people have become used to and they

have to drastically adapt to another way of life, or perhaps even face their own death, how will they deal with this?"

So I began making notes and those notes quickly turned into the book, the book that I wrote about this topic, the first one, *Sacred Demise: Walking the Spiritual Path of Industrial Civilization's Collapse*. I figured, "Well, that's a pretty doomerish title. Not too many people will be buying that book," but I was really surprised by the success of it.

Then I moved here to Boulder, Colorado, and in 2011, I published *Navigating the Coming Chaos: A Handbook for Inner Transition*, which took the material in *Sacred Demise* to sort of the next level, and it also provided a really nice format for people to use that book in a study group.

Michael: Yes, yes.

Carolyn: Then I decided in 2012 to publish a book of daily reflections. I'd always wanted to publish a book of daily reflections, so I wanted to do that around the topic of collapse. I submitted to North Atlantic books 17 essays on collapse and 365 daily reflections. They came back and said, "That's great. Wonderful book. We want it, but it's going to be a very large book. Why don't we take the 17 essays and you pull out 52 weekly meditations? We'll put that in the hard copy, and then we'll make a separate eBook with the rest of the meditations?"

That book was published last year. It's *Collapsing Consciously: Transformative Truths for Turbulent Times*. This last year has been very rich in terms of people embracing that book, my doing a lot of talks, Skype presentations, in-person presentations, having radio interviews, and so forth on that topic.

More recently, I've become more focused on one particular aspect of collapse, which is catastrophic climate change. I've been looking at that in depth, again, along the lines of how do we prepare emotionally and spiritually?

Most recently, I was published—an article of mine was published by Shift Network in their *Sustainability Showcase* magazine. The title of which is "When Surrender Means Not Giving Up: The New Sacred Activism." This article grew out of conversations I had with my friend and who you know as well, Andrew Harvey. We taped a conversation, actually, that is on my website at carolynbaker.net, on how do we live in the face of catastrophic climate change?

Then we talked about how can we create a new sacred activism that is not about giving up, but it's not about attachment to a heroic kind of triumphalist agenda, but rather involves a great deal of surrender, particularly surrender of the ego and our personal agenda as we go forward being activists and trying to make a difference in whatever ways we can.

That's where I'm at at the moment. I'm also currently working on a book with Guy McPherson. It's called *Extinction Dialogues: How to Live with Death in Mind*. That book is a conversation between Guy and myself, which addresses the scientific research regarding abrupt climate change as well as how humans who grasp the likelihood or near-term extinction can prepare emotionally and spiritually for the demise of many species on earth, including ours.

We synthesize scientific and psychospiritual perspectives and we provide a manual for understanding our terminal status, and therefore allow this knowledge to shape every aspect of our relationships and behavior in what I feel are humanity's last hours.

Michael: Yeah, wow! That was a great overview. Thank you. One of the things that I have so appreciated about your writings and your work is that you bring almost a chaplain's sensibility or a hospice worker's heart to our collective issues. In the same way that there's tremendous benefit—speaking very personally. When I went through a very aggressive cancer treatment four years ago, it was me looking at my mortality and fully embracing that I am soon going to be everlastingly dead, just as dead as everybody else in a graveyard. That when I allowed that awareness of my mortality to guide me, it actually helped me re-prioritize and it was and still is one of the greatest blessings in my life. Connie and I don't take our lives for granted, even though I have no reason to think I couldn't live many, many more years, but from a geological standpoint, that's still only going to be a blip.

You're doing that sort of larger scale. You're helping people really look squarely at some of these tipping points and large-scale, self-reinforcing feedback loops that certainly suggest that we may be or perhaps definitely are beyond a number of tipping points that are beyond our control.

Whether that means in a hundred years from now or less, there will be few humans or no humans or whatever, to be able to collectively hold that in a way that still inspires us to be of service, to be a blessing, to be a contribution. Anything else that you'd like to say? I'd love to lean in a little bit more to this work that you're doing both with Guy McPherson's work, but then taking some of this and then helping people really integrate it spiritually and emotionally in a way that not only doesn't paralyze them, but actually they experience as a blessing. Anything you'd like to say about that, we'd love to hear.

Carolyn: Well, first of all, I'd like to say that like you, I'm a cancer survivor, a two-time breast cancer survivor. In my last diagnosis, which happened about two years ago, I decided to take some radical measures with it, and my prognosis now is very good. But it was a huge wakeup call for me. It was kind of like, "You really need to change your diet. You really need to change your lifestyle." I did that. I lost 70, 7-0 pounds. I've been exercising and just feeling better than I felt even when I was in my 30's and 40's.

Michael: Wow!

Carolyn: I'm very grateful on many levels for that wakeup call. I just have to share before I go into some of the more personal aspects, I have to share when I was reading this morning on the arctic emergency group website regarding the latest status of methane. The title of the article is "Arctic Atmosphere: Methane Global Warming Veil."

The way they conclude this article is with a statement that the United States and Canada must cut their global emissions of carbon dioxide by 80% to 90% in the next 10 to 15 years, otherwise they will become an instrument of mass destruction of the earth and its entire population.

Yes, there are people on this website that have said we have to—we're looking at extinction perhaps by the 2050's, but even if we take this further into 2100, that's not a lot of time. The fact or the notion that the United States and Canada would cut their emissions by 80% to 90% in the next 10 to 15 years is just not very likely.

That's kind of the latest on the catastrophic aspect of the climate change situation. But I also want to add in an answer to your question, I am a huge fan of the work of Thomas Berry and also of Brian Swimme, who's a physicist who's been profoundly influenced by Thomas.

Brian has made this wonderful DVD and teaches classes all the time on the 10 powers of the universe. One of his students is Ann Amberg, and you can find her work at annamberg.com. That's a-n-n-a-m-b-e-r-g. I just recently did this webinar with Ann on basically *What Does the Universe Do: The Raven's Eye View*.

Not only has Ann been influenced by Brian, but also by Riane Eisler. Of course, Riane's work is all about partnership. How do we partner with whatever is going on and to look at our role as human beings. Are we consumers? Are we technological engineers? Is our answer to escape this planet and go to Mars?

No, what our role is as humans is to reclaim the common story, one that is grounded in science and is inclusive of all voices, including the ones that are not of our own species, so that we can partner with what's going on. One of the 10 powers—I won't go into all of the 10 powers, but one of the very important powers of the universe is cataclysm or she calls it "release."

This is the death/rebirth archetype. It's the way the universe destroys what it's created so that things are released into the earth to become compost for new life, and in this process, we need to partner with this loss. Not only do we need to partner with cataclysm, but all of the powers of the universe.

But what does it look like to partner with loss? Well, what it looks like is to take this attitude of hospice that we've been talking about, this attitude of, "Okay, I am probably in my last hours and not only me, but my species is in its last hours. What is my role? What is my purpose? My purpose is to really look at what it means to be in hospice."

Stephen Levine has written a tremendous amount this as have others, but it's about kind of, at this point, I think voluntarily admitting ourselves to hospice and saying, "Okay, in this time left, what can I do to serve? How can I make a difference every day in some way in the world, in my world? No, I can't make the United States and Canada cut their emissions by 80% to 90%, but I can do something in my world so that every single act, every single communication or contact that we have with another human being or a non-human being is filled with compassion, filled with love, filled with how can I learn from this person, how can I serve this person?"

Then to have a good time. I actually have written about three articles this last year on what it's like to be in hospice, and you can find those articles, the links to those articles in the Shift Network article that I mentioned "When Surrender Doesn't Mean Giving Up."

I talk about how many people say that hospice has been one of the best times of their life, if not the best time of their life, because they really learned how to live. They learn to have joy. They learn to appreciate and savor every minute. They learn to give. They learn to nurture themselves. It was a time of deep reflection, looking back on their lives, and things that worked and things that didn't work. Making amends in relationships that were not the best. Then really looking forward to and opening to consciously this transformation of moving to another phase of life which we call "death."

Michael: Wow! Carolyn, one of the things that I'm aware of is that there will be people who are listening in on this conversation now via their iPod or whatever or watching it on whatever mobile device or their computer. They may not yet have—I can be sure that there will be some people watching and listening to this that they aren't yet at the place, if they'll ever be there, where there's sort of that sense of certainty or confidence that—and that's not the right word, but anyway. This acceptance that things aren't just going to be transformed in any easy way, and we're looking at the very real possibility of massive contraction and collapse, ecological collapse that may or may not leave human beings in another 50, 100 years or more.

If somebody, say for example, this is the first time—they've never read Guy McPherson. They've not read some of the other people who are pointing out some of these tipping points. They immediately go, "Oh, this woman is just an apocalyptic person," and just sort of write you off. That way they don't have to engage in your thinking.

Could you say a little bit about how it is that you have come to this place, and then what, on a day-by-day basis, motivates you? Is it a sense of hope or inspiration or just the

sense of service? What is it that wakes you up each morning and inspires you or motivates you to do the work that you do?

Carolyn: Great questions. Yeah, so as I said earlier in the opening statement, I've come to focus now more on the climate change aspect of collapse. At the end of my article for *Sustainability Showcase* at Shift and I don't know if you're going to be putting up links to any of the articles that people are going to be...

Michael: I probably will.

Carolyn: Okay. That'd be wonderful because at the end of this article, there are a number of places of documentation that I direct people. One of the most outstanding climate scientists these days is Michael Mann at Penn State University. He's right at the top of my list of resources.

The science of catastrophic climate change. He's written about this and has been on Thom Hartmann's *Conversations with Great Minds* show. There are just a number of resources and artic news—just go to the website [arctic-news](http://arctic-news.blogspot.com), which is arctic-news.blogspot.com—has a treasure trove of research.

Now in our forthcoming book, *Extinction Dialogues*, Guy McPherson has 25 pages of documentation on catastrophic climate change. None of which is his own. It's all from other researchers around the world. One of the things that I like to ask people who say things like, "Well, but there's a chance that we can do blah, blah, blah. There's a chance that nations will come together and we can fix this," or geoengineering or some other fix.

Here are some questions I like to ask about that. First of all, I wrote an article recently called "What Does it Mean to Do Something about Climate Change?" Because people are always saying, "We've got to do something. We can't just give up. We've got to do something." Well, what would that mean? It would first of all mean that nations in the world, the ones that really matter in this dialogue about climate change, would need to agree that climate change is actually happening. We haven't even gotten to that point yet.

Secondly, these nations would have to understand that the situation is so dire that humanity's living arrangements have to be radically altered. Thirdly, people would have to be willing to sacrifice their economic security and their industrial profits to significantly reduce carbon emissions. Of course, when I say "carbon emissions," I'm not even talking about the methane that's being released as the arctic becomes increasingly ice-free and probably will be ice-free by the end of 2016.

Then finally, people would have to agree to the reality of climate change and altering their lives in such a way as to prevent another two-degree centigrade rise in temperature. We already passed 440 parts per million. We're on our way to another one or two parts.

The science is there if people really want to look at it and to think clearly, to think very deeply about what does it mean to do something. What it would mean is not very likely.

The second part of your question was what gets me up on a daily basis to go forth into the world. Why am I not depressed and suicidal and just spending as much time in bed all day as I possibly can? Well, because I'm in hospice and it's a great place to be. I'm having a really joyous time living my life.

I don't think I ever lived as well, in terms of quality of life, as I'm living now. Enjoying my body and moving my body and exercising. Enjoying art and beauty and music in a way that I never have before. Enjoying travel, just going to the park and sitting there and drinking in the beauty that's all around me. Looking into my dog's eyes, having wonderful conversations with friends, like you and I are having right now except long hours into the night.

Michael: Yes.

Carolyn: Feeling—and this might sound counterintuitive, but feeling deep grief. I am really discovering the power and the ultimate joy that comes from experiencing deep grief. You are probably aware of my friend Francis Weller and his work, and the work that he's done on grieving and the grief rituals that he regularly offers. I'd like to say a little bit about where those rituals come from because they have to do with a different cultural perspective.

In the Dagara tribe of West Africa, the folks come together in that tribe at least once a week to have a grief ritual. They have a funeral even if nobody dies. Why do they do this? Because they believe that grieving is really important for the community. They believe that if people don't grieve, their hearts harden, and then the whole community becomes toxic.

Francis Weller, with the cooperation of his friend, Malidoma Somé, who comes from the Dagara tribe. Malidoma is an African shaman from the Dagara tribe. Francis went over to the Dagara tribe and participated in one of these grief rituals, which totally transformed his life.

I, too, have experienced some of Malidoma's grief rituals here in the United States. Francis tells the story of going through the ritual and then walking around the village later on, and he sees this woman who's just beaming and she's radiant. He thinks to himself, "I bet she didn't go to the grief ritual." He went up to her and he began to talk, and he said, "So you look so happy. Did you go to the grief ritual?" She said, "Oh, yes. I go to every one that is happening here. The reason I look so happy is because I cry all the time."

One of the things I'm doing is working with a lot of coaching clients. I have a life coaching practice, and a lot of people are coming to me who are becoming aware of collapse and

catastrophic climate change. They're coming because they're filled with grief. That's one reason. Another reason is people are looking at their lives and going, "So how can I best serve? I don't like the way I'm living my life right now. Yes, I'm earning money. Yes, I have a job, but I want to do more. I need to reinvent myself. I need to shift my priorities so that I'm really of service."

Michael: Yes.

Carolyn: Then there are other folks who come and they're, perhaps, in a relationship, a partner relationship or a family situation where somebody else they're very close to doesn't want to hear about these things, and so they're kind of alone with all of this information. They don't have a place to talk about it.

I often help them to find resources in their community where they can talk about this with other people and where they can discover their own resilient resources within that can really help them navigate these very turbulent times.

Then, of course, spiritual direction. People come because they want to put this in perspective of whatever their spiritual practice is or maybe they don't have a spiritual practice and they want to develop one. So those are 10,000 reasons why I get out of bed every day and have tremendous gratitude and can't wait to do the work I do.

Michael: Yeah, wow! Well, you spoke to my heart in many places there, because I too, I share many of the same friends and mentors and colleagues as you do. Thomas Berry and Joanna Macy were my two major mentors. And Brian Swimme, of course. I know Ann Amberg quite well, so I'm really delighted that you really lifted up all of their work.

I sometimes need to step back and not be attached to anything. I mean I'm passionately engaged in doing everything I can to try to ensure a just and healthy future and to, for example, in the near term, to try to get it so where we integrate the true costs into our use of carbon fossil fuels and that sort of thing. I mean I love the way Bob—Bob Inglis said it really simple. We were just watching--Connie and I watched an interview that you did and then we watched just a few hours after that an interview that, oh, wait. I'm trying to remember who it was that we were just watching because we've watched so many people lately. What was the train? What was the track I was on? Help me back.

Carolyn: The track that you were on is that Bob Inglis—you mentioned something about him.

Michael: Oh, Bob! That's good, yeah, that's it, yeah. He said and I like this way of phrasing it. He says, "What we most need to do and do it as soon as possible is not all the little individual things that we all can do, but the only thing that's going to make a difference, if it is going to make a difference, is to—" let's see. How did he say it? "Put all the costs in all the fuels and

remove all the subsidies and then watch the free market enterprise system shift the climate issue."

Because right now we're allowing the freer subsidized polluting of the air with carbon, and actually, carbon—oil and gas, if they had the costs in it. I love that way of phrasing it. Call it carbon tax or the dividend or whatever, but I like his way of phrasing it that we need to put all the costs in all the fuels, remove all the subsidies, and then let the free market and the power of the global market move us in some kind of a healthy future.

Do you encourage people? Because one of the things I try to do is have them plant a tree. Connie is a part of this whole assisted migration movement. Just doing one action, what Joanna Macy calls "active hope," one action in a healthy direction and not be attached to the outcome, because I too have experienced that grief, opening my heart and allowing myself to feel the anger and the despair and the grief and the sadness and occasionally even the depression that comes from getting some of this large-scale stuff, especially on climate catastrophe or the potential for it.

It does have a softening. I mean I am hardly a morose person. I'm a very life-affirming, enthusiastic person, but it's not because I deny the bad news or the challenging, scary stuff. If we just even set the climate issue aside, which to my mind, is the biggest issue and just look at what John Michael Greer, for example, talks about and many others of the long decline, the long descent, the collapse, the contraction and collapse of the American empire. I mean this is all really scary big stuff, and it can paralyze people, and yet the paradox is if we allow our hearts to break open with compassion and with grief, then that also awakens other energies for us to be engaged. So anything you want to say more about that?

Carolyn: Yeah, I think that if we don't allow our hearts to break open we're doing nothing. In fact, I think that allowing our hearts to break open with these feelings is the most important thing we can do. People say, "Well, we've got to do something." Okay, well, start with allowing your heart to break open, and then take these actions like you were talking about, planting a tree and Francis Weller wrote an article recently on good manners and how important it is for humans right now in this catastrophe to have good manners toward other species.

Anything we can do to make it easier for other species is very important. I don't think it's very likely—Bob Inglis' theory that we put all of these forms of fuel together in tax and so forth, because we still have so many influential politicians running around saying that climate change isn't real and even last week I watched this debate between Guy McPherson and this Enron insider, and this guy was just adamant that carbon is good for you and good for the earth. I mean it was the most ludicrous thing I've ever watched and this guy has got a Ph.D.

One of the things that I think the earth is calling us to do right now is let our hearts be broken, and in the process of that, we are going to experience a most important death that is more important than the physical body and that's the death of the ego.

That starts with all of our agenda about what change should look like. It starts with allowing this to go the way it's going to go rather than it has to go this way. That heroic agenda that I talk about in my article.

When we allow the death of the ego, then our hearts are so much more available, our love is so much more abundant. Then I think we can really do the things that ultimately matter in the long term.

Michael: It's interesting. I don't use the language quite the same way that you do around the death of the ego or whatever. I like Joanna Macy's sort of the greening of the ego, the greening of our sense of self, the expanding of it to be beyond just our skin. Skin encapsulated ego is the way that Ellen Watts used to say it.

That's been one of the things that's been really useful for me, is what I realize and when I regularly remind myself that I'm not separate from nature. I'm not separate from the universe, that we all are the universe after 13.8 billion years of unbroken evolution now becoming conscious of itself. That sense that my self doesn't stop with my skin, that I'm part of a larger body that will continue even if humanity goes extinct.

John Michael Greer was talking about in one of his blog posts in the last year or so or maybe two years—I forget—where he outlines sort of his vision, and of course, it's fantasy. It's imagination, but I loved it. Sort of the next 10 billion years or 5 billion, something like that.

One of the things he thinks is humanity will go extinct as virtually all species do at some point, and he thinks that the next self-reflective intelligence is likely to be raccoons because of the manual dexterity. Then they'll be around for maybe a few million years, at best, and then something will cause their demise. He said the third self-reflective intelligence is likely to be corvines, crows. He paints this vision of a billion years from now or maybe a lot less than that, maybe a half a billion years from now or whatever the crows reach the moon and they discover that some earth species has beat them there. They blame us.

Carolyn: Love it. I love it.

Michael: But there's something that I find that even though it's very playful, it engenders for me trust. A trust in something much larger. Call that reality, God, the universe, nature, whatever, but to trust the process and to play my role in the process knowing that there's only so much I can do, but I can do it with gusto and passion and generosity and whatever. That really

does give me—that's what helps wake me up in the morning and excited to do what I can do and not try to fret about what I can't do.

Carolyn: Well, you're really echoing what I feel exactly, and just to clarify about the ego. We all have one and we all need it. I have to laugh at some of these spiritual teachers who talk about, "Well, I've lost my ego." My friend, Michael Meade, says, "Well, so then how did you get to the bathroom the last time and where are the car keys?" because we need the ego. We couldn't function without the ego.

But it needs to be transformed and Joanna's image of that, the greening of the ego is absolutely beautiful. Because when the ego is transformed and we're doing—we're taking action in the ways that you just described and that I've described, then the ego is really in service of that something greater, the sacred, the greater self, which is totally inextricably connected with everyone and everything. When the ego is transformed, we really feel in ourselves how connected we are with everything, with all living beings.

Michael: Yeah, yeah, I'm reminded of a quote from Marlin Lavanhar, who's the pastor of the largest Unitarian Universalist church in the country in Tulsa, Oklahoma. I've shared this, I think, in one or two other conversations that I've had, but I think it bears repeating in this context. He says, "We've all heard some fundamentalist-minded person say, 'Don't tell me I'm related to monkeys.' But now that we understand DNA and have cracked its code, we know that we're not just related to monkeys. We're related to zucchinis, so let's get over it."

Carolyn: I love it! I love it.

Michael: Carolyn, here's a question that Connie, my wife, has wanted me to ask the conversation partners in this series, and I think I've remembered in all but two. So if you had the opportunity to meet with any three people, either one-on-one or together at a dinner party, throughout human history, who would those three people be and why?

Carolyn: Wow! Well, one of them probably would be Joanna Macy.

Michael: Mm-hmm.

Carolyn: One of them would definitely be Thomas Berry.

Michael: Mm-hmm.

Carolyn: And one of them would probably be a Native American elder like Blackhawk—Black Elk, Black Elk.

Michael: Black Elk, yes, yes, yes.

Carolyn: Yeah.

Michael: Cool. Anything you want to share about why for any of those?

Carolyn: Well, because I believe that we need right now more than we ever have a really close connection with indigenous wisdom. Of course, the indigenous people are not—I don't mean to romanticize them because they certainly have their own problems all around the world, most of which are being caused by the encroachment of colonialism.

But to learn from them that deep, profound wisdom and also to learn from them how we might be able to uncolonize ourselves because we've been colonized by this paradigm of industrial civilization. Of course, to really sit with Thomas and to just ask him, "How did this priest who was really deeply involved with the church, who then got his Ph.D. in history—how did he become a geologist and drop the theologian label and fall so deeply in love with the earth?"

Then, of course, Joanna, who's one of my heroes and mentors and colleagues and friends. I want to just really sit with her and say, "How is it for you these days? You've got some years on me and I'd like to know how it's been on your path and can you tell me something as a slightly younger person that I might need to know on my journey?"

Michael: Yeah, yeah.

Carolyn: I'm going to have the privilege of endorsing her next book. I received a communication from her last week about that, and I'm hoping she might be able to write the forward of my next book.

Michael: Wow! That's awesome!

Carolyn: We'll see.

Michael: That's awesome!

Carolyn: My next book, by the way—my own next book is *Love in the Age of Ecological Apocalypse: The Relationships We Need to Thrive*. It's due to be published in March 2015 by North Atlantic Books who also published *Collapsing Consciously*.

Michael: Cool. That's great, yeah, I was going to ask you what's next on your own creative edge or creative contribution. In fact, Carolyn, could you just mention whatever—what would be the one or two or three main resources for people who wanted to go more deeply into your ideas, would learn about you and about your work?

Carolyn: I would say start with reading *Sacred Demise*, and then read *Navigating the Coming Chaos* and *Collapsing Consciously*. Also, I have a radio show now, *The Lifeboat Hour*, which I inherited as a result of the passing of Mike Ruppert. That airs on Progressive Radio Network on Sunday nights, 9PM Eastern Time. It's Internet radio so it's prn.fm. On there, we discover a lot of—we discuss a lot of these emotional and spiritual questions in relation to the big picture.

So my books and then I hope to be doing a webinar this fall on my next book, on *Love in the Age of Ecological Apocalypse*. My website is filled with resources, and if you want to talk to me personally, you can contact me at Carolyn@carolynbaker.net, regarding life coaching or anything else.

Michael: That's great! Carolynbaker.net is really a portal to your books and everything else.

Carolyn: Yes, absolutely.

Michael: Yeah, yeah, cool. Well, Carolyn, any last thoughts, anything that you would like to share about just anything related to what we've either already discussed or this theme that the past is rooting for us and the future is calling us to greatness? Of course, what I mean by that is being of service to being a blessing to the future is what can inspire us to live a life of deep joy and meaning and fulfillment because of what we're serving. Anything else? Anything that you'd like to say sort of in closing on anything you'd be willing to say?

Carolyn: Yeah, I just want to encourage people to look at the science on catastrophic climate change, which can be found pretty much at the end of this article, *The Shift* article that I talked about. Michael is going to publish the link to that.

Then as you look at that science, notice what you feel and allow what you feel to take you into wherever it's going to take you. Allow the grief to be there, the anger, the despair, get some support with feeling those feelings, and really know that this is what you came here to be and to do.

Allow yourself to consider signing up for voluntary hospice. I'm going in to this new place in my life to live passionately, to make a difference in big ways and small ways, to experience more joy and beauty, to be of more service and to allow my heart to be opened in love with everyone and everything.

Michael: Wow! That's beautiful, Carolyn. Well, Carolyn, thank you so much for being part of this conversation. Thank you for your work. I'm a deep bow of gratitude to you and to this role that you're playing in this movement to help people really prepare their hearts and their souls and to stay inspired to be in action rather than just sort of paralyzed. Blessings on your new book and

this webinar that you mentioned. I look forward to seeing you hopefully soon and giving you a big hug! Thank you.

Carolyn: Thank you very much. Thank you very much, Michael.