

## *Integrity For Future - a living profile*

### **The WHY**

The impulse to found the initiative Integrity For Future came out of a dilemma. I had found out that despite of finally being able to do the work that I love and perceiving it as meaningful it still was not possible for me to live my life with the sense of integrity that I felt was true in me. And that there was a severe inner suffering caused by that gap.

As I can not change the circumstance of the time I'm born into it seemed impossible to find an adequate response to the dilemma that would "solve the problem". But what I could do is to step out of the silence about what is bothering me.

To name the unresolvable dilemma, to describe the pain that it causes, to open a process of deeper exploration and to invite humanity to join me in it does make a difference. Initiating what I missed so badly - a living exchange within our species about who we would like to be - closes the gap between my souls knowing and my humans being - which is a deeply healing experience in itself.

I hope to be the embodiment of a possibility that seems to be out of reach for most of us. And I am truly curious how our world will look like if we allow for every human being to close the gap between ones souls knowing and its humans expression in the world, enabled by a benevolent community and a gracious space for learning. In other words: to allow humanity to come home.



### **The WHAT**

With my initiative I seek to bring to life a global dialogue about the question who we would like to be as humanity. As a starting point I collected a series of questions inviting for a deeper personal and collective exploration of what we value and how we feel in living in the ambivalence of a human existence which must include care and failure.

The envisioned exchange should take place within our species as a whole. I seek to find ways to make the questions accessible to every human being living on our planet. Everyone of the average 8 billion people must have the chance to speak up to ones truth and to be listened to - that we can reveal the picture of what is seeded in us as a species to be human possible advocating for live.

I chose the form of questions over teachings because I refer to the existence of a deep intrinsic knowing that lives in every human being that wants to be seen and addressed to unfold its power.

It is less about coming to answers that can be fixed down to another catalogue of rules how we should live but more about the emerging space in between (the questions and the diversity of the individual responses) that allows for dignity, self worth and mutual learning.

It is about the yes to the process itself that might express as a *living culture* that

- validates meaningful questions
- honours the integrity of the divers individual responses
- trusts the process and keeps the exchange open, alive and going
- creates structures, providing physical and virtual spaces for that exchange
- commits to devote time to it (also/especially in moments of crisis)
- appreciates the simple fact of union-ing/ coming together as a community
- dedicates times and spaces for the expression of gratefulness and for the celebration of our participation in life

The anchoring for the aspired culture could find its form as a recognition of the *basic human right to soul integrity*. The bigger shift in perception that is possible here is to overcome fear driven reductionist thinking and scapegoating in perceiving diversity as a new source of safety.



## The HOW - inwards

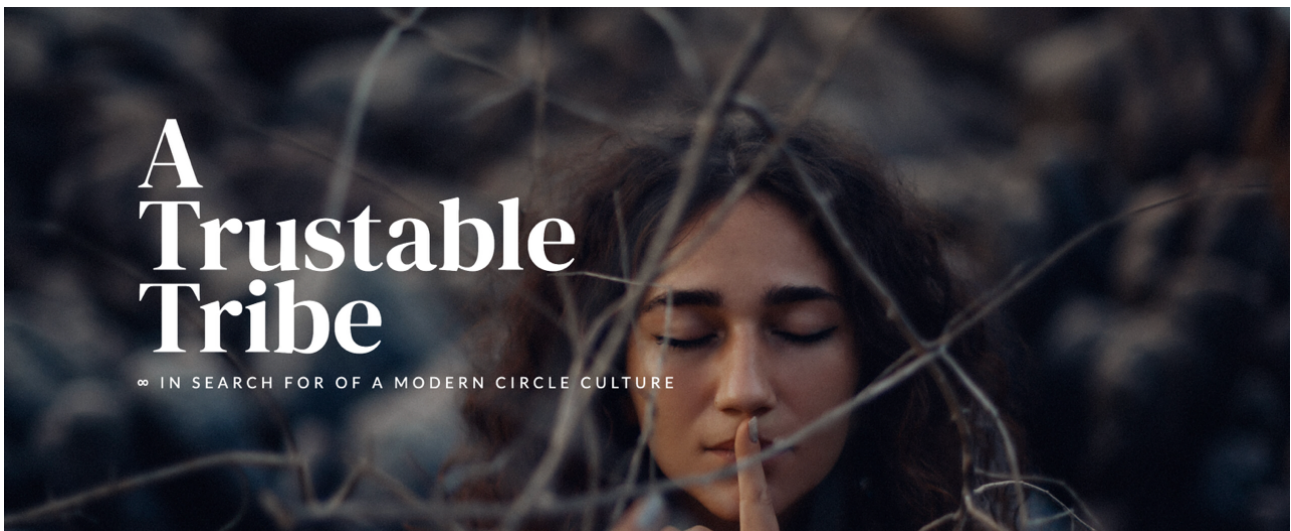
Hurt people tend to hurt people. Traumatized people tend to cling to and recreate the fragmented world they do live in, a traumatized species holds unconsciously on to frozen structures which implicate to be on a trajectory to become obsolete. We are seeking self extinction.

Where is the way out of the vicious circle? What allows for the fragmented pieces, for the difficult feelings and for the experiences of overwhelm to integrate? There are 3 preconditions coming to mind: a **space** where it can happen, **qualities** in that space that allow it to happen and a **diversity** to a degree that it can reflect the entirety of the non-integrated experiences.

**SPACE:** There must be space between our actual experience and our response to it. Space that allows for a different experience to take place. Space to the system to realize what has happened when its boundaries were violently broken. Space that gives a chance to the broken pieces to find their way back into a new coherence. Space to the whole to perceive with felt senses which state it is in.

QUALITIES: As human beings we are meant to learn. Real learning, which includes trial and error, aspiration and failure, ecstasy, disappointment, reaching for the limits and shame, can only happen when the conditions for learning are right. Qualities that allow for the possibility of learning might be the experience of human warmth, of having choices, of a justified trust in the benevolence of the space, of a deep relatedness to life itself. The combination of these qualities can offer in itself a framework of safety - the basic human condition to learn.

DIVERSITY: The last period of human existence was dominated by the exploration of our power. How far can we go? What are we able to achieve, no matter the cost? With our growing passion for control on things and other living beings - and the shameless violations of life that resulted from this suppressive and exploitive behaviour - our capability to relate to the unknown and to bow down to the sacred diminished towards zero. As a result power and soul have been split. The other has become a threat of our own authority, diversity turned from the very source of life into a challenge of our perceived safety. And still, the inviting rigour that occurs from the richness of diversity is different from the limiting rigour of control. Life is making life and is making life at its best if there are manifold possibilities to play with.



## The HOW - outwards

“Which are the structures that allow for the organic appearance of a life-affirming human-possible” was the driving question for the formats and offers that have been shaped for the initiatives outward activities.

### *Integrity is ... interview series*

This is the heart of the initiative. A catalogue of meaningful questions brought to the attention of the human population, to say to the average 8 billion people living today on our planet. Some of the conversations are just happening within the realms of my daily life. Some of them are prepared and planned and recorded to be finally published on the homepage that everyone can listen to the diversity of souls and voices that make our human tribe.

### *A Trustable Tribe*

Humanity is a trustworthy species. Everyone who feels called to actively express their belonging can join the community of A Trustable Tribe. This is the place where the research on new forms of living and working together takes place. It is also the place where we can gather for a safe exchange on the challenges and beauties that we meet on our path towards soul integrity. Together we explore the nature of the split of soul and power, seeking to re-integrate both in the flow of life.



## *The Circles Of 12*

When re-connected with and ready to live up to our deepest values we do need a community that is witnessing our decision and the new path we take on. Often we deprive ourselves from this tribal form of support that is simply there to honour the integrity of our souls impulse. With the concept of Circles Of 12 we are not only held to seek that support and advocate for life in our unmistakable individual way. We also participate in the creation of the interrelated web of connections embedded in trans-contextual layers that will emerge from our invitation.

## *Temples of grace and beauty*

Coming back to integrity after a long period of absence or numbness in our lives can evoke difficult feelings that by their nature tended to compromise our integrity. The Temple Of Grace & Beauty is a virtual space of gathering where we can meet the feelings of shame, failure, loss and heartbreak in the loving company of others. Anchored in a realm that goes beyond our belonging or non-belonging to any kind of confession it opens a door to the sacred which is accessible for everyone. The building of physical Temples of Grace & Beauty will be our next step.



## *Global Female Envisioning*

This space is devoted to the women that feel the inner capacity and the longing to actively practice together what I call "The Golden Key". It comes with a radical yes to experience the frightening feelings of shame or being ashamed in order to use that energy to open a third way where black and white thinking and the other well known players of polarisation have simply simply added to the harm. Mastering this alchemy can enable and entitle us to go even one step further and to apologise for any violation of life by a fellow human being we are aware of - as an opening towards a culture of repair.

## *The Source Protectors Board*

This space is devoted to the men that feel the inner capacity and the longing to actively contribute to the healing of the wounds of patriarchy with a special focus on the impact of money. It is both, a space for experimenting with new ways to gift and a space for healing. The Source Protectors Board of Integrity For Future is assuring that the basic needs of the initiative to be able to continue its work are met. There is a close exchange with the active women within The Global Female Envisioning who are of support in practicing and teaching "The Golden Key".



## *Integrity HUBS*

How do the people in your neighbourhood, in your city, in your country relate to their inner knowing about life and what importance are they giving it? Integrity is an embodied experience and has very individual colours. It only becomes meaningful, tangible and alive through the variety of people and the different ways they relate to it. “integrity HUBS” are an occasion to start this conversation in your community. It is an easily applicable format hosted by a person/ organisation on site. The initiative offers hands on support in setting it up.

## *Rest & Thrive*

There are principles that can be seen as a compass or a map. They allow for the forming of organic structures that combine flexibility and comithtemnt to trust. A look at the map of “rest & thrive” can orient us on our winding path towards soul integrity as an individual, within our communities and as a species.



## **The HOW - your participating contribution**

On the search for your place in that? The principles that are at the core of the making of the initiative and the way how it is designed are based on the insights I gained through my own life path, my understandings as a humanist scholar, my decade long work as a trauma therapist, my own process of healing and the explorative formats I used for my active research on the hidden dynamics that lead to the current state of humanity as well as of the potential that lies in it if properly addressed.

Having said this the approaches described above must not claim any completeness or imposed truth. While I trust that the given is explored in a way that is profound enough to offer a possible path to walk the approach holds an openness to a continues mutual exploration and learning. This is actually it: an invitation to participate in the existing offers and to contribute your own creativity to their further organic forms of expression.

If you would like to see this exploration to be continued and if you wish to see the offers and formats described above come to life, accessible for you and for others, your contribution to the structures that are needed is very much appreciated.

Thank you from me, thanks on behalf of the beautiful living being which is the initiative named Integrity For Future.

Ann La-Forker, Bollschweil on April 3 2024

## ***Who do we want to be as humanity? And what is mine in it to do?***

Homepage of Integrity For Future: <https://integrityforfuture.work>

New ways to gift and receive: <https://integrityforfuture.work/new-ways>