

April 21<sup>th</sup>, 2017



Dear GIFEW Constellation Program Participants:  
Congratulations for choosing to participate in the ***GIFEW Constellation Leadership Program!*** My name is Gary Malkin. I'm GIFEW's *Director for Multi Sensory Learning*. In this letter, I'd like to share with you why immersive, multi-sensory learning is an important component for people who are committed to innovative, out of the box strategies for leadership cultivation.

Clearly, we are living in a time of extraordinary change. If you pay attention to the latest findings from the brightest psychologists, social scientists, public policy experts, social change activists and thought leaders, there's a broad consensus among them that continuing to learn, behave, engage and collaborate under the assumption that *only* our linear, rational and analytical capabilities will provide the skill sets necessary to make a difference in today's world represents approaches to change that are quickly becoming obsolete. Clearly, the traditional approaches that have been glorified for decades – if not centuries - is no longer sufficient.

In Daniel Pink's groundbreaking book, "A Whole New Mind" he states:

"The future belongs to a very different kind of person with a very different kind of mind. The era of "left brain" dominance, and the Information Age that it engendered, are giving way to a new world in which "right brain" qualities-inventiveness, empathy, meaning-predominate.... We are moving from an economy and a society built on the logical, linear, computer-like capabilities of the Information Age to an economy and a society built on the inventive, empathetic, big-picture capabilities of something new that's rising in its place. Artists, inventors, designers, storytellers, caregivers, consolers, and big picture thinkers will now reap society's richest rewards and share it's greatest joys."

With the advent of recognising the importance of Emotional Intelligence (EQ); with research now validating the essential role that our heart and "gut" intelligence must play to make more generative, holistic, and sustainable decisions; with studies

reflecting a deep recognition of the power of story, of the arts, and of creativity itself, it's vital to acknowledge that we are no longer living in the Age of Information- we are now living in the Age of Integration. Integrating the essential intelligence of our hearts, bodies, and souls – in concert WITH our minds - is the new standard by which leadership, excellence and social change must be engaged if we are to rise above the morass of negativity and ineffectiveness.

Therefore, we at GIFEW have taken a strong stand in support of multi sensory education, advocating that no intellectual learning is truly effective without regularly engaging in modalities that enable the student to absorb, assimilate, embody, and integrate information in multi-sensory and multi-linear ways. It is no longer sufficient to conceptually learn cognitive information that essentially goes in one ear and out the other. We strongly recommend absorbing the information you are subjected to, so that you can feel it, digest it, embody it, and *sing it*, if necessary.

This is why we stress mindfulness and 'being-based' practices so passionately. Because the research now shows that when we engage in a regular contemplative practice of any kind, the plasticity of our brain cells and the deep wisdom of our hearts adapts to these new behaviours in ways that can help us develop greater resilience, refined collaborative skills, and greater emotional intelligence. And believe it or not, research has even proven that if you allow yourself to be emotionally touched, moved, and inspired by life, people, and experiences, you will likely lead a healthier, longer and more fulfilling life!

Therefore, I recommend you experience the following three music-infused media experiences, in preparation for an optimal experience while engaged in the entire GIFEW program. Think of these experiential resources as a kind of prescription for your heart and soul to be as engaged as your mind. These tools will enable your subconscious to participate in this program as deeply as your linear mind. By ensuring that ALL of you is engaged, you will more likely experience a gradual yet solid process of awakening *to the best version of who you are*. These are just three 'tastes' of the "numinous", the realm of experience that allows you to seep in the beauty of being, of sensory awareness, and of multi-sensory wisdom that lies deep within you.

The more you avail yourselves to these experiential tools as you learn, the more you'll start to cultivate neural pathways that can enhance your being-based skills such as presence, empathy, listening, humility, forgiveness, and the mother of all qualities, ***gratitude***.

# 1. The Power of Willingness: From Sonic Sanctuaries: Meditations for an Inspired Life

People everywhere are increasingly asking themselves “what makes their heart sing?” in order to find inspiration, meaning, purpose and alignment so that they might discover their unique passion in life, as well as to cultivate greater fulfillment, gratitude, and effectiveness. This guided meditation will invite you to immerse yourself in an infusion of inspiration, as you explore perhaps the most fundamental of values when beginning to open to new information, such as that introduced in the GIFEW program.

Click [here](#) to listen.

## **2.     *You Were Born For Such a Time as This: Listening to the Call*, Featuring James O’Dea**

Listen to this spoken word and music track with undivided attention. Write in your journal afterwards the answer to this question “What most concerns you about your world at this time? What gifts do you believe are your super powers that will be useful to utilise for the bettering of yourself, your family, your community and your world?” Use your intuition to answer this question, tapping your inner knowing – and your imagination – to experience the unlimited possibility that awaits you.

Click [here](#) to listen.

## **3.   *Whispering the Mystery: Establishing a Stillness Practice***

*“Whispering the Mystery: Cultivating Stillness”* (Featuring Deepak Chopra, Alchemical Wisdom Audio Track.

Sit quietly, ready for meditation, and [listen to this track](#) with undivided attention. While listening to this work, start to be curious about your thoughts, what thoughts are being generated, and how you ‘feel’ in your heart. Who is feeling this feeling? Who are thinking these thoughts? Are you aware that your thoughts are kind? Are they judging? Are you distracted by all the things you need to do in the future, your incompletions? How capable are you to be fully present, noticing your thoughts, being aware of the space between your thoughts? After you’ve experienced this track at least three times, I would suggest you then allow yourself to see the visual version of this “alchemical wisdom” experience, called *Whispering the Mystery*, featuring Deepak Chopra. As you experience [this video](#), I suggest you intentionally breathe consciously, and avoid any conditioned behaviour we all tend to fall into when watching videos, which often brings us to a passive, unalert state. Notice how having these messages delivered through images might evoke a different response in you. Notice also whether you’re more likely to receive the information with or without images, so you might discover that you learn more through listening, rather than through visual stimulation. All this information will serve to awaken you to how you learn, and what is most effective in reaching the depths of your heart, soul, and consciousness.

Click [here](#) to listen to audio

Click [here](#) to watch the video ( Password: Constellation2017)

These three immersive experiences will enable you to experience the multi-sensory, resources that will help you break the monopoly your linear rational mind might have over the rest of your human intelligences and capacities. Allow yourself to experience these audio and visual tools each day - as part of your commitment to the program - so that you can pay attention to what your thoughts, feelings, and realisations might be in response. It would be optimal if you starting a journalling process so you could record your thoughts, reactions, and feelings, no matter how seemingly simple or inconsequential. Everything matters!

May you all have an extraordinary journey as you participate in the GIFEW Constellation Program. I look forward to meeting you all directly on May 10th!

All the best,

Gary Malkin

Founder, Wisdom of the World Wellness, LLC

[www.GaryMalkinLive.com](http://www.GaryMalkinLive.com)