

7 Dimensions of Human Happiness



7 *Gaps in Today's Human Systems*

7 *Human Needs are Continually Unmet*

7 *Interventions are On the Way!*

by Teré Foster

**THE VISION OF ARCOLOGIES FOR
HUMAN HAPPINESS**

by Teré Foster

ARC7 VISION IN A NUTSHELL:

**To boldly share the vision
of restoring tribal living in the modern world
by working together to build ARC7 Arcologies
from the inside out and the bottom up,
online first, then in person,
self-contained and self-sustaining,
nearby and around the world.”**

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DEDICATED TO THE SOURCE OF ALL THINGS

This plan is dedicated to the Source of All Things who “downloaded” the vision into my heart and mind. Thank you for always keeping me excited and motivated every day to see this plan come to pass during my lifetime. Thank you for knowing me so well and offering me this opportunity. This vision has been the perfect thing to give my life meaning and to keep me always going forward no matter what curve balls life may bring. I pray that I did your plan justice and that others will be uplifted and motivated by it in the same marvelous way.

Chapter 1 – My Trauma Story

It's always trauma that creates an empath. Empaths are not born; they are made. I've been an empath since my earliest recollection. I was born in 1960, so I wasn't exactly a "flower child" but my older brothers grew their hair long and my older sisters wore mini-skirts and heavy eyeliner. I got a pair of go-go boots when I was 9 years old.

One of my earliest memories was seeing my mother cry as she watched the TV footage of Kennedy getting shot in the head. That image stayed with me. Soon other leaders were assassinated, Martin Luther King, Gandhi, John Lennon. It seemed to me that they were— whoever "they" were— exterminating the courage that would motivate any new leaders to rise into action. After that, all talk of peace, love, and brotherhood was gone from TV and radio. Love for our fellow earthlings became a personality flaw that people take courses to overcome. Back then when you talked about unity, world peace, and brotherly love, it was a concept they would live and die for and go to jail for. Later it became a joke that labeled you a "hippie." And now, world peace is a utopian fantasy that you can only secretly hope for with fear that you might be labeled "unstable." That turbulent time in history shaped many of the core values that compelled me to write this book.

I started kindergarten when I was four, which made me the smallest one in my class. When I was in the 3rd grade, I was tested to have 160 IQ. I was put in special experimental programs and ended up graduating from high school when I was 16. My parents divorced when I was nine as my dad got "the call" to become an evangelist. My mother wanted nothing to do with organized religion. My mother was more interested in tarot cards and psychics—things that my father feared were summoning "the devil."

I saw my dad about once a year after the divorce. He retired from the military, became a pastor, finished a PhD in Theology, and traveled to 44 countries as a self-funded missionary. But I lived with my mother who made my life miserable with her violent anger. She was a tortured artist with great highs and lows. When I got home from school, I never knew what kind of mother I would find. I never knew if she would smack me across the face for causing all her life's problems or greet me at the door with tomato juice mixed with brewer's yeast to make sure

I was well nourished. I never knew until I stepped into the house what kind of mother I would have that day.

With an absent father and an abusive mother who was always caught up in a new relationship that was going wrong, I felt a profound sense of loneliness. I was the last one in my mother's house because my brothers and sisters had grown up and moved out, and my mother was never home. I was alone most of the time, which was a great improvement to the drama. Every day after school when I came home to an empty house, I watched TV re-runs of *Father Knows Best*, *The Flintstones*, *Leave It to Beaver*, and *Brady Bunch*. Back in those days, TV shows modeled functional relationships and good moral values. I'm so grateful for that, because they were all I had to counteract the dysfunction of my own life. Some people say they were scarred by the old TV shows, but luckily for me, these shows had more influence on me than my family members.

Something about my early trauma made me open to spiritual concepts, but at the same time gave me no foundation to stand on when trying to implement. My self-esteem was like a roller coaster. At age 16, I left my mother's house to live with my two sisters who were each already done with divorce number one. We three sisters lived together with all the little children produced from those brief relationships.

Living with my oldest sister, and watching her abuse her little girls, I gained clarity about my own mother. I found myself protecting my niece, Kimberly, as if she were mine. Or... as if she were me, but I didn't realize that at the time. My sister rejected her newborn baby and yelled at her when she cried. She left her in her crib and shut the door. Kimberly couldn't even hold her head up when my sister hissed out hateful words with so much venom. "She expects me to kiss her ass!"

I held the little baby on my chest and rocked her to sleep, never fully understanding why such a precious little package of mushy humanity could make anyone angry. Recently, I had a memory of myself at that same age, as an infant screaming and crying, left alone in the crib, the door shut, and no one coming to take care of me. This memory helped me understand my deep-rooted pain and feelings of abandonment. The progression of this memory was profoundly familiar as I saw my infant-self crying alone until she lost consciousness. In my memory, my infant thoughts slowly changed from hunger, to anger, to fear for my life, to desperation, to abandonment, to weakness and exhaustion, to thoughts like, "nobody cares about me," "nobody

listens to me,” “the world is a terrible place,” “they want me to die,” “maybe it would be easier if just died.” At this point I lost consciousness.

In this memory, my mother was frustrated by my endless crying, openly saying the words, “It would be so much easier if she just died.” This memory helped me realize why now, as an adult, I often felt that it would be so much easier if I would just die. Not in a suicidal kind of way, but in a matter-of-fact option that would solve a lot of problems for the selfish and heartless people who I lived with and love so much. It also made me see why I was more than happy to be in my abusive relationships as long as they provided food, shelter, and clothing for me and for my children. That was enough to elicit so much gratitude from me that would cover a multitude of narcissistic sins.

My mother told me the stories of me crying as a baby from her perspective. Until I had this jolting memory recently, it was only a story. I didn’t think of “the baby” in the story as being me. She told me that she was so afraid that she was going to kill “the baby” because saw a picture in her mind of “the baby” dead, in a pool of blood on the floor. She told me that she quickly called my father who came to take her to the hospital. But that story was all about her. The story never circled back to the baby who had passed out in the crib from hunger and exhaustion. In fact, in her story, her parenting planned worked very well because the baby finally stopped crying.

A few years ago, I was in so much physical pain and had so many strange physical symptoms that I thought I was dying. I went to the doctor, who ran lab tests and found that I was in perfect health. That should have been good news, but it gave me no answers about my list of symptoms. The doctor asked me what was going on in my life. I told her that I was going through my second very exhausting divorce that was not my idea. She immediately diagnosed me with complex PTSD, post-traumatic stress disorder. I had never heard of it before, and I didn’t believe her at first. Is she saying that all my symptoms were just in my head? How can an itchy ear, a deep twisting pain in my solar plexus, painful shingles, pain in my teeth, insomnia, vertigo that made me lean on the wall as I walked through my house, diarrhea, nausea, weight gain, and spasms in my throat that hurt worse than childbirth and dropped me to my hands and knees, all be psychosomatic? Most people only have one of these symptoms, but somehow, I got every nervous condition known to man. That sounded crazy to me. The doctor prescribed anxiety medicine, but I never filled that prescription. If I’m in pain, I want to know.

So, as always, when I don't understand something, I became obsessed with the topic until I could finally let it go. I researched and learned that the cause of complex PTSD, from my perspective, seems to be when someone lives for long periods of time without receiving what they really need. I now sum it up as emotional deprivation. When I look back, I realized that I didn't ever remember a time when I received enough love, enough protection, enough guidance, connection, respect, or concern from those who were supposed to take care of me. Complex PTSD means that you were neglected, rejected, deprived, victimized, humiliated, blamed, violated, and injured for long periods of time. And as you were, your brain collected those injuries over time. This is why they call it complex. Each injury compounds the next. When all these injuries are combined over time, they finally have the same damage to the brain that soldiers have when they experience trauma of such magnitude that they will never stop feeling the pain of it.

When I looked up the symptoms of complex PTSD, I could only find things that didn't sound like me, like outbursts of anger and violence, but I didn't have that. Or drug addiction, but I didn't have that either. Mood swings, hostility, depression, social anxiety... maybe sometimes, but I tried to keep these things well hidden by retreating into to my secluded happy place until they passed. And there, in that quiet place, I would nurture myself, love myself, and heal myself. Ok, yes, I know how to do that. It's one of my superpowers. I can be like Wolverine and heal so fast that it's like the trauma never happened. But instead of that superpower, I would rather have had the love I needed.

I looked up each symptom of PTSD like they were separate topics, but I noticed one big glaring similarity: each of the symptoms of PTSD were on the rise around the world and especially in the US. What does that mean? Does that mean that all humanity has PTSD? I started thinking of it like "Global PTSD." When I discovered this commonality with all people on the planet, it shifted my perspective from "the depressed, pathetic me" to curiosity to ask the right questions, like "Why is this happening? How can we solve this?"

The Human Happiness Download

Answers came. I only had to ask. One day, when I was in the bathtub, crying and asking God why it's so hard to find love on this planet, a vision was downloaded into my head. It was from

God, the universe, my higher self, my subconscious mind—whoever or whatever you want to call it. I call it God because this had happened to me before, on the night I accepted Jesus as my Lord and Savior. A download of epic proportions came to me on that night that set the foundation for many other smaller downloads over the decades. So, I was used to hearing from God and quite comfortable accepting instructions. I have written all these downloads in books and journals and workbooks.

The Human Happiness Download showed me a completely different way of organizing human beings. It was a new way of living—or perhaps an ancient way of living in a futuristic setting.

The architecture was advanced and cutting edge, but the agriculture was based on ancient wisdom. The people were working together through financial collaboration in a hybrid economy that was just for them, designed by them, for their own tribe. It was a mix of co-ops, nonprofits, worker-owned businesses, and privately owned businesses. There were common areas in this multi-family dwelling that made human connection easy. The buildings were crafted with upscale artistry, forming a privately owned community where the business owners lived and worked together. They were an integral part of the larger society while living in a gated community of their own making. The vision wasn't trying to be utopian, but instead was purposefully designed for human happiness, but as we all know, happiness starts from within. However, there are specific things that were in the vision that support human happiness.

A portion of the vision came to me almost like a guided meditation:

Imagine being part of a team that was like a family.

*Imagine being part of a family that was like a team
who loved and appreciated you for who you are
not only because you are so lovable,
but because the team has been transformed to be kind,
to be loving, to be compassionate, to love you no matter who you are.*

*Imagine being part of a team that sees you as a valuable, talented, integral member,
not because you passed their probationary skepticism,
and proved that you have something they need,
but because the team is made up of people who believe
that there is untapped human potential in everyone.*

*Imagine being part of the perfect team of loving, intelligent people,
not democrats, not republicans, not atheists, not religion-ists, not feminists, not
capitalists.*

Just humans in love with humanity.

Just earthlings in love with the earth.

Just people who love all people.

Not only because all people deserve love, but because love feels so much better than hate.

Love makes you beautiful no matter what you look like.

Love puts a sparkle in your eyes and a sedative quality in your smile.

Love puts healing power in your touch and a treasure in your words.

Love makes you interesting and appealing.

Love gives you understanding and authority.

Love gives you a reason to exist and a purpose to live for.

Love is self-sustaining and self-contained.

Imagine living in well-designed love.

Love for self, for others, for all humanity, for all creation.

The vision made it clear to me that the deep emotional pain and loneliness that I feel, and so many of us feel on this weird little planet, is more complicated than just having a bad childhood or a bad marriage or a bad job or a bad life. Happiness in this setting is not even possible when you have a good childhood, a good marriage, a good job and a good life. Happiness is prevented by the way our culture is set up. Our communities are designed with no village and no center for human connection. Our communities are like living in a house with no common areas like a living room, tv room, kitchen, or dinner table.

As I was growing up, my home was full of uncaring strangers, but my neighborhood was also full of strangers. Instead of living in a village with our connected tribes and families, the extended family has been dissected and dispersed. Divorced families fall apart. Connection is lost. There was no one for me to turn to when my family failed me because I didn't live with loving grandparents, or aunts and uncles and cousins. And when I went to the store, I didn't know anyone there. There was no "shopkeeper" who knew who I was, who would notice that I hadn't eaten for three days. Shopkeepers are a thing of the past in the US, that we only see in old movies. So, now we have compounding problems on top of compounding problems.

But it's not just loving relationships that are missing, our human systems lack love too. The vision showed me that the single-family dwelling is the equivalent of taking bees out of the hive and putting each one in his own jar. Everyone knows that the bees would never be happy no matter how beautiful you made their little jar. Yet we are told that single-jar-ownership is "the American dream." Our culture tells us that if we want to be an upstanding citizen, we must work hard to get a single-family dwelling. And because we want the American dream so much, the economy sets the price higher and higher, pressing our buttons, exploiting our desires, requiring more demanding jobs, spending less time with friends and family, and creating another generation of neglected children with deep emotional pain.

My son suggested, "You should offer this vision as a course for parenting, so you can catch the problem early before it starts as a baby." But I told him the thing about good parenting is that it starts even earlier than birth. Parenting starts when you choose a mate who will parent *with* you. This is the person who will model a good relationship for your children as they watch their mom and dad have the capacity to love each other. Not only that, the pain of emotional deprivation that we are feeling all around the world doesn't rest on the shoulders of good parenting. You can be the best parents in the world, but every day that child goes outside your perfect home into the schools to be wounded by the lack of love they will find there. The education system is part of the problem.

All our human systems on this planet contribute to Global PTSD. Can we change the whole world? Probably not. The best we can hope for is awareness. But we can gain a new sense of commonality through the emotional pain that we all feel. We can start to get out of ourselves and become aware of the lack of love in the world. Then we can become aware of the reasons for that lack. Then we can learn how to care about the pain that other people carry on a deep level.

It became clear to me how humankind developed Global PTSD. First, we were brainwashed to focus on "self" and not to talk to strangers, discouraging our need to reach out. If self-worth and personal value are so often based on what we mean to others, then by eliminating deep relationships with others, we wouldn't mean anything to anyone. In short, if you are taught not to care what people think and to focus on self and to do whatever you want to do, you will never meet any of your needs for connection and never meet anyone else's needs either. And those needs are not just "touchy feely silliness." Emotional needs impact health as much as physical needs.

This relatively new idea that you can love yourself and meet your own emotional needs is very harmful. When someone tells you that you don't need love from other humans, they are contributing to the emotional deprivation that we as a species are already experiencing. They tell you that you must "fix" that "immature" need for connection and validation. However, the problem is not our need. We don't need to fix our need to be loved! Love is the most basic characteristic of being human. Instead, we need to fix the real problem. The real problem causing Global PTSD is the lack of capacity for love in this world. Nothing on Earth meets our legitimate need to be loved.

Yes, it's a very good idea to love ourselves when there is no one else on Earth who has the ability or the capacity to love us, at this moment in time. They can't love us in a way that will permanently solve the pain of our emotional deprivation. So, when smart leaders on the internet conclude correctly that we are never going to be loved the way we really need in the deepest core of our beings, they suggest that we adjust "the self."

We humans are so adaptable, but we must be careful not to become well-adjusted to a sick society. Yes, we can figure out how to meet our own needs without needing human connection. Yes, we can become self-sufficient and perhaps even self-centered as we successfully love ourselves. But wouldn't it also be wise to spend some time figuring out why there is such a lack of capacity to love, and why so many of us are in so much emotional pain?

Chapter 2 - Global PTSD

Symptoms of PTSD are on the rise around the world. The symptoms of complex PTSD appear after long periods of stress. In my case, it started in infancy with an abusive mother, an absent father, and older siblings who were more troubled than I was. Each family is unique, and your story is different than mine, but the one thing I discovered we all have in common is that each symptom of complex PTSD in America and around the world is on the rise. Humanity seems to be experiencing global PTSD together.

By looking at the statistics below, you can see that what I'm saying is true. Read the list of common symptoms of complex PTSD and see if one or more of them sound familiar to you and your unique situation.

Stress

83% of U.S. workers suffer from stress.

23% higher than global statistics, causing 120,000 deaths yearly.

39% say their work stress is due to the heavy workload.

35% say their stress is from their boss, Forbes magazine said it's closer to 79%.

63% say they are ready to quit for lack of appreciation of their efforts.

Tension

A reaction to stress, results in chronic pain, headaches, and is associated with the rise in heart disease.

Depression

\$51 billion in costs due to absenteeism and \$26 billion in treatment costs.

Anxiety

Disorders such as OCD, GAD, PTSD, and SAD affect 40 million Americans yearly.

Insomnia

50% of adults have occasional insomnia. Loss of productivity costs \$63 billion a year.

Eating Disorders

30 million Americans suffer with bulimia or anorexia, and obesity has tripled since 1975.

Loneliness

Harvard calls loneliness an epidemic worthy of public intervention, decreases immune function.

Emotional Detachment

Numbing, unable to fully engage with feelings, apathetic rather than empathetic.

Negativity

98% report negativity or rudeness at work, 78% experience decline of commitment as a result.

Severe Inner Critic

Associated with depression, the inadequate self and the hated self is related to a 30% rise in self-harm and suicide since 2000.

Drugs

Both prescribed and illegal drug use is on the rise for people 12 years of age and up.

Irritability

50% of depressed people have “anger attacks” similar to “panic attacks”.

Avoidance

Aggression, passive-aggressiveness, all substance abuse, even the silent treatment and denial, simply help a person to avoid the deep feelings of emptiness associated with emotional deprivation.

Hostility

Political polarization is linked to higher rates of anxiety, depression, poorer health, and higher mortality.

Violence

Domestic Violence is on the rise by 23% since 2010.

Child abuse and neglect has increased steadily.

Homicides are on the rise, especially in big cities.

Psychosomatic Symptoms of Stress

Fatigue, insomnia, sleeping disorders

Aches and pains, muscle pain, back pain, chest pain

High blood pressure, hypertension, heart disease, Rheumatoid arthritis

Trouble breathing, shortness of breath, asthma

Stomach pain, ulcers, indigestion, upset stomach, irritable bowels

Headaches, migraines, dizziness

Erectile dysfunction, impotence

Weakened immune system, infections

Shakiness, nervous twitches, epilepsy

Why Are Symptoms of PTSD Escalating?

All the symptoms of complex PTSD are escalating in every part of the world. Why are we not surprised by this information? Why don't we expect to see clinical studies that say, "Depression is at an all-time low around the world." Why don't we see headlines that say, "Harvard study proves that people around the world are getting happier." This negative story has become the standard truth that everyone has accepted. Millions of people living on Earth are suffering from profound unhappiness, and I am one of them. Next question: Why don't we see any intervention programs that really, truly, try to get to the bottom of global suffering? For me, the causes of suffering don't seem that hard to figure out. As a victim of abuse, I feel that I have some insights into the causes of human suffering. For me, it is obvious and easy to pinpoint the source of the prolonged pain that is causing my symptoms of PTSD to escalate. I can only guess that it is the same for you, and for all people around the world. My motivation for writing this book is to state the obvious causes and then share an intervention that will protect future generations from this needless pain. We might even soothe some of our own pain in the process.

In my case, the source of my PTSD was not only my absent father, my mother's abuse and neglect, and my siblings' torment of me as the youngest of five children; it went beyond my home life. I remember when I was about six years old, I went next door when I was sick. I didn't want to be home because I needed someone to take care of me. I went to the next-door neighbor's house and my little friend was watching TV. I lay on her couch and didn't tell her I was sick. Suddenly, I had to throw up and I ran to their bathroom. I didn't quite make it to the toilet in time and the vomit went onto the toilet seat and the floor. My friend's mother came running to see what happened. She started yelling at me for not lifting the toilet seat. She humiliated me and told me to go home and make a mess of someone else's house. I remember wishing I could stay there. I didn't want to go home. So, now I found out that what I was looking for was not in my home and not in my neighbor's home.

In the third grade I was separated from my class and bussed to an accelerated program in a nearby town. I thought it would be better there, but they set this program up at a local elementary school so that half the school was used for "the dumb kids" and half for "the smart kids." My mother put me in school at four years old, so I was always the youngest, the smallest, the smartest, and I later realized, the cutest. I was beat up by gangs of girls throughout my years at

grade school, middle school, and high school. Even when I changed towns as my mother moved from place to place, it continued.

My mother told me to stand up to the girls and tell them that they are just jealous. I got beat up even more. The girls argued, “Jealous of WHAT???” This made me even more embarrassed. I went home and told my mother that it didn’t work, because they laughed and said, “Jealous of WHAT???” She laughed and said, “Tell them to pick one, brains? talent? beauty?...” Of course I didn’t say that, because she had no idea the numbers of girls I was dealing with. There were at least 20 girls that were all a head taller than me. I didn’t have that kind of confidence. Now I had two problems, the girls at school, and my mother yelling at me for not standing up to them.

So, one day I lied to my mother and told her I said to them that they were just jealous, and they said back to me, jealous of what, and I said, pick one, brains? talent? beauty?, but they continued to harass me. My mother yelled at me and said, “Well there’s the reason everyone hates you. It’s because of your mouth!” When I started to cry, she slapped me across the face and said, “When you were born, I thought you would be my salvation, but look what you turned out to be!” I remember asking the question deep in my heart, “What? What did I turn out to be. I don’t understand.” This was the first time I turned inside myself for the answers.

From that moment on, I was always asking questions. Confusion set in at a very early age. Are people in this world mean because I’m unlovable? What was it about me that made my mother, my neighbors, and my schoolmates utterly reject me? Why me and not the girl standing next to me? Is it because I’m short? Is it because I’m the youngest? Is it because...? I searched every possibility. I set out to find the answer and try to solve it so that one day someone could love me.

Loneliness

We all have a deep emotional need to be part of a community or a “tribe” and to feel connected to others in a meaningful way. However, living in a community that does not love and accept us can leave us feeling lonely in a crowd. In fact, UCLA suggests that 3 out of 4 people in the U.S. show signs of serious loneliness. They also found a connection between loneliness and premature death. Approximately 42.6 million adults over age 45 in the United States are estimated to be suffering from chronic loneliness. *The Harvard Study of Adult Development*

discovered that loneliness seems to be a better predictor of people's physical health at age 80 than their cholesterol levels.

My passion is first to create a climate with each new person I meet that will foster the highest well-being in myself and them and invite them to make their goal to support happiness in themselves and others. The way we can do that is to first and foremost understand each other as human beings with the Seven Essential Human Needs in common.

Ideas are valuable, but more valuable is awareness of the 7 Essential Human Needs that make us human. If we fully understood and embraced our common essential needs, we would be careful to shape our comments with kindness and love, searching for the strengths of every idea presented. We would earn the sacred privilege of correcting and modifying the ideas of others by first maintaining a track record for our own. This consciousness makes the difference between connection and loneliness. Bringing awareness to this consciousness is my piece of the puzzle. This is what I bring to the table that is not present in many other systems of collaboration. Without developing this consciousness, we will create new systems that leave people feeling alone and lonely, just like the old systems. Connection is the opposite of loneliness, so creating connection through our commonalities is an essential part of the vision for human happiness.

According to Maslow's Hierarchy of Needs the natural human progression is to first secure financial well-being. Then we must secure emotional and social well-being. And finally, we are compelled to reach for "self-actualization." Maslow's Hierarchy of Needs implies that the innovations and solutions that will bring the Transformation that the world so desperately needs can only be realized *after* our own needs have been met on every other level. The only problem with this insight is that if solutions can only become our focus *after* we meet our own needs, then it may never happen, because most of us remain in "survival mode" until the day we die. This means that most of us may never ascend to the top of Maslow's Hierarchy of Needs before it's too late to make a difference for the planet.

This means that most of us who are saddened by extreme poverty, corruption, inequality, and war, are forced to leave our global well-being in the hands of government leaders, because we simply have no accessible way to make a difference in the world and still keep ourselves "afloat" at the same time. In reality, the act of "staying afloat" is the very thing preventing us, the millions of people who care enough to make a difference, from elevating to "self-actualization" where we

might find the solutions that could interrupt the extinction scenario for planet Earth. The most important and greatest life purpose on Earth today is to elevate everyone to the highest levels of happiness quickly and permanently so that they will create the innovations and solutions that will save our planet.

Elevating others is how we save the world and save ourselves with the same effort. In other words, if we work together to stabilize our basic needs and make this our life purpose, we move the bottom need to the top and satisfy them all simultaneously. We believe there is a way for each of us to reach the highest level of self-actualization, serving the betterment of humankind, while at the same time stabilizing our own basic needs, simply by choosing to stabilize together instead of doing it all alone. And when I say, “we believe,” I mean myself and all the voices who speak to me in my heart and mind, and who support me and challenge me to share this with those who will resonate with the message.

Waking the Sleeping Giant

Imagine what would happen if every person was elevated out of “survival mode,” able to ascend to “self-actualization,” realize their fullest potential, and finally have the freedom to find innovations and solutions for every problem they encounter, small and large. The condition of the planet would drastically and exponentially improve in every corner of the world. We must realize that humanity is “The Sleeping Giant.” We, the people of Earth, cover the planet with unrealized yet newly emerging superpower that could not be subdued if we had our basic needs met and could move up to the top of Maslow’s hierarchy of needs. By sheer numbers we could find solutions to every challenge as it arises. This is the greatest vision we could have for humanity, for our children, and for our children’s children.

As a stay-at-home mother, I have had the rare opportunity to ascend to the top of Maslow’s Hierarchy of Needs. I have had the unique privilege of living a life with no financial stress, no time pressure, no deadlines, no bills to pay. I enjoyed the luxury of long hours to study, research, meditate, and learn the dimensions of human happiness. I became a super-learner, using both the left and right sides of my brain at the same time. I wrote books, recorded music, produced videos, developed websites, and without the pressure to “make money” I could follow the dictates of my own heart at any given moment. It was then that I realized I was still lacking so much! Maslow

didn't have everything included in his hierarchy. There was something higher that he did not tell us about. I still had an incredibly strong desire for "something more" that I couldn't do alone.

The answer was spoken to my heart that the missing information was community. I longed for a community. I imagined interacting with that community in complex and powerful ways. Somehow, the answer was given to me that before I could truly experience lasting happiness, I would need more than a superficial relationship with an impersonal community. It was then that I became frustrated with the competitive nature of today's socio-economic system. Competition and cooperation are opposites. A competitive environment is exactly the opposite of an environment of well-being. It was this frustration that drove me to study many religions, read many books about the quantum field, and learn how we each have the power to change the world around us to be whatever we want.

In this heightened state of "self-actualization" I received "The Human Happiness Download" when I begged for answers. The download gave me the answers to all the questions that I had been pondering. This Source... Almighty God... The One Infinite Creator... The Father, The Lord Jesus, The Holy Spirit, The Angelic Messenger made it clear to me that the lack and great need I felt inside me for human cooperation and collaboration was there by design, *on purpose*. Humans have a built-in need for community, just as ants have an innate drive to be part of an ant hill, bees must be part of a hive, and wolves travel in packs. I'm not the only one who feels like something is missing no matter what they accomplish or what heights they reach on the hierarchy of needs. This is the way humans are *supposed* to be.

There is a deep human need for connection that cannot be found in superficial interactions with groups, clubs, teams, or jobs. In fact, deep connection is often *prevented* by our current local, global, social, and economic systems. To gain this deeper connection we would have to start from scratch with a new way of thinking. This connection would have to be built from the ground up. This deeper connection and sense of belonging is a complex interaction that combines family ties, social adventures, and an entrepreneurial spirit, with a forward-thinking, cooperative mentality. We not only need a tribe, but we also need a purpose within that tribe. Members of this kind of organization are focused on developing their life purpose instead of finding gainful employment. They spend their time coordinating projects to stabilize their basic needs together, rather than struggling in a huge economic system alone. When people in this kind of community meet their own needs, they have met the needs of everyone in the community at the same time. And when

they reach that level of connection and security, they have the opportunity to look around them, to address the greatest needs in the world with the same all-encompassing and permanent kind of human system.

During the happiness download, I heard distinct instruction telling me something that I had to write and write and write until I was able to say it succinctly.

ARC7 VISION IN A NUTSHELL:
To boldly share the vision
of restoring human happiness in the modern world
by working together to build ARC7 Arcologies
from the inside out and the bottom up,
online first, then in person,
self-contained and self-sustaining,
nearby and around the world.”

This “download” of answers motivated this book, a plan with workbooks, videos, music, and online lessons teaching young and old a transformational way of living. We hope every man, woman, and child will complete the entire course and be filled with motivation and excitement for life. Educators can teach this course in their local areas by forming a local ARC7 hub. With each training we teach, we challenge our students to create something that reflects their understanding such as a poem, a song, a painting, a story, a video, a dance, a diagram, a blueprint, or any other creative masterpiece. The creative works we compile will bring arcologies to life.

This “download” came like a flood with more ideas than I could ever use. So many topics, so many global problems, so many logical and beautiful solutions. It was like the entire vision came at once, but not in logical sequence that could be shared with others. In my mind, it was as if each little idea was written on fortune cookie papers, and they were poured over me until I was completely buried. When they were poured into me, onto me, all over me, these ideas completely covered me with a pile taller than I was, standing there in pure ecstasy. It didn’t hurt, but it was so overwhelming and exciting that I have not been able to think of anything else since.

The process of “sorting” all the “clues” in my head and putting them into categories, levels, and dimensions, was my individual process of building “from the inside out.” It took me more

than a decade and was an all-consuming process. As I analyzed and organized each clue, I felt myself building my soul “from the inside out.” I changed. I grew. I evolved. Now that I am finished with this process, I realize that the work was for me more than anyone else. It gave me a way to focus all my gifts, time, talents, and abilities on something bigger than myself. I was able to use my own power of intention to forge something that was the biggest, most important, project that my mind was able to imagine at that time.

Arcology is the word that best describes this vision. It eventually came to me when I was reminded of the video game my sons used to play called Sim City. I did a search on google to learn more about the meaning of the word. It seemed to be exactly what I was seeing in my mind’s eye. Arcologies are huge structures designed to hold an entire city under one roof. Some of them are designed to float out on the water like Noah’s Ark.

Wikipedia says:

“Arcology, a portmanteau of "architecture" and "ecology", is a field of creating architectural design principles for very densely populated and ecologically low-impact human habitats.”

This definition was good, but it didn’t provide any insight into the type of environment it would provide for those who live there. We had to add one more word to have a closer description of this vision, happiness. To differentiate from the original word “arcology” I chose to call this plan ARC7 to signify that it is not merely focused on ecology and population impact on the earth but is also focused on supporting the 7 Dimension of Human Happiness. I also would like to differentiate that when we say ARC7, we are talking about the people who live *inside*, and when we say ARC7 Arcology, we are talking about the building, the location, the grounds, and the human systems that make it possible.

Definitions

I compiled a list of definitions, terms, and beliefs that will be helpful for you. These are snippets of what I will be discussing in further detail later in this text.

“Arcology” is a portmanteau of "architecture" and "ecology", a field of creating architectural design principles for very densely populated and ecologically low-impact human habitats.

“ARC7” is the conscious socio-economic self-governance system that operates within an arcology that includes an independent, decentralized, worker-owned workplace, a sustainable infrastructure, self-contained food, clothing, water, and power production, and a vision for duplicating ARC7 around the world, especially where there is the greatest need.

“Worker-Owned” is a business that is owned and operated by the employees. See appendix for more information.

“ARC7 Resort” is a futuristic destination that is designed to uplift each visitor to greater happiness by offering opportunities to relax, play, and learn from the highly evolved people who own and operate it to ensure its members will thrive together in today's competitive economy.

“ARC7 Arcology” is our own term to describe an indoor eco system that also genuinely supports the well-being of the planet and the happiness of those who live inside the arcology.

“Intentional Communities” are planned residential communities designed from the start to have a high degree of social cohesion and teamwork. The members of an intentional community typically hold a common social, political, religious, or spiritual vision, in this case, “building ARC7 Arcologies.”

“Environments of Human Happiness” are environments that are designed to meet physical needs and emotional needs with the same level of commitment. The environment is co-created by everyone involved.

OUR VISION: A world where people work together in local hubs to address the gaps in the local support systems, to meet each other’s needs, both physical and emotional, until there no longer exists poverty, disease, illiteracy, oppression, violence in the home, domination in the workplace, and destruction of the planet.

OUR MISSION: “To design and build a working prototype of an advanced human habitat designed for human happiness.” Our mission is to establish an organization that will raise

funds to design and build a working prototype of the ARC7 Arcology and continually build this model around the world. This model can even be used for colonization of other planets to prevent repeating the same mistakes found on Earth.

OUR PURPOSE: To solve the seven most serious gaps including poverty, disease, illiteracy, oppression, domestic violence domination of the workplace, and destruction of the planet, with one system. We focus on these gaps until everyone involved has their essential human needs met for security, energy, purpose, freedom, connection, empowerment, and compassion and therefore gains greater capacity to manifest the 7 Dimensions of Human Happiness including courage, self-care, learning, creativity, love, joy, and peace. More than nice words on a greeting card, these are significant and measurable goals that will decrease crime, unemployment, school dropout rates, and medical problems that are stress related, for example, while increasing productivity and achievement among our members. We can easily show our statistics in comparison to communities who do not have human happiness as their stated objective and their agreed-upon purpose to exist.

My Morning Epiphany

Every morning, I woke up with instructions and inspiration for the day ahead. It came packaged with the motivation to get it done. I jumped out of bed so excited about my day. I had an amazing relationship with the loving voices in my heart and mind. It didn't matter what opposition I faced, it was never enough to bring me down or distract me from my morning epiphany. I could meet the needs of my children and husband and go back to work on the instructions I received. The morning instructions included how to take care of the family, the house, my health, my laundry, my meal planning, and my garden.

I went with the flow as each day I would make a little progress sorting out the ARC7 download. I spent hours and hours working every day and into the late hours when everyone else in the house was sleeping. When I looked at myself from the point of view of an outsider looking at me, it looked like I was wasting my time and my giftedness on something that didn't bring any income. Why would anyone in their right mind do such a thing day after day, year after year, decade after decade? Why would I work so hard from the time I woke up until the late midnight

hours without pay? Why did I never try to sell my work? Why did I refuse to show it to someone or get it to the public in some way? Why not release a small part of it and make a few bucks along the way? The answer was easy for me but very difficult for others to understand. I worked because it made me happy. I stayed hidden because it made me happy. I didn't share it because when I did, people were not ready to receive the message. People in my community had no reason to create a new way of life because they were not yet questioning their current reality. It seemed that things would have to get a lot worse before people would be looking around for a complex and comprehensive solution like this one. I was working on a plan for the most advanced human habitat ever conceived.

ARC7 is a clear vision of a holistic way to plan and design a human habitat to be self-contained with self-sustaining abundance for a population of around 50 multi-generational families and their friends. Together they would produce their own whole foods, clean water, green energy, and all their other basic needs. All the while, focused on happiness in their relationships with each other. They would develop systems that will transition smoothly from capitalism to a cooperative economy, starting from the inside out. They would elevate each other out of "survival mode" by working together for the common good. They would work together in the competitive marketplace, as a member of it. Yet experience something different than they have now because they would no longer be struggling alone.

Could we start building an arcology right now, right this minute, and start living together in peace and harmony? Probably not. Currently people just don't think that way. It's not because they can't. It's because they have never been given this opportunity. Einstein believed that we couldn't solve our problems with the same level of thinking that created them. The hard work starts in our own hearts and minds. Then we can build something "from the ground up" that will be an effective solution with and from a completely new level of thinking. We must take responsibility to build a new kind of lifestyle "from the inside out" by going through the paradigm shift in our own hearts and minds first.

7 Dimensions of Human Happiness

Working together for the common good in an arcology is the only way to find human happiness. No other plan claims to support all 7 Dimensions of Human Happiness. A new job can't do it for you. A better relationship won't give it to you. Losing weight won't impact all seven dimensions. Fame and fortune won't address all seven. A competitive environment *definitely* won't meet our essential human needs. Even a bottomless trust fund would not ensure that you will be happy on a deep level. Only a lifestyle of cooperation through intentional living will address all seven dimensions of happiness. This lifestyle has not been provided as an option up to now. Community connection and financial collaboration on a large scale is missing in today's society.

What this means to me, personally, is that I will never experience happiness, because logically speaking, I'm 63 years old as I write this book and I will probably never see the fulfillment of this vision. But I can see it in my mind's eye and that is the next best thing. Imagination is cost free, and anyone can join me in my imaginary world for a moment or two without taking any risks at all.

It costs nothing to dream as long as you are in a safe space with other intelligent thinkers who are filled with love too. I write courses because first, it helps me. It makes me happy. If I can't have the tribal connection I long for, I can at least write about it. I can enjoy it in my imagination. Isn't imagination where all things begin? I chose a path, and I will always stay true to it. I don't have to be a great leader to make an impact on the world. I can just write a few courses that inspire great leaders to make an impact on the world.

Imagine launching a global campaign. Innovators from all over the world catch the arcology vision, college students awaken to the possibilities of cooperation, and together they design the arcology to produce plenty of replenishing food, free water and power, and other basic needs, plus provide a place to live and work, to offer in exchange for a compensation package lovingly provided by the other members of the arcology. New members would have the opportunity to bring their family and friends who bring even more gifts and talents to expand the income of this new and independent housing co-op arcology.

Each member of the arcology will generously contribute to the compensation package. By gathering and organizing unemployed construction workers, plumbers, and electricians from their local areas, they could build local arcologies at the lowest possible cost. Leaders around the

world could form think tanks to plan, design, build, co-own, and operate an arcology in their local areas. Communities will suddenly have the opportunity to enjoy a permanent source of food, shelter, clothing, power, and water, while also becoming connected to each other on a deeper level like they have never experienced before. Members will have new opportunities for self-actualization that they otherwise would never have experienced. They soon will envision the expansion and growth of their own co-op arcology by duplicating this model in the poorest places in the world. Now they have expanded beyond personal well-being and into a vision for global well-being.

The word “global” of global well-being can be taken two ways and both are an accurate description of the content of this proposal and the focus of this plan. Global can mean “impacting the entire globe” or it can mean “holistic” and “all inclusive” for the individual. The human heart longs for a “hometown” that is small, intimate, and personal, where everybody knows their name and greets them warmly when they see them. A place that is built around the 7 Dimensions of Human Happiness.

7 DIMENSIONS of Human Happiness

The ARC7 plan starts with the definition of happiness, what it is, and how to get it. If we know how to get it, for ourselves and for all mankind, we can begin every plan, every design, and every decision with this most basic framework for well-being. Then, there are 7 Dimensions of Human Happiness that we have in common no matter who we are or where we come from. These dimensions of love correspond to the seven chakras, or energy centers taught by Eastern religions.

The Expanding Circle

Our strong belief is that when you love yourself, you will naturally love others. Loving and caring for yourself is instilled at an early age by family and friends, the tribe who loves you unconditionally. When love for self is not instilled at an early age, we must take steps to create this crucial personal foundation for ourselves.

1-Survival: "Survival mode" is the first dimension of well-being. It is the most basic instinct of all living creatures. When we ensure our own survival, we love ourselves, and our circle expands.

2- Body: Taking care of your physical body, through healthy foods, enjoyable exercise, and stress reduction skills expands your circle of love. You will have more capacity to learn and grow.

3- Mind: The circle expands as you study and research the things that capture your interest. You discover your gifts and talents and develop your life purpose.

4- Spirit: Expansion continues as you realize that you are a creative being and can create the things you want out of life. You connect to the divine and experience a greater capacity for love and acceptance of your true self.

Service to Self: These four together creates personal well-being, yet your circle continues to expand to include others.

Service to Others: You move your focus from the foundation work of serving self, to the fulfilling work of serving others.

5- Family: Our friends and family members are the first "others" we serve, with such strong bonds of love that you can't enjoy happiness unless they too are enjoying happiness. When they hurt, you hurt, because they are in your heart's expanding circle of love.

6- Community: As the heart grows in capacity for love we begin to see our fellow man in a new and compassionate light. Everyone we pass catches our attention, as we notice the needs of others. Our expanding circle has room for the strangers all around us.

7- Humanity: When we serve others in our local area, it seems to cause our circle to expand large enough for all mankind, all creatures, great and small. We begin to realize that we are all one connected being called "Earth." We receive energy from the sun, from nature, and from all races, religions, and cultures. We are at peace with all things, come what may.

The best part of this vision is to imagine that each individual involved with ARC7 has willingly completed courses online that solidified the vision. They also experienced personal healing and overcame their internal struggles as they went through the course lessons because the lessons build "from the inside out." These highly evolved people will establish a local think tank and flood each other with new ideas that no one has ever thought of before. Can you imagine if the whole arcology population of 50 leaders and their loved ones, were committed to increasing their capacity to love? The members would be surrounded with people who accept them without hesitation. Children would be raised in an environment of love and connection at a deep core

level. Greed, hate, and divisiveness would fade into old wives' tales. Their world would become whatever they made it. Members of each arcology can run their arcology for their mutual benefit, each one becoming the consumer, the producer, the owner, and the worker.

According to responses from Gallop polls gathered over several decades in over 150 countries, the number of people who report a sense of well-being in all seven dimensions are less than 7%. And based upon the growing number of people on anti-depressants, that number is on the decline for all types of people, regardless of race, religion, nationality, or socio-economic status. Just knowing that millions of people suffer around the world keeps us from experiencing true and lasting peace no matter how good we have it here at home, because we are connected beings that can feel the pain of all humanity. This may be the reason why so many middle-class Americans experience depression even though they have everything going for them. And this is as it should be because what kind of people would we be if it didn't bother us at all?

Let's explore this subject and pinpoint the gaps in our current support system that might be responsible in part for the widespread loneliness around the world. What is missing in today's system that produces dys-connection? Once identified, we can gather for think tanks that will figure out how to address the gaps. This is perhaps the most important step on our pathway to human happiness.

For the remaining chapters, see TereFoster777.com.

Read the ending to the book:

Calling All Life Coaches and Spiritual Healers

There is a new breed of human emerging from the ashes of humanity's recent traumas. You might be one of them, if you are reading this book. This new breed seems to be downloading answers and solutions to every problem. They are the thinkers and the planners. They wake up at night excited about ideas and filled with the motivation to get their ideas to the public. They seem to be a generation of people who have seen the progression of evil in

the world and want to stop it dead in its tracks. They seem to be aware that humanity is experiencing symptoms of trauma as a whole, and they want to help heal the trauma in their own unique way.

If you are this type of human, you know that once you receive a download you can't think about much else. It is all-consuming. It is your life's purpose. It is your destiny to heal humanity. You will do whatever you can to make things better.

Coaches, I hope to gather and empower you to become a leader of a local tribe. I believe your downloads are pieces of the larger puzzle of human happiness. In fact, without your specific piece, the puzzle will not be complete. ARC7 is the opposite of a competitive environment. ARC7 is a collaboration.

In times past, people who felt the calling on their lives to be healers and ministers would join the local church or become a tribal leader. Depending upon the culture, these people were called different things, minister, pastor, priest, shaman. In some cultures, they were called witches and burnt to the stake! People who do not have spiritual gifts are often frightened by spiritual power.

Today, spiritual leaders are embracing all religions and taking the good from each one. Leaving behind outdated judgmentalism and appreciating the spiritual beliefs of others, these ministers don't seem to belong to any particular religious denomination. They don't have an established path to follow yet. They don't have a way to earn a living or be supported by their vow to serve humanity. No established religious denomination will accept them unless they renounce all other ideas or beliefs. Thus, a new term came into being Life Coach. This term gave freedom to those who are called to lead but do not have an organization to represent. The term life coach comes with authority gained from experience, self-study, and a self-authorized sense of purpose.

During COVID, Life Coaching Certification Programs popped up overnight. The market has been flooded with new coaches who have great passion and motivation to help others. However, they are not given any organized structure to work for. They are forced to be "entrepreneurs" trying to find paying clients. Without pay, their work is not sustainable, but by asking for pay, their work is shrouded by doubt about their sincerity and their true motivation for reaching out.

I know from first-hand experience because I am a coach and I talk to other coaches every day. Today there are so many coaches who are “all dressed up with nowhere to go” with all their newfound transformational power. There are so many new coaches pouring into the coaching space that they have become an entire marketing niche.

Life coaching certification programs are churning out thousands of new coaches into the marketplace without offering them any way to get clients. The implication is that if you, as a new coach, have been given good information to share with your client, then you are equipped to make money. Of course, this is not true, and it is a very disheartening thing to believe. Developing your expertise in coaching will not make you a good marketer. If you are like most coaches, you dream of being set free from marketing, so you can do what you were born to do: COACH!

Life Coaching has become its own industry. There is a huge market for coaching certification on one topic or another. The whole world needs special attention and support to overcome global PTSD, and it is true that every one of us would benefit from life coaching, if the coaching is sincere and inspired, however the design of the life coaching industry as a whole is faulty. Marketing gurus now prey upon new coaches, knowing that they have an overwhelming drive to transform the world. Wherever there is drive, there is pain in every minute that that drive is not fulfilled. Marketing gurus can smell pain a mile away. They prey upon that pain.

Marketers have “high ticket offers” to get clients for new coaches. The new life coach is forced to trust in these marketing gurus because the the new coach has no skills at marketing, and no desire to become a marketer. In fact, life coaching and marketing are on the opposite ends of the human spectrum. Marketing is all about making money by discovering a person's pain and selling them something that will relieve it. So for a marketer, the less you do to get paid, the better. However, this concept will clash with the mentality of an excited new life coach who believes the greatest thing they can do with their gifts is to have an impact on another human being in a positive way.

The “high ticket” marketing guru creates an “irresistible offer” which is a nice way of describing a “hoax.” When something is too good to be true, IT ISN'T TRUE! Yet new coaches have no way of knowing this until they get swindled a few times. When marketers say they have a “done-for-you” system, they really mean the life coach is going to have to

stop coaching to learn the skills of marketing. The marketing guru is going to teach the skills of finding people's pain and exploiting it. On top of that, they are not gifted teachers! They are gifted marketers. They sell coaches with a “high ticket offer” that does not deliver! They have figured out how to get the most money for doing THE LEAST. They make you pay thousands of dollars, but only offer videos or information that you could have found on the internet. They offer “group coaching” through zoom calls that serve no purpose. The truth becomes clear that no one is going to find clients for you, or help you, or even *talk* to you. Then you listen to the marketing guru tell you that learning marketing skills is like making money out of thin air!! I had this exact thing happen to me. I suddenly realized I just paid thousands of dollars for thin air.

I have trusted several marketing programs that promised they would help me have so many clients that I will be rich enough to do all the great things I want to do in this world. Too good to be true? YES!!

They draw you in with an “irresistible LIE” and then upsell you to the next package when the first one doesn't work. I finally realized that they don't want you to succeed. Why would they help you succeed when you are so much more valuable to them when you are starving, with your back against the wall, driven by your passion to continue no matter what the personal cost? They know the new coach is willing to sacrifice any amount of money to do what they are compelled to do. They know the new coach will be willing to pay any amount to get this monster called “marketing” off your back. They also know that the new coach is trusting and vulnerable and caring!! The new coach is the perfect target for a marketing hoax.

The “high ticket” life coaching industry disrupts the development of a budding spiritual giant by taking them down the wrong path. It happens organically. They see “life coaches” online boasting about making six figures, seven figures, eight figures, with their coaching practice. But these are not coaches. They are marketing gurus. If they were sincere life coaches, they would not be talking freely about making money off of other people's pain!!!

The new coach is caught up in the belief that life coaching can be a million-dollar career, but the only ones who are making that kind of money are the swindlers who tell you you can make that kind of money. But the new coach doesn't know that. They feel like a failure that their coaching practice is so small. They trust the “marketing coach” to give them the help they need. They have no other option! After all they are called by a compelling purpose to

take their message to the world, but they don't know how to do that. They have to ask for help from a marketing guru, a professional liar, who will say anything to get your money.

It is my disdain for today's marketing environment that compels me to find a solution. ARC7.Network is focused on offering coaches a unique and long-range system of support in 7 dimensions. ARC7 is focused on gathering, supporting, and protecting coaches with a sustainable system that will still a vision of a much bigger goal than making six figures in 90 days. In fact, it is far bigger than just making a living or having an impact on your own clients. In the bigger picture we actually need more coaches, and the rising numbers might not be enough. But we have to stop seeing life coaching as a get rich quick scheme and respect it as the internal calling that it is intended to be. The call to be a leader and a change maker is to heal humanity from global PTSD, not make a million dollars through hoaxes on the internet.

ARC7.Network gathers a balanced mix of all types of coaching. We gather to heal humanity. We gather to solve problems. We gather for financial collaboration. Life Coaches who joined the network can pool assets to buy advertising that would not be possible for one coach to afford. Due to this effective, sincere, truthful joint advertising campaign, ARC7.Network can be flooded with clients. These are the masses who desperately need healing of their painful symptoms of global PTSD. Even with a large number of certified life coaches flooding the marketplace, it will never be enough to serve the huge number of people who are suffering from loneliness, illness, addictions, divorce, and despair.

ARC7.Network can gather seven dimensions of life coaches. These are the seven coaching niches that all people need, no matter who they are or where they come from. All forms of life coaching will fit beautifully into one of the seven dimensions of human happiness. Together we will build an ARC7 sales force who will not use today's marketing practices but will simply state what we offer and allow our clients to make an informed decision.

The world is run by marketing gurus who buy low and sell high and create a barrier called "money" between you and the things you need. This we already know. However, today's new online marketing guru doesn't even need a product. They sell thin air. And you don't know it until you have already paid! They are creating so much distrust in the world that soon no one will reach out for any offer, even the offers that will truly help.

The internet can be used for good or evil. Money can be used for good or evil. Social media can be used for good or evil. Influence can be used for good or evil. Gifts and talents can be used for good or evil.

Online First, Then in Person

ARC7.Network is a long-range plan that organizes people into a system for human happiness that will continue into the future because it includes financial collaboration to build wealth for everyone involved, not just for one person. The only way to help the world see that this offer is genuine and true is to make it free of charge to get involved.

Are you a life coach? What can your coaching package contribute to support the new clients who are coming onto ARC7.Network? Which of the seven dimensions would your gifts and talents strengthen?

Our plan is to gather life coaches into an online system that will set them free to coach. Like a hospital that offers all types of medicine. The client goes to one hospital, while each doctor has their own private practice in other locations. Also, like an urgent care office where someone can go to find a doctor on call. These are tried and tested methods of dispensing the help to the general public as needed. ARC7.Network is creating the same tried and tested system to meet the needs of the general public. Needs that can be solved by life coaching and spiritual healing are endless.

Coaches Support Coaches

Even coaches need coaching. Coaches need more support than the average person because they are pouring out so much energy onto their clients that they often become depleted. Energy going out, with nothing coming in, is like money going out with nothing coming in. It's not sustainable. Coaches are often sensitive and vulnerable empaths. They need a system to protect them from predators, but also from burnout.

It's easy to neglect yourself when the needs of others are so much deeper and more important to you than your own. Burnout is real and soon compassion fatigue can set in. At that point you realize that you don't have any energy to give anymore. You're exhausted while your clients are depending on you to remain stable and supportive. And your income is dependent upon you being brilliant and transformative at all times. Like the doctor analogy, it's easy to lose your "bedside manner" when you don't have a good support system.

We are all good at one dimension more than the others. We all have one or two weak dimensions as well. By looking at the seven dimensions, you can see that only one of the seven dimensions are for people who are really good at making money. This is their gift, their talent, their contribution to the whole. But the system we have today separates everyone from each other. The money makers make money for themselves alone instead of for their tribe or their team. They pile up wealth for themselves because that's what they are good at and they have not been taught what to do with their wealth. They have no imagination about what they could accomplish with their gifts and talents. What car should I buy for myself? What house should I buy for myself? What else can I buy myself? What second car should I buy for myself? What second house should I buy for myself? In today's system of "every man for himself" we are taught by example to ignore the needs of others.

On the other hand, if you are not gifted at making money, you are taught by example to ignore your gifts and follow the path that leads to the greatest amount of money. This is because if you follow your passion... perhaps your gift is teaching children, then you will always be poor in today's world, because there is nothing to buy or sell in the education system. The gift of teaching children is not given value in an economy based upon capitalism. The teacher's salary will always be low, and the children of teachers therefore may not receive the things they need because their income is based on their worth to the capitalist. Of course, this is a flaw in the system, and any system that tolerates flaws is a flawed system. We have to re-think these values and create a new plan that works better.

There is a way to solve this flaw, but the solution will not come from the flawed system. That would be like asking faulty plumbing to create better water pressure. If the plumbing is faulty, obviously the solution will not come from the designers of faulty plumbing. The solution will have to come from another designer or another source.

If you think of ARC7 as the solution to a flawed system, then you will see that our only choice is to cooperate, collaborate, and add value to it. In this system focused on human happiness, great thinkers will be able to design solutions for every human issue and incorporate these ideas into the design of the ARC7 system. And great, unselfish visionaries will guard and protect the system from being used by anyone who would attempt to use ARC7 as a means to amass wealth for himself alone at the cost of the health, wealth, and happiness of others.

Perhaps there is a reason why so many life coaches are flooding the coaching space and so many money-makers are joining the marketing space. I believe it is because they are supposed to work in financial collaboration, not exploitation. Coaches need marketing gurus and marketing gurus need sincere and impactful products to sell. These two should fit together well if we can find honest, caring, gifted marketing gurus who will choose to use their gifts and talents to make the world a better place instead of focusing on the Lamborghini or the yacht they plan to own.

In every town or every neighborhood, we see churches on every corner, why not build ARC7 on every corner? I believe there are many money-making geniuses who have been called to build each local ARC7 Arcology. If you are reading this book and feeling compelled to help with the financial demands of this vision, it must be very hard for you to continue working in an environment that encourages deception and lies. Can your gifts and talents for making money be used for something higher and better? Yes, it can.

Perhaps in every existing local church of every denomination there will be leaders who get ARC7 certified to lead some of the members to build an ARC7 Arcology. In fact, leaders of all types can become visionaries in their local area who gather a tribe. All types of group leaders, such as a yoga instructor, a soccer coach, a toastmaster leader, a schoolteacher, and anyone else who leads groups of people.

Who will rise to this high calling? Anyone reading this book and feeling the surge of motivation to reach for the highest version of themselves and who dreams of helping others find the highest version of themselves at the same time is welcome to lead. There is no room for prideful leadership that only allows one leader at the top. Remember, there is no top. There is no ladder to climb. ARC7 is the dawn of a new era when every soul is valued and encouraged to take the lead in their own domain or their own spiritual download. Everything

will be well if we don't go beyond our simple calling. Don't attempt to manage someone else's domain. Don't try to be worldwide by yourself. Don't get distracted by those who are not part of this vision. Focus on the piece of the puzzle that only you can do. Become the leader you were born to be.

Leadership is not for the faint of heart. You will often be challenged by those closest to you. It happens to every leader and every visionary. The only answer is to teach them the principles you are learning in this book and become their leader in a subtle and gentle way. If they are called to be part of the ARC7 vision, they will come at their own time. All they have to do is complete the certification. Perhaps whole families will join all at one time. Perhaps whole companies will join at the same time. Perhaps whole congregations will join at the same time. Perhaps whole chamber of commerce members will join at the same time. Joining is simple and free of charge. The rest is up to you. No one will do it for you. Each member will have to carry their own weight.

Remember, a community cannot be built by one person, or two people, or even 10 people. A community is built by EVERY person who is involved. Please contribute as if this vision depends on you alone. The ARC7 network is made up of you and me and others who are committed to contribute an equal exchange of energy. Our goal and commitment together is to create an environment of kindness, support, inclusion, and financial collaboration to ensure that everyone involved experiences all seven dimensions of human happiness.