

***Digital Dharma:***  
**Healing the Grid, Healing Each Other**  
**Exploring the Path of Consciousness in the Age of the Infosphere**

*There is nothing in this world which does not speak. Everything and every being is constantly calling out its nature, its character and its secret; and the more the inner sense is open, the more it becomes capable of hearing the voice of all things.* Hazrat Inayat Khan, *The Sufi Message*

We live in the age of instant communications. An electronic web surrounds the planet. Our ideas travel instantaneously to all points of the globe on electromagnetic waves and pulses of light. The *Infosphere* – the totality of our electromagnetic systems for sharing knowledge, is now a field that engulfs our physical, mental and *etheric* bodies; it affects our dreaming and our cultural life. The evolving human nervous system has been “outered” as media sage Marshal McLuhan predicted in the early 1960’s, into a global embrace.

Yet this embrace is also choking us! Television, and more recently, videogames and Web surfing, have cut us off from each other, instilled false beliefs, and taught us to worship material goods. Teenagers with calluses on their thumbs from sending text messages every few minutes cannot hold a face-to-face conversation, while much gratuitous violence, demons and dark ghosts inhabit the virtual world of videogames. Wireless connectivity has forever breached the borders between work and home; destroying what little rest we have eked out for our inner self. In the dire view philosopher William Irwin Thompson, our bodies are cooking "in a global mulligan stew of electromagnetic noise."

It is no wonder that our first impulse is to say “how can technology teach us anything about the spiritual life or authentically relating to other living beings?” It is true that the electronic media amplify, distort and attenuate our senses, change our awareness, and “mediate” our experiences. But from a mystical perspective, *everything* we have created holds a lesson for our spiritual unfolding. What we see above is only a reflection of what has been within us all along. If the universe itself is a field, not just of matter, but also of *information*, then the Infosphere must hold in its microcosm, all of the levels of

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human experience, the shadow and the light. This reflection is encoded in our ubiquitous systems of telecommunications, and yet because it is so omnipresent, to most of us it is still invisible.

In this experiential workshop we will turn an esoteric eye to the twenty-first century electronic environment in which we now play out all of our development challenges, fearlessly exploring both the magical and the nightmarish reflections of our own consciousness. We will draw upon the developmental metaphors encoded in the Infosphere to guide us as we explore our collective *Digital Dharma* – the spiritual and psychosocial development challenges embedded in the media technologies of everyday life. Through a rich mix of multimedia presentation and group discussion we will find the challenge and the joy in consciously embracing at the most personal level, both the spiritual truths and the “shadow work” encoded in our cellphones, text-pagers, I-Pods, televisions, the Internet, digital reality media and pervasive wireless hotspots.

Then, using the tools of guided meditation, sound and movement, nature observation, journaling and drawing, we will release the old messages that block the full development of our inner transceivers of subtle energies – the seven chakras. We will practice “tuning in” to each other and the voice of our Higher Selves at each of these centers, and we will hold the light of healing for all beings that comprise the great net of creation. Facing *outwards*, this workshop is for anyone who is struggling with the addictive impacts of instant communications technology on their personal, professional and family life, and would like to explore a more spiritual way of relating to the Infosphere’s light and shadow manifestations. It is of equal power for those who come desiring to face *inwards*. It will provide new tools to explore the subtle communications networks of the body’s energetic field, and the communications metaphors at each level on the spiral of consciousness.

### **Interested audiences will include:**

- Plugged-in professionals who know that there is more to life than their PDAs,
- Parents who are concerned about their kid’s media addictions,
- Yoga students of any level and energy workers of all “attunement” modalities,

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- Techno-utopians who see virtual reality communities as the next wave,
- Technophobes convinced that our digital age is a sign of complete spiritual emptiness, and
- Any person who enjoys expanding their awareness of how we send and receive subtle communications signals a chance to chant, stretch, journal and dance open their awareness!

### Learning Objectives

- Understand how the “outer media” are reflections of “inner challenges of consciousness”
- Understand the location and “esoteric communications challenge” of each of the seven major chakras
- Master a simple “energetic strengthening” practice for each chakra, and how to apply it to the virtual Infosphere, the flesh and bones body in nature, and the inner path of consciousness.

### Workshop Modalities

- Multi-media presentation and discussion
- Movement, Spiritual Dance (can include formal instruction in Dances of Universal Peace® by a certified Dance Leader)
- Energy Yoga and Guided Meditation
- Chanting and Drumming
- Journaling and Drawing
- Nature Observation activities

**Steven Ray Vedro**, BA, MA (Communications); CAEH (Energy Healing)

Steven has advised numerous government agencies, universities and public broadcasting stations in planning and managing distance learning networks and digital media initiatives. His technology articles have been published in *Technos Quarterly*, *Current Newspaper of Public Telecommunications*, and the *Continuing Education Review*.

His spiritual and personal transformation work includes twenty-five years of meditation practice. Steven is a graduate of the Hoffman Process, the Inner Focus School of Soul Directed Advanced Energy Healing, the Transformational Attunement Program, and is an Elder in the Mankind Project. He has presented versions of this workshop at the numerous venues including the Fourth International Conference on Science and Consciousness, and at the 2004 Institute for Noetic Sciences Conference on Media and Consciousness. It formed the basis of his book *Digital Dharma: Expanding Consciousness in the Age of the Infosphere*, to be released by Quest Books in September 2007.

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Steven has produced numerous public television reports, and is quite comfortable on camera or at the podium. He has presented at dozens of technology conferences, and has testified before state and federal commissions. He has taught graduate seminars and led personal growth activities as part of the New Warrior Training Adventure. He has offered an early version of this workshop in Madison Wisconsin during 2003-2004, and has led men's healing retreats for the Mankind Project. Depending on sponsor preferences and workshop length (1.0, 1.5 or 2.0 days), Steven can be joined by other coleaders with expertise in energy yoga and/or the *Dances of Universal Peace*.