

# Renaissance of the Heart

By Crystal Arnold



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## **Section I: Synergy**

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### **Synergy**

Words are made of  
truth and flame.  
Burning through  
the bondage of belief,  
we are healing.  
Receive this balm  
and remember we are  
connected to a radiant  
force of life  
that is always thriving.

The total value of the web of life  
is more than the sum of its parts.  
Sing praises to synergy,  
the source of wealth.

Our stature is enlivened by synergy  
with our Earth of provision,  
with our layers of generations,  
with our bodies of soul,  
with our we of us.

## **Terrestrial Synergy**

Transform suffering  
into gold through  
sacred alchemy.

A black mechanical grid,  
a sticky cage built of  
blood and oil,  
is lifting off the planet  
and dissolving.

Release the shackles  
that bind and separate  
through shame and greed.  
The machinery of lack  
is breaking down.  
The contraptions of extraction  
are getting rusty.

People rise up to say,  
"Enough is enough."  
It's the jubilee,  
forgiveness of all debt.  
Celebrate liberation with songs of redemption.  
Behold the glory of humanity.

Earth blossoms,  
and golden light emanates  
from the terrestrial heart.  
Shining through humanity,  
these rays illuminate  
the gold within others.

**Ancestral Synergy**

Untie tangled threads of destiny,  
binding and suffocating.  
Forgive and release  
unhealthy entanglements.

Generational healing  
soothes precious souls.  
These movements of love  
are fed with the  
sweet honey of compassion.

Receive the blessings  
of our ancestors.  
Use gratitude to align with the  
majestic dance of life.

Nectar flows through  
the generations,  
bringing continuity,  
coherence, and joyful support.

## **Somatic Synergy**

This body is a precious gift,  
being unwrapped with  
each act of love.

Train the mind to become  
a devoted lover  
of your fierce and tender heart.  
No longer a dictator,  
the inner critic that says,  
"You are never enough,"  
is put on mute.

Say goodbye to the inner slave-driver  
that pushes you to sacrifice.  
Establish healthy boundaries.  
Respect and dignity  
are renewed from within.

## **Humanity's Synergy**

The power of reciprocal attention  
harnessed by  
small groups  
amplifies our capacity  
for healing, insights,  
and wisdom.

A vibrant economy includes  
sacred marketplaces that unearth  
the treasures within.  
Dignity pervades, and  
participants are sovereign  
within a synarchy.

Be a testament to the  
power of love.  
Emanate like a beacon,  
illuminate and harmonize  
as you shine.  
The lighthouse knows not  
how many souls she leads  
safely to the comfort of home.

Realize the true wealth  
of synergy.  
This sacred reciprocity  
is fed with your loving attention.

Terrestrial, ancestral,  
somatic, and human synergy  
is the source of true wealth.

**Section II: Spirit and Value**  
**\* The Pleasure of Collaboration**  
**\* The Sacred Marketplace**  
**\* Wealthy Beyond Measure**

**The Pleasure of Collaboration**

Collaboration evokes  
the pleasure of belonging.

This resonant field  
between you and me  
will birth galaxies  
we cannot imagine alone.

Our relationship is  
karmic and fresh,  
familiar and emergent.

Our love is captivating and  
liberating.  
Our pleasure is shared in silence  
and in the hubbub of a crowd.

Our chemistry is  
alluring and yet spacious,  
electric and grounded.

Our visions are bold and

our presence magnetic.  
We inspire, illuminate, and activate.

Vocational arousal is our birthright.  
We are turned on  
by the power of heartfelt co-  
creation.

We are intimate,  
enjoying naked moments  
whether on stage or in prayer,  
speaking or listening.  
We reveal dreams and wounds.

I offer gifts, and you receive me,  
amplifying my radiance.  
Savoring the juicy  
desire to be of service together.

We are hungry for life.  
We need each other.  
You touch my soul  
and nourish my heart.



## **The Sacred Marketplace**

Whoa! I can see the sparkling right here, and there,  
and there...  
the colorful treasures are within  
each one of you.

Priceless.

Can you see  
the light appearing  
on the horizon of our hearts?  
We are evoking  
a new story of humanity.  
We are crafting gifts  
through the pleasure of service.

Have you ever felt the satisfaction  
that money just can't buy?  
Our value is beyond measure.  
Each one of us, a treasure chest  
of gifts so sacred that they  
cannot be plundered.

Prosperity is within us.

Forget this notion  
of original sin.  
Original blessing  
flows through our generosity.  
This precious life  
is a gift beyond measure.

There is nothing you can  
buy, achieve, own, or rent  
that can satisfy the hunger  
for a sense of belonging and wonder.

We are a living prayer,  
priceless,  
regenerated through the  
recycling of gifts.

We are each born with fortunes waiting to awaken.

A sacred marketplace will  
nourish people and planet.  
We are pioneers,  
creating actual value, and  
your true wealth cannot be repossessed.

We don't need any more abstract derivatives  
that siphon money into the gilded bunkers  
of fear and greed.

This extractive economy is abusive,  
and we are all suffering  
the trauma of scarcity.

Now is the time to say,  
"Enough is enough."

Exchange is an intimate act.  
It is how we care for one another.  
Life thrives by feeding itself  
through this energy  
that arcs between us.  
Every act of love  
contributes vitality to this living planet.

A healthy circulation of value is healing;  
through sacred markets we  
engage in meaningful ways.

Now is the time to  
change our story,  
to reveal the truth about  
money and value.  
Your power is priceless.

## **Regenerating Community with the Offers and Needs Market**

A hive of bees shared their dances of plenty.  
Vibrating bodies showed  
where to find pollen,  
which flowers would bring pleasure and joy.

The grange hall was buzzing with people  
doing a dance called community  
on a Sunday night that may have otherwise  
been spent feeling lonely.

We created an opportunity for the  
heart of humanity to come forth.  
There were riveting moments of need, such as  
the single mom with a three-month-old-infant  
snuggling her bosom,  
making a plea for housing,  
so she can live with all three children together.

Have you ever been to an event  
where homeless and financially wealthy people  
come together at a table as equals?  
Everyone, regardless of financial status,  
is human, offering and needing.  
Our humanity flows beneath  
divisions of class or race.  
Beyond labels of victim and savior,  
we find authentic connection.

This was a renaissance  
of sacred reciprocity.  
People were generously sharing their wealth.  
This was no charity event.  
Resources were flowing  
into passionate hearts  
burning with purpose.  
Both vulnerable and strong  
sparked genuine care.  
We created space for synchronicity.

Regenerative culture  
emerges from the dark and fertile ground  
of a collapsing society.  
Like cucumber planted in compost,  
our roots grow deep  
as we reach for the sky.  
We need trellising,  
the scaffolding of support systems  
that will bear the weight  
of the valuable food we offer.

Too many of our community's treasures  
are laying fallow,  
rotting in seclusion.  
When we share our offers and needs  
as equals, a new world emerges.  
With curiosity and tenacity,  
people are connecting,  
with joy, heart-to-heart.

## **Wealthy Beyond Measure**

I welcome your  
luminous mind;  
its brilliance is  
bursting forth in  
illogical glory  
that confuses the habituated circuits  
of the ordinary mind.

I am here to evoke curiosity.  
I wonder..  
If authenticity were our motivation,  
would we feel belonging?

If diversity were celebrated,  
would dignity be restored?  
If groups came together to share  
their offers and needs,  
would people find greater joy  
and satisfaction  
in the marketplace?

I wonder what my great-grandchildren  
will be told of the great turning  
that is happening now.

What is humanity capable of?  
As we awaken to the  
majesty of our birthright,  
the shackles of economic slavery  
are disintegrating.

As we realize our power as  
conscious co-creators  
and vessels of love,  
healthy boundaries are  
replacing walls of hatred.

As we learn how to care for one another  
and measure success,  
not by dollars in the bank,  
but by love shared,  
we are becoming wealthy beyond measure.

Polarization and preaching  
right and wrong  
leads to the death of our creativity.  
Curiosity and wonder are  
antidotes for this decay.

Imagine you are one of eight billion wonders of the world.  
Your unique genius is priceless.  
A human's capacity for love, forgiveness, and healing  
is beyond measure.

We are emerging from a dark age  
of despair and violence  
and ushering in a golden renaissance.  
Can you feel the jubilee is beginning?  
Oh, holy Jubilee, forgive us our debts.

We are endowed with the wisdom to  
produce and share  
what each being needs to thrive.  
Let us welcome the era of dignity and respect,  
with people gathering in joyful celebration.

Open with curiosity to the  
magnificence of this living system.  
Feel how you are fluid and yet structured.  
By divine design, life is  
intelligent, adaptable, and resilient.

Forget the diagnosis and prescriptions.  
Our ability to self-heal  
is beyond understanding and  
cannot be commodified.  
You are enough.

Our power is latent, treasures waiting to be  
discovered through our sharing with others.  
Can you hear that?  
My great-granddaughter is whispering,  
"Thank you for your courage."  
"Do not despair."  
"You are wealthy beyond measure."

## **Renaissance of the Heart**

Regenerative culture is emerging.  
Aching hearts are coming together  
to create a more beautiful world.  
We are participating with  
the natural laws of living systems.  
We are contributing our genius  
in devotion to the deepest good.

Our souls have been breached  
by the generations of violence  
of a patriarchy  
that values war and thinks growth is progress.  
The transnational corporate capitalist system  
has enslaved the many  
as it extracted resources from our people and planet.

Our souls have been breached, and  
out of this deep wound  
creativity emerges.  
We first acknowledge the pain of collapse,  
the suffering that humanity has endured  
in the great delusion of separation.  
We have contaminated our planet.  
We have tortured our wise ones.  
The elderly and youth are not  
honored or respected.

Tap the reservoir of true wealth.  
Within you are hidden treasures  
waiting to awaken.

Focused attention and shared intention  
are our greatest renewable resources.  
Using the invisible scaffolding  
of culture, we can create  
greater coherence,  
health, and wealth for all.

We are part of an interdependent  
co-arising of the blooming universe.  
Within each of us are unitive faculties  
that sense what activities

are in harmony with the love of the universe.  
Activate this latent potential and  
become more tenacious  
in your love of life.  
You are a conduit of the life-giving force.

Notice synchronicity and  
acknowledge the  
generous universe.  
The kaleidoscope of imagination  
brings us fully alive.

We step into the circle with reverence  
and respect for the web of life.  
We are creating and being created  
as the circle of life  
has a will and a wisdom.



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She has interviewed over 100 women experts on her podcast, including Lynne Twist, Riane Eisler, Vicki Robin, and Judy Wicks. Her written work has appeared in journals, magazines, and in the book *Reinhabiting the Village*. She is currently director of education at the Post Growth Institute. She lives in Oregon with her husband and two children. <https://www.money-morphosis.com>

