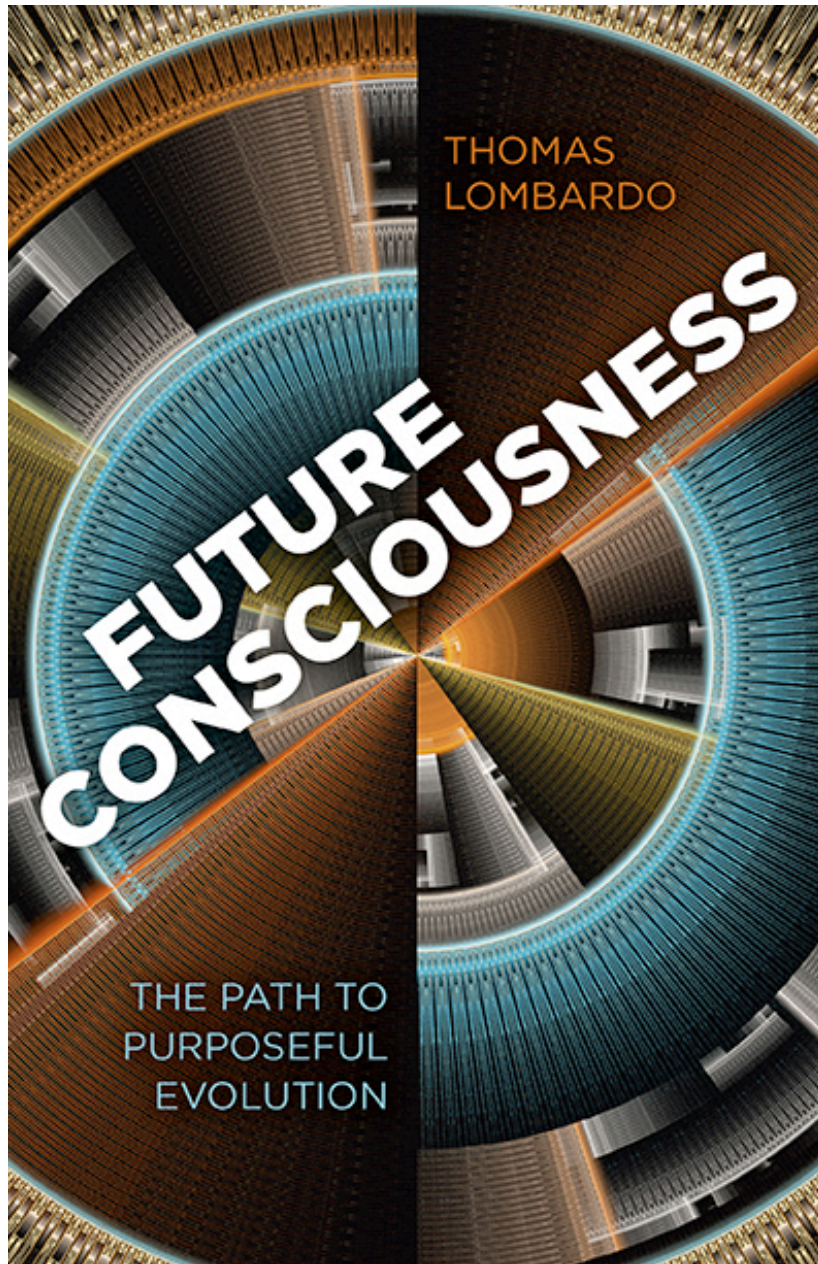


***Future Consciousness:
The Path to Purposeful Evolution***
©Thomas Lombardo

Introduction and Directions to *Full Course of Study*



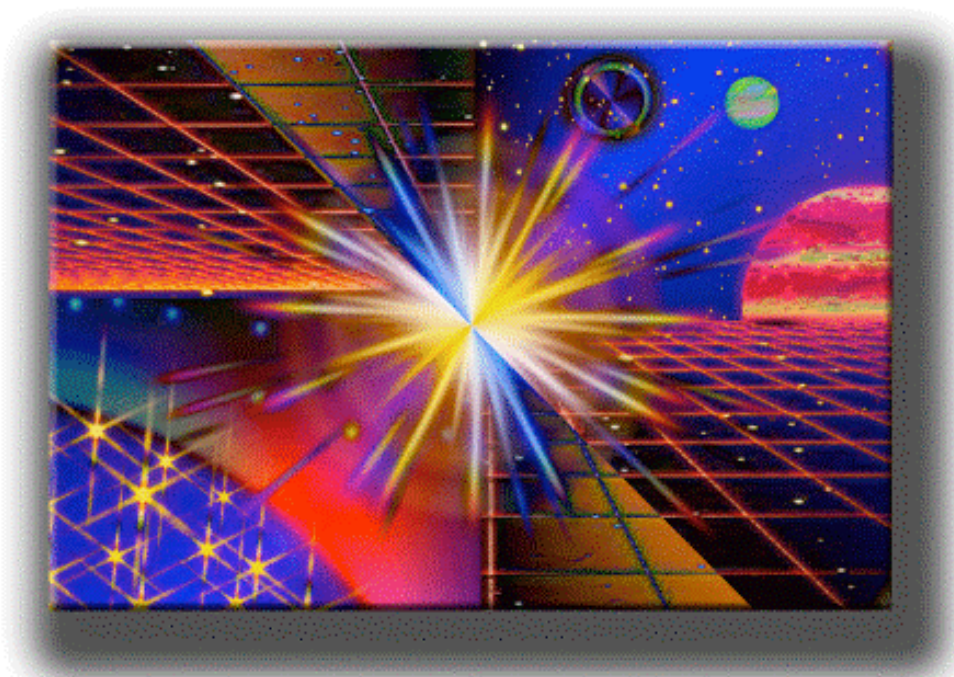


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Course Introduction and Directions
Full Course of Study
Future Consciousness: The Path to Purposeful Evolution

Included in this course introduction and directions is an outline and explanation of the organization of this course: Its content and philosophy; Procedures for payment and registration; How many lessons there are, the various assignments, and how the assignments are evaluated, and other essential information for the successful completion of the course. If you wish to take this course, read and make sure you understand this introduction and correctly follow the directions. If you have any questions, please email them to: tom@centerforfutureconsciousness.com.

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Course Description:

How do our unique conscious minds reflect and amplify nature's vast and pervasive evolutionary process? This course reveals how through heightened future consciousness and wisdom we can flourish in the flow of purposeful evolution and create a good future for ourselves, human society, and the planet.

Course Welcome:

This course is an introduction to a **program of study** and a **way of life**. If the educational purpose of this course is realized, then this course is not something that is completed and put aside. Ideally, completing this course is the beginning of an ongoing evolutionary journey of consciousness, providing a **life-long paradigm** for thinking and living. There is an essential **personal dimension** to the course. The course provides a program for the **continuing purposeful evolution of your conscious mind** and way of life into your future.

Still the **first step** on this **potential life-long journey** is to **complete this course**. You should allow yourself approximately six months to complete the course, to absorb and practice the ideas and principles outlined in the lessons and complete the assignments. The course is roughly equivalent in workload to a two-semester college course. You can though pick up the pace and complete a lesson a week. Since there are eighteen lessons (excluding the optional final lesson), you would then be able to finish the course in roughly four to four and a half months. Although there is no absolute deadline for completing the eighteen lessons, it is strongly recommended (for many reasons) that you finish the course in under a year.

You should be **intrinsically motivated** to engage and learn the subject matter of this course and apply its ideas to your life. How much you gain from the course will depend on how much effort and thought you put into the course.

The central and overarching purpose of this course is to **contribute to the ongoing future purposeful evolution of humanity**, which includes helping you in your **personal purposeful evolution** and **how you can contribute** to humanity's evolutionary future.

Summary of Course Content:

Before turning to the course organization, what is provided below is an introductory **summary** of the **content of the course** and **textbook**. The course is based on the book ***Future Consciousness: The Path to Purposeful Evolution***, which is the course textbook containing all the assigned readings. It makes sense to get a quick "big picture" of the main ideas within the course and the book.

You should also view the introductory video at: <https://vimeo.com/240614437>, which provides a summary of many key ideas in the course and book.

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**Introduction to: *Future Consciousness:*
The Path to Purposeful Evolution
Thomas Lombardo, Ph.D.**

*"'What am I to do?' is the perpetual question of our existence."
H. G. Wells*

Creating a Good Future

Whether short-term—addressing the opportunities and problems of the day—or long-term—pursuing our life goals and deepest aspirations—the central challenge of human life is: **“What is the good future and how do we create it?”**. The good future is also the pivotal issue that motivates the professional study of the future; futurist predictions, warnings, trend analysis, and scenario-building all serve the purpose of helping us to create informed and proactive strategies and plans to realize the best possible future. The good future is the central goal behind all efforts (organizational, cultural, political, therapeutic, and self-help) to generate positive personal and collective change.

Yet within our contemporary world many local and global problems and growing existential risks to modern society, some of which threaten the survival of our species, severely stress our mental abilities and our emotional well-being in successfully addressing this fundamental challenge of human life. To be sure, there are many answers and multifaceted efforts across the globe confronting our most menacing and alarming problems. Yet as Virginia Postrel has noted, “The central question of our time is what to do about the future. And that question creates a deep divide.” We live amidst a “blooming buzzing confusion”—a bombardment—of diverse perspectival spins on everything and a cacophony of interpretations of what’s true and what’s right and what’s wrong with the world and a plethora of often competing solutions.

Confronting the daunting array of multiple looming dangers and often conflicting answers to our problems, my book *Future Consciousness: The Path to Purposeful Evolution* offers a unique and empowering vision of the human conscious mind to enlighten and guide us in creating a good future.

The Distinctive Human Capacity of Future Consciousness

To create a good future, we need to heighten our most distinctive and empowering human ability: **facilitating purposeful evolution through future consciousness**. We are conscious beings that self-evolve with an eye on the future, and the key to a good

future lies in understanding and strengthening the capacity of future consciousness, which makes human purposeful evolution possible.

Humans are **evolutionary beings** existing within an **evolutionary universe**; as the world has changed around us, we have transformed across time and continue to do so. Moreover, within the ongoing cosmic evolutionary saga, which includes the transformative history of the evolving earth, there have been jumps in the evolutionary process; the conscious human mind, and in particular its capacity for future consciousness, represents such a jump forward. Through future consciousness humans have realized an “**evolution in evolution**,” bringing evolution under **informed, thoughtful, and purposeful direction**. Whereas biological evolution—as the standard view asserts—is based on random mutations and natural selection with no purposeful mechanism at work in the process, the human conscious mind learns and gathers information, imagines alternative futures, formulates goals, and purposefully attempts to direct the evolutionary flow of events. Our personal conscious selves and human civilization as a whole are creations of purposeful evolution realized through future consciousness. What makes us distinctly human and yet fits us into the dynamics of nature and the universe—an evolution in evolution—is our capacity to purposefully orchestrate the future, both of ourselves and the world around us. Take this capacity away and not only are we no longer human, but civilization would fall.

Yet, **future consciousness**—which includes such normal human abilities and modes of experience as hope and desire, anticipation, goal setting, planning, creative foresight, discipline, and self-control—can, in all of us, be significantly enhanced in numerous ways. Although we have used this multifaceted and holistic capacity with varying degrees of success in our personal lives and collective history, we still often flounder in realizing what is best and most empowering about our conscious human minds and in creating a good future.

As our starting point, we need to understand and embrace more fully our capacity for purposeful evolution through future consciousness; we need to see how, through this capacity, we fit within and further facilitate the evolutionary reality of nature and the cosmos. Even our **individualized streams of consciousness** through our lives are self-directed evolutionary flows; **we are all futurists** and architects of evolution within our conscious minds. As Julian Huxley once stated, “Man is nothing but evolution become conscious of itself.” Ethics, human value, and the good need to be framed within this pervasive and fundamental evolutionary reality. The good needs to be grounded in the evolutionary nature of reality and the future-oriented capacities of the human mind. We are beings that facilitate purposeful evolution through future consciousness within an evolutionary universe, and executing this distinctive capacity with increasing excellence produces the good future.

Flourishing in the Flow of Purposeful Evolution

Based on this fundamental insight about the distinctive evolutionary nature of human reality, the good future entails **flourishing in the flow of purposeful evolution**, rather

than sustainability, conservation, or any other concept that highlights stasis, equilibrium, or preservation of the present. Flourishing provides a concept of the good (and the good future) resonant with our dynamic, evolutionary, and purposeful nature; flourishing is a consequence of excellence in purposeful evolution, which involves the heightening and exercise of future consciousness. Through flourishing we realize authentic and long-term happiness; through flourishing we realize a dynamic ever-evolving good future.

Contrary to many popular views, the good future does not directly arise from technological or economic growth, or from improving the quality of our environment. Wealth and gadgets can be used for foolish or destructive ends, and improving the quality of the environment begins with improving the quality of ourselves, because our thoughts and actions powerfully impact (for better or worse) the environment. The good future emerges from the **psychological, social, and ethical evolution** of our unique mental abilities. Technological, economic, and environmental improvement need to be guided, informed, and coordinated by our evolving conscious minds. The good future is progressively realized by becoming better human beings.

The Centrality of Character Virtues and Wisdom

This further evolution of our conscious minds through the heightening of future consciousness needs to be **psychologically holistic**, encompassing thinking and emotion, knowledge and purpose, aesthetics and sensuality, and ethics and self-identity; we need to evolve our whole mind and not just selected capacities.

The best way to understand this envisioned purposeful and holistic evolution is through the concept of **character virtues**. Character virtues provide **holistic standards of excellence** and an ethical or moral anchor for describing heightened future consciousness and the further evolution of humanity. We achieve flourishing through the development and practice of a core set of character virtues of heightened future consciousness, encompassing all fundamental aspects of the human experience. Key character virtues covered in this course include hope and optimism, self-responsibility, the love and skill of learning and thinking, global and cosmic consciousness, temperance and balance, and deep purpose and tenacity. Through practices and the development of skills covered in this course, all these character virtues can be strengthened.

These strengthened virtues, when synthesized, produce the **over-arching character virtue of wisdom**. Giving the concept of wisdom contemporary relevance and meaning, the long venerated virtue of wisdom should be seen as a **future-focused, self-evolutionary, dynamic capacity** for facilitating positive change and well-being within both ourselves and others. Wisdom is the highest expression of future consciousness, pulling together all the character virtues described in this course.

Wisdom provides a credible and compelling **human ideal**. Our goal of future purposeful self-evolution should not simply be to become more intelligent and informed; we can best guide our future when we incorporate emotion, insight, personal meaning and self-

development, love and social connection, and ethics and beauty into our heightened future consciousness. Wisdom embodies all these features. The holistic character virtue of wisdom—understood as an evolutionary and future-focused capacity—is the means to creating the good future. It is the goal toward which we should aspire in our individual and collective mental evolution.

Future Consciousness: Its Practical Application in a Cosmic, Evolutionary Reality

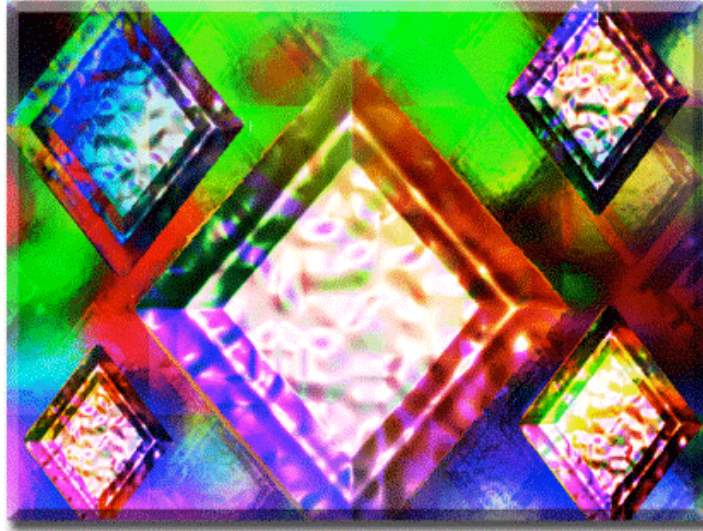
Future Consciousness (the book and the course) will both educate and inspire you in the creation of a good future, as well as providing knowledge and skills to help others realize a good future. The book and course synthesize informed theory with the pragmatics of life.

One important practical concept included is the “**wisdom narrative**.” Living a “wisdom narrative” for ourselves—an **ideal personal future narrative** informed and inspired by wisdom—within a new collective “**Age of Wisdom**” for humanity is the key to: Our personal and professional development; our happiness and realization of the good life; the preferable future for education; and the ongoing further evolution of the human mind and human society.

In creating and living a wisdom narrative, it’s essential to connect our conscious personal existence and goals as facilitators of positive change with the ongoing future evolution of society, technology, the earth, and the cosmos. The shorter-term personal future realistically needs to be embedded in the **longer-term grand future**. We should connect our future personal narrative with an **evolutionary grand cosmic narrative** that includes a flourishing and evolving earth; this gives our lives transcendent and deeper meaning. We are all participating in and contributing to the creation of the big future. Indeed, to best realize the good future within our individual lives we need to place our evolutionary selves in the evolutionary context of the whole.

In summary, building on an **evolutionary** and **holistic** framework for understanding **human reality** and the **good future**, *Future Consciousness* (the book and course) provides a comprehensive overview of **heightened future consciousness** and **wisdom** and a psychologically informed guide to applying this knowledge, personally and professionally, to the creation of a good future both for ourselves and others. In essence, the book and course present a theory of the conscious human mind and how to realize the good future that is anchored to a vision of an evolutionary cosmos and our place within it. The book and the course provide a way of life and a way of experiencing reality.

* * *



Registration and Payment for Course

- The cost for the course is \$500.00 (US Dollars).
- Payment for the course can be made through *PayPal* to the *Center for Future Consciousness*.
- Upon your payment for the course, notify via email the *Center for Future Consciousness* at: tom@centerforfutureconsciousness.com that you have paid for the course. Your payment will be verified and a receipt will be emailed to you.
- You will then receive an email with the entire course attached as a pdf document and a statement that you are registered for the course. Please email confirmation of receipt of the course and your active participation in the course.

Benefits in Paid Registration for Course

- You will receive a pdf copy of the entire course.
- You will be able to ask questions and receive answers via email about the assigned readings in the book or the lessons.
- You will receive feedback on all your submitted assignments, including specific ways to improve your submissions. As an option, you will have the opportunity to speak on the phone getting feedback on your submissions.
- In general, you will receive **personalized** guidance and help (within reasonable and realistic time constraints) in successfully understanding the information in the course, completing the assignments, and applying the information to your own evolution and self-development.
- Upon completing the course you will receive a “**Certification Diploma**” stating that you have successfully mastered the content and skills of the *Center for Future Consciousness* full course program of study.



Course Lessons

There are 19 Lessons (18 required and one optional) in this course. Each lesson has identified competencies, a study outline, required and supplemental readings, and both optional and required assignments.

The first part of this course (Lessons 1 to 7) is generally more theoretical, explaining major ideas and fundamental themes; the second part of the course (Lessons 8 to 18) is more practical and personalized, describing strategies and practices for your individual purposeful evolution.

Completing all the lessons is required for successful completion of the course, except for the last lesson (19), which is optional.

List of Course Lessons

1. **Wisdom and Creating a Good Future**
2. **Evolution as a Framework for Understanding Reality**
3. **Human Evolution and Consciousness - Human Purposeful Evolution**
4. **Reciprocity (and the Yin-Yang) as a Framework for Understanding Reality and Consciousness**
5. **Theories of Well Being and the Good - Classical and Modern**
6. **Flourishing through Virtue in the Flow of Purposeful Evolution**
7. **Holistic Future Consciousness and the Character Virtues of Heightened Future Consciousness**
8. **Self-Control and Self-Responsibility for the Future**

9. **The Ecology of Future Consciousness: Social, Global, Natural, Technological, and Cosmic Trends**
10. **Emotions and the Future: Guiding Emotional Evolution - Hope, Wonder, Happiness, Love, Despair, and Fear**
11. **Motivation: The importance of Self-Growth - Optimism and Pessimism - Approach versus Avoidance in Life**
12. **Key Elements of Purposeful Behavior toward the Future**
13. **Learning, Memory, and Habit - The Value of Deep Learning**
14. **Consciousness and Understanding: The Psychology and Philosophy of Knowledge - Multiple Modes of Understanding - Views of Enlightenment and Wisdom - Controlling the Flow of Consciousness**
15. **Thinking and Imagination: The Virtues of Critical Thinking - Thinking about and Imagining the Future**
16. **Creativity and the Future**
17. **The Self: Ideal Personal and Grand Narratives of the Future**
18. **Wisdom - Assessing and Developing Wisdom - Living a Wisdom Narrative - Cosmic Evolutionary Consciousness**
19. **Future Possibilities and Directions**

Standard Outline for all the Course Lessons

Each lesson consists of the following parts:

- **Introduction to Lesson:** A brief overview of the content of the lesson.
- **Lesson Objectives:** A list of what knowledge and abilities should be acquired and demonstrated for the successful completion of the lesson.
- **Outline of Topics in Lessons:** A study outline of the main topics and terms included in the lesson.
- **Required Readings and Educational Resources:** Required reading and video resources for the lesson.
- **Learning Activities and Assignments:** Required and optional learning activities and assignments for the lesson.
- **Supplemental Readings and Other Educational Resources:** Books, articles, videos, and websites.

Reading Assignments

There is **one required reading resource** for the course:

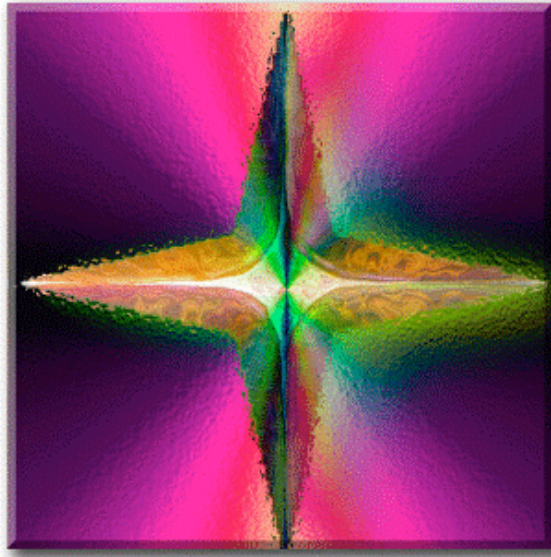
Lombardo, Thomas (2017). *Future Consciousness: The Path to Purposeful Evolution*. Winchester, UK: Changemakers Books.

You should purchase this book before starting the lessons or doing any of the assignments.

Specific chapter reading assignments from this book are identified within each lesson.

If you wish to read an introduction and overview of many of the main themes in the above book, you can access the article “Future Consciousness: The Path to Purposeful Evolution - An Introduction” published in *World Future Review*, 2016, Vol. 8 (3), pp. 116-140. See http://www.centerforfutureconsciousness.com/pdf_files/2016%20Articles/Future%20Consciousness%20Article%20Complete%20FinalWFRcited.pdf

Please Note on Supplemental Resources for each Lesson: There is absolutely no expectation or requirement to read or view any of the listed supplemental resources in each lesson. These resources are included if you wish to expand your understanding of a topic, either while taking the course or after completing the course. Your successful completion of the course does not depend upon additional knowledge gained through these resources. The **one required reading assignment**—the textbook—is sufficient to successfully complete the course. There are though also a couple of **required videos** (including the introductory video included earlier in this introduction) in the upcoming lessons.



Certification and Evaluation of Required Assignments

Included below are: An explanation of the levels of certification that can be earned for this course; an explanation of how the required assignments are evaluated; and an explanation of how these evaluated assignments determine the level of certification. All the assignments must be successfully completed to earn a certification for the course.

Levels of Certification

- **Basic Certification**
- **Certification with Distinction**
- **Certification with Highest Distinction**

Evaluation of Required Assignments

Each submitted required assignment is given an evaluation or score (with feedback for improvement) of basic certification (1), certification with distinction (2), or certification with highest distinction (3). Participants have the option of re-submitting an assignment to improve the evaluation score.

There are eleven required assignments within the course; some assignments are worth more than others; your final level of certification for the entire course program will be determined by your average evaluation of your assignments, with some assignments weighted more than others.

Evaluation Criteria for Required Assignments: Assignments are evaluated based on the following criteria:

- **Relevance:** Submitted answer directly addresses and focuses upon the assignment.
- **Writing:** Submitted answer demonstrates clear, organized, and grammatical writing.
- **Understanding:** Submitted answer demonstrates accurate, comprehensive, and integrative understanding of the subject matter.
- **Thinking:** Submitted answer demonstrates logical reasoning, critical thinking, and self-reflection.
- **Creativity:** Submitted answer demonstrates creative ideas that are clearly stated, show knowledge of the subject matter, and are relevant to the topic.
- **Personal Application:** When required by the assignment, submitted answer demonstrates a well-developed application of the course content to personal and professional life.

Extra Credit: Contact your instructor for extra credit options.

Directions for Successfully Completing the Course

- Pay for the course; email confirmation of your payment to: tom@centerforfutureconsciousness.com; receive verification of payment and registration and a pdf copy of the course.
- Read through again and make sure you understand this **Course Introduction and Directions**.
- Beginning with **Lesson One**, read and study the lesson, read the primary reading assignment, complete the optional learning activities (select which ones you want to do), and submit to your instructor at: tom@centerforfutureconsciousness.com any required assignment for the lesson.
- You may or may not wish to wait for feedback from your instructor on your submission before continuing to the next lesson.
- Continue to Lesson Two and follow the same directions, as described above for Lesson One to complete the lesson.
- Moving at your own pace, complete in **numerical succession** all 18 Lessons. You should do the lessons in numerical order.
- Complete Lesson 19 if you wish.
- At any time throughout the course you can **contact your teacher via email at:** tom@centerforfutureconsciousness.com. You will be afforded the opportunity to have real time conferencing with your instructor.
- After finishing all the required assignments and receiving feedback, confirm via email your successful completion of the course with your instructor and participate in a **closing dialogue** with your instructor on the course.
- You will receive your "**Certification Diploma**" in the mail.