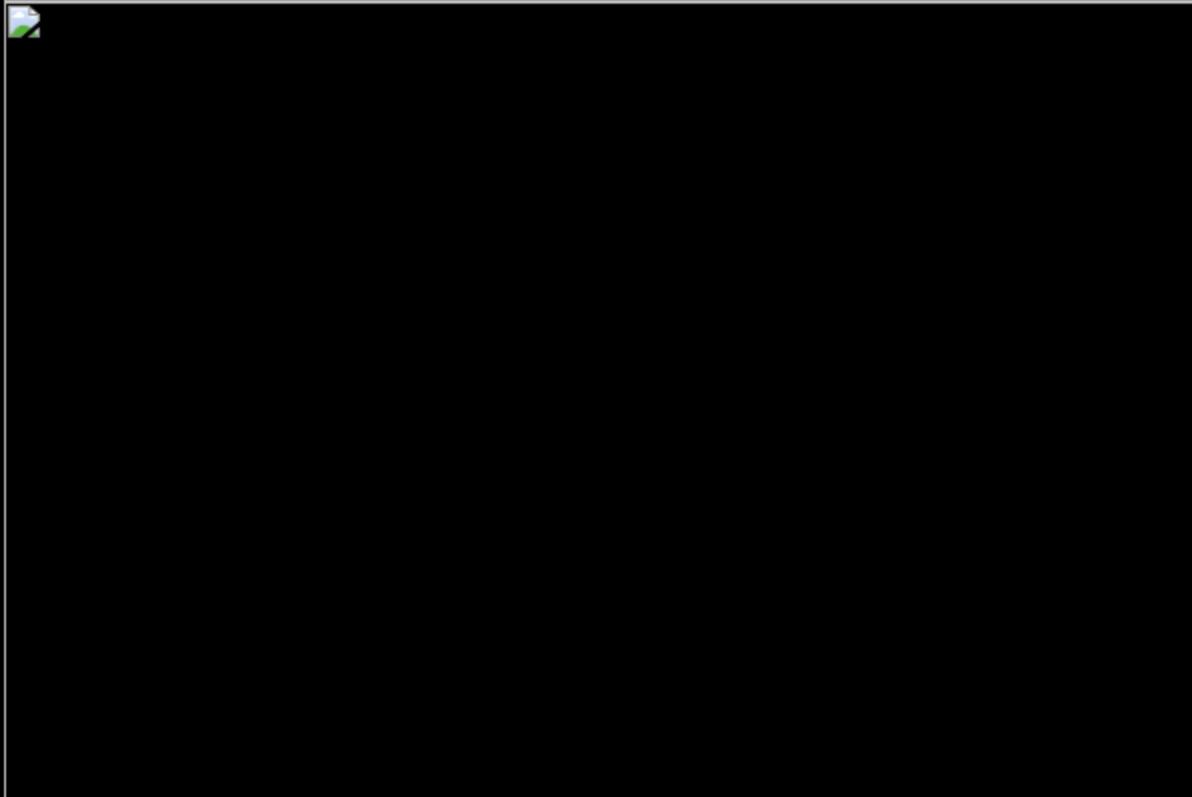


From: Urban Zen <[REDACTED]>

To: Jeffrey <jeevacation@gmail.com>

Subject: Collective Consciousness: Choosing Possibility

Date: Thu, 05 Jan 2012 18:00:04 +0000



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y for us to start anew and to go within so that we can recommit to what really matters.

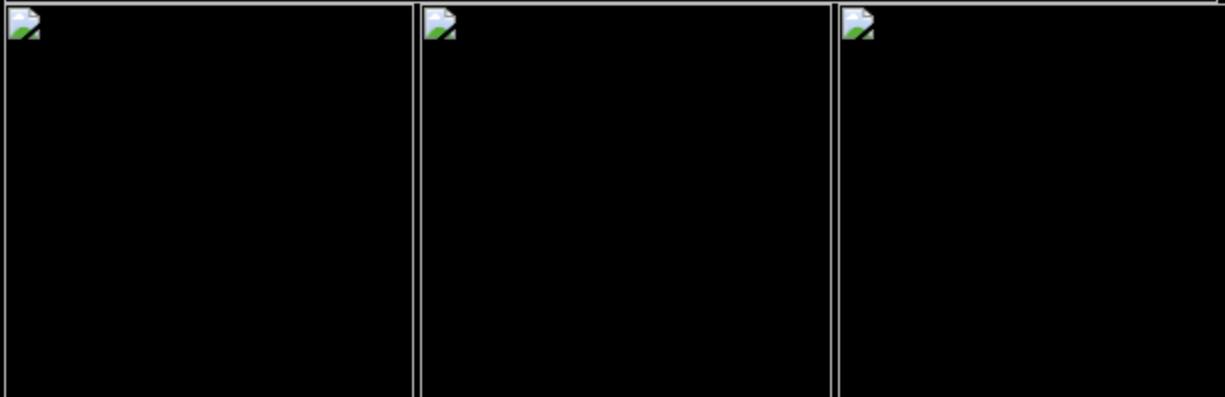
As I think about where we've been and where we're going, I can't help but be struck by the level of uncertainty that is out there. I think now, more than ever, we have arrived in a moment that requires us to really be here, to live in the now. It is a time for community to come together; we all have to take responsibility for the state of chaos that our world is in.

Life doesn't remain the same; it changes and changes us with it. But, it's because of this that I am seeing the world through a different lens. I have witnessed so much possibility over the past year and I've seen dreams become reality – from all that has happened in Haiti, to the developments of Urban Zen Foundation's UZIT Program, to the growth of my grandchildren -- I stand amazed.

While the promise of a new year offers us uncertainty, it also offers us unprecedented possibility. I encourage each and every one of you to go within and explore the limitless potential of your own being. To help us launch this journey of the self, we've asked David Lynch to be our ambassador for the month of January. As the founder and chairman of the Board of Trustees of for the David Lynch Foundation, David has been champion for Consciousness-Based Education and World Peace. Through his foundation, David has been able to bring scientifically proven stress-reducing modalities, including Transcendental Meditation, to at-risk populations. The impact of this work is truly extraordinary and I know we can learn something powerful from his example.

Let's all come together and devote 2012 to living consciously. I know amazing possibility awaits us. I am wishing you all a year filled with passion, purpose and boundless happiness.

Happy New Year,



David Lynch, founder and chairman of the Board of Trustees of the David Lynch Foundation for Consciousness-Based Education and World Peace, is an award-winning director, writer, and producer. His work includes *Eraserhead*, *Elephant Man*, *Wild at Heart*, *Twin Peaks*, *Blue Velvet*, *Lost Highway*, *Straight Story*, *Mulholland Drive*, and *Inland Empire*. [READ MORE](#)



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