

# INDIVISIBLE



## ABOUT THE BOOK

There are more people living alone than at any time in history, and more depression than ever recorded. Violence to each other and ourselves continues to cast long shadows across generations. We are fragmented individually and collectively to the point of vile speech and hate crimes based on false divisions. How do we heal? How do we become more connected?

*Indivisible* is a transformational story of a deep human journey to the heart of connection.

Christine asks questions such as: Why are people lonely and alienated from one another? Why are people angry? Or mean? Or violent to each other? Is that reversible? Why do we lie and hide our true selves? How do we make more love and less conflict happen? Can we make a world that works better for all of us? How might we shift our internal state and the design of our communities and institutions to be happier, more connected?

Traversing continents and walks of life, from early chaos, anger and violence, including her mother's murder - to a life of professional intensity, childrearing, and spiritual seeking, *Indivisible* documents a deep (10 year plus!) journey investigating our disconnection, and its ultimate expression in anger or violence.

Christine digs into the stories of people who've made magnificent transformations from their upbringing; into genetics and neuroscience; into religion. She investigates alternative ways to live together by visiting intentional communities worldwide. She goes to some extreme places - from the wilderness to the Deep South - from TED to the desert - and eventually into work with violent offenders who committed the type of crime that took her mother, as a victim's stand-in in therapeutic work.

In the process, what unfolds is this: The roots of many our behaviors come from a culturally learned disconnection: a false belief that we are separate or in competition, or valued for how we perform, when in actuality we are deeply interconnected and never alone. *Indivisible* examines how we might tap into our incredible ability to learn and grow - how we might hack our own evolution and change our hearts, minds and habits to create a new way of being.



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### LAUNCH TEAM

<http://bit.ly/2brRULh>

### BOOK DETAILS

*Indivisible: Coming Home to Our Deep Connection*

By Christine Marie Mason

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### BOOK PURCHASING INFORMATION

<http://amzn.to/2b8gncb>

<http://xtinem.com/>

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## ABOUT THE BOOK

### **INDIVISIBLE CHAPTER NAMES:**

#### **PROLOGUE**

#### **FROM THE INSIDE**

OUT OF THE WOODS  
THE BUD: DO WE HAVE INTRINSIC OR  
EXTRINSIC WORTH?  
INTERWOVEN: HOW ARE WE RELATED?  
BEING LABELED: BECOMING THE OTHER  
CHOOSING TO KNOW EACH OTHER: UNBIASING  
FLYING SOLO  
FINDING A PATH  
WE'RE ALL JUST BABIES  
CONDITIONING AND DECONDITIONING  
THE LONG SHADOWS OF ANGER  
WAKE UP CALLS  
THE POISE OF THE SOUL  
THE SCIENCE OF BREATH  
CONNECTING TO THE BODY  
THE YOGA OF SOUND: HARMONIC TOOLS  
COMING FULL CIRCLE  
RUSTY SAYS, "I'M SORRY"  
CHANGE IN EXTREMIS: A PRISON BODHISATTVA  
RESTORATIVE JUSTICE

#### **VIOLENCE: THE ULTIMATE FORM OF DISCONNECTION**

ARE WE NATURAL KILLERS?  
IS IT IN OUR GENES?  
REWIRING: CAN WE CHANGE OURSELVES?  
ONE WAY TO REWIRE: CHANGING OUR BELIEFS  
IDEAS THAT SEPARATE: TAXONOMIC THINKING

#### **MEETING EACH THE OTHER**

CAN WE EVEN KNOW WHAT'S REALLY HAPPENING?  
TALKING TO STRANGERS  
KAYLEY  
JACK  
CHUCK  
ACCEPT IT, YOU'RE PROBABLY WRONG  
"OTHERING"

#### **INQUIRY TO ACTIVISM: CONNECTION EVERYWHERE**

A SMALL STAGE IN MONTEREY  
BURNING AWAY THE "DEFAULT WORLD"  
ANOTHER MODEL  
IS IT THE INDIVIDUAL OR IS IT THE SYSTEM?

#### **RETHINKING COMMUNITY**

HOW DO WE LIVE TOGETHER BETTER?  
EXPERIMENTS IN COMMUNITY  
THE MONKS OF MAULBRONN  
IDEALISM IN INDIA  
TALKING TO PLANTS IN GERMANY  
CONSENSUS ON THE DUTCH COAST  
WHEN INSTITUTIONS DISCONNECT US  
DO TRY THIS AT HOME

#### **THE HOUSE OF THE HEART**

LOVE WITHOUT FEAR  
LOVE AT FIRST SIGHT  
FAMILY OF BLOOD, CHOICE AND CIRCUMSTANCE  
CANCER: THE CLIFF NOTES VERSION  
REACTION AND WISDOM DO THEIR DANCE  
WHAT'S REAL?  
REIMAGINING INTIMACY: TELLING THE TRUTH TO ONE  
ANOTHER  
TRANSFORMATION INSTEAD OF ABANDONMENT  
REDESIGNING THE FORM  
LETTING LOVE GROW AGAIN  
PROFOUND LOVE  
IDEALISM SHAMING  
YOU ARE THE INSTRUMENT

#### **CONCLUSION**

BEGINNING AGAIN  
EYE GAZING WITH INDRA

#### **EPILOGUE**

#### **ST. CHRISTOPHER'S CALL**

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## ABOUT THE AUTHOR

### CHRISTINE MARIE MASON

Christine has been a leader in the tech sector for twenty years, as the venture backed founder and CEO of several companies. She has always been a convener, bringing people together to have conversations around growth and change, and to spark connection and action around new possibilities. She is the curator of nine TEDxs, the convener of Naked Conversations, and founder of LoveSpring. Christine holds a BA and MBA from Northwestern University. She served in the US Army ROTC program through the University of Illinois at Champaign-Urbana. She has lived and traveled all over the world, and speaks both French and German. She is a yoga teacher, artist, musician, mother of six, and grandmother.



Christine is an advocate for reclaiming connection, transforming anger and violence, inclusion, and the redesign of culture. Her own deep journey exploring anger, violence, and disconnection in the aftermath of her mother's murder, early abandonment, and general chaos propelled her to explore the interior life and capacity of the individual to heal and connect. She has become a victim's rights advocate for restorative justice and prison reform. Her mission to heal includes being a tireless investigator into the neuroscience of love, violence, human evolution, and behavioral change.

### PRIOR SPEAKING AND INTERVIEW APPEARANCES

Wharton Fellows, Thiel Fellows, Hewlett Packard Innovation Center, San Francisco Curator Network, TEDxEast, Success Boston, Sierra Nevada Alliance (winner of Sun Tzu award), TIE Midwest Chicago Technology Leadership Forum (TechForum), Union League Club of Chicago, Midwest Entrepreneurs Forum, Kellogg Venture Forum, Kellogg Entrepreneurship Forum, Kellogg Innovation Network, Illinois Venture Capital Association, Illinois Technology Association, Illinois Information Technology Roundtable, SIIA Content Forum, SIIA Software Division Conference, Springboard, All Things Media Coach and Panelist, Green Dot Awards Judge, ITA CityLights Awards Judge, CBS Morning Show, NBC TV, NPR All Things Considered with Scott Simon, Something You Should Know National Syndicated Radio, TEDxSanFrancisco.

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## SPEAKING TOPICS

### FOR ALL AUDIENCES:

The Art and Practice of Putting Connection First

Living Fully: Leading a Boundary Pushing Life

Come Together: Creating Real Community, Finding True Friends

### FOR SELF IMPROVEMENT OR THERAPEUTIC/ YOGA AUDIENCES:

PTGS (post traumatic growth syndrome): How to Use Trauma as a Springboard to Greatness

Voice: Find your Sound, Speak your Truth, Come out of the Shadows

Turning Anger into Power

A Woman's Kind of Anger: Moving into Power

Baby Steps: Learning Self Love

### FOR CORRECTIONS AND JUSTICE AUDIENCES:

Restorative Justice as a Victim's Right

The Neurobiology and Practice of Becoming Non Violent

From Rage into Power: Making Peacekeepers from Violent Offenders

### FOR TECHNOLOGY AUDIENCES:

Technologies of hate, Technologies of connection

Unbiasing: Using Technology to Overcome Prejudice

Retraining the traumatized mind: Technologies for self regulation and healing

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## Q & A

### WHY WRITE THIS BOOK?

If you know, you owe! I wrote this book to share hard-won learning, in the hope of making the path easier for other people, and to accelerate collective evolution toward a more connected, less conflicted world.

### WHAT ARE YOU HOPING TO ACCOMPLISH BY SHARING THIS STORY?

First, I hope that people will begin to fundamentally question our acceptance of violence in all its forms, the small and large, to self and other. It's all around us, and we just disassociate to preserve our sanity, when it's fundamentally not okay.

Second, I hope to trigger insights or reflections in the reader that lead to more self-love and acceptance, which is the foundation of loving and accepting others.

Third, I hope that readers will have a tiny bit more juice to overcome any core loneliness or depression—maybe something in these stories will prompt more authenticity, or the release of damage or doubt, or the healing of anger and violence in the self. Maybe someone will start asking the questions they may be afraid to know the answer to (e.g, do I real believe in this relationship I'm having, in this work I'm doing, in my happiness).Ultimately, to speak the truth, be oneself, without fear.

My hope is that people move toward more authentic acceptance and connection with others, and find & make a truly connected tribe, in a world of individualism and competition.

### WHAT IS YOUR "THEORY OF CONNECTEDNESS"?

It is possible to craft a new way of living—we can be more awake and authentic individually; we can be more connected together; we can interrupt the self-repeating cycles of alienation, loneliness, and violence our collective history has created.

The price of not doing this is nothing less than your very life. This involves 3 things:

1. Reconnect to your authentic self:

- Govern yourself/know your mind and emotions.
- Go directly into fear/live with resilience and courage.
- Understand how it's not you – disconnection, competition, and pathological individualism are in the water and the air.

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- Examine the ideas and beliefs you have ingested.
  - Drop in to authenticity/ how to speak true things.
2. Put connection over division when meeting the outer world:
    - Always be growing/ how to live fully, push your own boundaries.
    - Put connection first/ how to walk in the world like this.
    - Live in inquiry/ how to stop the othering, and listen deeply.
  3. Craft connection as a deliberate act:
    - Architect/ Redesign the systems that aren't working – from the micro to the macro.
    - Life isn't in sound bites. Go deep.
    - Everyone is valuable.

## WHAT KINDS OF RESEARCH AND EXPERIENCES LED YOU TO THIS THEORY?

There were five components that led me to this theory:

- 1) Stepping out of my comfort zone internally to a space of deep quiet, examination, and physical challenge;
- 2) Talking to strangers and people that were very unlike me;
- 3) Traveling and seeking extreme places;
- 4) Researching science, biology, economics; and
- 5) Confronting the things I had the most judgement about.

## WHAT ELEMENTS OF SOCIETY CONTRIBUTE TO THIS PERVASIVE DISCONNECTEDNESS?

Several elements of society have combined to contribute to this disconnectedness.

- 1) Widgetization, taxonomies, and productivity bias: In today's society, you are what you make or what you do. The first question anyone asks you is "What do you do?"
- 2) Pathological individualism: We are in competition with each other. People are “better than” not just a “different than” each other. We have created a society with the false belief that one can thrive while others suffer.
- 3) Mechanization: We have lost of connection to the earth and ecosystems. We have lost touch with how systems work and think we can act in a vacuum.
- 4) Shame based culture: Today's culture is obsessed with perfection. We deny the shadow in ourselves and the culture.
- 5) Inherited -isms: Each generation has inherited prejudices and preferences based on class, race, religion, and gender. These prejudices are fundamentally wrong.

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## Q & A

### WHAT OTHERS HAVE SAID AFTER READING *INDIVISIBLE*?

- “I find myself already doing a better job of meeting people and communicating, and getting better at really seeking out what they have to offer.”
- “I really notice how often I’m in judgment, and not inquiry, not able to connect authentically with the person in front of me. I’ve really noticed how much I miss.”
- “I was struck overall by Christine’s willingness to find out the answers to her questions first-hand, just pure courage.”

### CONTACT INFORMATION

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