

What's Our Role in Turning Tumultuous Times Into a Transcendent Turning Point?



This Action Guide accompanies Dr. Gruder's ACEP 2025 opening keynote. It's a roadmap for embodying and catalyzing your unique role in helping yourself, your clients, and humanity elevate from species Homo Sapiens into species Homo Spiritus. Additional details/next steps: DrGruder.com/ACEP2025Keynote

Consider This	What to Do	Additional Notes
<p>3 Possible Futures</p> <ul style="list-style-type: none"> • Regressionism (Human Animals) • Homo Machina (Human Machines) • Homo Spiritus (Human Spirits) <p><i>Transcendence = Beyond Ego-Self</i></p>	<p>Select the future you want. Describe its key qualities that are different from today. Turn that into a word portrait, art piece, mindmap or vision board. Based on that, <i>write your Future Vision for yourself & humanity.</i></p>	<p>Your Desired Future?</p>
<p>Evolution of Consumer Demand</p> <p>Materialism ⇔ Experience ⇔ Transformation ⇔ Transcendence</p>	<p><i>Which marketplace(s) are you called to serve?</i></p> <p><i>Which sub-niches within those marketplaces?</i></p> <p><i>In what capacities?</i></p>	<p>Your Marketplace(s), Sub-Niches, Capacities?</p>
<p>Evolution of Human Potential Movement</p> <p>Outdated, inefficient, corrupt. Need to shift from self-actualization to self-transcendence by expanding self from me-me-me to me-we-us</p>	<p>Dare to be a guiding light who helps usher in human potential's future: <i>'Hire' your higher calling</i> in helping your clients' best future emerge so humanity's best future can gather momentum.</p>	<p>How You'll 'Hire' Your Higher Calling?</p>
<p>Dynamics Fueling Our Traumatized Collective Psyche (TCP) + Chronic Stress Lifestyle (CSL)</p> <ol style="list-style-type: none"> 1. Confusion Over Where Humanity is Heading 2. Outdated Roadmap for Actualizing Human Potential's Next Step 3. Fractured Nation Syndrome 4. LiNS or LiVR Lifestyles (next column) 	<p>Decide How You'll Help Your Clients Outgrow These Chronic Stress Lifestyles (CSLs):</p> <ul style="list-style-type: none"> • LiNS: Lost in Narcissistic Survival • LiVR: Lost in Victim Rage <p><i>Chronic Stress Lifestyle Ingredients & Results (next column)</i></p>	<p>ULEs = Undigested Life Experiences (Trauma)</p> <p>OUs = Ongoing Upheavals</p> <p>IC + EM = Information Confusion, Easily Manipulated</p> <p>UWH = Unjust World Hypothesis</p> <p>LH = Learned Helplessness</p> <p>mLOC = Misplaced Locus of Control (Inner Critic or External)</p> <p>Result ⇔ Impactful Resilience Deficits</p> <p>TCP + CSL = Survival Plan Attachment + Limbic Lockdown (Limbic Lockdown details in bottom section on next page)</p>

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<p>SPARC Blueprint for Successful Hero's/ Heroine's Journeys <i>Requires Guide With Map & Skills + Companions</i></p> <p>“Yes” to Wakeup Call</p> <p>S = Shatter Spells (Separation)</p> <p>P = Picture the Future (Descent)</p> <p>A = Align Your Purpose (Ordeals)</p> <p>R = Rise Your Capacities (Reintegration)</p> <p>C = Collaborate (Return)</p> <p><i>Requires shifting from symptom control & shiny technique syndrome to Macro-Frameworks.</i></p> <p>Client = Hero or Heroine You = Guide Community = Companions</p>	<p><i>Become an Impactful Resilience Catalyst</i> <i>Vibrational, Skills, and Habits Elevation</i></p> <p>S = Freedom From Exogenous & Exogenous Spells (5 External Hijackings + Inner Critic enforcing Ego Redemption Plan)</p> <p>P = Elevated Future + Paradigm to Support It (see “3 possible futures” in prior section)</p> <p>A = 2-Pronged Purpose (Soul Growth + Impact)</p> <p>R = Actualization Capabilities (next section)</p> <p>C = Amplification Initiatives Involvement</p> <p><i>Sequence matters. Identify primary phase focus + what in prior phases needs to be strengthened to succeed with the current phase.</i></p>	<p>Superstructures (Map) + Facilitation (Guide) + Psychoeducation (Skills) + Community (Companions) Matter Today!! <i>Impactful Resilience = Anti-Fragility + Relevance</i></p> <p><i>Resilient</i> with what can pull us away from being Source Conduits catalyzing a Homo Spiritus future.</p> <p><i>Impactful</i> by actualizing our 2-Pronged Purpose in helping our Future Vision to emerge, rising our capabilities to actualize it, and amplifying our influence.</p> <p><i>Durable Resilience:</i></p> <ul style="list-style-type: none"> • Replace mLOC with sLOC • Uplevel Nimblity: <ul style="list-style-type: none"> • Resilient Not Drained • Flexible Not Rigid • Innovative Not Rote <p><i>Purpose-Aligned Impact:</i></p> <ul style="list-style-type: none"> • The ripples of impact you currently have in contrast to the ones you're called to have • The soul growth mission and impact mission upgrades these need <p>Rise:</p> <ul style="list-style-type: none"> • Determine what strengthening your resilience muscle will require of you.
<p>Key Impactful Resilience Actualization Capabilities (Rise): Expanded Human Potential Focuses After Establishing the S, P, and A in SPARC</p> <ol style="list-style-type: none"> 1. Me: Self-Sovereignty 2. We: Synergized Collaboration 3. Us: FREEsponsibility: Harmonizing Personal Freedom With Social Responsibility & Constitutional Integrity (right column) <p><i>“How” in middle column. “Details” in right column.</i></p>	<p>Sessions + Training + Community Focuses:</p> <ol style="list-style-type: none"> 1. Facilitating freedom from spells and reactivity (limbic lockdown — fight, flee, freeze, faint, faun) + embodying resonance with durably elevated states + access to transcendent thrival. 2. Harmonizing Self-sovereignty & collective wellbeing. <p>Session Management Superstructure:</p> <ol style="list-style-type: none"> 1. Readiness to Benefit 2. Focus Selection 3. Progress Evaluation 4. Permission to Succeed 5. One Round of Priority Treatment Method 6. Next Step Decisions Until Completion 	<p>Me: Transcendent Personal Thrival</p> <ul style="list-style-type: none"> • mLOC + UWH ⇔ sLOC (Spiritual Locus of Control) + TWH (Transcendent World Hypothesis - Homo Spiritus) • ULEs ⇔ LEH (Life Experience Harvesting) • OUs ⇔ GT (Grounded Transcendence) <p>We: Transcendent Relationship Thrival</p> <p>IC + EM ⇔ TC (Tensions Competence) + PP (Propaganda Proofing + IL (Impact Literacy) + CC (Collaboration Competence)</p> <p>Us: Transcendent Collective Thrival</p> <p>LH ⇔ SH (Strategic HelpFULness — SPSE (Synergized Problem-Solving Effectiveness) + LIS (Leveraged Initiatives Selection) + TIL (Transcendent Influence & Leadership)</p> <p>Result ⇔ Impactful Resilience in individuals, relationships, and collectives (Collective Empowered Psyche, Thrival Plan Freedom, & Chronic Wellbeing Lifestyles). This is Homo Spiritus Human Potential: Spiritual Self-Sovereignty That Serves Us All.</p>

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<p>If Becoming an Impactful Resilience SocialPreneur Appeals to You...</p> <p>Level up into providing next-level assistance to people who are delighted to pay you well to access — also select ways you'll pay it forward</p> <p>Become a 3D Transcendent Self</p> <ul style="list-style-type: none"> • <i>You</i>: The higher "Me" part • <i>Your Practice</i>: The higher "We" part • <i>Your Influence</i>: The higher "Us" part <p>Facilitate Clients via the SPARC Blueprint (ideally utilizing a mentor, training, and companions)</p>	<p>...Build These Components...</p> <p>1. You: Become the change you want to see (role-modeling is foundational leadership).</p> <p>2. Your Practice: 'Hire' Your Higher Calling (see page 1) and redesign your business or career to prosperously actualize it as a SocialPreneur.</p> <p>3. Your Influence Beyond Your Practice: Select communities and initiatives you will align with to <i>Amplify Your Impact</i> (paid and/or paying-it-forward).</p>	<p>Your Plan? Who Will Guide You?</p>
<p>I Have a Dream for ACEP & You...</p> <p>Positioning at the forefront of the Transcendence Marketplace through...</p> <ul style="list-style-type: none"> • Visionary Leadership for a Human Potential Revolution elevating individuals, your profession, and humanity from human animals (Homo Sapiens) to human spirits (Homo Spiritus) • NextGen Resources: Equip practitioners, clients, leaders, and the public with the vibrational elevation, transcendent mindsets, and powerful skillsets through Breakthrough Psychoeducational Programs like Impactful Resilience and Transcendent Influence & Leadership 	<p>Become a Thought & Market Leader via...</p> <ul style="list-style-type: none"> • <i>Research</i> that helps dissolve Paradigm Attachment Disorder • <i>Vibrational Elevation</i> in leaders + practitioners • <i>Macro-Frameworks</i> like the SPARC Blueprint and the Session Management Superstructure • <i>Psychoeducational Training</i> in mindsets and skills that equip vibrationally elevated people to become the change they want to see and facilitate it in the ways they are called to do in their chosen spheres of influence • Societal Elevation that integrates mental health wisdom into societal systems functioning 	<p>Your Dream for ACEP (and You as a Member)?</p>

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<p>Your Next Steps... Right NOW ⇔</p> <p>During ACEP 2025 ⇔</p> <p>After ACEP 2025 ⇔ Create an Action Plan Based on Above Note:</p> <ol style="list-style-type: none"> Transfer: Place each item on its own 3x5 card. Sort your cards into themes that illuminate your priorities. Write a Theme card for each pile. Commit: Sequence the cards in your best implementation order. 	<p>Text...</p> <ul style="list-style-type: none"> “ACEP 2025 Keynote” + Your Name to 1-619-246-1988 <p>Epiphanies... Write them on one page during this conference.</p> <p><i>Page Sections:</i></p> <ul style="list-style-type: none"> Memorable Takeaways Upleveling To Do Action Steps to Take <p>Up Your ACEP Involvement!</p> <p>Maintain Momentum!</p> <ul style="list-style-type: none"> Complete the Fill-In areas in this Action Guide Meet With David Access the Resources Below Register for the <i>Impactful Resilience Summit</i> When ACEP Starts Publicizing It 	

“The Sky’s Not Falling. We’re Ascending.” — Dr. David Gruder
 The world needs you. Your clients need you.
 Your loved ones need you. You need you. The time is now.

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