

# VISTAR

## **VISTAR METHOD OF COMMUNICATION™**

**An Evolutionary Meeting Structure For Accessing  
The Unlimited Potential Of The Creative Source**



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## A Preliminary Summary

### **INTRODUCTION:**

*(Please note: the following material represents only the briefest outline of what will follow as a more extensive summary that in turn will be followed by a book which is now in preparation. However, we wanted to respond to the many inquiries we have received from all over the world, at least in this preliminary format.)*

It is an obvious and painful fact that there is a breakdown in human communication at many levels from the interpersonal sphere to the international arena. Problems of the magnitude we now face need not only new solutions but also, as a prerequisite, a new relationship among human beings from which to approach these issues. There is, therefore, a growing worldwide interest in Collective Consciousness, a unified group intelligence and creativity that is far beyond the input of the sum of the individuals. We believe, as do others, that this new form of conscious human association may be the essential key to our survival as a species.

For more than thirteen years, Vistar Foundation has been dedicated to exploring, witnessing and sharing our experience with the power and potential of the Field of Collective Consciousness and the **Vistar Method of Communication™ (VMC)**. The VMC is a body of knowledge, a structure and a set of rules to access the Field of Collective Consciousness and has been applied in every aspect of the Journey of Vistar. Below, read about the VMC's Prerequisites, Four Rules, Three Roles, The Setting, Structure, and VMC Benefits.

### **PREREQUISITES:**

The most important determinants of the outcome of a meeting exist in the invisible realm of **motivation, conscious intention, and vision**. These factors are not vague and ephemeral but are a force field which each individual brings to a meeting. When these gathered resources of human Beings are aligned and focused, unlimited new possibilities are revealed. The following statements need to be considered and cannot be left in “ the grey zone ” with the assumption that there is agreement.

#### **1. Alignment concerning the purpose of the meeting and its vision.**

- Why are we here?
- What is the larger significance of this issue beyond our own personal sphere?
- What are the consequences of this issue for ourselves and others?

#### **2. Willingness to take on the VMC structure and follow its rules.**

- A desire for truth, an open mind and the ability to listen are essential keys.

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## **FOUR RULES:**

The following rules seem simple; however, we would like to emphasize that there are many levels of their understanding and application. The use of the rules at once reveals many of the factors that promote or obstruct the forward movement of a meeting and true communication. **The four rules are the heart of the VMC and direct the movement of energy in all meetings. They have one central purpose: to create a de-personalized atmosphere** wherein habitual attitudes, opinions and beliefs are left behind and the field of collective consciousness is experienced and manifested.

### **1. Raise your hand to contribute**

Participants raise their hands in order to contribute and wait to speak until called upon by the leader. Contributions are essential to the VMC and represent an input of the individual energy and presence that will sustain and accelerate the upward evolutionary movement of the meeting. Flow, the unobstructed movement and exchange of energy, is a feature of all creation and applies to the VMC. Contributing is a way for the participant to respond, that is, to receive and give forth to the whole.

### **2. Contribute directly to the Leader on Thread**

The topic of a Vistar Meeting is called a Thread. This originated from the concept that the whole tapestry is Self-Realization, and that a thread from that whole would be taken, highlighted and followed. Attention consciously focused opens a doorway into new dimensions of being and perceiving. Everyday experience reveals that most conversations have a centrifugal force with a strong tendency to diverge from the topic. Staying on the thread and focusing input to the leader, who represents the organizing principle, is a quantum leap into new possibilities.

### **3. No questions**

Many find this rule the most challenging. The question and answer format has long been the way of spiritual and scientific inquiry, and that is a time honored tradition. In the VMC this process is halted. The postmodern mind is curtailed, and a space appears for fresh thinking and new energies. Questions, on the other hand, tend to focus attention on the individual and are felt as an abrupt break in the circulation of the energy. Any question can be addressed after the meeting is over.

### **4. No cross-talk**

Anyone experienced with meeting dynamics will recognize subcultures of agreement and disagreement in every meeting. In the Vistar Method participants do not engage personally and directly with each other. They do not express sympathy or antipathy to the contributions of others. They may add to a contribution but not in personal form, for example, "I like what Mary said," or "I don't agree with Tom." From the point of view of the VMC, this may occur in subtle or less subtle ways. Conversation with one's neighbor while another is contributing, quick glances at another to confirm agreement or to silently disapprove of what another contributor has just said are just a few of the many forms of crosstalk, revealed in VMC Training. Cross-Talk introduces a personal tonality into a meeting which depends on reaching into a transpersonal realm of clarity.

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## **THREE ROLES IN A MEETING:**

Vertical organization allows horizontal functioning. The leader, support and participant roles follow this structural model. They represent what in metaphysical terms is called 'Scale.' In the VMC, the roles of Leader, Support and Participant are defined not only with respect to maintaining the Thread of the Meeting, but also with respect to the evolution of the Meeting relative to the emergence of a Collective Consciousness, to the ongoing process of the meeting itself. This is a radical shift in priorities and has many consequences. The roles and responsibilities of Leader, Support and Participant become transformed as the meeting is transformed. Both the traditional and evolving aspects of these roles will be considered in detail in the upcoming more Extensive Summary.

### **Leader**

The VMC is not based on a teacher/authority paradigm, but it holds strongly to the Principle of hierarchy. The Leader, along with the Support, prepares the Meeting Thread. The Leader gives the Meeting, calling by name on participants who raise their hands to contribute. A new level of sensitivity to the evolving group process is necessary. The overall atmosphere of a meeting, the circulation of energy, the quality of a contribution are all variables in the movement towards a Collective Consciousness and require awareness and responsiveness from the Leader.

### **Support**

Humanity as ruled by the ego has created a world focused on the leader position. In the VMC, the Support Role is highlighted and brought out in its full stature. In the Vistar setting, there is a Leader, a Support and Participants. The three create the Meeting. When all the parts are "fitly joined together" (Kenneth G. Mills), the result is Reality. The Support position can be considered the female principle, whether it appears as a man or a woman. The female principle exemplifies unconditional love, empathy and protectiveness. The Support position is attentiveness, intuiting the needs of another, protecting, respecting, and in essence is an opening into the devotional aspect of service. Authentic Leadership and Support are ONE. In VMC Training Workshops, the core of support, present in each one of us, is revealed. The way to that realization includes the ability to observe the programmed ego personality in its behavior, attitude and beliefs.

### **Participant**

It is the responsibility and essential requirement for the Participant to adhere to the rules. There are levels upon levels as to how the Participant role is carried out. Participation and contribution involve a commitment to focus attention and intention to the atmosphere of a meeting and its purpose. An integration of an individual's vision and function with a larger whole becomes essential and, when this happens, the movement towards the dimension of Collective Consciousness is accelerated. The creative expression of the one and the many come together in a fulfilling and direct experience.

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## **SETTING:**

The structure of the VMC meeting is designed to enhance contact between all participants and to allow a free flow of energy. From the beginning, we have referred to an upward spiraling and accelerating movement of group energy. All meetings take place with participants seated in a circle in visual contact with each other and with any charts with diagrams that are used.

VMC meetings have always endeavored to create an atmosphere of beauty and elegance. This is done not only to reflect our respect for each other, but also for the significance of a meeting and the magnificence of an unknown Reality which manifests Itself as the Field of Collective Consciousness. Lovely objects, flowers, candles and appropriate dress all help to set the atmosphere, and this preparation is, for us, a prerequisite.

## **THREE PART STRUCTURE:**

Every Meeting is a form of art, a drama or a musical composition with a Thread development and recapitulation and evolution of the original theme. The meeting

- 1. Enunciation or Knowledge:** The Thread being considered with its higher significance
- 2. Development or Level of Being:** The exploration and practical application of the Thread
- 3. Recapitulation or Vision :** New Perspectives and follow up action.

## **BENEFITS OF USING THE VMC:**

- Bringing structure and order to any meeting.
- Creating a setting for more effective communication and creativity.
- Experiencing the group as a new working unity and the individual participant as an integral, fulfilled part of that organization.
- Setting the stage for the direct experience of Collective Consciousness, a wondrous and yet ultimately practical relation to an invisible reality.
- A new sense of responsibility and valuation in each participant for the evolution of the process of the meeting itself.

## **WHO IS THE VMC TRAINING FOR?**

We at Vistar are convinced that any gathering of properly motivated individuals in any setting can utilize the VMC and **immediately** experience its benefits. In addition, if certain basic prerequisites are met, then there can be a discontinuous leap into a realm of unified group consciousness, intelligence and creativity from which any issue can be approached with altogether new possibilities. Among those who would benefit from VMC training are:

- Leaders and facilitators frequently involved in running meetings;
- Individuals interested in forming or participating in groups interested in individual and group awakening;
- Those involved with group creativity in the realm of the Arts;

Individuals involved with meetings in diverse settings with 20-50 participants, in small committee work, large organizations, volunteer or community situations, spiritually oriented groups, corporate/business settings, athletic teams, etc.

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## **JOIN US FOR VMC TRAINING WORKSHOPS AND SERVICES** **An Evolutionary Approach to Collective Consciousness**

The VMC is a profound process that will transform your meetings.

### **BOOK an INTRODUCTORY PRESENTATION to:**

- **Learn the purpose**, vision and importance of the VMC in terms of human communication.
- **Understand** how the VMC assists individuals, groups and vision
- **Examine** the problems normally encountered in meetings, be they among mothers, business colleagues or at the United Nations
- **Learn** how the VMC addresses these problems and how the 4 VMC rules are central to the solution.
- **Observe** a sample VMC meeting, which show the rules and the 3 roles in action,
- **Ask any questions** that might arise
- **Learn how to go further** at a full-day VMC workshop.

### **BOOK A DAY-LONG VMC WORKSHOP,** **or call for information about CONSULTATIONS, RETREATS**

and lectures to provide hands-on understanding in the practical application of the VMC to change the way you meet. In a VMC workshop you will:

- **Learn** the direct and practical application of *The Vistar Method of Communication*.
- **Experience** how this evolutionary meeting structure accesses the unlimited potential of the Creative Source.
- **Participate** in VMC meetings, and gain direct experience of its energetic movement.
- **Enter the disciplined format** of the VMC to understand first hand the transformative nature of the method
- **See how individuals can break through barriers** to authenticity and unsuspected potential; how groups can work together in synergistic, productive and satisfying ways, and taste first-hand the third factor, the magic of conscious partnership with the Creative Source, which can uplift and infuse gatherings with a sense of unity and meaning, a vision of purpose and help for the greater whole.
- **Understand the basis of the Four Rules** - Feel their Simple and Direct Power.
- **Learn how to structure, prepare for and guide a meeting** as Leader, and train others in Support and Participant roles.
- **See directly how the VMC applies** to your area of interest, be it for business meetings, social or community meetings or expression of the creative arts.