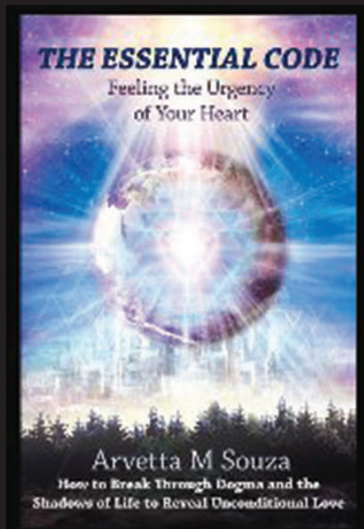


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is the result of lifetime  
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# *Arvetta Souza*

Education Founder, Administrator, Live Peace Into Being

<http://www.LivePeaceIntoBeing.org>

<http://www.theessentialcode.com/Index.html>

# Arvetta

# Souza

## Education

Founder, Administrator, Live Peace Into Being  
Malden, MA

When Arvetta Souza founded her organization, Live Peace Into Being, which means “birthing the next phase of evolution”, she oriented the group around the process of offering educational awareness for finding inner peace and growth in conscious evolution. The group offers involvement and exposure to cutting edge systemics and methodologies that are necessary for sustaining personal and collective peace on a sustainable, vibrant, and healthy planet. Since new ideas and trends first touch the psyche through art, music, and personal involvement, the group aims to form a collective, new thought representation of the 12 Spheres of Life for creative educational awareness, publications, and public expos. Members of the group remain alert for emerging, synchronistic opportunities.

***“Live Peace Into Being is the result of lifetime learning and experiences,” Arvetta said. “I possess an innate and insatiable desire to cultivate greater spiritual, psychological, and scientifically-based awareness to expand my insights on life and living. Life challenges and an inner need-to-know have always initiated new classes and studies, while I was fully emerged in the loving care of my growing family, partner in my husband’s business, and community responsibilities.”***



Beginning in the late 1970’s, Arvetta experienced several leadership positions in religious and community organizations. Her heart’s desire was spirituality, with a deep desire to help others and share new insights. During her 20-plus years in pastoral ministries, she evolved beyond the dogma of organized religion into a cosmic spirituality and conscious evolution. Following a sabbatical for education and writing, Arvetta became an administrative member of an international virtual co-creative community from July 2010 through August 2012. The community was a social action group that experientially developed in the co-creative mode and manifested in the resonant field, which she found to be a humbling, yet exhilarating experience. Arvetta learned that for successful, long-term co-creating, members needed

to transition from their ego-based patterns into an embedded ability to lovingly co-create from their inner essence. This was a great achievement for the group, especially since the members were only meeting weekly on a virtual platform. It wasn’t until April 30, 2012 did they meet in person for the first time in Santa Barbara, California to present their project to students of Barbara Marx Hubbard who had frequently monitored their meetings. They discovered that their incredible headway and resonant field experience advanced them as the only BMH group to truly experience a resonant field, co-creating manifestation. It was a surprising discovery for the group.

Officially retiring in 2009, Arvetta had knee and hip replacements and underwent alternative care and healing of breast cancer two years later, all while completing and publishing two books. With an inborn urge to serve the sacred destiny of humanity, she realized that retirement was a not an option. In February 2013, Arvetta became the founder and administrator of Live Peace Into Being. Guiding co-creative peace endeavors while building mutual, loving, cooperative relationships can be hard work, but her success radiates with a joyous gratitude.

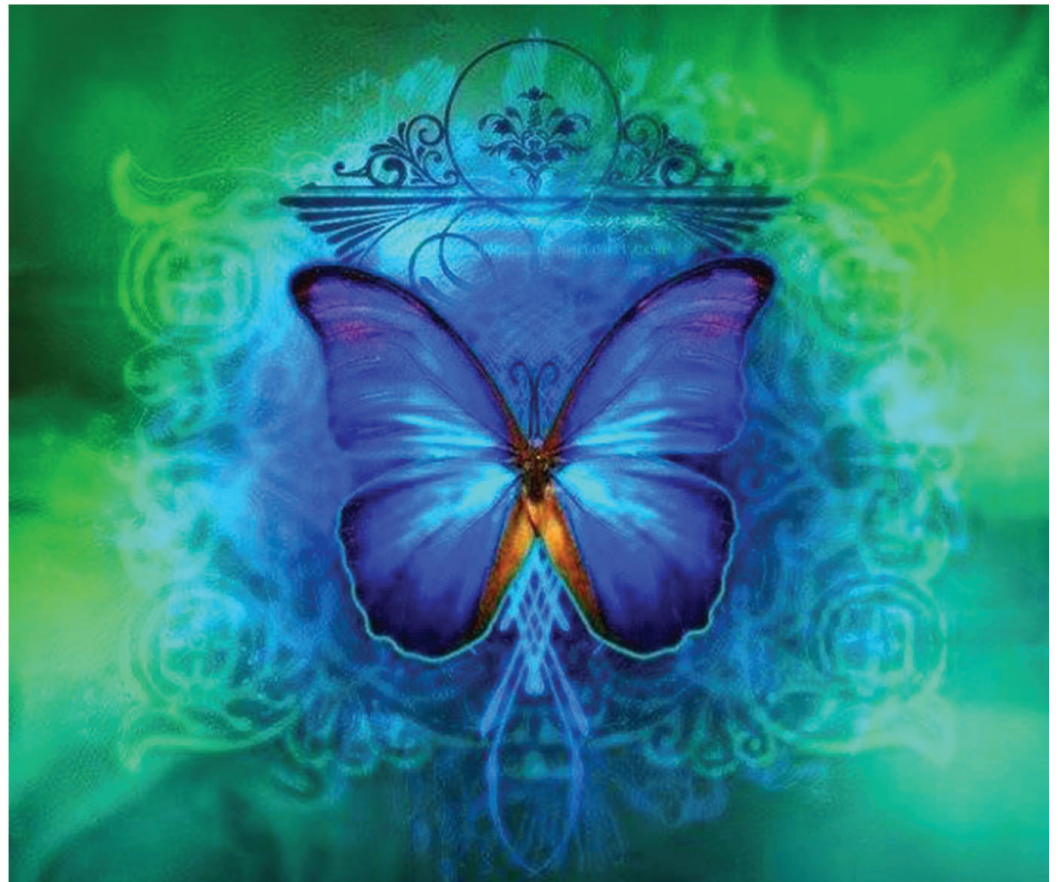


An authentic journey in inner peace requires transitioning beyond ego-based patterns to co-create and manifest in a mutually loving and cooperative resonance. Arvetta believes in letting go of who you are to become the person you were born to be, and the responsibility of living peace into being, whether in a personal journey, a group, a corporation, or an institution. The journey begins with self-evolution, evolving from the mind to the heart. She points out that old paradigm structures were created with the mind and are now falling apart. New paradigm systems are peacefully co-created through loving, resonant collaborations with methodologies of the heart. Old paradigm patterns are obsolete in the high frequency energies of the now.

***“A culture of peace is vital toward evolving humanity into the next phase of evolution, and a transitional shift is just beginning,” Arvetta explained. “In spite of world news, there are millions globally who hear and resonate with this call and are doing what they can to evolve themselves and our world to wake up, heal, joyfully communicate clearly and lovingly from their hearts, and responsibly grow into accelerated spiritual energies.”***

Words are inadequate in describing the greatest, most inspirational people of Arvetta’s personal journey. Dr. Brian Swimme, Thomas Berry, Gregg Braden, Bruce Lipton, James O’Dea, Barbara Marx Hubbard, Ken Wilber, and the many other luminaries have consistently contributed to the awakening of humanity, the planetary shift, the choices that need to be made, and the cosmic spiritually high energy. Unfortunately, Arvetta finds that mainstream media is still out of tune with the new world era and paradigm shifts, but internet programs and YouTube offerings by spiritual scientists and other luminaries have a vast amount of educational information.

Arvetta assists those who are just awakening, or beginning the transitional shift, and need to gently and gradually move from their ordinary states with an intentional yes to harvesting the fruits of their capacity. She believes everyone already has an innate spirit dwelling within, waiting to be discovered, and to unfold an awareness of their encoded, extraordinary, transformational potential. Regardless of one’s career and life responsibilities, everyone evolves. The new world era demands change, and one can either actively choose to evolve, or go kicking in resistance, creating stress and chaos. Believing peace is more than acts of kindness, Arvetta teaches that it’s an evolving, heart-based way of being and doing, incarnated within. Dysfunctional ego-based patterns of dissonance and control are healed and energies re-directed. Arvetta has discovered that in building any type of organization or business, one who is aware and educated in the ways of peace can successfully initiate peaceful, collaborative scenarios and practices, and heart-based methodologies and protocols.



In 2001, Arvetta coordinated a program for a part-time evening sweat-shop at the Fleet Financial Processing Center with 210% turnover rate and a high error rate. With her program, it reverted to an 8% turnover rate and moved from the lowest production rate in the industry to the number one spot nationally, in just over one year. The program Arvetta co-created was a fun, loving, respectful, and was a peaceful environment where employees loved to work. The basic mode used when creating the program was people before things. If you put people first, the corporate goals take care of themselves.

In all of Arvetta's challenges, the greatest lesson she has learned is to be herself and to lovingly speak her truth, to always being open, and never taking anything personally. She has learned that anger cannot be blamed on anything or anyone outside of one's self. Anger is the result of how one processes incoming information, and Arvetta aims for peaceful dialogue where both sides can be heard and listened to without placing blame or having a need to be right. According to Arvetta, to accept what is, which is not a judgment, is simply surrendering the unknown psychological, social, and spiritual aspects to a higher power. Anger creates inertia, and Arvetta has learned that the best-practice is to work toward a state of inner peace and calm, then resolution dialogue can be effective and mutually accepted.

For Arvetta, peace involves evolving her life and requires her to re-invent herself in relation to others, planet earth, and the universe as a divine whole. The materialistic world has been more concerned with developing the left-brain intellect, and not in developing and balancing the right-brain spiritual power, which she believes is a shift that is needed in every home, office, corporation, institution, and political entity. People are of the infinite frequency and are spiritual beings who live the human experience. The fact is, people cannot get to the spiritual through their intellect. They have to work to get there; the spiritual calls us to let go and grow in heart coherence and discovery. The intellect holds mind power and reason and wants proof (L- brain), the spiritual holds heart power, insight and intuition (a loving faith and trust from an infinite, embodied knowing, R-brain), a co-creative force you can feel.

Arvetta has received many awards and achievements for her work, including a Massachusetts Citation for Community Service, Community Education for the Department of Mental Health, Hero Recognition for Making a Great Place to Work, and multiple lifetime certifications. She has authored *The Essential Code – Feeling the Urgency of Your Heart*, published in February 2012, and co-authored and spearheaded *Resonance, The Essence of Co-Creating and Conscious Evolution, A Guide for Start-Up Resonant Groups and for the Virtual Co-Creative Community*, published in August 2012 and endorsed by Barbara Marx Hubbard. In 1990, Arvetta also patented a Oneness Symbol for flags, banners, and other considerations.

Historically, Arvetta's journey has ventured from a cattle ranch on the eastern flats of Colorado to a suburb of Boston, Massachusetts on the east coast in a town called Malden. Her employment and lifelong educational credits are based in business, spirituality, behavior sciences, and conscious evolution. At the age of 78, she has had a busy, challenging, but beautiful family life merged with business and the humanities, a decade of night classes, and a lifetime of spiritual, evolutionary studies. Often mystified by a sharp intuition and an inner knowing, Arvetta feels a humble and deep gratitude for the wisdom and knowledge she has gained, and is in reflective awe of humanity's infinite possibilities.

Treasuring time with her loving family, friends, music, the arts, and nature, Arvetta enjoys being able to write, co-create, and serve humanity in every place she feels called. She hopes to be an inspiration to others to passionately merge a lifetime of education to an aim for an evolving holistic awareness centered on active peace promotion, unity, and a sacredness of all life. In a rapidly accelerating world, where change happens in a flash, ongoing education is the best way one can evolve their spirit and sustain an educated, ever-transitioning, heart-centered formation for meaningfully and efficiently co-creating a holistic and cosmic view. Arvetta challenges everyone to begin where they are and gradually shift into co-creating a species of inner and collective peace, while experiencing the ecstasy of self-transcendence.

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