

INNER LISTENING

The story of Nancy Roof, Founder and Editor Emeritus
of the award-winning Kosmos Journal

Words by Nancy Roof.
Introduced by Louis Bohtlingk.

The Kosmos Journal was created in 2001. Its founder Nancy Roof writes: “Kosmos is for all of us who are disillusioned with the present culture of greed and materialism, disrespect, and deep suffering caused by the inequities in harnessing the world’s resources and wealth. It is for those who want to be directed to the finest, most noble voices that are in touch with some aspects of the new civilization. It is for those that long to return to a state where the heart is as central to our humanness as our mind.”

I was deeply moved when I read Nancy’s story about the founding of Kosmos. I felt that she touched upon five elements throughout her writings which I can imagine as the five masts with their sails on our ship, guiding us across the stormy seas:

- Inner listening.
- Bringing in higher values.
- The heart as our pathway.
- Beauty as a portal.
- The Law of attraction.

INNER LISTENING

Nancy shares in her story how she listened inwardly throughout her life. How in that sense the Kosmos Journal started from within and continued to develop from that place through all of the difficulties she faced.



When we listen inside, what are we listening to?
Is there a greater plan, a greater destiny for us all?
There clearly is. It is a matter of attuning to it.

Even before creating the Kosmos Journal, Nancy found herself being drawn to the United Nations. She wrote: “In 1987, I suddenly had an inner calling to expand the work I was doing to the global level. Now my questions became even larger. How does one apply spiritual principles, developed for individuals, to global affairs and all of Humanity? My doubts expanded too – I don’t know anything about global affairs.

“However, by this time I knew the wisdom of overcoming my fears and trusting inner guidance instead of my rational mind. When one is committed to service, somehow the right colleagues and companions appear to help. And indeed they did. I soon had an apartment in New York City opposite the United Nations. I thrived at the UN.



“From 1987 to 1991, I continued to learn about global affairs. I was consumed with learning about global affairs and making friends with the international community.

“I wanted to understand why we fought destructive wars with one another and elected to support corporate profits rather than the environment. Why did nations act in their own self-interest rather than for the common good? What could we do about it?

I co-founded the Values Caucus in 1996 and the Spiritual Caucus in 2000 at the UN. Both Caucuses dove deeper into the causes of conflict through discovering the diversity of worldviews and cultural values. We successfully lobbied for language and new concepts in international documents and treaties—for the inclusion of life-long education and spiritual values.

While learning about worldwide humanitarian efforts, I developed healing techniques for secondary traumatic stress in the former Yugoslavia with a USAID grant. My concern was not limited to my own country, but to humanity. At the UN, they say ‘humanity’ is the most common word spoken. This was why I was there. I identified myself not only as a Monk in the world, but also as a global or cosmic citizen.

In the process of our UN work, we began to identify the NGOs, staff, and ambassadors whose perspectives were global rather than national, and whose policies reflected universal deep values. In 2000, we formed a small group of globally conscious, spiritually oriented people from different continents. This was the beginning of what eventually became Kosmos.

HOW KOSMOS STARTED

“Kosmos Journal is for those who want to understand and participate in the era of transition from an industrial society to an information/people’s society. The first issue of Kosmos was published for \$2500, a gift of Lifebridge Foundation.

It was 2001 and we were beginning to see signs of the breakdown and breakthrough of consciousness, cultures, institutions and civilizations. Science had now proven what contemplatives have known for centuries. Since then, our support has grown immensely, and our purpose has evolved with increasing clarity.

Scaling up our concerns is an inherent part of our roles as global citizens. In 2012 the UN conferred Consultative Status to Kosmos in recognition of its global work. We have had visitors from 195 countries to our website since we began recording this statistic in June 2011.



“Citizens from around the world, working together to demand that world leaders take stronger steps to address such urgent global issues as human rights, climate change, sustainable development, poverty alleviation, the prevention and elimination of conflicts between countries, and more.

“The new civilization and culture we all yearn for is based on global human awakening to a giant worldwide reflection and contemplation on who we are and why we are given the gift of life on planet Earth for these few short years. My questions are:

- What is our role in the vast universe?
- What is our responsibility to care for the natural world—our mineral resources, plant-life and animals—that have given us a home and nurtured and cared for us for 3.8 billion years?
- How can we get along as one humanity celebrating our diversity?
- Will we be able to organize our institutions and creatively innovate our future in time?
- Will we use our self-reflexive consciousness to develop our inner capacities to make the transition from an industrial age to a new civilization that benefits all?
- How do we transition from dominant, hierarchal power to distributive power of the people?
- How can we educate the whole person—body, mind, and spirit?

- How can we communicate with different cultural value systems—tribal, traditional, modern, postmodern, and integral—to find the value of each perspective?
- How can we innovate while preserving the sacredness of nature?

These are the burning questions that Kosmos addresses. We are grateful to our brilliant contributors and artists who address these questions with both head and heart, inspiring, challenging, and stirring our loyal readers to purposeful, sacred activism. The commitment of our community comes from a deep place of intuiting the future and caring deeply for our children and future generations who will inherit the earth we leave behind.”

Nancy retired and since 2017, Rhonda Fabian is the editor of the Kosmos Journal.

HOW HER INNER LISTENING STARTED

Nancy: “When I was 24 years old, I was totally paralyzed with polio (except for my arms) and was diagnosed as a hopeless case. As I lay for months unable to move without help, I found myself reflecting on the important questions that my condition induced. Is life worth living even if you can’t move? My resounding answer was, ‘Of course’. I have the most precious part of life as I can still think about creative ideas and communicate with others.

Yet years later, my capacity for survival was again stretched as I divorced and was living on \$75 a week, supporting three beloved children and working two jobs. I felt unloved and desperate. I even contemplated suicide.

Finally, a day came when a delicate, but radiant pink rose dropped into my mind’s eye. I was breathless contemplating its beauty, and with every inner glance, my heart began to open wide again. And it spoke to me. ‘You are looking for love in the wrong places. Love is a part of you. You just need to BE love. You can smile at a stranger anywhere. You can give love wherever you are’. This realization totally changed my life.



“I now believe this transformative experience signalled a movement towards living more as soul. Love and beauty became central to my life and have expanded ever since. The beauty of that delicate flower has stayed with me throughout my life as a sacred symbol of transcendent love. It is this kind of beauty I tried to share with Kosmos.”