

Friday Group C SELF

The group asked the question if we could present as a group, since no emergent leader appeared. We determined over time that we could and that we would aim to create the living concept, embodying it, if we could, in the structure and the teaching. We determined that this form offered a sound teaching methodology (an emerging one) and as an experiment we knew it could not fail, since "failure" would simply be feedback.

Out of our early sharing and the idea of "my relations" being all that we touched, embraced, rejected, loved or hated, we created an experience in which the whole group would sit, in alternate places to our guest/participant group and each of us would share, moved by the "spirit" or our opening to Self those of our relations that we wanted to introduce to the rest of the group. We fine tuned the structural and group dynamic aspects of this exercise and agreed not to rehearse or know in advance what each of us would share when the time came, nor even decide who would start the sharing but allow that too to be defined by the sense of movement of Self, by the field that we were intending to create. A personal and theoretical discussion allowed us to be grounded in the idea that Self was there in each of us in both the personal (particular, unique) and in the universal and in between.

The exercise went as planned and was very powerful in the creation of a field, the sharing of introductions of our relations to the group (relations included, among others, family members dead and alive, pets, friends, political people (unloved ones), places, ideas, shadowed aspects of ourselves, etc) all was very moving. The second instruction was an invitation to the others in the group to introduce their relations and the sharing continued within the same high energy field. When everyone had shared we talked a bit and decided that we needed some personal contact with eye contact, did that and then closed with a circle, hands held, more sharing and a move (in a timely fashion) to dinner. Respectfully submitted by Didi who swore she wouldn't be a scribe and cried in the exercise to boot. DD