

Self Realization

Group E

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Teaching Points

1. Self Realization is both an on-going experience/process and it's a peak experience
2. Consequence is a sense of openness towards self and others (empathic nature)
3. Can include experiences of boundless energy, love for self and others, and compassion for self and others.
4. It is a unique experience for an individual and the uniqueness is a universal experience.
5. Includes presence and a sense of sacred space
6. Can include experiences of not knowing, meaninglessness, life traumas, bottom dropping out of one's life, i.e. dark night of the soul.
7. There can be a sense of directionality – both a sense of a call, i.e. this is the way to go and a “hitting of the wall” before one can see a different direction. Directionality doesn't necessarily inform one about the world. It's a personal moving among, around & forward.
8. It's not self-aggrandizement and it is become more fully me (authentic self).
9. It's always there.
10. Access to Wisdom – a sense of knowing what to say, what to do, being a presence.

Training Tips

1. Less is more; keep it simple
2. Draw on participant's experiences, allow personal experience to teach
3. Pointing people in the direction of their imagination and then get out of the way
4. Can ask group as debriefing, “So, what did we learn about ____ as a result of this experience?”

Exercise/Experience

A. Remember a time..... when you may have experienced pain, or loneliness, or hurt... A time when you experienced a disruption in your life, as if the bottom fell out for you. (Pause) Allow yourself to fully experience this memory. Perhaps you are feeling despair or some other emotion. Know you are safe as you remember this experience, it is not happening now, this is a memory. (Pause)

Now look back on that experience. What brought you through it? Where was the hope? Where was the help? (Pause)

Invite people to write or draw about this experience. Invite to share in dyads or with whole group.

B. Remember a time when you were most fully yourself.... Allow yourself to fully enter the experience. What do you notice? What do you feel? (Pause)

Invite participants to write or draw about this experience. (Pause) Invite to share in dyads or with whole group.

C. Close your eyes... Allow yourself to become in touch with what you are experiencing right now as a result of people sharing their experiences. What is the essence, word and/or image(s) that come to mind? Allow yourself to make contact with this.... Allow your imagination to become available to you. Ask yourself, what would my life be like if I allowed this experience to be in my life more?

Invite participants to share with the whole group.

Thank everyone for participating and sharing. Close.