

**WILL GROUP
THURSDAY MORNING**

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Mary Kelso, Scribe
Robert Anderson
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Shamai

BRAINSTORMING

1. Importance of speaking about the qualities of the will – And the interrelationship with the self.
2. Stages of the will
Purpose – Intention – Zest - Motivation
Deliberation
Choice
Affirmation
Planning
3. ASPECTS OF THE WILL –
Strong Will
Good Will
Skillful Will – Emotion and Imagery connected
4. Spiritual Will – directs the will
5. Development or discipline of personal will – an act of will where you have to persevere in a particular way.
6. Connect higher and personal will
7. Yin and Yang aspects of will – to do disciplined activity the personality has to surrender – choice often involves a surrender of ego. Using the will to transform consciousness.
8. Will is not in the soul so does not continue on into other lifetimes – It dances around the soul.
9. What is the will?
Inclusive definition – including early experiences --- early guiding – how does parenting support or deny the will?
10. The twig of the will
11. Development aspects – the 2YO is expressing something and so is the 52 YO – Differences exist in each phase?
12. Exercise -- a timeline of how personal will developed. What were you like as a child? – what helped and hindered the development of the will?
13. Change between the observer and the action of the will
14. Relationship of the individual will and the surroundings – individual are not autonomous from their surroundings. Fluidity between the person and their environment. Transpersonal quality.
15. Create an experience of the will – Do this prior to the didactic information as the experience is the best teacher.
16. When people reach the place of interdependence there is a group will. It has positive and negative aspects – it can take a person away from their own experience or amplify it. What do we need for group will? Group will needs Coherence – Inclusion – Trust – Silence, Patience Slowing down Humor Respect Honoring all input .and

Listening, Focused and directed by intention and also to be flexible, Responsibility to self and to group, Time and Process. Coherence develops as a result of all these aspects.

17. Groups is not always harmonious.

18. Dissonance and disruption need to be respect and also controlled. Creativity of the will involves disruption and there is compliance. The self complies and may need to dis-id so that.

19. We chose the persons to make the presentation although there was discussion of a team presentation. We chose trainers and collaborative mentors (CM's).

20. Mass consciousness -- Group does need to focus about people also need to dis-id and that is the dance. The pressure of the group norm needs the guidance of the individual will. Deadening of the individual will indicates this.

21. Personal "I" stays connects to group "I" DRAWING The will is no longer coming from the right place

22. The experience of the rightness of the will

23. The scapegoat complex – Subpersonalities of the group – Scapegoat also serves to process unrelieved pain. In group life there needs to be a healthy way to self correct – rather than to "sacrifice the lamb." Both individual and collective need to complete need. Can this becomes complete and guided

24. Adhere to purpose – Continue to check out purpose

PREPARATION — Various ideas came in "popcorn" style

Trainers remained with the group and expressed ideas about how they might present this material – We started with experiential and we struggled with enacting the concepts.

Self pulled in various ways – Ex intuition pulled in by the strong will was enacted.

Example of 1-2-3 Strong will would push you back

Skillful will would dash you to the ground.

Goodwill would dance around you.

FELT SENSE

Reflection on prior experience. "We need an experience of the will to understand it". RA

Mentors suggested a concrete example – planning a vacation.

Reflective meditation – Think of a time when you experienced being willing being –

Extrapolate the qualities -- Evoke from the group the qualities -- Act of Will requires an act and go through stages – evoke a dilemma and go through the stages It is important for each person to be personally connected to the lesson.

Teach all steps so each person has an individual experience. – Group still did not wish to let go of body experience.

Give them a way to complete a group task. – Simulation – Video games help children practice many games

Mentors worked on accurate listening

Levels, stages, aspects of will were clarified..

A Quality of the Will -- Embodiment may be an "Energetic Will" emerging. We are tracking how energy moved in the body. Elders led teachers into further experience of their experience of energetic will and how to translate into group leadership.

Trainers must both stand in their experience and also step into the student's experience.

Safety level for enactment needs to be very high.

Role Play was useful for mentors

The body is in the experience even if it is not in motion.

Imagery is a real experience.

Mentors invited trainers into their strengths – Work as a team. One trainer spoke out of clarity and one out of confusion.

Use the will in a way that succeeds. Let's choose a small piece of the will
It exists -- here's an experience. And it's there in you! Stay with your rightness and
your understanding of it.

You've given us the gift. The Will and I.

THOMPSON AND LACEY TRAINER DEMO #1

Explained why they choose to present.

You end up teaching what you need to learn – Will was never taught in PS program Scott attended.

Experiential material was shared in dyads. Issues of group explored and facilitators struggled. Merge into exercise of synthesis of the opposites. When we are over identified at either polarity we have strong energy attached to either choice.

No decision about an issue may still require an act of will.

Capacity exists to exist in both poles – pick up sticks – we may need to disidentify. Notice what the two poles are and at that point you have maximum choice.

If bias exists disidentify from one. That may give freedom to realize the true value of each choice.

When you are in the place of observation of both places it is possible to open to higher will.

When one is in a place of pure awareness the moment before movement you have access to transpersonal energy.

There was a knowing that comes from the body and use of the hands in the exercise made that knowing available to a person.

What did I learn for myself?

FEDDBACK

Trainers expressed the enjoyment of the process. Speed of meditation questioned. Was good for the group.

"That's right."-- Affirmation for one person; yet difficult for another.

Teaching off the experience was new to one of the trainers – "All I needed to do was repackage the teaching point."

Importance of directions and how we invite people into the work – Opposing options were requested but questions/directions were slightly different for each hand.

Suggesting number of breathes to participants may be confusing. Five breaths took someone into hypnosis.

Use of voice in will training – a naturally hypnotic voice may need to be crisper.

LEHMAN AND SHAMAI TRAINER DEMO #2

Introductions and why they were presenting.

Attempting to present the entire topic as a whole.

Experiential –

Centering Exp. Breath in and out – letting go of the extra stress that we don't need at this time. Remembering that we have completely what we need here and now. The place we are in is a safe place. And everything is just right for each one of you. Feel like you are here now.

Didactic-

FELT SENSE

Reflection on prior experience. "We need an experience of the will to understand it". R

TEACHING POINTS – ANTICIPATED LEARNINGS

Review a change process personally

We all come with our perception of our will and personal cooperation needs to happen in our training.

The word "will" is neutral and not emotionally laden – There are many ways to use it – IT is not a four-letter word, like diet. The freer we become with it the more authentic it is. The will is directed from something higher. Will is something we have in our hands and can utilize it – it is a tool. We can use it in many different ways. Focus – Discipline comes to mind.

I am in instrument for the will to be expressed.

Stages of the will

Purpose – Intention – Zest – Motivation – I just want to have fun.

Deliberation – I want to take a trip.

Choice – There are several ways I can travel and many places I can go.

Affirmation – I restate my willingness to be with the place I have decided to go.

Planning – I go into action with my ideas.

Direction and the Execution

Will is like a channel for things. Each part of it is important and it is not time limited. All parts are equally important for each part to manifest. It is wonderful and it can be awful; if it is misused. It is a gift we have.

ASPECTS OF THE WILL –

They are not different and all serve us.

Strong Will
Skillful Will
Good Will
Transpersonal Will

EXPERIENTIAL

And in this space I invite you think of a time or a place when you were able to make a meaningful choice in your life. See yourself in the process of making that change or choice. What was that like for you? To be able to choose? And what was it you needed and what supported you in the ability to make that choice or change?

.....as you are in this moment how would it express itself

And when you have a sense of that bring it back to the room and we will take it to the next step. "If you need to jot down a few words take a moment to do that.

DIDACTIC

Aspects of the Will described and then correlated with participants' experiences.

John Parks shared an experience of strong will that had a background of a spiritual will. Presenter reframed it as also containing skilful will. Concept of energetic will was introduced.

FEEDBACK

The process of using English as a second language to train was addressed. A safe environment was helpful. Establishing a safe container in the beginning helped the trainers as well as the participants. The trust of the participants was very important to the trainers. Time that was taken seemed helpful to the audience. Being totally present was an extremely important quality. Searching to express from her experience pulled in the audience.

Discussion on the order the aspects of the will were presented. Assagioli presented them in the order of strong, skillful, good and transpersonal. If we are presenting a new idea we need to present it as our own.

Interesting choice of words – the idea of the stages of will being like the links of a chain was helpful. Audience might have been invited to present their own ideas.

Good timing of experiential leading.

Teaching the experience of the will and never using technology or the words and pedagogy of any medium. Lenore shared her experience with Women's Circles. Medium needs to reflect the person/s we are working with. In working with the dying the stages of will are utilized and yet are never spoken. We need to be aware of the medium that resonates with our soul and where our soul force emanates.

New teachers are creating the new forms of psychosynthesis. This is important or the discipline may die. Don't give up what we knew when we came into PS, but integrate what we come in. Do know PS in a precise way.

The enemy of what is trying to happen is what already exists.

**WILL
LEHMAN AND SHAMAI
TRAINER DEMO #2**

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