

Thompson and Lacey

Will

Teaching points:

1. Will is one of the two functions or aspects of the self, the other one being consciousness
2. Like any other psychological functions it has the potential to be under or over utilized, e.g. receptive vs. active, aggressive vs. passive, will-less ness vs. will-fullness
3. Suffering exists when one finds oneself over identified with either extreme or in the tug of war between these extremes
4. The possibility of the experience of balance exists within us. This is the experience of pure awareness. It is a STATE OF equipoise, like the moment before movement. The experience of awareness allows for the maximum capacity of choice.
5. When we are in self we are consciousness and will and have access to Self
6. Will relates to the star diagram
7. Balanced will leads to the harmonization and synthesis of the personality

Outline of the presentation

1. Welcome and introduction of selves
2. Experiential exercise:
 - a. Close eyes, anchor self in breath
 - b. Visualize opposing “choice”, one in each hand
 - c. Let an image arise, dialogue with the needs, wants of each side
 - d. Consider the pro’s and con’s of choice involved
 - e. Sense it’s weight in each hand
 - f. Switch to other hand and do the same questions
 - g. When finished with both, gradually allow the hands to come together, according to their own timing
 - h. Clasp hands and bring towards body, to cover heart
 - i. Notice how you feel
 - j. Open eyes, bringing awareness to room.
3. Sharing of the experience in pairs and teaching off the experience.
4. Internalization of experience “what did I learn?”