

NEPAL PJD PROCEDURES 1 & 2 September 2011

DAY 1

Session One: LIVING IN THIS WORLD (195 minutes)

Practical Result: Raising awareness of the reality of TWLI, recognizing the option of saying “yes” to it.
Experiential Aim: Experiencing an expanded awareness of the world and myself; being able to say “yes” to my experience, objectifying and acknowledging my profound journey.

20' Introductions: All of us are on the profound journey and it's good we're here to dialogue about it.

In a few words, please share with the group:

- 1) Name
- 2) what attracted you here to PJD?
- 3) one role you play in life?

20' Context and Agenda:

* PJD The *metaphor “profound journey” is about every person’s individual life journey. This weekend is an opportunity to remember what we already know about who we are and what we are about as human beings in this world that is dramatically evolving, and a time to explore the role we choose in the future what we are calling the “not yet”.*

There are 4 sessions:

Session ONE: Living in this World is a dialogue about The Way Life Is and our inner response or relationship to it. It is about what is going on inside us as we, individually and as a part of the Earth community, respond to our personal environments, our life conditions, natural events, and the impact the actions of others have on us.

Session TWO: TRANSFORMATIVE EVENTS is a dialogue about the wisdom or self-knowledge that has emerged from the life-changing or transforming events that have shaped my life.

Session THREE: MANIFESTING MY SELF-UNDERSTANDING is a dialogue on how I decide to act out or manifest my self-story in the midst of the “givens” of my particular internal and external environment

Session FOUR: LIVING BETWEEN THE NO LONGER & NOT YET is a dialogue about consciously living in each present moment out of my deepest self-understanding of who I am and what I am about. It is about what I envision myself to be about in the next minute, tomorrow, or in the future.

The Process for each session will include – 1) Context on the session focus and selected readings, 2) Huddle (small group) guided dialogue, 3) Personal journal reflection on your own life journey, and 4) large group sharing.

Session One

How we experience every aspect of the world around us and the response I have decided to take to this life. When have I experienced being driven to know, to do, and to care and at the same time experiencing limitations.

25' The World I Live In: Let's take a look first at the kind of world we are living in today. What's taking place on our planet? (Large world map and picture of the universe on wall)
What news/events have caught your attention recently? Get comprehensive topics, geographical spread quickly – not too much data (political, economic, environmental, social, nature, science, cultural, technological, leadership, youth, elders, workers, entertainment, education, health, business, etc), great, traumatic, hopeful, disturbing, etc.

35' Huddles: We've looked at examples of what is happening in our world today. It's not just a matter of keeping up with the times, but more, **How do I relate to a world like this?** What relationship do I take to the mysterious reality at its heart? Let's look at a brief passage in our Huddles to think about how we relate to whatever our situation is.

Read Bultman excerpt.

O = Words, phrases stand out; others; anything else you notice?

R = Which phrases resonated with you? Caught you off guard? Uneasy? Confused? Metaphors you might use?

I = Which experiences mentioned have most often? Someone describe what longing and desire for love is about? How about cast into solitude? Others?

D = How do you talk about what he means when he says, "beyond time and master of it...."? What name do you give it? Other names? For you that experience is what – how do you describe it? What name do you give it? (like the Force in Star Wars). What difference does it make how we relate to or name that "power"? What is your self-story about your relationship to all of the aspects of your life that Bultman talk about?

15' Break

20' Personal Journal Reflection: Your Journal in back of book on colored pages – some forms to use for each session, plus extra pages for reflections/questions/ideas you want to remember. Chart your life (birth to now) with events of your life (both personal – great, terrible, ordinary – and world events that were particularly important to you).

Name the whole thing – to represent your self story about the way your life is and your relationship to it.

10' Quick Huddle Sharing Share any learnings/insights about yourself or the world you're a part of. Share the title of your story and implications for you.

30' Big Group Sharing Share some of the names, variations, mixed responses to individual's lives. In bringing to a close this session on "The Way Life Is", lets capture some insights from your own experiences along with Bultman's as it seems he has something important we need to know about the way life is. Some things drive and yet limit me. (Big Arrows on flip chart). Someone name some of those for you – get up 8-10 couplets that drive/limit. What are some of the names you gave to express how you feel/believe about this world? (some affirm, some deny, reject, hate, etc. What difference does it make what you name it?

10' Journal Reflection on what drives and limits you

Lunch

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**Session Two: TRANSFORMATIVE EVENTS IN MY LIFE (250 MIN)**

**Session TWO TRANSFORMATIVE EVENTS** is a guided dialogue about the wisdom or self-knowledge that has emerged from the life-changing or transforming events that have shaped our lives.

**Practical Result:** To recall and share transformative events in each person's life; to become aware of my self-story and discover the wisdom that emerges from those transformative events.

**Experiential Aim:** Becoming aware of the possibility of universal acceptance of my life (as it is), and that I have the choice to accept my acceptance by life itself.

**85' Whole Group Introduction, personal work & sharing** – Review how session 2 follows session 1.

25' Get a few examples of people's life changing events out, then do individual brainstorm to add life-changing events to personal timelines in your Journals (some may already be there). Circle them in Red. Consider why these events stand out for you? The change is from what to what? How did your values/behavior change after these events? Write reflections in journal.

10' Choose one or more to share with a partner.

20' Now choose the one event circled that resulted in the **most radical transformation** in your own understanding of who you are and what you're about. What was the new self-story you created? What did you learn about The Way Life Is from this transformative event?

10' Share with a partner.

20' Whole group sharing – who would like to share your profound truth about life from your transformative event? What new clarity has come to you as a result of this reflection?

**15' JWM Example** as 1 person's new self story and symbol that spoke to him and reminded him of his new understanding.

**Joseph W. Mathews**, a founder of ICA, told his story about the truth that undergirds The Way Life Is for him like this: **X**

**“From the depths of life comes a word ... comes a profound truth ...**

that **All Is Good** just as it is, and in spite of all the suffering in life;

that **I Am Received** in spite of my bag full of neuroses, fears, and faults;

that **My Past Is Approved** in spite of all my personal tragedy and my mistakes;

and **My Future Is Open** in spite of all the world's crises and all my problems. “

1. Looking at this symbol and summary of his self-understanding, which one of the four components of his story most resonates with your own self-understanding? Why?

2. Which one of the four components is most difficult for you to accept as true? Why?

3. Which one of these four components do you desire or wish was firmly rooted in your own self-understanding? Why?

Let's go into Huddle guided dialogue again, read another person's transformation description, and relate that to our own experiences.

**15' Break**

**75' HUDDLE Tillich**

Read the passage aloud, then go around and each one re-read a sentence.

O – Let's get clear on what the paragraph says. Words/phrases, who or what accepts you? What do/don't do when this happens?

R = What line jumps out for you? What kind of voice is that for you? Which lines please, confuse, disturb you?

I = He happens to use the word “transformation” to name this happening. In your own words, what does

it (T) mean?

Look back at your life timeline in your journal and the transformative event/s you indicated. Choose the one/s you would call a “**T**” event. Share with the Huddle group.

As you listened to others, what was similar about our stories? Different? What made these events truly transforming? What truth about life is revealed to you? What is it like to “accept your acceptance”?  
D = Turn back to **your Journal** to reflect on your own experience – what words, phrases, statement, poetry, metaphors.... Describes/holds it for you? Create a simple symbol to hold your description. Share with group.

**15’ Break**

**45’ Big Group Sharing** Share key insights from each group. All hold up symbols for all to see. (put on wall??)

Bultman, Tillich, JWM all assert that everybody experiences these dynamics – they are universal. So let’s go back to JWM’s 4 dynamics in his symbol/story and see how our’s relates for a deeper reflection on our own.

Put up and point to following quote in the participant notebook:

“At any moment in time we are always acting out our self-understanding.” - JWM

Once one has experienced “transformation” and is awakened to the fact that he/she is accepted,

1. What does it mean to act out of “I am accepted” or “all I have done and not done is forgiven?”
2. When this is one’s self-understanding, what does one do? What types of behaviors are common?
3. What actions or behaviors might one stop doing? What thoughts or self talk might one stop having?
4. Point on the JWM Symbol to ALL IS GOOD. How is someone’s behavior or way one acts this out different than someone whose self-understanding is “Only some things are good”?

You may have some other story – what difference does that make?

During the next session tomorrow morning we will be asking: Just how does one act out or manifest their self understanding?

End of Day 1

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DAY 2

**Session Three: LIVING RESPONSIBLY - MANIFESTING MY SELF-UNDERSTANDING
(185 minutes)**

Session 3 LIVING RESPONSIBLY is a guided dialogue about how I act out my self-understanding and purpose, and how I do that responsibly. How do I make choices that include being responsible to both my obligations and my freedom?

Practical Result: To clarify who is the Neighbor that I’m responsible to serve on my profound journey, recognizing my capacity to choose the highest good.

Experiential Aim: Wow – I sense the freedom for conscious responsible action to my neighbor and to myself!

10' Check In – To get the group in and connected again

Review- what we've done Day 1 and where we are:

Session 1 - The World We Showed Up In

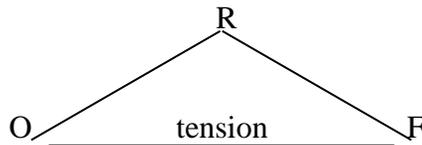
Session 2- Transformative Events and our self story (Focus on images from the first day - sessions 1 and 2)

Now in Session 3 - Will look at how we act out our understanding, purpose and what it means to do that responsibly.

30' Introduction:

- * Think about how you're acting out your self-story now. Maybe a visualization:
- * Where do you find yourself being a victim; feeling hopeless or helpless, disempowered, discouraged?
- * Where do you find yourself fully engaged, fully empowered, revitalizing your relationships, your community, your work, yourself?
- * How do you talk about what drives you, gets you out of bed in the morning?
- * What's the burning question for you regarding how you respond responsibly to what you care about?
How do I make any decision?
- * Look around, observe, judge, make some kind of decision and act on it (a natural process)
- * Q: How do we do this in a self-conscious/significant way for ourselves?

On page ?? is a reading I find helpful, "**Making Decisions Responsibly**" * Read through, and draw the wishbone, F and O and R (Get the image up)



20' Journal Writing Time – (on your visualization and Bonhoeffer and the questions above)

60' HUDDLE: A paper by Thomas Berry which will expand the image of neighbor to the Universe.

- * Who is my neighbor really? * Am I really obligated to anyone? * How free am I?

Read the paper aloud - read by the Guide, all the way through, slowly.

- * Tell participants to underline important phrases for them as each paragraph is read by a participant.
- * Share some underlined phrases; tell us which paragraph or sentence they're from.

* Questions

- para 1: Who or what is my neighbor?
- para 2: What are the implications for politics and economics?
- para 3: Implications for cultural understanding?
- para 4: What does he say about killing?
- para 5: Why does he say we need to be re-educated? And about our human role?
- para 6: How do you understand On Behalf Of?
- para 7: So, who is my Neighbor?
- para 8a: Then, what is our calling? What is the Great Work?
- para 8b: What part of the Great Work are you called to do? What can you do/or are doing? Sustains and energizes you in your caring?
- para 8c: Who chose you?
- para 8d: What will you take away from Berry's paper?

20' * Personal Journal Work: Reflect on what is/might become my Great Work? What's new for you? How does this relate to making responsible decisions, my obligations, and my free choices?

45' GROUP DIALOGUE

* Anyone have anything they want to share with the whole group

* **Responsibility song:** Context- What we've done so far. Sometimes music helps deepen our reflection. Let's try it. Know "Yellow Submarine" Hum it through several times. Another group wrote these words to that tune. Let's sing this. Now go back to your Huddle group, take this tune or another you like, and use your images from the Berry paper and journal writing; go back to your huddles and write another verse (verse and chorus). (Maybe they do this over lunch, then come back and sing it after lunch... Gets us into Session 4)

LUNCH

Session Four: LIVING BETWEEN THE NO LONGER & NOT YET 240 minutes

Session 4 LIVING BETWEEN THE NO LONGER & NOT YET is a guided dialogue about consciously living in each moment out of our deepest self-understanding of who we are and what we are about. It is about what we envision ourselves to be about in the next minute, tomorrow, and in the future.

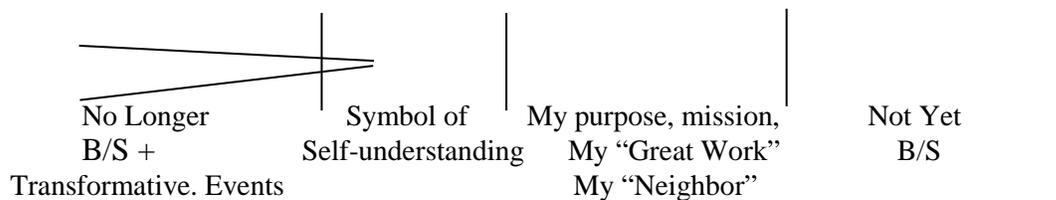
This is the **deepest level** of the PJD event, thus it emphasizes bringing forth the depth wisdom of the participants. It comes as Ah ha's and resonates as universal truth.

Practical Result: To clarify what it means to live consciously between the **No Longer** and **Not Yet**.

Experiential Aim: For the participants to experience the fear and fascination of living on the point between the **No Longer** and the **Not Yet** and thereby experiencing the solitariness as well as being in community with others who have made similar decisions.

20' INTRODUCTORY EXERCISE

Welcome to Session 4. Introduce the session as no longer and not yet that is possibility for creating new meaning in one's life. (Have diagram on the wall). Give a few then get from them examples for NL (working style, what used to give meaning doesn't now, behavior/morals, social acceptability, what used to capture our imaginations, communications, media, what else??), the for the NY – those things haven't yet come into being but there's a glimmer/feeling about it (life styles, consumerism, education systems, eating habits, affordable transportation re money/resources, design/care for poor, multi-sector dialogues, what else??)



15" Individual Journal Work Now turn to this same diagram in your notebooks p._____. Continue adding to NL, NY, add any of your transforming events that seem to hold clues for your future, add your

symbol and statement from session 2, your best articulation now of your Great Work and who is your Neighbor. Include any changes that seem more on target today.

10' Share whatever you like from your writing with another person (5 minutes each)

25' GROUP REFLECTION

Bring group back together and ask, What did you learn about the space between the NL and NY? Maybe a feeling about it, maybe feel you've been there before, read about it in books, anything that comes to you
**Just what will it take require of you to be out there and consciously stay between the NL and NY?*

CONTEXT

Context for the Wedge blade image: Like "being naked in downtown Kathmandu". Get at least 1 example – what did it feel like (scared, ambiguity, cheerful, lost...)

10' INDIVIDUAL WORK

Now, open your notebooks to your worksheet [Page ____] and highlight those events where in your lifetime you have experienced being "out on the point" in the past, maybe with small wedge blades. Place on your work sheet across the top of the wedge behind the first line, having to do with your past. You may want to describe the events in a couple of words on your worksheet.

15' Break and go back to Huddle groups to dialogue about this.

30' HUDDLE REFLECTION

1. Share an experience when you were between the No Longer and Not Yet?
2. What does it feel like to be in the No Longer?
3. Why would anyone stay in the No Longer?
4. How does it feel to between the No Longer and the Not Yet?
5. Why would anyone decide to stay between the No Longer and the Not Yet?
6. Where do you feel you are at this moment? Where would you like to be? Why?
7. How does this inform your own "Great Work"?

15' LARGE GROUP

Group connection and Context

Quick sharing from the Huddle groups
What does that mean for you?

On behalf of context for personal work and then self select into working groups. Ref (Berry Paragraph 6)
Who is my neighbor?

40' Personal Work: Feel free to share with someone any time. 3 questions below written up on the wall

1. What impact do you want to have on the world?
2. What action will you take to have that impact?
3. How will you sustain your intention to be on this Profound Journey?
4. What people or community might you choose to be a part of your Great Work?

45' WHOLE GROUP REFLECTION:

(After so much reflection, it may be that people will share what they need to get said so only ask:

- What are some of the specific actions that came up? (Anyone, but make sure all huddles are represented)
- How will the world be different as we implement our Great Work (our new understanding)?

Let's transist this last session with a song to reflect on the whole experience of PJD. It goes like this:

Journey on, journey on, all humankind, future is waiting for you.

(Guide sings, then group sings with her/him, then they all will hum it a last time)

15' PJD Reflection

- If you only remember one thing from this event 5 years from now, what do you think it will be?
- If someone asks what this event has been about, in a word or two, what would you tell them?

Announce: There is a feed back form at the end of your notebook. We'd appreciate it if you'd take a few minutes to share with us. We will also send it out by email in case you have further feedback later.

THANK YOU!

End Day 2

(Optional if it seems appropriate)

- 1) What will be easiest for you to stick to? Why?
 - 2) Which ones will be most difficult, maybe even impossible?
 - 3) Which one might have the most "impact?"
 - 4) What will happen if you do not do these things? Why?
 - 5) How would someone talk about what will happen to us if we do?
 - 6) And what do you feel will be the result for planet earth?
- (Guide sings, then group sings with her/him, then they all will hum it a last time)
 Lets Review these last two days. Turn to page 4 get a glimpse of the whole event.

Level One ~ Objective 7 minutes

1. *What words or phrases do you remember from Session One? Session Two? Session Three? Session Four?*
2. *What are phrases, things that you remember that have not been mentioned from anywhere in the event?*

Level Two ~ Responsive 4 minutes

3. *Was this event more like eating a peanut butter sandwich or an ice cream Sunday? Why?*

Level Three ~ Interpretive 9 minutes

4. *Which session or component in the event did you like best? Why?*
5. *Which component would you leave out or change? Why?*
6. *During this event what did you learn about yourself?*
7. *What did you learn about others?*