

EXPLORATION

(20 min.)

THE OTHER WORLD STATES OF BEING

Other World charts

p. 250-257

These charts were created by ordinary folks from ICA. They knew that soon they and their families would be on 2-3 year assignments working and living in villages and cultural situations very new to them. They would be facilitating and empowering community development. They needed tools to care for themselves. These charts are unfinished.

- What role might The Other World charts play in your reflection process?

The charts can universalize experience. Others have experienced this before so this state of being is not a mistake.

The charts can give us language to enrich and deepen our own dialogue with an experience.

The charts can be particularly helpful when we are moving into unknown emotional territory. They can become a companion.

I will share an example of using the charts, then you can take the personal events, songs, and metaphors that you just discussed and we will work a bit with the charts. There are 4 areas of charts across 2 pages each. I usually like to start there.

Examples:

p. 250-251 The Land of Mystery: humility, infinity, wonder

p. 252-253 The River of Consciousness: freedom, self-awareness

p. 254-255 The Mountain of Care: service, world, agape (love) or

p. 256-257 The Sea of Tranquility: fulfillment, death, happiness.

Choose the area that seems most appropriate. Then go to the right side of the chart and look at the Big Feel columns and find some metaphors that are related to your experience.

If none of those metaphors seem right, go to other columns. Play with these and use metaphors to aid creation of your own

Now individually or in pairs or small group find the metaphors that speak to your situation.

Group reflection

What insights have we had about finding meaning in the everyday?

Hints and helps

Use collective awe example from Address section or personal example to connect with charts.

Example: Chris Hadfield in space: wonder (operating in no gravity)

Area A, p. 250-251.

Big Feel, Row 9, intensely enlivened, then I kept going left into...

Big Think, unleashed vitality...

Big Resolve, several: everything is simply exploding; I am really alive; the giant stirs. Moment of clarity: a strange power is burning.

State of being No. 9.

Example: ice storm Toronto

Of the 4 areas on charts, which area speaks to your experience of the ice storm? There is no right here. In fact you were probably experiencing many states of being as the aftermath of this storm was revealed. Now find metaphors that speak. Let's share these.