

PREFACE TO THE EIGHT STEPS ON THE HUMAN JOURNEY

All people live out of a daily ritual. They may not be self-conscious of it, their unaware articulations about it may be confused and its scope may be highly limited. Yet without a ritual or way of grasping their self-story, they cannot embrace the Human Journey.

This ritual must be expressed in secular language that is congruous with the 20th Century world view. Even if people use symbols from a religious or cultural tradition these have to be translated into the 20th Century in order to be appropriated. Such a translation would be some form of a secular daily ritual whether it is in an unconscious dialogue that continuously goes on during a traditional ritual or whether it is written down.

The Eight Steps are based on the structure of the Daily Ritual used in Kenya. As such they are an attempt to articulate the Human Journey that is required of each person at every moment.

Each step is described in relational or actional terms. Two further statements under each step either elaborates that step or points to movement within the event. The third item is a life quality, posture, or relationship that embodies the step.

These steps are an attempt to put in short and simple form the Human Journey. It is primarily directed toward local people to be used as a teaching tool. Some of the words and statements may seem strange to them, but they are fully aware of the relationships or events to which the steps point. Perhaps a dialogue of statements with the life postures may help in grounding the concepts.

Maybe the first use could be with ourselves in reflective conversations when going over the events of the day. Village leadership could be brought into the dialogue on circuits, consults, impact and VLIs. Continuous working with these Steps should begin to give people a way to grasp the Human Journey. Once this begins to take place, other dialogues and instruments can be utilized to expand the perception of the Journey.

EIGHT STEPS ON THE HUMAN JOURNEY

1. PASSING AWAY OF ALL THINGS.

Changing continuously of all things physical or mental, social or spiritual.
Craving for, grasping after and attachment to these things that cause greed, illusion (ignorance) and hatred.
Despair about attachments.

2. AWAKENING TO THE LIFE PROCESS.

Giving up illusions of all attachments.
Deciding this "giving up" is the controlling factor of life.
Humility before the Life Process.

3. HONOURING OF ALL EXISTENCE.

Accepting the given situation as the immediate starting point.
Embracing the oneness of all lives.
Lovingkindness toward all.

4. AFFIRMING THE AWAKENMENT OF ALL PEOPLES AND GROUPS.

Living on behalf of all.
Non-harboring of ill will or revenge.
Joy for others.

5. MAINTAINING STEADFAST COMPOSURE.

Keeping calm in loss or gain, fame or blame.
Being a revolutionary person.
Constancy of Presence.

6. SUPPORTING THE STRUCTURES OF SOCIETY.

Participating in constructive activity.
Promoting standards of fairness.
Pleasant Speech.

7. CARING FOR THOSE FALLEN FROM THE STRUCTURES OF SOCIETY.

Awakening of all peoples.
Seeking out the lowest.
Sharing with the Needy.

8. CHANGING DYNAMICALLY THE STRUCTURES OF SOCIETY.

Awakening of local and regional groups, the nation and the world.
Re-creating the structures of justice.
Equality of association.

EIGHT STEPS ON THE HUMAN JOURNEY

STORY WRITING

WORKSHOP PROCEDURES

AS INDIVIDUALS

1. Read the "8 Steps On the Human Journey" (pink sheet) through slowly. Read out loud but very softly.
2. Now read the first step over, then read the first step of the dialogue. Repeat in the same manner for all steps.
3. Now go back over the steps. Jot down experiences for each step where an experience immediately comes to mind.
4. After you have written down several experiences, reflect on them and choose the one most alive to you.
5. Write a story about the human journey within that experience (one or two paragraphs) with the following components:
 - (a) Write what happened in the event.
 - (b) Describe how it changed your life.
 - (c) What is the life question it raises in my life? Is it about my task? My priorities? My vocation? My significance?
6. Read the story to yourself. Revise as needed.
7. Reread the human journey step of your selected experience. Reread the dialogue for that step.
 - (a) What insights did you get about the human journey?
 - (b) What insights did you get about your life? _____
8. Brainstorm individually ways we can use the 8 steps for them to be effective: _____

AS A GROUP (Appoint a scribe to record the conversation).

1. Divide into 8 groups. One for each step, according to which story each wrote on.
2. Have volunteers read their stories.
3. Have them then read their insights about the human journey and about their lives.
4. Ask what additional insights about both did they get while listening to the stories. Discuss.
5. Ask each to read their brainstorm on how to use the 8 steps. Discuss.
6. Collect the stories and the scribes notes. Turn them into the group leader.

A WORKSHOP ON
EIGHT STEPS ON THE HUMAN JOURNEY
STORY WRITING

AN ILLUSTRATIVE WAY OF DIALOGUING WITH THE 8 STEPS

1. a. What are important things that people try to hold onto but that always go away?
b. What excuses do people use to say that they must hold on to these things?
2. a. Where have you had to stop telling lies to yourself so that you could give up something important that you had to give up?
b. What happened inside yourself when the giving up happened to you?
3. a. Give examples of how people treat other people in the right way.
b. What does it mean to deal with a situation as it really is, not telling yourself lies about it?
4. What does it mean to help other people to really be alive, to help them stop telling themselves lies about their life?
5. Give examples of times when you have kept calm in difficult situations.
6. Give examples of where in your village/community you have seen the need for fairness.
7. a. Who are the people who can't help themselves?
b. What are good ways that really work to care for those people?
8. a. How can the whole society be changed so that everyone is cared for and has an opportunity to participate in changing society?
b. How is the New Village Movement doing this?

Participants
Procedures

CHARTING A DAY
WITH
EIGHT STEPS ON THE HUMAN JOURNEY

1. List on the attached worksheet the 9 or so significant events of the day.
2. Write the significant events below the line under the hour when each occurred. If a large blank is left in the timeline, now write down what event occurred there.
3.
 - a. Read through the Eight Steps on the Human Journey.
 - b. As you think through each event on the timeline, write at least one 8 step number under each event.
(Note: you can have more than one step for an event.
you can have the same step number listed more than one time)
 - c. after writing down each step number(s) reflect and ask yourself why you wrote that particular number(s) under the event.
4. Choose the most significant event with its number(s) of the day for you. Circle (C) it.
5.
 - a. Draw a straight line from the key event up 2 or 3 inches.
 - b. From the top of your straight line, draw two lines connecting it to the beginning and end of your day.
6. Your day is now in two parts. Write a title for each part of your day by looking at each section and deciding what happened to you.
7. Now look at the whole day and name it with the words:
"This is the great day of _____".
8. For the most significant (circled) event:
 - a. Write down what happened in that event.
 - b. Describe how it changed your life.
 - c. What is the life question it raises in your life.
Is it about my priorities? My vocation? My task?
My significance?
9. Reread the human journey steps you plotted on the key event of your day.
 - a. What insights do you get ? About the human journey.
About your life.
 - b. Write a brief declaration about this step of the human journey.

CHARTING A DAY WITH
EIGHT STEPS ON THE HUMAN JOURNEY

A WORKSHEET

7. This was the great day of _____

6. Title: _____

6. Title: _____

Hours 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10

- 1. Significant Events
- 2. Significant Events
- 3. Human Journey Steps

1. Significant events of the day.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____
- k. _____
- l. _____
- m. _____

8. For the most significant (circled event)

a. Write down what happened in that event _____

b. Describe how it changed your life _____

c. Describe the life question now raised in your life. _____

9. Reread the human journey step you plotted on the key event of your day.

a. What insights did you get? about the human journey? _____

b. Write a brief declaration about this step of the human journey. _____