



PART I

PREPARATION FOR DEEP COLLABORATION

InTune Awareness Skills

Body consciousness

- own experience
- body language & resonance

Values in action

- individual
- shared

Becoming present and still

- group
- individual

Using your creative gifts, life purpose

- service

Acceptance, compassion

- yourself
- others

Emotional skills

- self expression
- reactive patterns

Exposure

- will
- open mind
- authentic

Mental skills

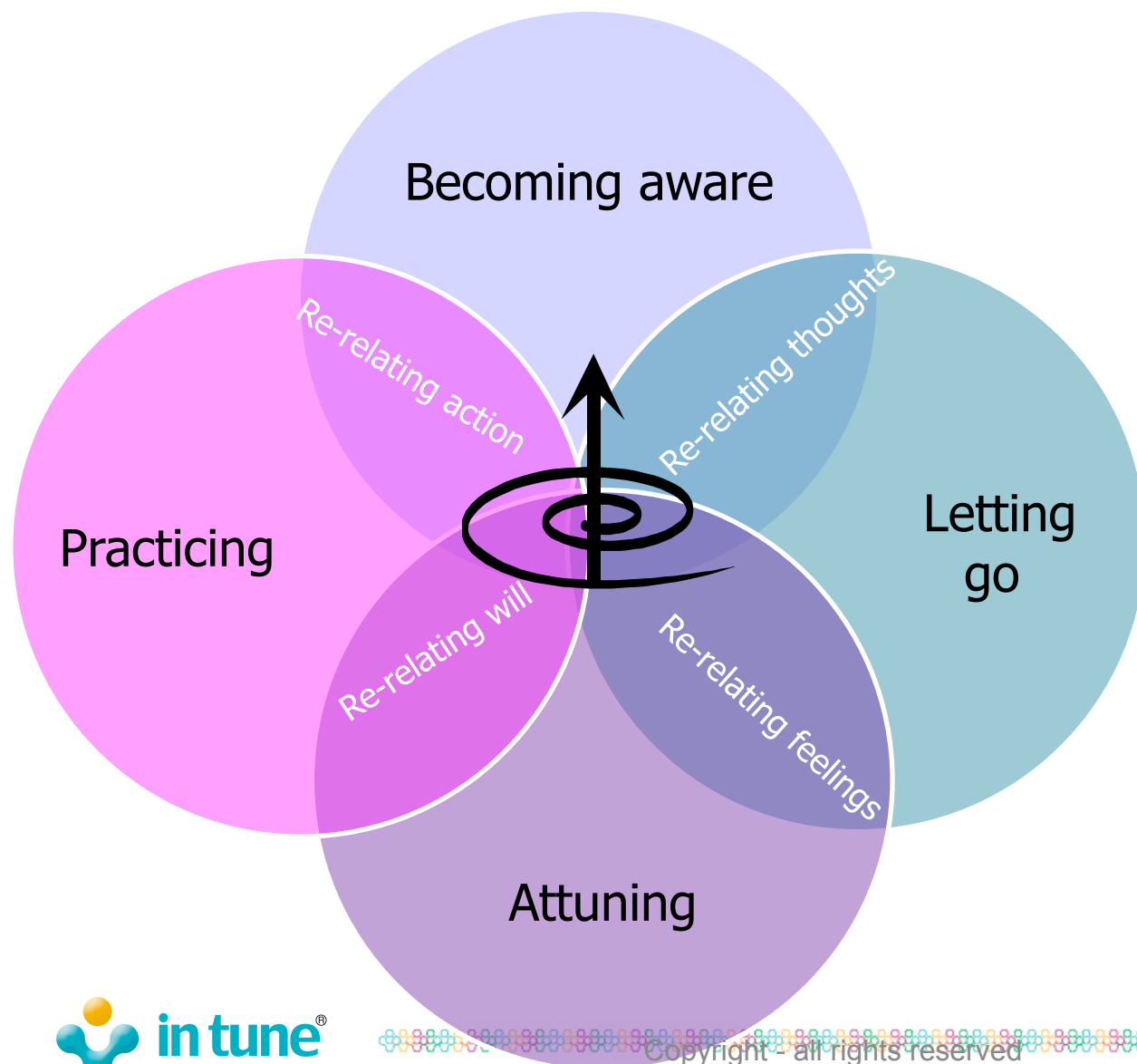
- thinking
- beliefs

encounterings

Multiple ways of knowing

John Heron

- Experiential knowing: knowing through empathy and resonance, the kind of in-depth knowing which is almost impossible to put into words.
- Presentational knowing: experiential knowing expressed through story, picture, sculpture, movement, dance – draws on aesthetic imaginary
- Propositional knowing: draws on concepts and ideas (knowing about something, expressed in informative statements)
- Practical knowing: expressed as skills, which ties together the other ways of “knowing in action”
- “I have experienced that most important is the movement between these... Even not knowing is one particular kind of knowing.” (Terhi Takanen, 2013)



There are four phases in the process:

- 1) Becoming aware
- 2) Letting go
- 3) Attuning
- 4) Practicing

The process is like a spiral, never-ending.

Working between Self and Group

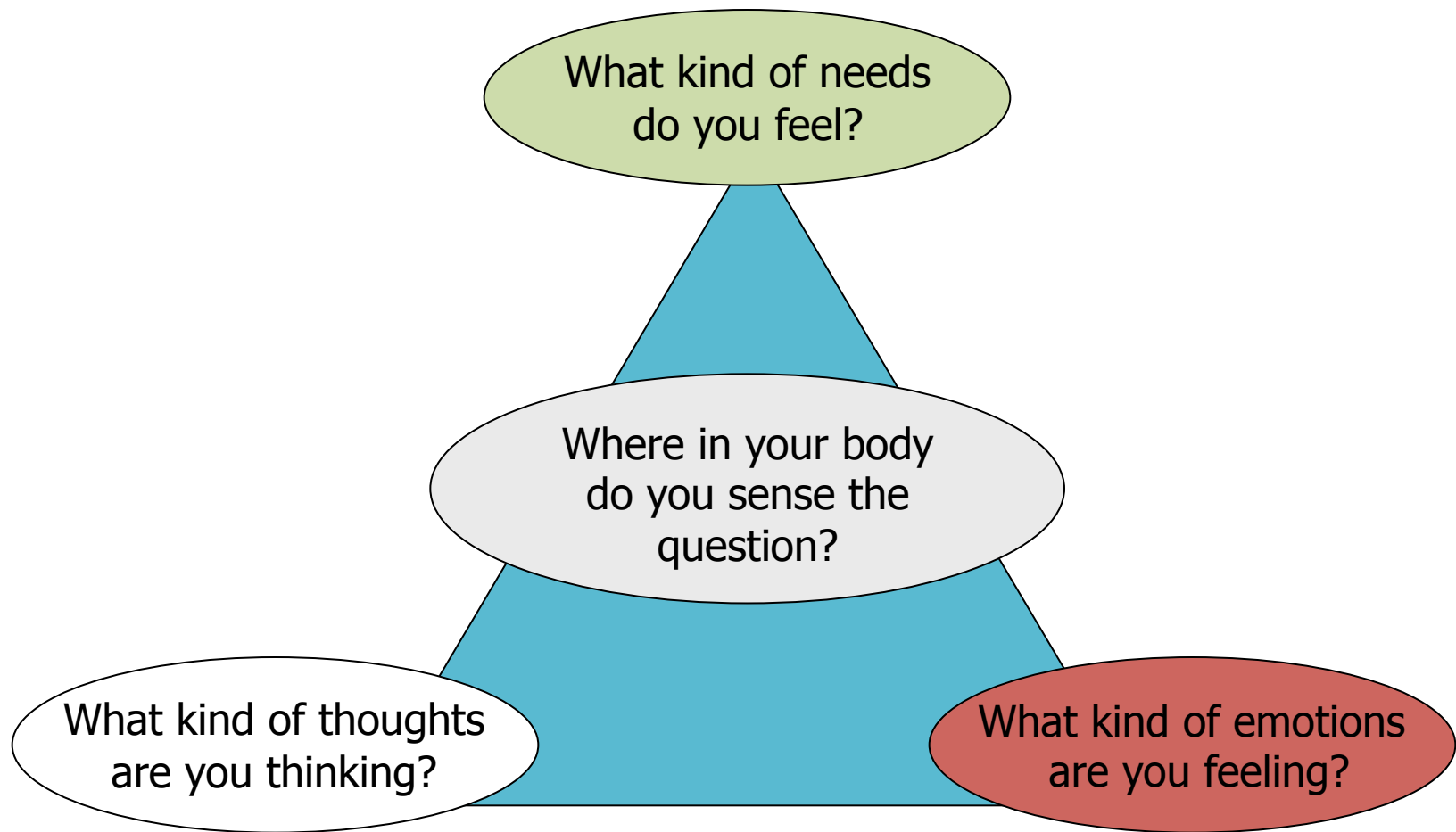


Guidelines for Mirroring in pairs

- I am fully concentrating to what you have to say
- I hear you completely
- I accept your experience completely
- I give you back what I just heard you telling me – (analysis, sense-making, advice-giving not allowed!)

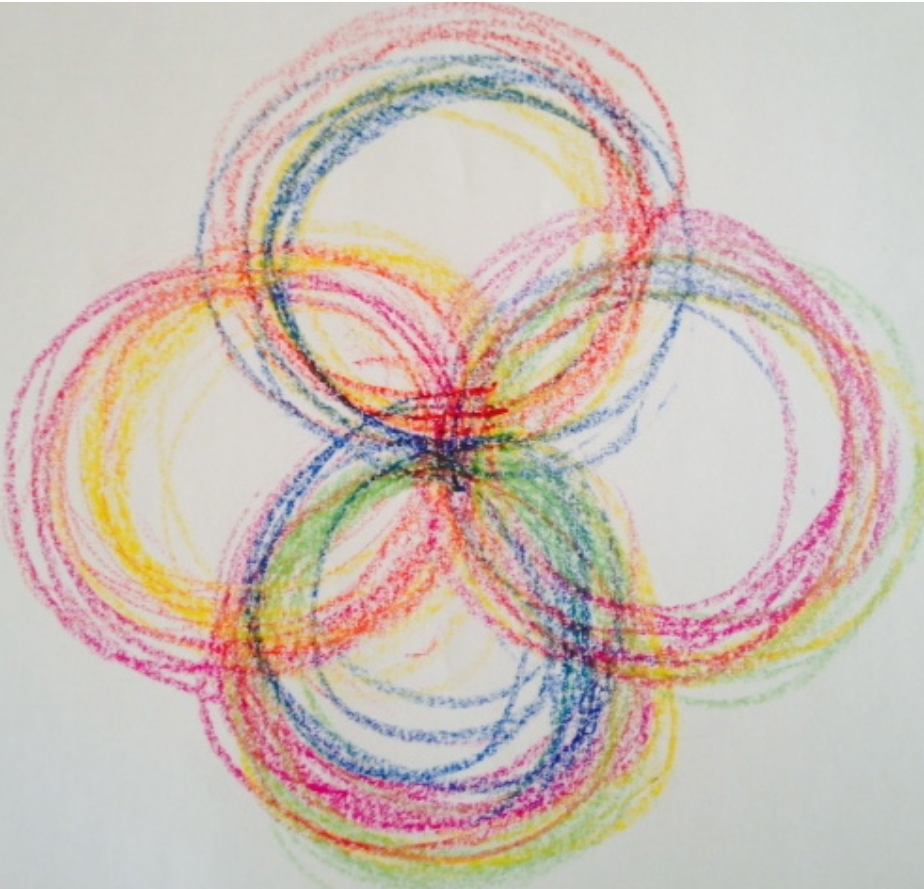
Co-Creative Inquiry Process

1. Orientation with movement
 - Resonance exercise
 - Finding the pair and mirroring each other
2. Becoming aware of your question
 - What body sensations, feelings, thoughts, needs do you have?
 - Mirroring in pairs
3. Letting go: what old patterns and hurts can you let go of immediately and what do you need to keep working on?
4. What strengths do you have to support going into deeper collaboration for higher service?



Listen what kind of thoughts, feelings and needs are related to your question?

Just listen these as a flow, don't analyse or judge them.



PART II

TUNING INTO HIGHER SERVICE THROUGH CO-CREATION

Tuning into higher service through co-creation

1. Orientation with meditation
 - Finding people who resonate
2. Emotional dialogue with your freshly found group:
 - Discuss themes of Co-creation / collaboration, trust, openness and higher service, while sharing your hurts and passions. Start by letting one person talk at a time.
 - Try to become aware of when you're talking or reacting through the ego – apply caring honesty to find your shared unpolished diamond
3. Reflecting upon the quality of the emotional dialogue
 - Collecting insights & seeds of collaboration
4. Emotional dynamics and co-creative skills

Emotional Consciousness

