

Week 6. THE “I”: MY GIFT AND WORK AS A PARENT

HANDOUT 1: ‘Self as Instrument’ ~ an Integral Toolkit



Here is a point-form summary of the Teaching Session for Week 6: a collection of practices to help us put this aspiration of evolving ourselves into action.

SELF-AWARENESS: Where it all begins...

- **Inner Landscape Mapping / Self Mapping:** witnessing your inner condition by paying attention to your **sensations**, the **images** present in you, the **emotions, feelings** and **thoughts**.
- **Inner Discernment** in relation to two selves that reside in you: the **frontal ego self** and the **deeper essential Self**. Becoming aware of the distinctions through self-reflection and careful observation (see worksheet ‘*Distinctions between two selves*’), as well as through eye gazing into an other’s eyes and simultaneously witnessing the two selves alive in you, and where you reside in any one moment.

STATE-SHIFTING/CHOICE-MAKING: A doorway to inner freedom

- **Tracking down** when a “bump” happens in your internal state... and using your awareness to make a new choice and path forward
- “**Inner Home**” visualization (see practice session of week 1 “Getting Started” session)
- Finding the **particular ways** you are receptive to both being aware of the distinction between the two selves and making a shift: through your breath, through body awareness, through context...

SELF-KNOWLEDGE: knowing ourselves, meeting ourselves more fully, so that we can be attentive to how we show up with our children, and meet them more fully.

- Applying the six core practices from our week 4 session on “YOU, the child” to ourselves.
- Eight questions to guide and expand our self-study and self-knowledge:
 1. What is my **type**?
 2. What are my strengths, resources, my leading developmental **lines**?
 3. Where am I at in my own evolution? Where have I come to in my journey thus far, and what is my next step? (**levels**)
 4. What are my priorities? (**context**)

5. What is my **past**, and what do I include, what do I transcend from my past?
6. What is my **relationship with “Yes” and “No”**?
7. Who am I as a **model for my child**?
8. What are the parts of myself I am **uncomfortable with**, that I **like to avoid**, the areas I **feel frozen in**? (connects with shadow work when touching on areas we are unconscious of)

SHADOW WORK: looking at areas, layers, material, themes, emotions, and reaction patterns in us that are difficult to access consciously, because we are unconscious of them.

- What is shadow, how to notice shadow, and why do shadow work?
- In this week’s **practice session**, an introductory experience of shadow work (3-2-1 shadow process)
 - Becoming aware of our shadow
 - Facing our shadow
 - Getting to know and listening to our shadow
 - Integrating and transmuting our shadow

PERSPECTIVE TAKING: Insight – a key to making changes in ourselves. A few examples.

- Immerse ourselves in expanded context through universe story and star gazing ☺
- Making a distinction between emotions and feelings
- Taking full responsibility for our actions and responses
- Viewing ourselves as ‘human beings’ *and* ‘human becomings’
- Not taking things personally
- Taking on multiple perspectives
- Including long-term perspective and awareness

SELF-CARE: Nurturing self to nurture other... from ‘you’ versus ‘I’ to WE.

- Some suggestions in the realms of physical self, emotional self, soul & spirit, and social self.
- Above all, offering loving kindness, as well as welcoming and receiving Great Love to self.