

Week 7. DANCING THE EVOLUTIONARY EDGE: CREATIVE, JOYOUS DISCOVERY!



PRACTICE SESSION: “Honoring the Future, Including Gems from the Past, and co-creating in the Present”

Co-creating a culture in our family that makes use of and welcomes the *freedom* to include the inspiration of the future in our present daily life, while also including any gems we can find from the past. What new forms of culture might we explore in our families in order to encourage a human journey that is conducive to the evolution of the soul?

We touched upon the following **exercise** in this week’s teaching session. To deepen the reflection process, I invite you to engage it as this week’s **practice session**:

First, we’ll look to our **past**, then to our **future**, and then, by weaving the two together, come up with a **vision**, a general sense of destination and direction for our family, combined with **concrete action steps**.

**** PAST:** Let’s begin by looking toward our past, our family culture and the larger culture we come from and were raised in. Take some time to reflect on where you’ve come from, *specifically* in relation to family culture, family traditions, habits and ways of living daily life, and being a family.

Bring yourself back to when you were a child. Think of a typical day... also of yearly seasons, the ebbs and flows of your family life as a kid... and write down what arises as you reflect back.

Reflecting back...

What was your family culture like?

What delighted you about it?

What didn't?

What values were shared?

What rituals did it include? What traditions?

What did you miss? What confused you?

What do you think about fondly?

What would you have wished had been different?

* As you look back, what do you want to **bring along and include** in the family culture that you are presently co-creating? What have you already included? What gems are there for you to draw upon, perhaps also change and evolve, but include as nuggets, as gifts from your family and extended culture as a child? This could include songs, stories, family recipes, a feeling, a way of approaching life, a family tradition...

Take some time to write this down.

* And **would you leave behind**? What feels like an old story, what feels unhealthy or unnecessary, or even harmful as you think back? What feels like it tripped you up, more than it supported, strengthened and delighted you? Write those aspects of your past family culture down too.

Ok, let's lay that to the side for the moment. Shake your body a little (or a lot 😊) to help you let go of your focus on your past.

**** FUTURE:** And now we'll take some time to look to the **future**. To listen to the future, and tap into the *future potential of what we can become*.

As we consider what's to come, what's next, and how we might keep evolving our family culture and parenting, let's become quiet, sink and settle within, taking some deep breaths, and open heart, mind, and body to the future. Listen to what it calls into being inside of you and your family. Become still and present with an inner orientation to listening for what lies ahead, for what could be... Allowing yourself to sense into the unknown quality of this inquiry, to not have to know, but simply to be attentive, with curiosity and alert receptivity.

This asks of you to suspend for a while what you already know, and to take the risk of simply being as present as you possibly can, and to listen as deeply as you can... Allowing dreams to surface. Hopes and aspirations. Inspirations, possibilities... use your imagination, the free arising flow of what your deepest self would love to bring forth for your family. What kind of culture would you like to co-create in your home, with your children?

What whisperings do you hear? What soul movements? Write it down.

Ok, let's lay that to the side for the moment also. Shake your body again, a little (or a lot 😊) to release your focus on your potential future.

**** PRESENT:** And now here we are, present time... as family, or as a couple, or as you. The next step is to weave together the gems you identified from your past – that, which you choose to bring along into your current family culture (or if you don't yet have a family, your couple or your self culture) – and also any glimpses you felt, heard or sensed, from the future potential of what you and your family can become, together creatively into a present-time **vision and action plan** for and with your family in the NOW, here and now with who you and your family members presently are and are becoming.

*** Your family vision:** Take some time to ask yourself and possibly all your family members questions on your priorities, your purpose, your direction, to reflect on what kind of family you would like to be and become...

What kind of home do you want to co-create?

What kind of atmosphere do you like to generate in your home?

What values, experiences, growth, and memories would you like to facilitate?

How would you like to deal with challenges and differences?

How would you like to celebrate and enjoy each other?

How would you like to serve and help others?

What is your family inspired by?

What nourishes you, sustains you, and supports you as a family?

What gifts, talents and resources do you have to draw upon?

How do you want to relate to each other?

Your responses to these and other questions can help you get in touch with what you would like to co-create as a family, with your family vision. If possible, include everyone in the family in this conversation.

Gather all the pieces, all the input from each family member of what will become your family vision... have an open heart- and brainstorm, using what you noted when looking to gems from the past and inspirations of your potential future, jot it all down, and then sort through, perhaps contemplate more, prioritize, and eventually bring it together into a **vision statement**.

Once you have your vision formulated, write it down, or make a collage, or find some way to express it and note it down. You could even frame it and hang it up somewhere in your home! And then, refer back to it, and keep it alive and dynamic. An evolutionary vision is an unfolding one, not a static one. It is like having a sense of direction, a conscious orientation, and making adjustments as you go.

Our Family's Vision Statement:

*** *Creating an Action Plan:*** From the vision, we then move to ***action steps***. Once you have articulated your family vision, look at the various elements in your vision statement and ask yourself how you can bring it to life, what concrete steps can you take now, to live it, to embody it, to make it real?

What steps will you take to do this? What habits will you let go of, and how? What new habits, agreements, and commitments would you like to form? What changes will you make? And within what time-frames?

Our Family Action Plan:

These action steps can be simple, small steps in the *direction* of your vision. It matters more that you begin working in real time in relation to your vision, not so much how quickly you progress or how bold your steps are, but simply that it begins to take shape and become real for you and your family. Keep it realistic, keep it inspired, and think step-by-step, rather than in leaps and bounds. Don't stress about it, rather see if you can have fun with it and view it as a creative collaborative unfolding project.