Debrief of Week 9

Movement Workshop

1. Recap
	1. “Mirror—Curtain—Black-out” (Sangha—Dharma—Buddha nature) See Weeks 1 & 2
		1. Conscious metaphor, creativity
		2. Poetics of finding enlightenment in darkness
		3. “*You* decide, *You* connect the dots…” Wm. Burroughs (?)
		4. *You* create aesthetic ritual
	2. Progressive Relaxation/Visualization
		1. Muscles contract/release – awareness and control of body, shaping with breath (*asana, pranayama*)
		2. “Rolling Weight”, “Wave” – mind, absorbtion *(dharana, dhyana)*, etc…
		3. Blackboard (visualization)
			1. Perfect circle
			2. Tues: X; Thur: Δ
			3. A-U-M\*
				1. A = opening, receptive
				2. U = focusing, intent
				3. M = closing, coming home, ‘bringing it home’
				4. Create, ‘reivent’ Om, over and over and over…
			4. Erase and Know (wisdom)
				1. Feel, sense, know, the quality of what you inscribe
				2. Know it is still there, even when ‘invisible’
			5. Create any meaningful symbol you like, need, or desire
	3. Somatics: # 1-7
		1. Use of eye: the eye sees/receives, and also projects, aims
		2. Compress/expand whole body w/breath
		3. Send and Receive
	4. Review Movement Pilgrimage/Transformative Ritual
2. Love > Week 9: “Sacrilege and Violence” > “Dominion or Death” – RE
	1. Dominion: Watching fish (Steelhead Trout) on the Umqua River
	2. Caring, Stewardship
	3. Flanders, Dec. 24, 1014
	4. The Joy of Living, by Yongey Mingyur Rinpoche
		1. *Tsampa* – the dog and the monk
		2. This story can be seen as an example of the Gestalt method I use: Alternate, Overlap, Integrate. Can you see?
3. My memories…at least some of them…
	1. “Progress is the Enemy of Tradition”; “Tradition is the Enemy of Progress” – from the film by Jamake Highwater, *The Primal Mind*
	2. …*postmodernism may be at last ready—unneurotically, to get on without the Good-God-Gold Standards, one and all, indeed without any capitalized Standards, while learning to be enriched by the whole inherited inventory once it is transferred to the lower case.* –Fekete (1987)
	3. *We need to believe and enact the belief that there are better and worse ways to live the pluralism of value… But the prospect of learning to be at ease with limited warranties, and with the responsibility for issuing them, without the false security of inherited guarantees, is promising for a livelier, more colorful, more alert, and, one hopes, more tolerant culture that draws enjoyment from the dappled relations between meaning and value.* (ibid.)
	4. Love as a ‘negative’ force, full of potential to become (the other), love as transcendent love, love ‘conquers’ all
		1. love is distinguished in having no form. Spelled in the lower case here, for it pervades all, embraces all, always becomes One, Brahma, Vishnu, and Shiva dancing together as One, call it “love”, call it prunes, call it god, call it “what it is”, yoga, everything, love
		2. Refound Natural Rhythms of the calendar, love Earth
		3. Celebrate Diversity! Love one another.