

Soul Course Series Three

8. Soul and Suffering

SOCIAL DIALOGUE EXERCISES with medallions

1 With a partner choose a medallion on which you both will work. Each partner will make a four step storyline that represents a character depicted in the medallion. (narrative, pinch, crisis, take away).

Share this story line with your partner. Have them ask you two questions about your story. Don't answer the questions but find an emoticon that represents your feelings after the questioning. This emoticon represents the feelings linked to a belief that your story is a good description of what the action in medallion means for the character.

2 Then with your partner look for common elements in both stories. Avoid the areas where you have differences and focus on the common insights that are represented in the two stories. This is searching for an overall theme or what we could call the soul mood of the story. Collaborate with your partner on a new storyline for the character that fits the soul mood. To collaborate with another changes the context of your own story line. Choose an emoticon that for you represents the feelings around collaboration and the need to change your own story.

3 Using the collaborative character storyline as a model, tell your partner a short biographical sketch that relates in some way to the activity in the story line you both created.

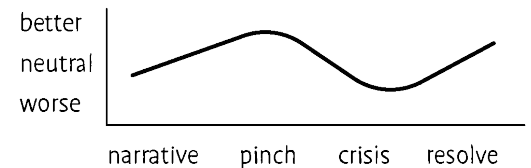
Then ask questions relating to thinking, feeling and willing. Examples include:

- Did your thinking change?
- Did you have any feeling that were important to you, or did the feelings change?
- Did it make you want to do something? Did a need arise?

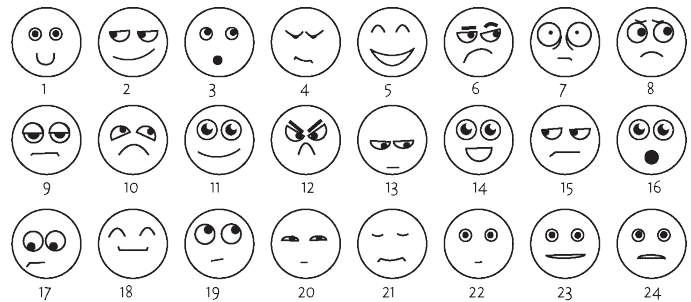
The biographical sketch helps you both to gain insight in the shift from analysis in the first part of the exercise to collaboration in this second part of the exercise. The additional experience of insight into another person's biography is an example of the work of awakening in another. This means that as a separate individual, I can help another to perceive that I am interested in how they view their own life. The key is to work to be conscious of the pre-verbal language of meeting the gaze, tone of voice, body posture and touch in any dialogue situation.



CHARACTER ARC



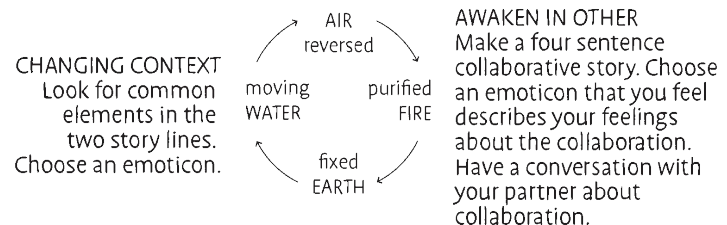
FEELINGS TOOLBAR



SOUL TO SOUL DYAD MANDALA

INTENTION BEHIND BELIEF

Tell an autobiographical sketch of a situation similar to the situation in your story.



CONDITIONED BELIEF

Choose a medallion and form a story line.
Have a partner ask two unanswered questions about your story.
Choose an emoticon to describe your feelings about the questions.

8. Soul and Suffering

Rudolf Steiner - Karma of Untruthfulness

There is a profound law which says that human beings, in so far as they live here on the physical plane, can only reach a satisfactory view of reality if they are aware that higher worlds also exist, and that they are connected in their souls with these higher worlds. Therefore, when spiritual consciousness was extinguished, a time had to come when mankind could no longer understand why so much disaster, so many conflicts, are present on the earth. We may begin to grasp that just as a human being cannot always be young but has also to grow old, so there has to be a breaking down of what was once built up - conflict and destruction as well as creation. When you understand this, you also understand that conflicts have to arise between groups of human beings.



Karl Jung

The shadow is a moral problem that challenges the whole process of self awareness, for no one can become conscious of the shadow without considerable moral effort. If you imagine someone who is brave enough to withdraw all of their projections, then you get a person who is conscious of having a pretty thick shadow. Such people saddle themselves with new problems and conflicts. They become a serious problem to themselves, as they are now unable to say that others do this or that, that others are wrong, and others must be fought against... Such a person knows that whatever is wrong in the world exists in their own self. If they only learn to deal with their own shadow they have done something real for the world.

Harry T Reis

Social variations may be understood in terms of the degree to which three basic needs—autonomy, competence, and relatedness—are satisfied in daily activity. The social activities that contribute to satisfaction of relatedness needs are meaningful talk and feeling understood and appreciated by interaction partners. This includes a sense of felt understanding (believing that partners are aware of core features of the self), validation (feeling that partners see value and meaning in the self's attributes and aspirations), and caring (recognizing that partners support one's important needs).

Spiritual
reality

"I am an I

INNER WORLD

COSMIC
MEMORY

Karma

Imaginal
reality

Symbol

Persona

Look at "Me"

PERSONAL
MEMORY

Don't see "Me"

sense world

Physical
reality

Sympathy
Antipathy

That is Me
That is Not Me