

## Practicing In Community

How can the written word convey the benefits of Practicing in Community, when the heart of it lies in *experiencing* practice in community?

While supporting communion with self, other, and nature, practice in a community :

- supports our integration (reduce the time it takes to master a new skill)
- balances the “island” of independence with the benefits of interdependence
- helps us cultivate skills in interconnectedness and 4-quadrant integration
- supports our attainment of measurable results through accountability
- provides an impeccable reflective mirror for showing us our edges
- helps us recognize even more of the gifts we have to give each other

Community, communion, is a skill that can be learned or ignored. In reaching for a fully masterful life, this document describes not only the ‘why’s’ of community practice, but also describes 8 methods (how’s) toward building our skill in the intersubjective experience we call “practicing in community”.

- Support in integrating mastery / reducing the time it takes to learn
  - levels of challenge – always, sometimes, not yet
  - learning to walk – not yet + other support; sometimes other support; now, I can always walk w/out support
  - in learning the mastery in many TIA skills, it helps if we have peer support.
  - they can hold the container while we do the work
  - outside eyes help – they can help pull us up, and we can pull them up
  - levels of challenge – always, sometimes, not yet – if someone else holds the container, we can more easily convert “sometimes” to “almost always” and convert “not yet”s to “sometimes” – if level of challenge is low, we can hold our own container and be in the work too (ex: self-empathy, healing work, playing in embodying energies that are unusual for us). If the challenge is high, it’s relatively challenging to both be in the work and guiding the process also....have someone else hold it. Also, for state-shifting (practical spirituality icon work, etc.) especially early on in the practice, it helps if someone else holds the container of practice, allows us to go deeper being IN the practice.
- balancing the “island” of independence with the strengths of “interdependence” –
  - no invention was ever “successful” b/c one person alone did it all
- cultivating skill in interconnectedness
  - we think we’re separate, “me”

- but we're also a part of "us" systems;
  - we-space of 2 hands – one firm, one wide open – full commitment to we-space + complete unattachment to outcome, Trust in Perfect Unfoldment of the universe
- integrating the quads –
  - if alone work is URQ
  - PIC is LLQ
  - grow a whole perspective via feedback / perspectives from others
  - in articulating learnings, can define and express the value of intersubjective perspective in conjunction with subjective perspective
- something greater than the sum of the parts emerges
  - quote - where two or more are gathered, there I am
  - psychological effort - easier to go deeper w/group doing it too – alone, I crap out on my yoga. in partnership I do it. in a group, my yoga goes even further / deeper
  - limbic resonance
  - in state-shift work, people experience more radical expansion when done in a group than when attempted alone (limbic resonance? simple focus because of the container of intention?)
- buddy-system accountability for measurable results
- "relationship" of any sort – friend, colleague, partner, family, community of practice – "relationship" is an impeccable reflective mirror for showing us our edges –
  - what triggers us in others are often clues to aspects of US that we have not yet mastered or come to terms with.
  - things we don't like in them are often things about ME too, that I don't accept / haven't come to terms with
  - isolate and we become rigid in our ways.... (practice makes permanent) ... like a muscle that's not stretched for 10 years, over time it gets harder and harder to limber up our psychodynamic, interpersonal muscles
  - "relationship" of any sort – friend, colleague, partner, family, community of practice – "relationship" is an impeccable container for learning 1<sup>st</sup> stage skills of discerning our needs and setting boundaries and asking for what we want
  - external triggers = AFGOs – stuff about us we've not come to terms with yet
- helps us witness more of the gifts we have to give -- missed opportunities if we don't make requests
  - as humans, our deepest need is to contribute
  - making requests gives gifts to others –
    - the oppty to contribute. make a request in the voice of santa "look at the delicious treat I have for you"
    - the oppty to be included
    - the oppty to be valued (by you for their contribution)

- to be a part of something larger than themselves
    - to connect, interact, participate
  - not making requests, we rob others of opptys
    - the ones mentioned above
    - asking for our 100% unconsciously gives others permission to ask for THEIR 100%
- How
  - practice groups
    - how to connect w/tia practice groups
    - how to start a tia practice grp
  - phone buddy
    - how to connect w/a TIA option for phone buddy
  - Hiring practitioner support
    - how t hire a TIA support person
  - how for getting help / helpers in general?
  - Creating Doable Requests

### **8 Forms of “Community” Support and Practices:**

	Physical Community	Non-physical Community
I	n/a	- Inner Community (team of Selves, Big Mind practice) - Deep connection with self as other (Witness; objectifying the bodymind / ego, dual-self self-empathy practice)
II – practice in community of +1 other	- Intimate Relationship as a living container for practice - I – Thou experiences - Empathy Buddy	- Prayer, tuning into Divine Inspiration / Intuitive Guidance
III – community as +2 others, or more	- Practice Groups, Men’s/Women’s groups, etc. - Family as a living container for practice - Proximal community of practice (ex: intentional communities) - Career / organizations / collegiality as a living container for practice	- Sacred Non-Physical Advisory Board (ex: saints, bodhissatvas, Abraham-Hicks’ Abraham, Ben Franklin and Abraham Lincoln and Julie Greene and my Grandfather) - Honoring lineage, ancestry; gratitude for history
0 – community as a transpersonal, non-dual experience	- Nature mysticism; feeling one with All via communion with Nature – trees, wind, mountains, the sun, etc.	- Expanded Self, integration of globe, universe, Kosmos, expanding toward experience of Non-Dual Oneness