



## **FOUR INTERWOVEN CONTEXTS OF EXPERIENCE A “PANENTHEISTIC” COSMOLOGY**

What “aspect” of your life do you feel called to explore? What is the “dilemma” (See: “between a rock and a hard place”) you are facing through which you will discern a way forward? There are four intricately woven “story lines” or contexts from which to begin the Journey. Begin with whatever has your attention. Because these aspects of experience are so interwoven it may be hard to focus on one. You may even find yourself reflecting on all four at once! That’s ok. This is your Journey. After we introduce each movement you will have an opportunity to explore each and all aspects.

Interior:

“The only thing you really ever have to offer another person is your own state of being.” — Ram Dass, “Tuning”

The success of any intervention is dependent upon the interior state of the intervenor.

When you pause to look inside, what do you see, feel, long for and appreciate? What, inside of you, wants your compassionate attention?

Interpersonal:

All transformation is relational.

There is much to learn as we attend to the ebb and flow of our most intimate connections. When you take a long, loving, look at those closest to you what do you feel called to open up to? What is the transformation that can bring more healing and wholeness to your relationships?

Systemic:

We are all connected to groups, communities, organizations that hold possibilities for transformation. As you consider the wider circles of connection: church; community organizations; work place; even politics, what change would you like to be a part of?

Environmental:

We are not separate from the Earth and this Universe we inhabit.

You may want to pull on this “story-thread” as you begin this Journey. When you pause to “take-in” the beauty of Nature consider how humans impact their “home”.