

Good Life Engine

Wrap-up
13.12.23

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Psychological Mindedness

Psychological mindedness refers to a person's capacity for self-examination, self-reflection, introspection and personal insight.

It includes an ability to recognize meanings that underlie overt words and actions, to appreciate emotional nuance and complexity, to recognize the links between past and present, and insight into one's own and others' motives and intentions.

Autobiography in 5 Short Chapters

Chapter I

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost. I am helpless. It isn't my fault. It takes forever to find a way out.

Autobiography in 5 Short Chapters

Chapter II

I walk down the same street. There is a deep hole in the sidewalk. I still don't see it. I fall in again. I can't believe I am in the same place. It isn't my fault. It still takes a long time to get out.

Autobiography in 5 Short Chapters

Chapter III

I walk down the same street. There is a deep hole in the sidewalk. I see it there, I still fall in. It's habit. It's my fault. I know where I am. I get out immediately.

Autobiography in 5 Short Chapters

Chapter IV

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Autobiography in 5 Short Chapters

Chapter V

I walk down a different street.

© 1977 Portia Nelson, There's a Hole in My Sidewalk: The Romance of Self-Discovery

Exercise 1.
Discuss in small groups “What is your hole where you tend to fall over and over again?”



“For my part, when I enter most intimately into what I call myself, I always stumble on some particular perception or other, of heat or cold, light or shade, love or hatred, pain or pleasure. I never can catch myself at any time” David Hume

We don't have only one personality within us, we have competing personalities

*This Explains Everything. Deep, Beautiful, and Elegant Theories of How the World Works

Personal agency

“Agency” is the technical term for the feeling of being in charge of your life: knowing where you stand, knowing that you have a say in what happens to you, knowing that you have some ability to shape your circumstances”

Kolk, Bessel van der. *The Body Keeps the Score*

Acting — Enabling Change

Qualities such as courage and optimism help us acquire true agency, break old patterns, generate original ideas and act with persistence in uncertain times.

WABI SABI

*Our imperfection is
perfection*



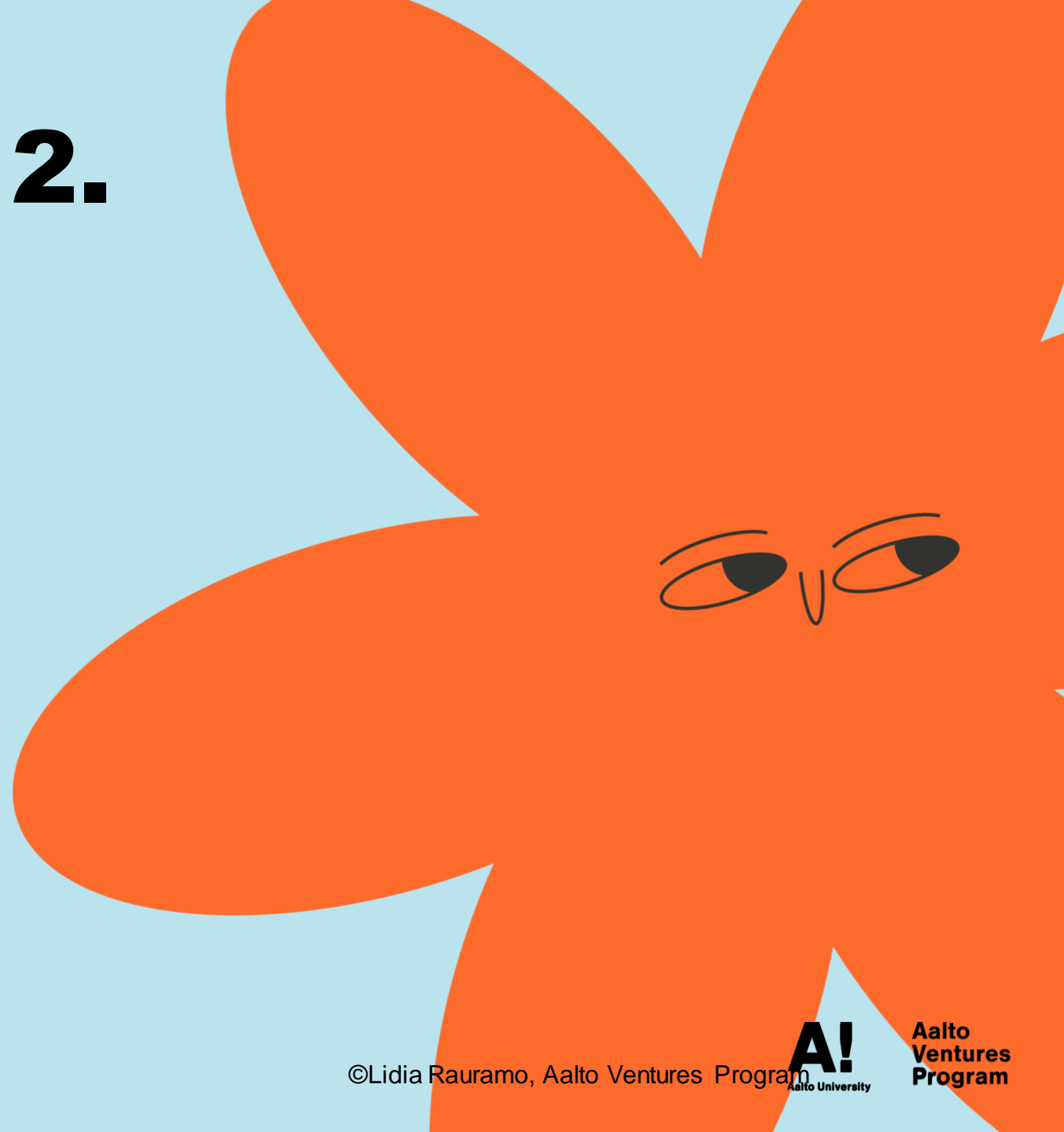
Kintsugi

*Be proud of your
experience.*



Exercise 2.

Trust



What we don't have in modern society?

What we don't have in modern society.

The new forms of scarcity that emerge from information society. Some of them may be described like this:

- slow time
- security
- predictability
- belonging, stable personal identity
- coherence and understanding
- cumulative, linear, organic growth
- real experiences (not mediated by mass media)

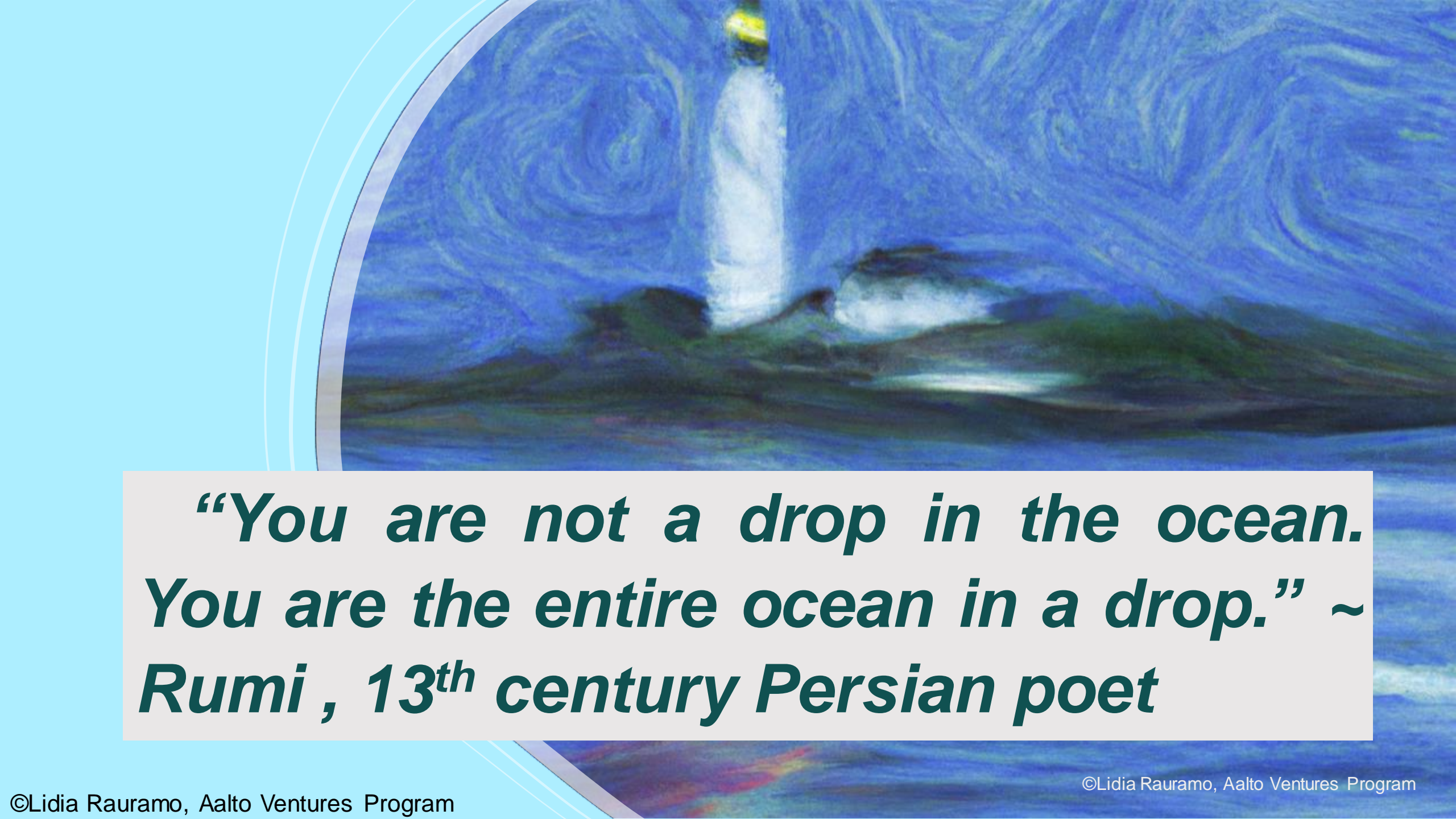
Eriksen, Thomas Hylland. Tyranny of the Moment: Fast and Slow Time in the Information Age

Homework

the 43rd plate from an album of prints that Goya entitled Los Caprichos ('The Fantasies')

1799





***“You are not a drop in the ocean.
You are the entire ocean in a drop.” ~
Rumi , 13th century Persian poet***

Homework – Reflection (until 18.12.23)

1. What triggered the most emotional response in me during the course (name few things)...
2. My response was...
3. What that tells me about me is...
4. What this says about my strengths ...
5. What this says about my weaknesses...
6. My learning is...
7. I will apply this new insight / learning by...

Recommended next step for you

Practical actions. A very concrete plan of next steps.

Anonymous survey right now

Ten Bulls or Ten Ox Herding Pictures

a series of short poems and accompanying drawings used in the **Zen** tradition to describe how a young oxherder search, pursue, tame, train and bring the Ox (bull) to home. Emerged in China in the 12th century



1.

In Search of the Bull

In the pasture of the world, I endlessly
push aside the tall grasses in search
of the Ox. Following unnamed rivers,
lost upon the interpenetrating paths of
distant mountains,

My strength failing and my vitality
exhausted, I cannot find the Ox.

2.

Discovery of the Footprints



Along the riverbank under the trees, I discover footprints. Even under the fragrant grass, I see his prints.

Deep in remote mountains they are found.

These traces can no more be hidden than one's nose, looking heavenward.



3.

Perceiving the Bull

I hear the song of the nightingale.

The sun is warm, the wind is mild,
willows are green along the shore -
Here no Ox can hide!

What artist can draw that massive
head, those majestic horns?



4.

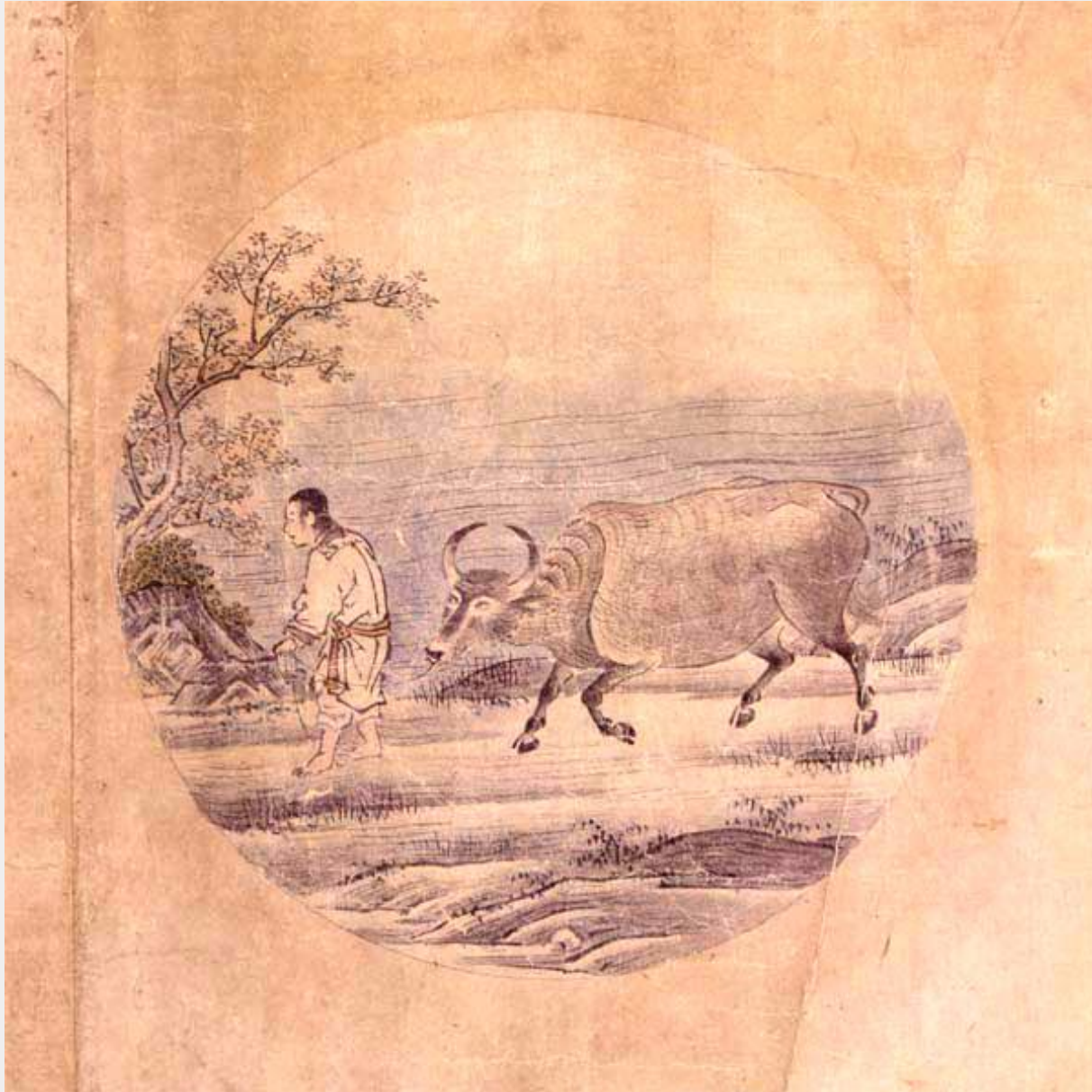
Catching the Bull

I seize him with a terrific struggle.

His great will and power are
inexhaustible.

He charges to the high plateau far
above the cloud-mists,

Or in an impenetrable ravine he
stands



5.

Taming the Bull

The whip and rope are necessary,
Else he might stray off down some
dusty road.

Being well-trained, he becomes
naturally gentle.

Then, unfettered, he obeys his
master



6.

Riding the Bull Home

Mounting the Ox, slowly I return
homeward. The voice of my flute
intones through the evening.

Measuring with hand-beats the
pulsating harmony, I direct the endless
rhythm.

Whoever hears this melody will join me

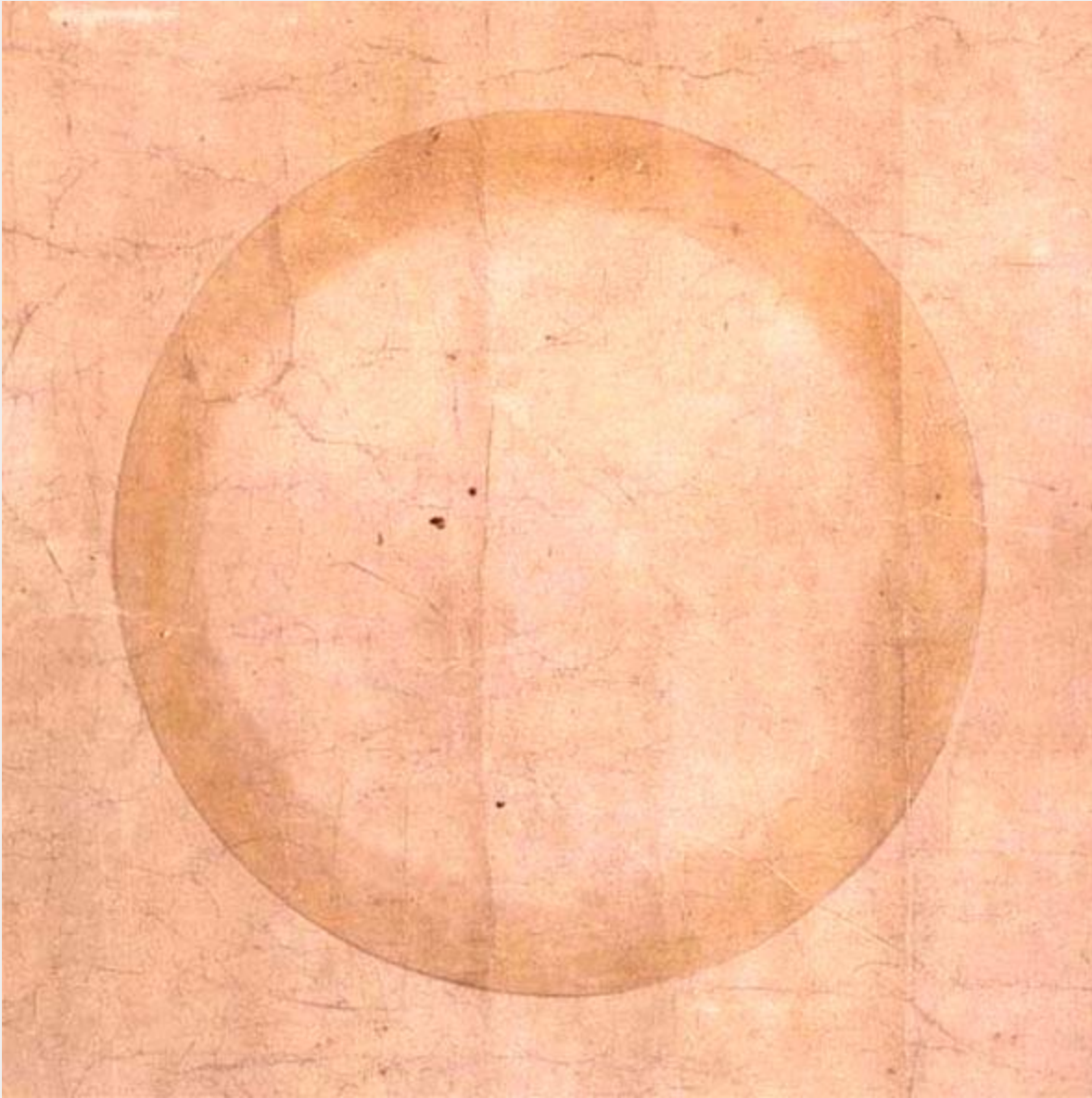


7. The Bull Transcended

Astride the Ox, I reach home.

I am serene. The Ox too can rest.

The dawn has come. In blissful repose,
Within my thatched dwelling I have
abandoned the whip and ropes



8.

Both Bull and Self Transcended

Whip, rope, person, and Ox - all merge in
No Thing. This heaven is so vast, no
message can stain it.

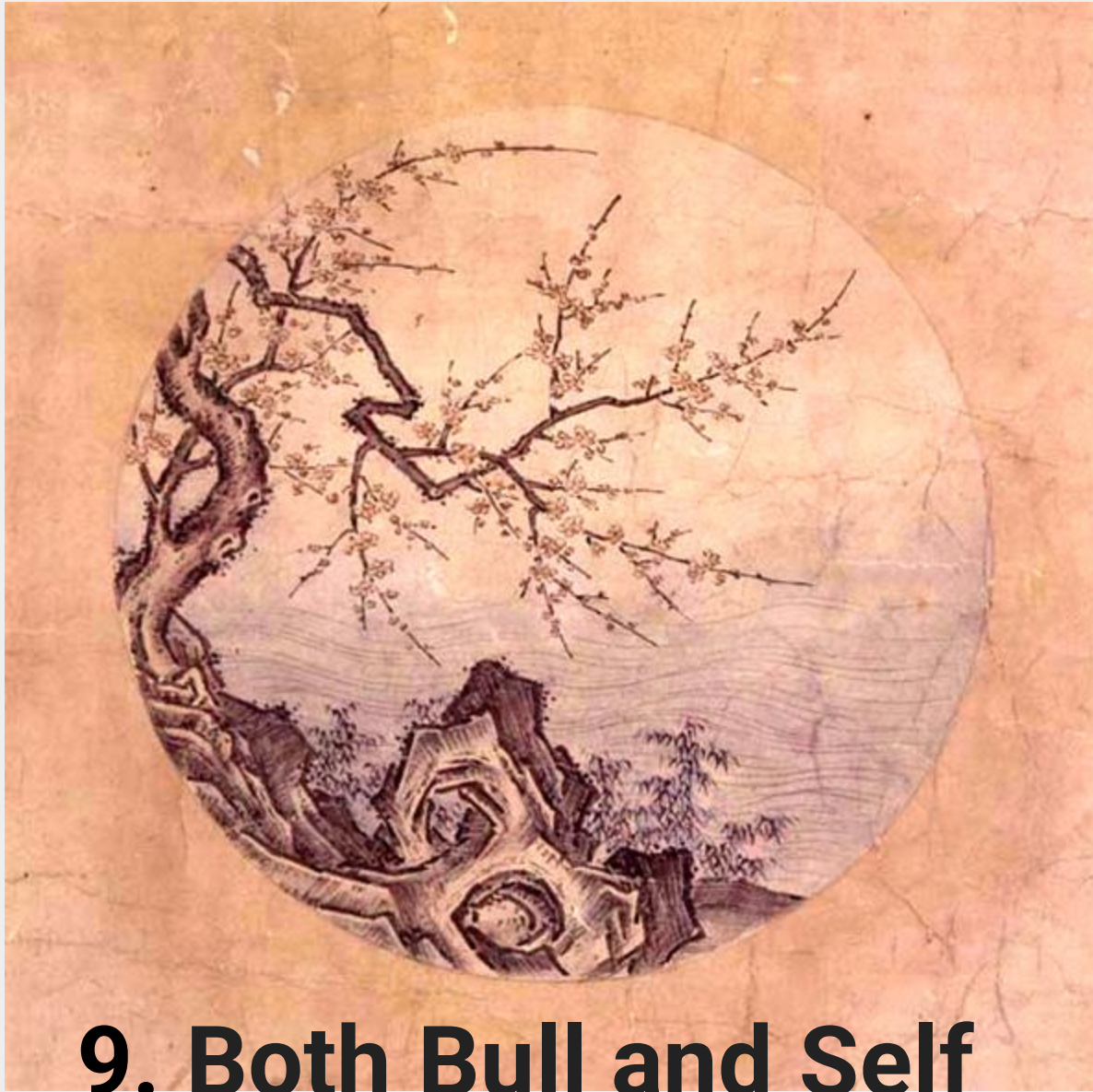
How may a snowflake exist in a raging
fire. Here are the footprints of the
Ancestors

Ten Bulls or Ten Ox Herding Pictures

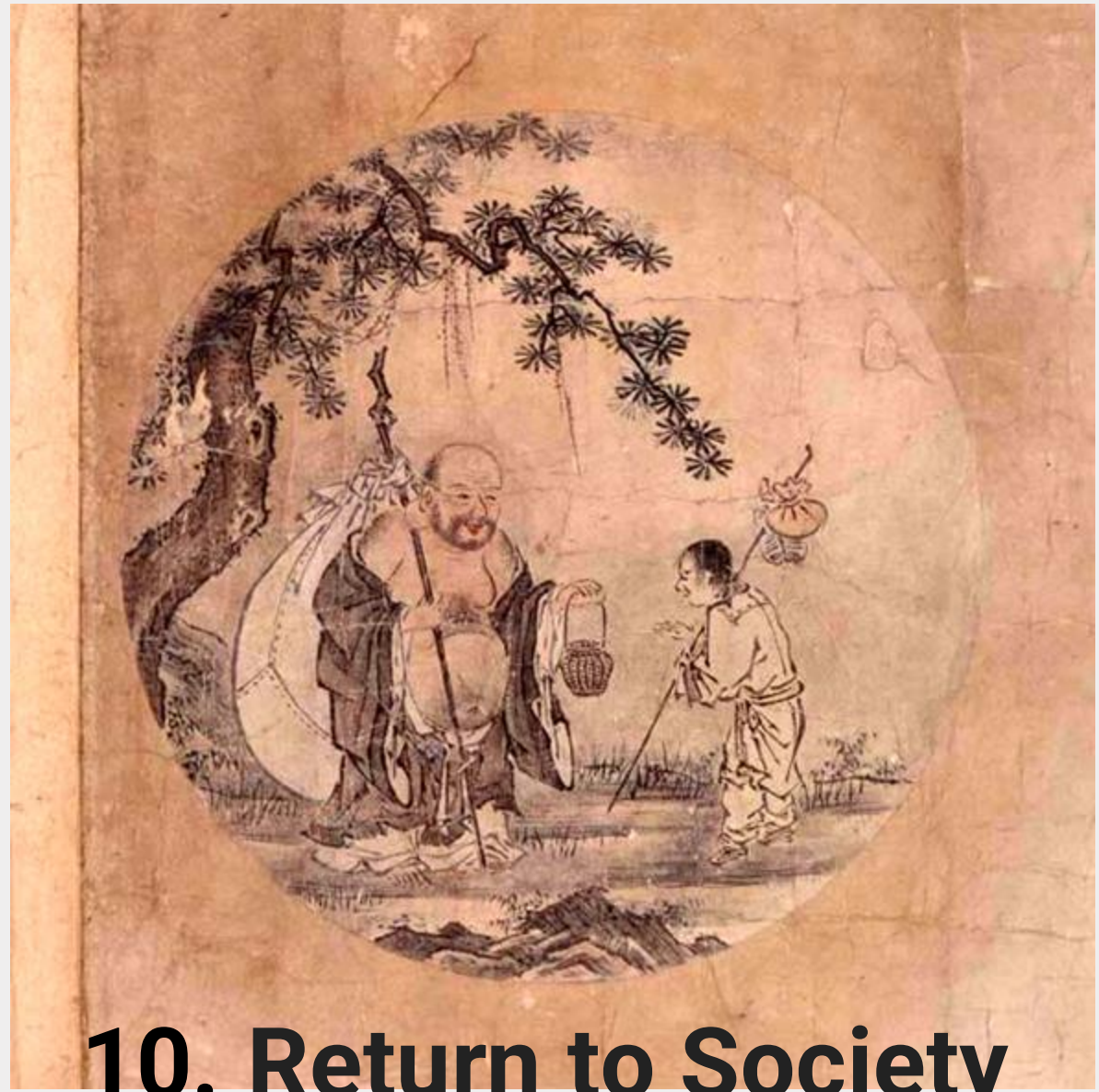
a series of short poems and accompanying drawings used in the Zen tradition to describe **the stages of a practitioner's progress toward enlightenment.**

The Bull Transcended

Until now there was this idea that there was something to do, something tangible to bring home. There was a separation between ourselves and the Ox. There was a dualism between what was spiritual and not spiritual, what was Zen and what was not Zen. At this stage, **we become united with the Ox.**



9. Both Bull and Self Transcended

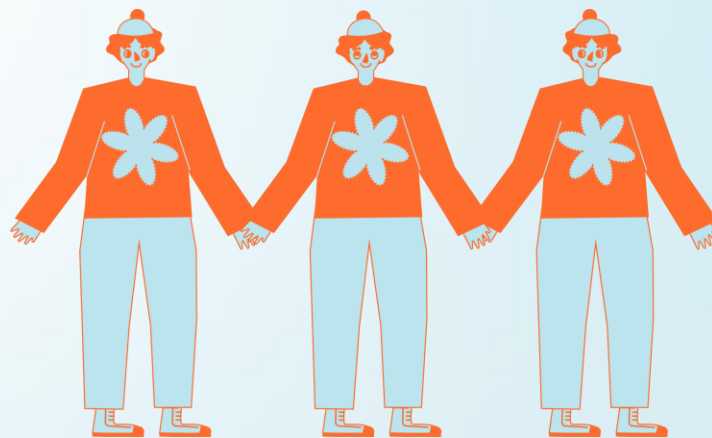


10. Return to Society

WHAT IS YOUR OX?

If some one wants coaching?





Thank You!

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Ventures
Program