

Dear friends,

Here are some additional details about my class on mastery. Also, in case anyone is interested in taking it as a distance class, some info how that part will work. The class will focus on studying and working with how the dream of mastery is an aspect of our learning and teaching. From the viewpoints of some spiritual traditions, one can not "be" a teacher. The name "teacher" is chosen by someone else, the student, to describe the fact that she or he is learning from that person. From many traditions, however, we study in the hope of achieving mastery - of what we do, of how we use our awareness, and finally of how we live life. We study diverse approaches to mastery, in the hope of finding help and inspiration for our own learning and teaching.

Class format:

Part 1: Theory (45 minutes to an hour). *You can also take this part either by phoning in during the class time, listening to the recording through dialing into a number during the following week, or hearing it as a sound file on the internet.*

Part 2: Inner Work Exercise and demonstration. *The Inner Work exercise will be available on the internet and the demonstration will be made available as a video file the following day.*

Part 3: Working with one another. *In a format similar to supervision, students will have the chance to work with other students in the middle, and be supervised by their inner masters. On Feb 9th students will have the opportunity to facilitate a group process. These works can be followed by phoning in, and will also be available later as either sound or video files.*

Part 4: Discussion time. *Phone in and recording available for one week*

To sign up for the "distance" version of the class, please write to Ellen at ellen@maxfacilitation.net directly

Jan 26. Masters and Disciples

Discipleship as the path to mastery; Spiritual teachers and their disciples; The Great Way, the precursors of Zen in China: Seng – Tsan, Hui-Neng, Huang-Po; Modern Master Pema Chodron. Process Work as a philosophy and your practice as a meditation. The mountain before and the mountain after are not the same mountains!! New ways of looking at student teacher relationships. Death as your Ally - Samurai principles. The alleged pre-occupation with death of the male and female Samurais is largely a result of the 18th century book "Hagakure". Samurais tried to come to spiritual terms with the great many conflicts that were present. Many believed that the process of gaining awareness about one's own life path would allow a person to transcend the life and death dichotomy. Mastery as awareness of one's life path brings a new viewpoint to the self-evaluation of one's work, as well as to the ethics of therapy. We will study selected passages of Hagakure and other samurai texts and discover how they mirror mastery processes within each of us.

Feb 2

Lovers and Amateurs

The path of mastery through informal studies. In the original sense of the word, "amateur" referred to the person that did art for the love of art and not for money, or as the American saying goes, "does not play for pay". We will study the student's path in relation to the philosophy of African Master Tailors, whose concepts underlie Etienne Wenger's community of practice principle, one that forwards the pursuit of leadership mastery in modern organizational development. In addition, we will study the increase of breakthrough ideas and innovations coming from so called amateurs in the particular field.

Feb 9

Rebels

The path of the rebel; The tarot of the hanged man; The tradition of the drunken master; Dropping Ashes on the Buddha by Korean Zen Master Seung Sahn. See the rest in class!!!!

Feb 16

The path of the hermit

Emerson and von der Flueh, the desert mothers of Egypt, Amah and Sara. They show us paths to mastery that are focused on self-awareness and following one's own experience only. Many innovators have followed that path rigorously.