

Everyday Tantra : Facilitating from future as it emerges

Tantra Pod 1 Julian . Lisa, Miikyo, Mari

Integral Facilitation Cohort 3

February 7 2016



“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”

— **Joseph Campbell**

INTRODUCTION

Overarching Intention

Our pod explored Self As Instrument and our desire as Facilitators of an emergent future to grow our capacity to hold the breath and rapture of human experience and our basic relationship with all of form.

Intention

To facilitate an experience for the group that offers

- Immediacy, real-time
- Expansive experience
- Exploration and expansion of polarity, bringing the polarity into relationship.
- Embodied (incarnated) / non-conceptual experience
- The fullness of our humanity come into everyday life
- An experience of emergence and unfolding

Self as Instrument

Throughout the design process and in creating the experience our role as facilitators is to model and embody the intention to the group so they can follow/experience it.

We are self-as-instruments

- Creating the container
- Working with emergence
- Watching and responding to what happens
- Allowing for arising and unfolding

THE PROCESS

The initial Tantra group had 9 people which required that we split into two pods. To facilitate this, we used the practice of authentic movement which dropped us into our somatic and subtle intelligence. Two of the 9 members held each polarity - masculine and feminine- and the other 7 moved in the direction of which polarity they were attracted to.

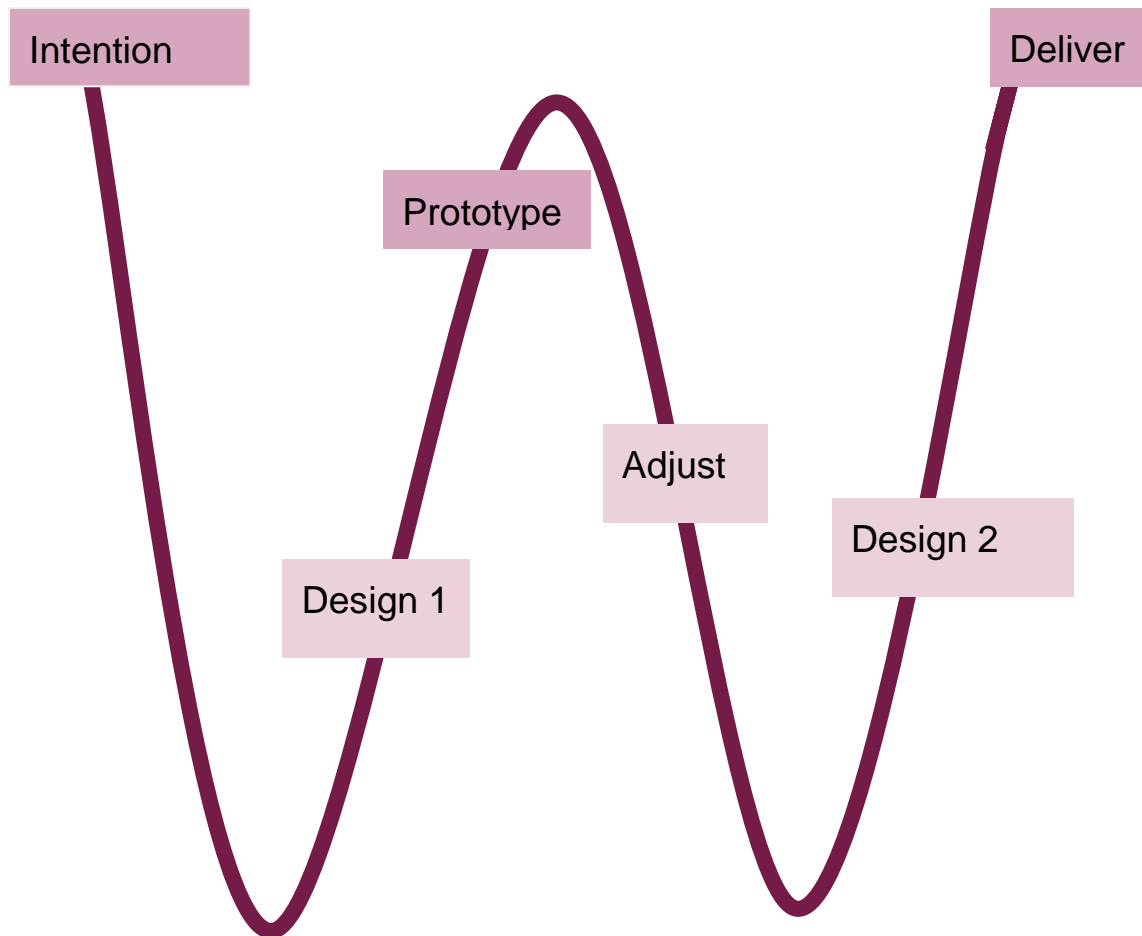
As Tantra Pod 1 our natural collective intention and bias as individuals was to move and co-create in the domain of the creative, non-rational, non-linear and experiential. We worked with emergence, inquiry and real time unfolding. It was by nature chaotic, moving between fast and slow, illumination and confusion, comfortable and edgy, exciting and flat.

Intention:

Intentionality was important in this creative space where we were working with the unknown. On our first call we worked with the question: *What do we want participants to experience during our presentation in February 2016?* The answers to that question began to shape the intent that

finally emerged. We also held an intention that we would at some point in the process regroup with our sister tantra pod to prototype the experience.

This led to a design challenge with shared agreement around an intention to offer a real time experience that would explore polarity, extremes push the boundaries and welcome emergence. The diagram below visually captures the process we experienced.



Process & Stages of Emergence

Design 1

Our initial design we moved through three iterations before curating the online prototype for our Sister Tantra Pod.

1. The Future of Work: from the fringes to the center. The inquiry working as facilitators at the edge bringing pioneering facilitation / experiences to the center which is denser,

contracted, and calcified. What happens in that collision? (Appendix 1- captures a summary of this first iteration.)

2. Live to the point of tears: As facilitators and hosts of spaces how do we work with the extremities and the center, including the whole range as an enactment of liberation? The deeper tantric inquiry – what is our most basic relationship with form/ being human? (Appendix 2 captures a summary of this second iteration)
3. The full iteration of the prototype emerged in the hour before our sister group were scheduled to join us. We went with what was unfolding and arising in that final hour of preparation.

Prototyping and feedback

Logistically we worked fluidly and efficiently together in the execution of the prototype, communicating with each other (via Slack) whilst live on the call and managing the breakout call. We were aware that the online experience was going to be limiting for testing the prototype however our intention was to offer a tasting menu and get feedback.

The feedback from the Sister Tantra Pod was the following:

- They loved the mysterious but felt sometimes it was too abrupt
- After the death experience the polarities of light and dark didn't resonate strongly enough. They went into the breakout groups when prompted to do without feeling naturally drawn to either polarity.
- They would have liked more context setting

Adjust & Design 2

Agreeing to reflect on our experience over Christmas we regrouped in early January to adjust and redesign. What emerged is due to implicit trust in the revelatory potential of the unfolding.

The outline of the Everyday Tantra Experience is the following (appendix 3 has more details):

- [5min] Singing shamanically (Act one)
 - **Intent/principle:** non rational expression invoking death and evoke 5 stages of grief
 - **Task:** Mari working with emergent sounding Inspired by Naked Voice and the Irish Tradition of keening, the Irish funeral cry, lamenting cry of the Goddess Brigid
- [10 min] Shamanic death (Act two)
 - **Intent/principle:** letting go, non-conceptual expansive experience
 - **Task:** Dissolving through the five elements guided meditation
- [5min] Reincarnate/embody through the history of the universe (Act three)
 - **Intent/principle:** experience evolution
 - **Task:** With music guide them through big bang, stars, planets, microbes, plants, sapiens, humans, future humans

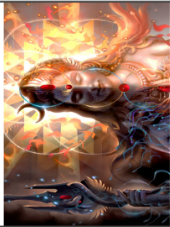



-
- [10min] Come-together/co-creation (Act four)
 - **Intent/principle:** prompt to channel something from the future. Bring coherence. How do you express your full humanness as it is mirrored
 - **Task:** Create a circle with us in the middle and the group around us. Question/prompt: Ask them, the future self, what they would like to tell us (wisdom), the 2016 self.
 - [5min] BREAK: clear out the energy - sweep
 - [10min] Group gives us feedback

Deliver

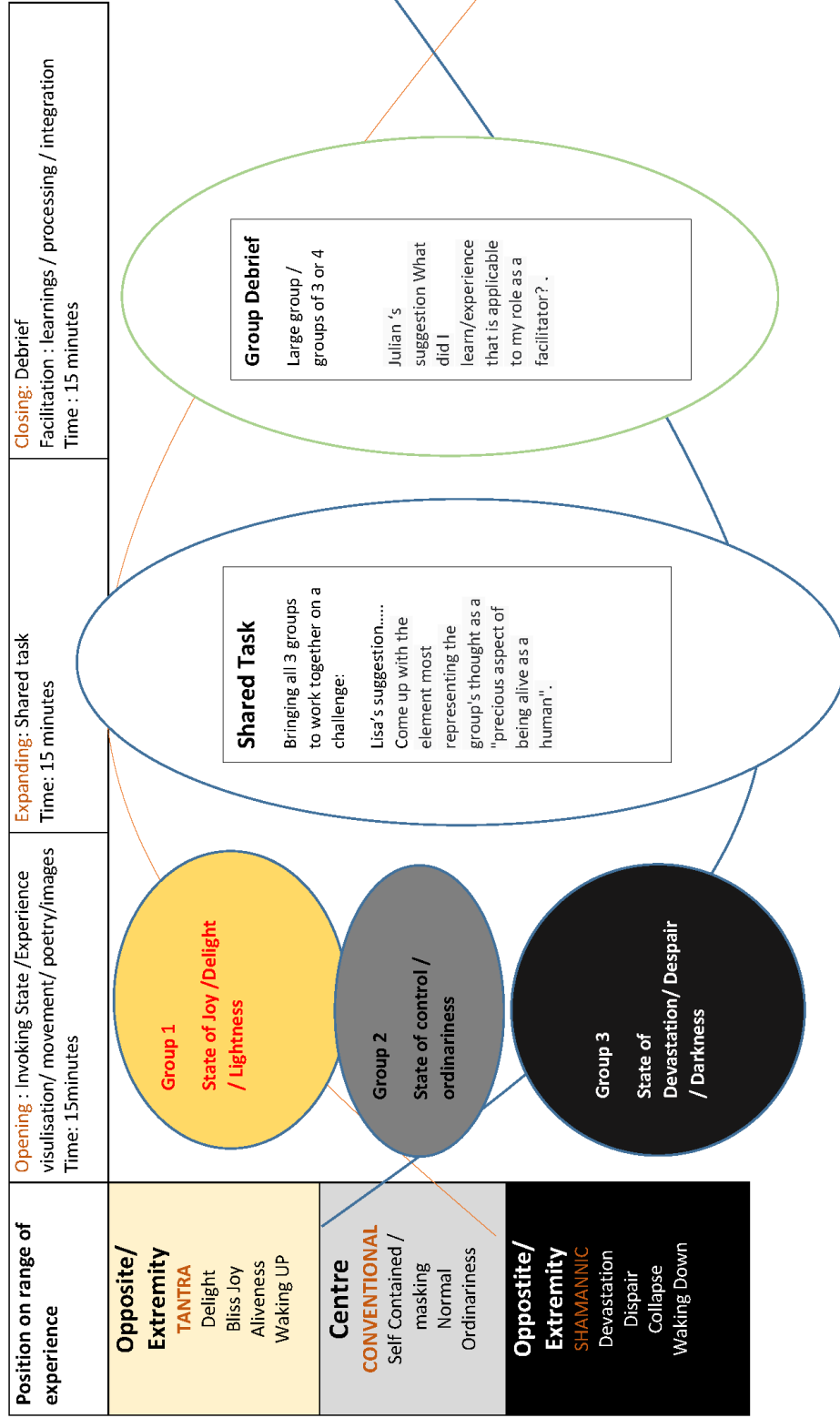
We are required to submit this document before we deliver the experience to the group. Unfortunately, we are not able to reflect in this document what the final delivery looked like, as we are open to, and even expect that the process will continue to emerge.

“The creative process is a cocktail of instinct, skill, culture and a highly creative feverishness. It is not like a drug; it is a particular state when everything happens very quickly, a mixture of consciousness and unconsciousness, of fear and pleasure; it's a little like making love, the physical act of love” - Francis Bacon

Appendix 1

The future of work: from the fringes to the center (sequencing of events) →					
CONTEX	Elements of the play	Priming the palette	Co-creating	Closing	Debrief
<p>INTENTION: Working with emergence / watching what happens / allow for arising/ unfolding</p>	Tantra 	<p>Experience: +Life-Death +Light-Darkness +Feminine-Masculine +Non-dual (cero point) +Wisdom of the group</p>	<p>Tantrikas can't use language</p> <p>Task: ?</p>		<p>Large circle OR Small Groups</p>
<p>THE CHALLENGE: Our work as facilitators at the edge bringing pioneering facilitation / experiences to the centre which is denser, contracted and calcified. What happens in that collision?</p>	Conventional 	<p>Experience: +Unique self +Wisdom of the individual +Separation The Wall</p>	<p>No specific restraints to conventionals</p> <p>Task: ?</p> <p>Group comes together with a task (design challenge) that contradicts the other group</p>		
<p>FACILITATION: Working with wisdom and power, moving from simplicity towards complexity</p>	Facilitators 	<p>Split group into tantra and conventional</p> <p>Coach tantrikas</p> <p>Coach conventional</p>	<p>Purpose: +Bewilderment (letting go) +Allow for emergence +Expand space to play in Tasks: +Take care of the margins +Push the center</p>	<p>Closing prompts</p> <p>Prompts:</p>	
	Space 	<p>Music</p>	<p>Music</p> <p>Props? Video? Lighting?</p>		

Overarching inquiry – “Live to the point of tears” (Camus)
 As facilitators and hosts of spaces how do we work with the extremities and the centre, including the whole range as an enactment of liberation? The deeper tantric inquiry – what is our most basic relationship with form/ being human?



Appendix 3

- [5min] Singing shamanically (Act one)
 - **Lead:** Mari
 - **Intent/principle:** non rational expression invoking death and evoke 5 stages of grief
 - **Props needed:** Mari wearing black and covered in a mourning veil.
 - **Task:** Mari working with emergent sounding Inspired by Naked Voice and the Irish Tradition of keening, the Irish funeral cry, lamenting cry of the Goddess Brigid
 - **Logistics:** Music behind to support voice. Room dark. Maybe drum??
 - **Vibe:** walking to their death, invoking grief, leave taking and loss
- [10 min] Shamanic death (Act two)
 - **Lead:** Julian
 - **Intent/principle:** letting go, non-conceptual expansive experience
 - **Props needed:** Drum(s), candles
 - **Task:** Dissolving through the five elements guided meditation (see below)
 - **Logistics:** drumming and room getting darker over time
 - **Vibe:** death, letting go...
- [5min] Reincarnate/embody through the history of the universe (Act three)
 - **Lead:** Mikyö
 - **Intent/principle:** experience evolution
 - **Props needed:** Curate playlist of 30-60 second samples for each class of being.
 - **Task:** With music guide them through big bang, stars, planets, microbes, plants, sapiens, humans, future humans
 - **Logistics:** stereo system
 - **Vibe:** Fast paced. Full of energy
- [10min] Come-together/co-creation (Act four)
 - **Intent/principle:** prompt to channel something from the future. Bring coherence. How do you express your full humanness as it is mirrored. The intent of this Act circles back the entire experience into an embodied, eminent connection of what emerged for each individual in this journey through play. From the space of wild, fast, emergent chaos, the intention is to circle back into coherence via a literal circle that connects future to present through channeling the future. Here presents the opportunity to embody a full humanness, stretching from known present to future possibility connected by wisdom and the visionary knowing of the future.
 - **Logistics:** make sure somebody records audio
 - **Vibe:** integration
 - **Props needed:** audio recorder

-
- **Task:** Create a circle with us in the middle and the group around us.
Question/prompt: Ask them, the future self, what they would like to tell us (wisdom), the 2016 self. Have the facilitators as a POD stand in the middle embodying the “Self of 2016”, holding the space of present time. We ask the group as a whole to circle around us. This links the entire group together and holds the space for “Future Self” to step forward and presence the wisdom that is desiring to come forth, be channeled to the ‘Self of 2016”. We will record the wisdom shared, a not to be forgotten moment in Presence which coalesces past, present, and future.
 - [5min] BREAK: clear out the energy - sweep
 - [10min] Group gives us feedback

Guided meditation instructions

Let the mind become still. Let the breath become even and smooth. Focus your attention by abiding in your breath. Whatever comes up—resistance or concern, grief or joy, boredom or story—notice it, accept it, and then return to the breath.

The Dissolution of Earth

Imagine that you are in your bed at home. You are dying. Friends and family are around you. You are barely aware of them.

You are somewhat agitated, and you accept this state of mind.

Your body is thin and weak.

You cannot get up.

You cannot quite sit up.

You cannot pick up anything.

You do not have, nor do you need, the energy to do anything but simply be here. You are releasing this flesh and bone, this nerve and marrow.

You are letting go as you die.

Feel your body becoming heavy, pressed down by a great weight.

This is a heaviness that is dense and deep, going right to the core of your body.

Let yourself be pressed down by the weight of death.

Your arms and legs feel not quite part of you.

It seems as if your legs could slip off your hipbone, your arms off your shoulders.

Experience this body dissolving, melting.

There is no distinction between the bed and you.

With this sinking feeling comes a sense of even greater weakness and tiredness.

The boundary between your body and space is beginning to dissolve.

Wake up as this body lets go.

Your senses are less attuned to the outside world.

Your sight is dim and dark.

It is difficult to open and close your eyes.
Your sensory grasp on the world is loosening.
The outside world is slipping away from you.
There is no strength left now in what was this strong body.
In this state of mind and body, be awake, effortlessly present.
The mind can be still and reflective as you wake up, as you let go.
Be present as this body is dying.
This body is not you.
This is the dissolution of the element of earth

The Dissolution of the water:

You have now lost control of the fluids in your body.
Your nose is running; saliva is leaking out of your mouth.
There is a watery discharge coming out of your eyes.
It is difficult for you to hold your urine.
Your generative fluids have dried up.
Your skin is clammy.
As fluids leave the body, the body becomes parched.
Your skin is papery.
Your mouth is drawn, and your lips are chapped.
Your tongue is thick, sticky, and heavy.
Your throat is scratchy and clogged.
Your nostrils seem to cave in, burning with dryness as you inhale.
Your eyes feel sandy and sting.
You have a thirst that no amount of water can quench.
Moisture is leaving your body, never to return.
Wake up as you are desiccating.
Let go fully into this dryness.
Release the fluid element of your body, the element of water and of feeling.
Your mind is hazy, and you are somewhat irritable.
You have ceased to experience pain, pleasure or even indifference.
You do not have feelings related to happiness or unhappiness.
You are numb and do not differentiate between physical and mental impressions.
Those kinds of distinctions are not important to you now.

The Dissolution of the Fire Element:

As the fire element of your body begins to dissolve your body feels cool.
Heat withdraws from your feet and hands into the body's core.
Your breath is cold as it passes through your mouth and nose.
Your mouth, nose, and eyes dry out even more.
Your ability to perceive is further diminished.
You cannot smell anything.
You are not hungry nor can you digest food.
You cannot drink or swallow.
The inbreath is less strong, and the outbreath is longer.
Your mental perception alternates between lucidity and confusion.
You cannot see, hear, taste, touch or smell as the sense fields fade away.
Your inbreath is short.
Your outbreath is long.

You cannot remember the names of your loved ones, and you cannot recognize those around you.

You have lost any sense of purpose in your life, and have no interest in what is going on around you.

You may feel as if you are being consumed in a blaze of fire that rises into space.

Let go into this fire and see it as your mind releasing itself.

The Dissolution of the Wind Element:

You now have given up any sense of volition.

There is nowhere to go, nothing to do.

Accept this aimlessness, free of meaning and purpose.

You are at last free of these pressures.

Your inbreath is short; your outbreath is long.

The mind is no longer aware of the outside world.

As the element of air is dissolved, you are having visions.

Your visions may be jewel-like and filled with insight that can never be expressed.

These visions relate to who you are and how you have lived your life.

You may be seeing your family or your ancestors in a peaceful setting.

You may be seeing beautiful people, saints, or friends welcoming you.

You may be reliving pleasant experiences from your past.

Or you may have demonic and hellish visions.

If you have hurt others, those whom you have injured may appear to you. Difficult and dreadful moments of your life may arise to haunt you.

You may see people with whom you have had negative interactions attacking you.

You may even cry out in fear.

Do not identify with these visions.

Simply let them be.

The element of air is dissolving.

You do not have to do anything.

Just practice this breath of release and let go of everything.

Your body is barely moving.

The last energy of your body is withdrawing now to your body's core.

Whatever heat left in your body now resides in the area of the heart.

The inbreath is short, a mere sip of air.

The outbreath is long and uneven.

Your eyes, gazing into emptiness, roll upward.

No intellect is present.

Space:

Three rounds of respiration.

Your body lifts slightly to meet the breath, which does not enter.

Your mental functions cease altogether.

Your consciousness has dissolved into space.

Breathing has stopped.

Brain function has stopped.

The body feels no sensation.

Know this empty state.

Know this stillness and surrender to it.

Experience it.

This is the element of wind dissolving into space.
Become space.

Dissolution of feminine and masculine:

From the crown a white drop is propelled by the inner winds downward through the central channel toward the heart.

This is the male essence, and anger transforms into profound clarity.

You experience an immaculate autumn sky filled with brilliant sunlight.

A red drop from the base of the spine is propelled upward through the central channel toward the heart.

This is the female essence, and desire transforms into profound bliss.

You experience a vast and clear copper-red autumn sky of dusk.

The white and red drops meet in the heart and surround your consciousness.

You are now freed from the conceptual mind.

You dissolve into unconsciousness.

Out of this nothingness, luminescence arises.

You are one with a clear dawn sky free of sunlight, moonlight, and darkness.

You are bliss and clarity.

(Adapted from a Joan Halifax Roshi meditation)