

## Ten Directions IF6

### Pod of Joy now Pod of Life. (Caty, Colette, Katriina, Magda, Stuart)

The Pod of Joy from the first intersession decided to stick together for the second intersession, and become the Pod of Life.

This pod group continued to have an easy going yet highly committed flow, which was a joy to experience and be part of.

Early conference calls together at the start of the second intersession didn't reveal a firm topic, but all were interested in a general overview heading of 'shadow'.

Knowledge of the Integral framework varied between us, so early calls and emails saw a sharing of resources and discussion of all things Integral 101! Stages/levels, Lines, (not much on States but we did focus on this in first intersession), Shadow work practises, and Types.

The books Integral Life Practise and Integral Vision were helpful sources of reference, as was an article on Spiral Dynamics, which appeared in What is Enlightenment magazine, quite some time ago, which really seemed to help us.

Of all these it was an exploration into Types that seemed to be most alive for us. A general sharing of knowledge on systems such as Enneagram (we all conducted various online tests!!), Myers Briggs, Jung, etc led us to focus in on Archetypes.

At this point, we should bring in an underlying shared ground of the love of all things creative, making and (power of) art. For a time we were excited about, with shadow in mind, the idea of masks and mask making. The expression Head, Heart and Hands resonated.

Part way into this second intersession, it was becoming clear that many of us were time poor, with much work based travel going on, and with all the sharing and resources...books recommended to read etc it became clear the cry went up 'who has the time for all this?' to read and digest all this stuff.

A reminder then between us of the mantra 'the map is not the territory'

A paper written by Terri O'Fallon called 'The Paradoxes of Group Life' was also a useful tool.

Artefacts: What then could we find by way of tools and resources to help maintain momentum?

A 'by chance' finding in a charity shop of a box set 80 number of Archetype cards caused excitement and the use of sharing short You Tube clips also helped.

The Warrior, The King, The Magician and in particular, The Lover seemed to be most present.

One in particular You Tube clip focusing on the archetype of The Lover seemed to hit the spot. The You Tube channel 'Like Stories of Old' very skilfully uses the review and analysis of films to illustrate strong philosophical, psychological and social messages. The review of the Oscar winning film Moonlight delivered a powerful message on the archetype of The Lover, highlighting the crisis of identity of the masculine, asking the question – 'what is it to be a mature man?'

Using this film to look at the healthy and shadow side of this archetype was a deeper wider look at this primal lover energy pattern that is deeply sensual and sensitive to the physical world in all its splendour, of both pain and joy.

<https://www.youtube.com/watch?v=NOis3-phW8Q>

### **Weekend in Milan, Italy**

All this exploration and gathering of material was leading up to our physically getting together to meet up near Milan, Italy, for a long weekend - to dive deeper in to this sharing, that was generating an exquisite frequency in our 'group as instrument' energetic field, with the anticipation of our coming together.

Reports of this magical weekend Pod of Life event are shared separately and beautifully in a video by Katriina and a written report by Caty.

Reflecting on the pod weekend get together, and this intersession, I would appear that **'Group as Instrument'** was and still is our topic and project.

Call it 'We' space, group consciousness, collective spirit and energy, or whatever, it was clear that what Gail Hochachka said on a recent Integral Life.com video, **'...that you can't avoid the divine, or your calling'** was present for our pod of life, as we worked our way through the material, each facilitated various exercises, and kept close in and attentive to each other....committed and willing to keep in the space, open to the voices that wanted or needed to be heard. Voices from each of us that wanted to rise above shadows of 'not good enough', 'why bother', 'it's hopeless, it's overwhelming, what can we do in this seemingly crazy world' .... 'let's all go get an ice cream, sit in the sun, sip a dry martini' (well, we did this or something like this as well ☺). Our bigger, higher, voices that do care, have strong intentions to 'show up, take space, find a new path, with grace', and recognise that together in the service of something bigger, higher, other, beyond - that we do matter, that life is precious and needs us to each trust our life – force, to give our gifts.

Back to the archetype cards – Together in the beautifully hosted container by Caty, in Italy (how could we even contemplate not achieving greatness in such a place), we each, five of us, chose a card. Exorcist, Mother, Virgin, God, and Rebel. Each of us talked about the light and shadow attributes of these.

We've mentioned The Lover earlier (the king, the warrior, the magician and the lover). The Pod of Life does have the vividness, aliveness and quiet passion from this archetype, and are conscious also to the shadow dreamer; isolated, cut off from the Goddess of infinite love and nurturing, behind masks of hidden resentment. Accessing the lover of relatedness, connection, energised by compassion, gives meaning and allowed each of us to shine.

The other archetype of the four that was alive and present for us was that of the Magician or Alchemist.

As facilitators, accessing the power of the magician, teaches us about creation, about our ability to bring into being what has never been there before, about claiming our roles as co – creators.

In these modern times, we are knowers, creators and masters of technology in the material world. However, being a magician to initiate, have ideas and knowing how to bring about transformative change in the human psyche, and the spiritual domain, would seem to be in short supply.

To know about the regenerative power of the sacred (instead of the profane) or be able to tap in to ritual initiation which is appropriate and relevant to our sceptical and cynical times would seem to be beyond the capacity or capability of any one lone heroic leader of such alchemy. We are nervous these days of such power being in the power of one individual – the power to manipulate and control. The arrogant trickster that can only wreck or override with inflated sense of ego. And that a depth of knowing, about a connection to the fabric of the universe, the shamanic wisdom that seems lost to us, belonging only to times long gone before us.

Back to the pod – in our exploration of We space, Group as Instrument, we dared to feel into this territory of ‘Group as Alchemists’ ...and we tasted it, even if only for a moment. We also seem to know about taking such things both seriously and lightly with high investment and low attachment (borrowed from coaching/transformation group)....knowing there is always a cycle that begins the process all over again and the unity in that process.

In writing this report out on behalf of the team this morning, I shuffled and split the deck of 80 number archetype cards, and I kid you not, this actually happened.....the card that appeared – The Alchemist !!

Light attribute – Transformation of base motives and goals into golden wisdom.

Just about sums up the Pod of life, me thinks.

‘What’s in a life....?’

A dance

A play

A whisper of God

A moment for us to meet

Again and again

And recognise each other’

Further information on references and resources:-

Article on Spiral Dynamics :-

<https://www.dailyevolver.com/2012/11/the-never-ending-upward-quest-essential-reading-for-cultural-evolutionaries/>

Book – King/Warrior/Magician/Lover by Robert Moore and Douglas Gillette.

Book – Awakening the Hero's Within by Carol S. Pearson

You Tube channel – Like Stories of Old

<https://www.youtube.com/channel/UCs7nPQIEba0T3tGOWWsZpJQ>

Archetype Cards box set by Caroline Myss.