



*Contemplating
Change...*

Contemplating Change

- What *feeling* word comes to mind when I think of

‘change’?

When one of us dies, I'm going to go and live in the South of France...



Types of Change We Experience/May Experience in Life:

Monarchy *Pandemic/Covid* *Climate* *Finances/Cost of Living*

Seasons

Work

Home

Culture

Relationships

Education

Government

Health

Marriage/Divorce

Retirement

Coming of Age

Technology

Religion/Spirituality

Emigration/Immigration

Images of Change

- Choose one or more pictures that represent change to you.
- Spend a few minutes contemplating and being curious about the image/s.
- Get into pairs and tell each other about your image/s. 5 minutes each way.

Drawing the Image

- Draw the image.
- Give the picture a 'feeling' title.
- Are you in the picture? If not, can you put yourself in?
- Can you tell me about the other parts?
- Give each part a voice/speech bubble.
- Where is the main energy?
- What emotions are you feeling? (Write the words down).
- Is there anything you would like to add/take away?
- If you were to turn the page over, what comes next? (Scene Two).

Entering into the Image

- Position yourself somewhere comfortable in the room.
- Imagine yourself walking towards your image. As you do so, what are you experiencing in your body? Notice these feelings.
- Moving on into the image, what can you see? Have a good look around. Notice how you are impacted by this.
- What can you hear?
- Are there any smells carried towards you?
- What do you taste?
- What are you touching?
- What does this place want to say to you ... ?

Themes Associated with Change

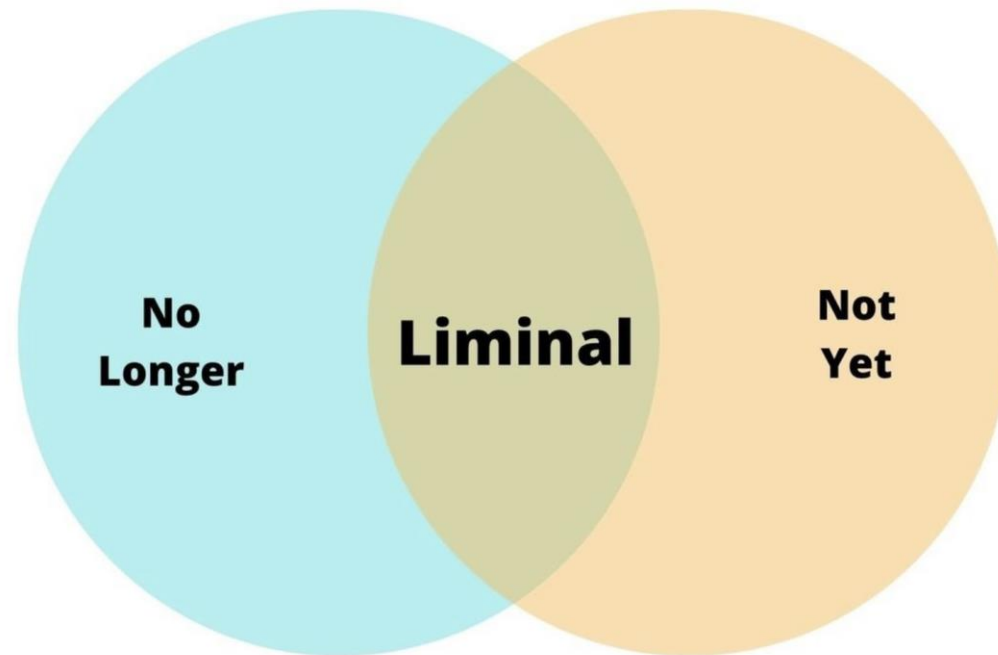
- **LOSS – SEPARATION (PRE-LIMINAL)**

Do all our clients come in with losses? What is our relationship to loss/endings?

Homeostasis – the principle that individuals have a need to maintain or restore an optimal level of environmental, interpersonal and psychological stimulation – put another way, any self-regulating process by which an organism tends to maintain stability while adjusting to conditions that are best for its survival.

Themes Associated with Change

- **TRANSITION/LIMINALITY** - A term used to describe the psychological process of transitioning across boundaries and borders... literally the threshold that separates one space from another.



Themes Associated with Change

Liminal Space – to be liminal is to be vulnerable, without the protection of role or office. At the same time, liminality implies potency, the capacity to become more than one has been. (Victor Turner)



Statio



- In the monastic tradition, ***statio*** is the practice of stopping one thing before beginning another...a holy pause full of possibility. This place between is a place of stillness, where we let go of what came before and prepare ourselves to enter fully into what comes next.

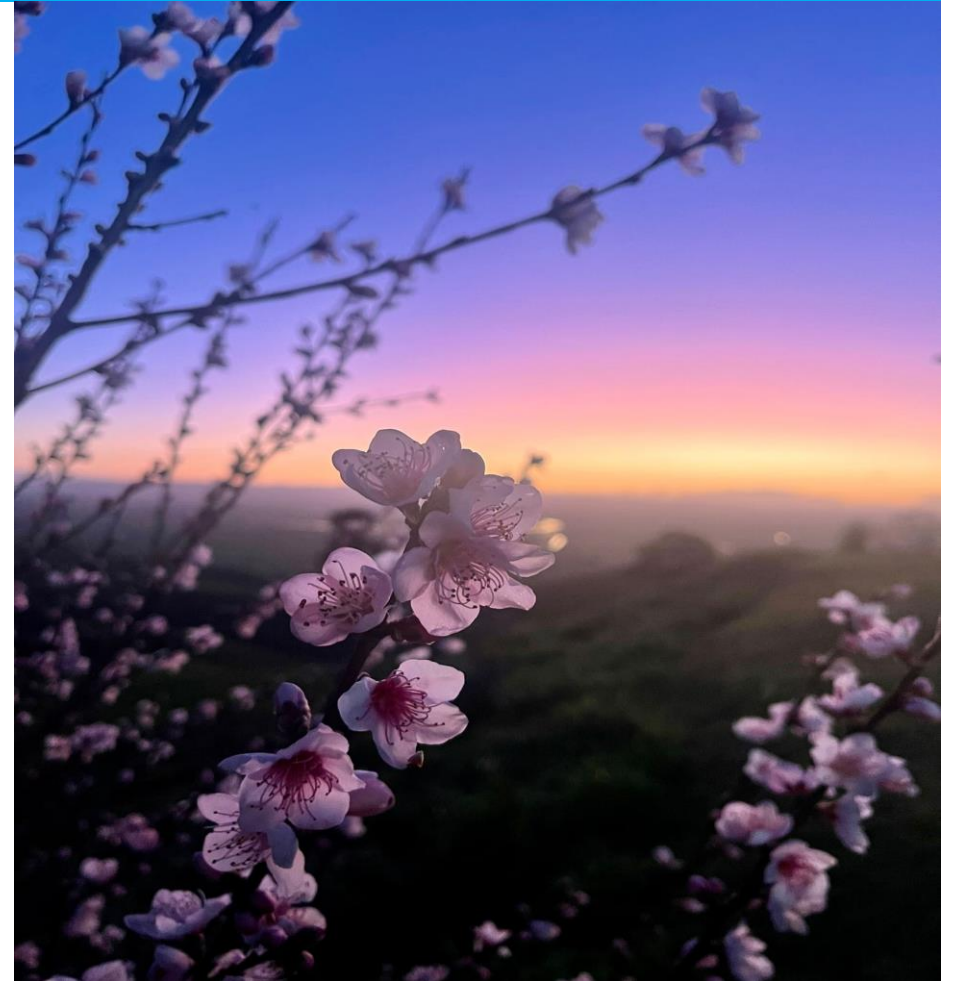
Christine Valters Paintner – The Soul's Slow Ripening

Themes Associated with Change

- **INCORPORATION (POST-LIMINAL)**

'Life itself means to separate and to be re-united, to change form and condition, to die and to be re-born...the series of human transitions...is indeed a cosmic conception that relates the stages of human existence to those of plant and animal life and...joins them to the great rhythms of the universe'.

Arnold van Gennep – *Les Rites de Passage* 1908



Music and Poetry



Ose Shalom – Ruth Fazal/In the Light of the Common Day – Phil Keaggy