

AWARENESS AND COMMUNICATION

Learning to use ourselves as we really are. What to keep of ourselves: the useful things. What to throw away: bad use of fantasy, bad habits, misuse of the physical body (diet, lack of exercise, etc.), useless emotions that do not apply to a current reality as fear, anger, despair.

Exploring the things that keep us from communicating. A sharing of experience often leads to increased awareness. These are discussed: the possibility of living our ideals; how to lead a life of increased and increasing consciousness; is it possible to do this in the city despite its difficulties; the energy of the city; can one develop an outlook that is peaceful and joyful in the city as well as in the country? The environment; what we can change, what we cannot.

Sometimes a student may wish to teach the class something he has learned elsewhere, as a body awareness exercise, or meditation. Students who speak often in class are asked not to talk for a session, and to be aware of how they feel about this; students who rarely talk are encouraged to explore their reasons for this and to communicate more freely.

We discuss fear, anger, other emotions; how they limit our ability to see reality clearly; are these imposed by society, parents, ourselves? How to deal with a current reality without the memory of negative events interfering.

An assignment for any student absent from class: for the period he should be in class, to be aware of what he is doing and to think of class also - to discuss his feelings and experience at the next class. This always brings out valuable information.

A class text is a blank book in which students are asked to write whatever they wish, but to be aware of the difference between their thoughts and what they actually write. We also explore non-verbal communication such as body signals and telepathy.