



Autumn meeting from 07.-09.10.2021

Acceptance - Resonance Communities of Choice

Exercise working with your own biography on Thursday afternoon

1. Each one works by himself/herself alone or with support (approx. 25 minutes).

Each person folds a sheet of A4 paper in half on the short side.

Then on the left side you write your thoughts on questions in the left column. On the right side you write the thoughts on the questions on the right.

Past 14 - 28 years of age	Present Today, 08.10.2021
<ul style="list-style-type: none">• What role models did I have in my youth?• Were there people who impressed me?• Why did they impress me?• What feelings did I have about this person?• Was there any real closeness to them?• What decisions did I make from this experience?	<ul style="list-style-type: none">• What can I recognize that I have taken on from these “role models” or “good examples”?• Am I inwardly connected to those impulses from that time?• What has transformed, how has it transformed?• Do I recognize the impact from those past decisions and encounters today?

2. We have an interview with a colleague (about 25 minutes).

We tell each other what red threads/themes we can identify when we look at our own experiences in an attitude of research.

What can and do I want to accept?

Where do I want to, and where can I distance myself from what appeared as a “role model” or “good example” in the past?

What shows up now as a future impulse in the resonance space with my conversation partner? Can I experience something “lighting up” in the moment of dialogue, where something from the future shines in and waits for me to embrace it?

3. We come together in the big circle and share our experiences.