

Welcome everyone! Here is some information you might enjoy.

DEEP Democracy is a philosophy and a metaskill: The basic idea is that reality and dreaming, verbal and non-verbal deep states of consciousness, are all equally important. We need to represent all the different peoples and issues and as many of the deeper dreaming states of mind as possible. Therefore, deep democracy is about the equal value and important of all parts, peoples and levels of awareness, which in terms of Worldwork include:

- **Consensus reality:** Facts and figures, issues, conscious problems and ideas, diversity of people.
- **Dreamland:** The various figures, sides+ viewpoints which in Dreamland are understood as *roles or ghost roles* in the midst of unfolding and interaction. Roles are *non-local* and belong to all of us. Dreamland includes creative expression of roles thru speaking, singing, movement, visual art, etc.
- **Essence:** The common ground that connects all of us. When the essence arises it expresses itself in terms of parts and processes of Dreamland + Consensus Reality.

The Elder is connected to the deepest part of ourselves and is related to a particular earth spot and direction. The elder is that part of each of us that is open to the various parts and roles of a group and can flow with the various processes and tensions that arise.

Some Skills for the Dreamland and the Essence levels:

Represent roles or polarities – The concept of roles belongs to the dreamland aspect of group process. While each role such as “boss”, “underling”, “patient”, “helper” seems to be located with a given individual or group, it is actually a “timespirit” that needs to be filled by many of us. When you play a role, try to go deeply into it and get to its essence.

Role switching – Since roles are non-local, we encourage the freedom and fluidity to move and switch roles. There is a natural tendency to role switch. You may identify with a particular role but then at a given point notice that you feel pulled to represent another role. Noticing and allowing yourself to switch roles is an awareness practice; sensing when you are in one role and when you begin to move to another.

Ghost Roles – Ghosts are those things or people spoken about but not directly represented by anyone. Some typical ghosts are ancestors who are spoken about but who are no longer present, the “bad” person who is not in the room, the environment, etc. Representing + expressing the views + thoughts of ghosts can be important turning points in the group process.

Some additional Skills:

Edges – Edges are communication barriers: When someone speaks but is unable to complete what she or he is saying due to personal reasons or because of actual or felt group restrictions. It can be helpful to find out why it is hard to speak and, if circumstances allow, to encourage the person to go over that edge and complete what she or he is trying to say. Alternately, the facilitator can help the person by imagining and going over that edge for her or him.

Hot Spots – strong emotional moments. When hot spots are not focused on, they are the source of future escalations. Therefore, it is helpful to notice hot spots, to slow down, and go deeper into the feelings and to the deep essence behind each side of the conflict. Hot spots can be the doorway to deepening the process.

Worldwork views individual, relationship, small + large group situations thru the perspective of collective, universal fields, + works on all these situations with special ww methods.

Small Group, Day 1, Worldwork, Australia 2006

General Notes:

- Please take time to meet one another first since this is your first day together.
 - The point of the small group process is to try to **use your elder metaskill** (feeling attitude) to help facilitate and explore the various roles and ghost roles that come up in your discussion and try role switching. Note:
 - Everyone should consider themselves a "participant-facilitator" even though you will have a designated facilitator.
 - Focus on Consensus Reality issues but please also practice deep democracy in the sense of bringing the dreaming to life through role acting+ switching roles.
 - Then make this dreaming useful by discussing how these roles and issues are real for each person personally in their own lives.
-

Introductions and Brief Small Group Process on Roles, Role Switching, and Eldership

1. Introductions (30 minutes)

Everyone introduce themselves and the countries they come from and share your experience of your elder and gesture from this morning.

2. Small Group Process (45 minutes)

(10 minutes)

--**Choose a facilitator** by spinning pen or asking who wants to

try.

--**Discuss the morning group process theme.**

--Then **reflect/note 2 or 3 of the main roles and/or ghost roles**

that came up just now in your discussion and **write them down.**

(20 minutes)

--**Enter into dreamland. Make spots for the roles and ghost roles you identified** and begin to **play them out.**

--Also try **role switching.**

Note → The point is not to solve things but rather to get

to know the various roles and parts as best as possible.

--**If you feel stuck, remember your elder gesture and metaskill** from the morning and try to use it to help people

enact

roles, to role switch, and to express the **deep essence** behind those roles.

(15 minutes)

--**Stop and speak personally** about how these issues and roles **are personal for you** in your own life.