REACHING DEEPER
Teaching the
Inner World

CF Learning
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What is a person?
What is a person?
What is a person?
• KNOWLEDGE

Teaches the mind

Words are enough
Kinds of Learning

- KNOWLEDGE
  Teaches the mind
  Words are enough

- CAPACITIES, FORMATION
  Teaches the heart
  Requires experiences
SEVEN UNIVERSAL SPIRITUAL LONGINGS

• Rachel Kessler
1. The search for meaning and purpose.

- Why am I here?
- What am I to do?
2. The longing for silence and solitude.

+ I want to find my own way.
3. The urge for transcendence

• How far can I stretch?
• How much can I stand?
4. The hunger for joy and delight.

- I like being alive?
- I want to be happy.
5. The creative drive.

- I lose myself in art.
- I love poetry.
• I want to be a grownup.
• Welcome me as an adult.

6. The call for initiation.
7. The experience of Deep Connection

- I want to be known.
- I care about what’s important.
Tools for Inner Work
Tools for Inner Work

Generosity

Independence

Belonging

Mastery
Tools for Inner Work
Turtle Time
Tools for Inner Work
Talking Circles
1. Use circle seating
1. Use circle seating
2. No interruptions
1. Use circle seating
2. No interruptions
3. Silence for thinking
1. Use circle seating
2. No interruptions
3. Silence for thinking
4. Respect allows sharing
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2. No interruptions
3. Silence for thinking
4. Respect allows sharing
5. Leader must be growing
1. Use circle seating
2. No interruptions
3. Silence for thinking
4. Respect allows sharing
5. Leader must be growing
6. Carefully use ceremony-

THE FORMAT
1. Must be willing to participate
THE PARTICIPANTS

1. Must be willing to participate
2. Develop trust in the process
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2. Develop trust in the process
3. Find emotional language and ability
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2. Develop trust in the process
3. Find emotional language and ability
4. Deepen empathy

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1. Must be willing to participate
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5. Learn crisis management
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1. Must be willing to participate
2. Develop trust in the process
3. Find emotional language and ability
4. Deepen empathy
5. Learn crisis management
6. Begin organizational change
1. Must be willing to participate
2. Develop trust in the process
3. Find emotional language and ability
4. Deepen empathy
5. Learn crisis management
6. Begin organizational change
7. Alter their own being and person-

THE PARTICIPANTS
1. Must be growing in spirit
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2. Develops the Centre: colours, candles, and objects
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3. Selects the Talking Object: feather, stone, bowl, sweetgrass
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4. Welcomes, reviews traditions, sets topic
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4. Welcomes, reviews traditions, sets topic
5. Judiciously uses ceremony
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2. Develops the Centre: colours, candles, and objects
3. Selects the Talking Object: feather, stone, bowl, sweetgrass
4. Welcomes, reviews traditions, sets topic
5. Judiciously uses ceremony
6. Summarizes and closes circle-

THE CIRCLE KEEPER
Tools for Inner Work
Mentoring
Tools for Inner Work
Turtle Time
Compassionate Self-Observation

1. Breath awareness
2. Body awareness
3. Emotion awareness
1. Begin early.

- Tell the other what you see.
- Put your thinking into words.
2. Model spiritual insight.

- Live your values.
- We follow the actions of others
- Give them goals
3. Institute quiet time.

- Silence increases awareness.
- Start by working up to a minute.
- A daily habit can be cultivated.
4. Teach ceremony and words.

- Poetry and wise sayings help thinking
- Songs easily learned
- Develop personal sayings
- Teach personal “altars”
5. Gather with like-minded folks.

- Reinforces the importance of spirituality
- Social support nurtures personal contact
- Humans learn from others
6. Encourage care of the earth

- Our bond is nurtured in many ways
- Activities remind us of our values
- Relate to the earth, don’t manage her
- See the divine in the natural world
7. Develop daily habits.

- Begin the day with a focus on what you value
- Teach kindness when told of problems
- Model peace and gentleness when driving
- Review the day and reinforce good times
• A universal teaching
• Strengthens the person’s virtue
• Develops harmony with the cosmos

8. Stress the golden rule
9. Pay attention to those in your care

- Use teaching moments to advance the Other
- Understand the other’s world
- Relationship builds spiritual capacity
10. Express your hopes for the other.

• Put your desires into words stated out loud
• Consciously talk through your positive wishes for the other
• Express your intention to the cosmos and to other persons
• Speak to the Spirit-
Teaching a Child’s Inner World