

The Art of Being Together

Learning the art of relationship

In the Art of Being the primary emphasis is on **individual** development. If you committed to this process you should have felt strengthened in your individuality by the end of the first year. You would have come closer to your "authentic self" – both the light and the dark aspects.

The Art of Being Together is about learning the art of relationship which is about **interdependence**. Until we are independent and strengthened individuals we remain reactive and masked in our connections. This means that most relationships today are co-dependent and consequently without strong, authentic foundations. One cannot come to a sense of interdependence without learning to be separate and independent first – ironically, we have to learn about anti-social forces before we can be truly social.



The course works with 7 soul-types as tools for understanding one's relationship to oneself and the world. These soul-types are **planetary archetypes** – Sun, Moon, Venus, Mercury, Mars, Jupiter and Saturn. Just as we all have a primary temperament (and combination of others), each of us has a primary soul-type and a combination of others. These soul-types express through the astral realm: **the realm of relationship**, feeling and emotion, desires, drives, urges and instincts.

The astral realm is also the realm of movement, so it carries the possibility for more chaos! For those of us who feel safer with structure this is a very challenging course – it is not the same as the Art of Being, which has a more masculine, formed and structured nature. This course is feminine in that it is more open-ended, process-oriented and less outcome-based.

We work interactively (as you already experienced in the first year) but we step up the interaction so that we start to experience how others see us. It is difficult to see ourselves clearly and we are often fearful of doing so because we feel ashamed and desirous of being seen in a favourable way. However if we can become objective we perceive ourselves and our connections in ways which we had not seen heretofore. There are many exercises – artistic and otherwise – to further this end, including a body map in which we try to find the 2 primary soul-types. There is a long weekend away and this weekend brings and fuses the course in a very powerful way.

If you feel that **learning about interdependence** is necessary to understand both your spiritual and earthly life then this course might be very beneficial for you. We work with "old (moon) and new (sun) karma". By bringing this to consciousness we begin to understand what our karma is, who it is with, and start to participate in ordering our destinies.

Dates: 3rd February – 2nd September - (7 months)

Time: Wednesday evening 6 – 9:30p.m - (Once a week)

Weekend away: 27th – 29th August (Fri.afternoon – Sunday afternoon)

Cost: R7000 for 7 months (not including the weekend).

Please speak to me if money is an issue for you.

This year I am holding an interview with each interested participant - please phone to arrange a time, on 021 – 7977709 or 0721946463