

Spiritual Mentoring Workshop Outline

Alternative Education Resource Organization Conference 2015

May 20, LIU Pace University, New York

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Idea: spark of inspiration

"Call it ambition or call it enchantment, but it was the source of my energy to continue to create, to continue to write." - Neil DeGrasse Tyson, Astrophysicist

History and Evidence: The Learning Project (<http://tengerresearch.com/learn/index.htm>)

Mentoring

"It is a psychological game, it really is. You need to be right on top of your game... you've got a kid that comes off the mat and he's destroyed. If you go over there and pat him on the back that frigin' sucks, man." - Lou Gianni, Wrestling Coach

Implementation, the web site: <http://tengerresearch.com/grow/Mentor.htm>

Mechanics: build connections. Put out the word. Let people come to you.

Obligations: Oversight and facilitation. Managing expectation. Clarifying wants and needs.

Responsibilities: Protect, support, follow up: <http://www.mentoring.org/>

Goal: interpersonal connection, personal self-recognition.

Audience: the precocious, the far-sighted, thoughtful, disaffected, spiritually wealthy, motivated, emergent thinkers.

Teaching?

Not! We "learning" ourselves, and in that process create a field for others to learn themselves.

Spiritual Regression:

All hypnosis is self-hypnosis. You do it, I don't.

Deep relaxation. It's OK to space out, but don't drop out or disrupt the process.

Don't fall off your chair!

It's OK to get emotional. Most likely it's necessary.

Introduction to regression: imagination, intuition, and memory, three faces of the same coin.

Adaptation to the group: Listen and speak with your mind, not your mouth and ears.

Timing and pace: stay together but there is space for separation.

Imagination is the lever to open Pandora's box, and the paint brush to envision what's inside.

Objective: to connect to our individual and collective selves as children, adults, and elders. To recognize our personal limitations as reflections of our collective, social limitations.

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