

How Do I Know What I Know?

Where Does My Wisdom Come From?

Today

- Connect, Contribute, Collaborate
- Investigating what we know, how we know, where did that knowing come from?
- Engaging body memory in our knowing

FIVE ELEMENT THEORY

- Five elements relating to organs, seasons, emotions, all in relation to each other and the meridian system.
- Wood, Fire, Earth, Metal, Water.

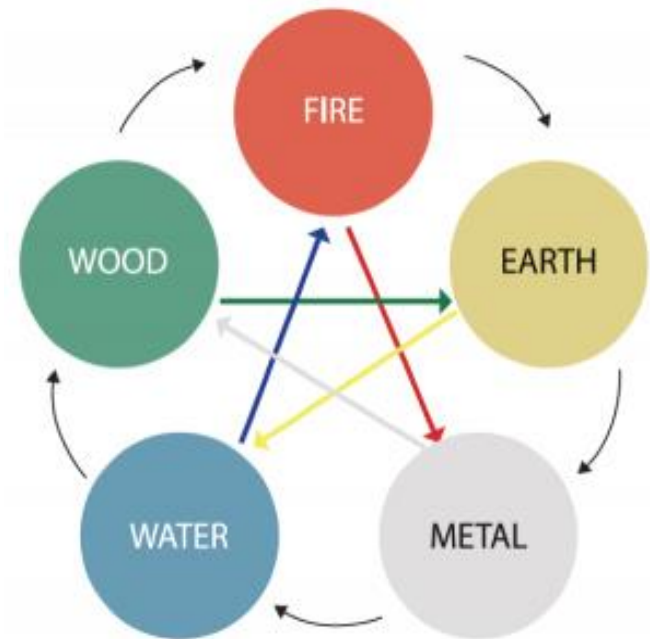
Wood - Anger, liver, Spring Green

Fire - Over exuberance, heart, Summer, red

Earth - Worry, spleen, Late Summer, yellow

Metal - Grief, lungs, Autumn, white

Water - Fear, kidney, Winter, black



Five Elements Qigong

Wood – Shshshsh!

Fire – Ha!

Earth – Hoo!

Metal – Seeha!

Water – Cherooee!



What For Sure You Know?

- What is one thing you know for sure?
- How do you know this?
- Where in your body do you sense this knowing?
- How does this inform your work with others?



Four Questions (aka “the work”)

Pick a judgmental thought you have of someone and ask four questions:

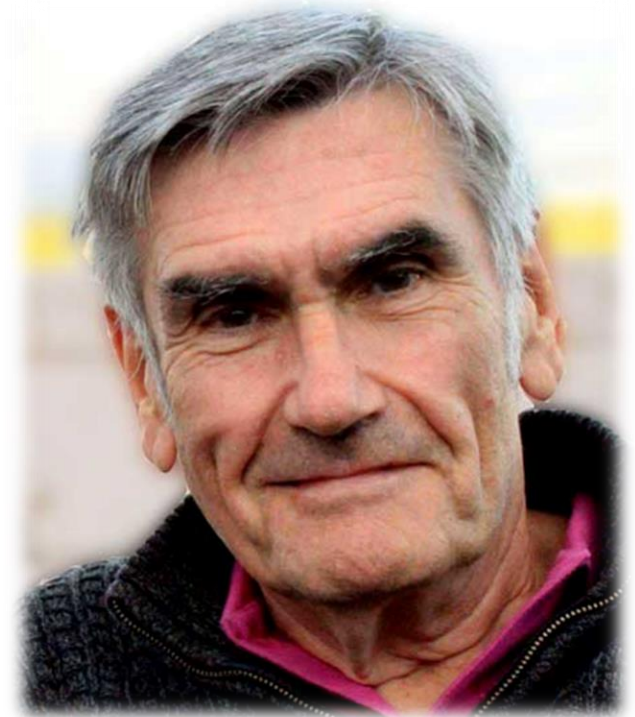
1. Is my judgment true?
2. Am I absolutely sure it's true?
3. How do I behave, treat that person when I believe that thought?
4. Who would I be without that thought?

(not trying to change the thought, just observe)

Thank you Byron Katie

In Service Of Our Needs

“Everything we do is in service of our needs. When this one concept is applied to our view of others, we’ll see that we have no real enemies, that what others do to us is the best possible thing they know to do to get their needs met.”



Marshall Rosenberg

How Have You Changed?

- How has the way you lead, supervise, manage people changed over time? Be specific about what you do differently now and why you changed how you do things.
- What have you learned about yourself and others?