

MasterClass: MultiDimensional Portal Living @ Planning Support

Decolonizing points to reflect on:

*Linear construct of time vs cyclical sets us up for an expectation of order that distorts psyche and disassociates the body. ie by this time I should've _____. By 18, in 5 hours etc.

*Historical flashback to the victorian era and its insistence on protestant/british ideals on time and order. Flash again, industrial revolution and its time is money, efficiency at all cost. History written by who, philosophy embodied and enforced by who? Ask the hard questions.

*Time oppressed under patriarchal & capitalistic enforcement. Nothing new, using slavery a model for all times- just rename and reframe. Same beast different exterior! Deeper inquiry- Placing value on humans based on usefulness, efficiency and ability to follow orders. We may not like it and what a thing is rooted in will speak for its intention and what it produces. What are you creating?

*Key language- Transaction not relational. This is what we need to watch for when "using" (the word using is a clear example=transactional not relational) tools. Another transactional exchange.

*So with an understanding that our minds create patterns out of beliefs we need to examine what are the narratives or beliefs systems we have around time & planning.

Tips:

*Observe your language, what do you mean by what you say?

*If you have access to the knowledge of your lineage begin to research and examine their daily practices and relationship to nature.

*Start to check in and practice tracking and awareness. So that you can create from that place a container that you are in relationship with. And when you are in relationship change, shifting and evolving is super important.

*Great observations in terms of containers are seasons (spring, summer, fall & winter), elements, nature beings etc. Choose a container you are relationship with not one that you have to take on outside of yourself. Notice the distinction, you know it as a way of being-not that you have to reorient and put it on. Which is why observation is key about who you are!

*What season of life are you in, often enough we want harvest when it's planting time. Or we try to do a lot community stuff when we have littles. That is another layer, what are the layers?

*Vitality, does it feel vital? And if not and necessary then how can you cushion it with support.

I hope this is helpful.

La Comadre