

Building Conscious Community
A Fresh Look at Poke, Provoke, Confront, Elevate

PROCESS

This is an exercise in using this dynamic to grow and expand and to move to an effective, mutual, engaging form of communication for inclusive leadership in community. We could call this seeing the faults of others and unseeing them--discovering what "unseeing" means.

Yogi Bhanjan saw our faults and overlooked them. He didn't focus on them, he wasn't triggered by them, and he simultaneously saw the whole tapestry of our lives including our unknown and our future selves. Luckily for him, he said, he simply used his focus to see it aurically. He simply focused on our expansion, on expanding the good in us, the Soul trajectory in us.

His way of saying this was "If you cannot see God in all, you cannot see God at all."

To make this forum exercise worthwhile the opportunity here is to focus on a real life situation with some other person in the KY community.

Which person do you choose?

POKE: What is the limiting belief you mentally (or verbally) make about them?

Are you willing to work with such a story of limitation? Yes or No?

EXPLORING THE PROCESS OF UNSEEING THROUGH THE MEDIUM OF POKE, PROVOKE, CONFRONT, AND ELEVATE

To poke means you inquire and do all the homework. "ID the situation and the person." Don't jump to judgment, ask questions to know the other person and what is needed. A Piscean misunderstanding of this would be to confront another much as a Saturn teacher would confront us.

It is said that if you didn't have some resonance with the "fault" of the other, if it was simply another data point on the great radar screen of life, then it would not "light up" for you, it wouldn't be a trigger or something that "gets your dander up".

So if you choose to examine, to become curious about some point of fault finding in relationship to another, it's likely to reveal something about you.

Given that, on a scale of 1-10, with 1 being the most resistant to examining such a situation and 10 being the most willing, how much are you willing to become curious how a story of limitation of another might block your ability to have a natural interaction with this other and with yourself?

1 2 3 4 5 6 7 8 9 10

If you score yourself at 6 or above, proceed with the process.

If you score yourself at 5 or below, it's best to pick another person.

What do you know about the part of you, the trigger that "lights up" when the person you have chosen does the behavior?

BACKGROUND MATERIAL

The Story of 5,000 bits of information

The Hawaiian Therapist Hew Len who was involved in the extraordinary healing processes at the Hawaii State Hospital and detailed in the book *Zero Limits* says that for any person there are 5,000 bits of information available. Who their parents were, what transpired in the first 3 years of their lives and after, deep influencers in their families and social lives, people who heavily influenced each of their parents, etc. He also says we operate on 50 bits of information when we interact with each other. What if we could "see" (or imagine) the 5,000 bits of information about others? He goes on to show how he "cleans his thoughts regarding other people." It is essentially the Sikh concept of "seeing the faults of others and unseeing them."

Here's how he does this.

STEP TWO: PROVOKE

To provoke is to ask effective questions to get and study a response. Ask questions that reveal the real position and the interlock with the other. Don't beat around the bush--be direct and very polite. Rudeness will produce defensiveness, anger, and less than transparent answers.

If you were regarding the other KY person knowing the full 5,000 bits of information, essentially seeing them through omniscient eyes, how would you see them?

STEP THREE: CONFRONT

To confront is to put the realities on the table. Establish mutuality. You must have deep knowledge about what you are discussing. Allow reality to emerge and compel the actions. Confront means to confront the judgment AND the embedded trigger with the new reality. It does not mean to confront the other person.

What is it in me that makes a particular behavior in the other so potent, so energetically loaded that it “lights up” for me?

Draw this process out.

STEP FOUR: ELEVATE, THE REVERSAL

To elevate is to recognize the identity, soul, and reality of both persons. The truth never hurts someone. Your capacity to speak kindly, directly, with complete trust of the expanded SELF of the other will elevate the situation.

A WAY TO EXPLORE

This is the step that was so famously detailed by Byron Katie and is known to many people, but not so often used. Take the judgment you use with the other and use it to judge yourself. What do you find?

COMPLETING STEP FOUR:

Move into dyads and take turns holding space for each other as you use your partner as a placeholder for the “other” person. Give yourself 11 seconds to say to them directly what has been holding you back and slowing down your ability to relay with them. Judge them for nothing; in their presence take 100% responsibility for yourself and the stories that you have chosen and now choose to tell yourself.