

KEEPERS OF THE FLAME

JUNE 25-27, 2015
BOULDER, CO USA



CULTIVATING HEALTHY RELATIONSHIPS WITH THE UNKNOWN

CO-LEADERS

SUZANNE FRINDT
&
LES SMOLIN



CULTIVATING HEALTHY RELATIONSHIPS WITH THE UNKNOWN

SEGMENTS

- THE PILGRIM – JOFF GROHNE
- THE PATH – CINDY HESTERMAN
- BEING VULNERABLE – MARK FACKLER
- POSSESSIONS – NORA PALLER



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The Pilgrim

Cultivating
healthy
relationships
with the
unknown



Pilgrim Question # 1

**As a pilgrim,
what **unknowns** have you experienced,
how have you related to them and what have you learned?**



Cultivating healthy relationships with the unknown



Pilgrim Question # 2

**As a pilgrim of your own life,
what new experiences would you like to explore to
become the person you would like to be on your path ahead?**



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THE PATH

**TED SPEAKER DANIELE QUERCIA
DEMOS “HAPPY MAPS” THAT ACCOUNT
FOR NOT ONLY THE ROUTE, BUT HOW
YOU WANT TO FEEL ALONG THE WAY.**

TED Oct 2014

Daniele Quercia
Happy Maps



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DO I HAVE A PATH IN MIND? IF SO, HOW DID I CHOOSE MY PATH? IF NOT, HOW CAN I CHOOSE MY PATH?

WHO IS ON THE PATH WITH ME?

WHO IS NOT CURRENTLY ON MY PATH THAT I'D LIKE TO INVITE ON MY JOURNEY? WHY?

WHAT COULD MAKE MY PATH MORE BEAUTIFUL OR HAPPY? WHAT CAN I DO RIGHT NOW TO INFLUENCE THAT BEAUTY OR HAPPINESS?

AM I PREPARED FOR THE POSSIBILITY THAT MY PATH'S DESTINATION MAY CHANGE? WHAT MIGHT THAT MEAN FOR MY JOURNEY?



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BEING VULNERABLE

VULNERABILITY - EASILY HURT OR HARMED PHYSICALLY, MENTALLY, OR EMOTIONALLY

HYPOTHESIS - BY EXPOSING OURSELVES TO HARM, WE DEVELOP RELATIONSHIPS THAT ARE STRONGER AND MORE INTIMATE



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A VULNERABLE ASSIGNMENT

1) WHAT PARTS OF YOU ARE VULNERABLE, AND WHAT PARTS OF YOU ARE NOT VULNERABLE AND WHY?

2) WHAT OBSTACLES PREVENT YOUR VULNERABILITY?

3) HOW DO YOU HIDE VULNERABILITY?

BONUS) WHAT MIGHT YOU WANT TO CHANGE?

FORM GROUPS OF 3 OR 4 WITH OTHERS YOU DON'T KNOW VERY WELL (I.E. BE VULNERABLE)



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POSSESSIONS

WHAT DO YOU NEED TO TAKE WITH YOU ON THE CAMINO?

WHAT DO YOU NEED TO LEAVE BEHIND?

ARE THERE THINGS YOU NEED TO ACQUIRE FOR YOUR PILGRIMAGE?

FOR THOSE WITH FIRST NAMES THAT BEGIN FROM A-L, GO FIND SOMEONE WHOSE NAME BEGINS WITH M-Z AND PAIR UP FOR YOUR LAST CONVERSATION. PICK SOMEONE YOU HAVEN'T WORKED WITH YET. THEN EACH PAIR FIND ANOTHER PAIR AND OFF YOU GO.



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