

Thresholds

A workshop presentation on ego transformation and perceptions.

A wise teacher, rather than bidding you to enter the house of his own wisdom, would lead you toward the threshold of your own mind.

A Threshold. A doorsill. A point of entry.

Like a border or a wall, a threshold belongs to neither one side or the other. It is not on the inside or without. Rather it marks the place where two different worlds meet and as much as it separates these worlds it also joins them.

It is therefore, like any border, a point at which change takes place.

In the German language there is a word for the fear of crossing thresholds. Schwellen: Threshold + Angst: Fear..... Schwellenangst.... The fear of entering an unknown place.

In many cultures the spirits, Jinns or the Bwca reside beneath the physical threshold, a block of stone or wood, of a doorway.

Sometimes, if we wish to enter an unknown room, we must overcome our fears in order to experience that which the room offers us. So it is with our minds.

The Bengali poet and polymath Rabindranath Tagore wished us to live in world “Where the mind is without fear and the head held high. Where knowledge is free. Where the world has not been broken up into fragments by narrow domestic walls..”

In an ancient Arab tale a woman discovers that she can break down walls with words, she discovers the power of her voice and thus becomes strong and, above all, a complete human and equal to all others.

Using the concept of a threshold as a point of entry I have created a storytelling workshop which attempts to step over these borders and move into lesser known realms in order to give space and freedom to our thoughts.

The workshop is also an exploration of ego, the way we see ourselves and our place in the world. Using Sufi teaching tales from the Persian literature of the 8th to 13th centuries the workshop presents a journey through the ideas of self which will help us to examine our attitudes towards our own egos and gives us an understanding of the ways we perceive others and are perceived.

The Persian poets would say that a poet, therefore a teacher, must be not be a lamp but instead a mirror.... I argue for this to be a fundamental tenet for storytellers. And indeed us all. The workshop will pursue this thought via stories from the Sufi, Buddhist and Platonic traditions and will involve discussion and debate.

Details

The workshop should run for between 3 and 4 hours. With a breather in the middle to absorb and reflect.

The ideal amount of participants is between 8 and 12 but there is flexibility here.

I have presented this workshop at the European Green Party retreat in Ostende and for various smaller political and non-governmental organisations as well as for groups of managers of larger companies, most recently with the international management team of the Vapiano company with whom I regularly work. The sessions fits very nicely into seminars and consultation sessions. The workshop has been very successful for many years in schools in both German and English and I have received much positive feedback from both teachers and pupils.

The workshop can easily be adapted to fit any specific requirements by interested parties, such as emphasis on the practice of storytelling as well as the content of the stories and history of the art itself. Participation and learning how to tell stories is covered another separate workshop.

Ideally I would spend the day with the group, getting to know them and they me. If the group is made up of the participants of a seminar for example, I am often asked to tell a few smaller stories throughout the day. This gives the participants a clearer idea of just what storytelling is. This works very well at larger seminars over a period of days.

For further information about my work and availability please go to my website where you will find out all you need to know. www.christian-rogers.com. If you don't find all you need to not then send me a mail. christian@christian-rogers.com

