

Cultural Emotion

by M.Tabor

Cultural Emotion Vision

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WORLD OPENS -
to the "tiny" - How
maintain? Go
counter clockwise

Love

Fear

Anger

REVIEW
FACT
FIELD -
Seeing
that way
makes
that way?

FREEDOM
OF Non-
Judgement

Buy into another's judgment
completely

Escape

Undone

Anxiety

Discovery

Harrassed by
Do-gooder

Annoyed
by wrong
practices

Sweet

Loom

Harrassed
about a
good
practice

Bitter

For Today

You be your own "other"

You be your best self



Listen to the other;
no resistance

All understanding rests on
self-surrendering love.

Were this not the case, then not only all
discussion of what appears in religion,
but all discussion of appearance in
general would be quite impossible;
since to him who does not love, nothing
whatsoever is manifested.

van der Leeuw

Practices - *Process*: Release Judgment

- Patience: Count to 10
 - Listen
 - Breath – OUT
 - Temperance
 - Walk around the block
 - Exercise
 - “Reset the clock”
 - **Sit Counsel**
 - No pain, no gain
 - Tolle
- **Values Cube**
 - Counseling
 - Return of old cultural releases: sweat lodge; vision quest; chanting; “rave”, club
 - The Word – orienting phrases
 - STOP: Meditation
 - **Look for inclusiveness or connection rather than dominance**

... Emotional Dialectic

Emotional events take place in a time



- Dialectic:
 - ☹ Thesis – Interruption
 - ☹ Antithesis – rule, expectations, thoughts
 - ☺ Synthesis
- **Control** over the dialectic ?
- *Or do words*, describing it ... self-fulfill
"So it is written, so it shall be done."
- Practice: **KNOW WHAT YOU WANT**

Values Cube

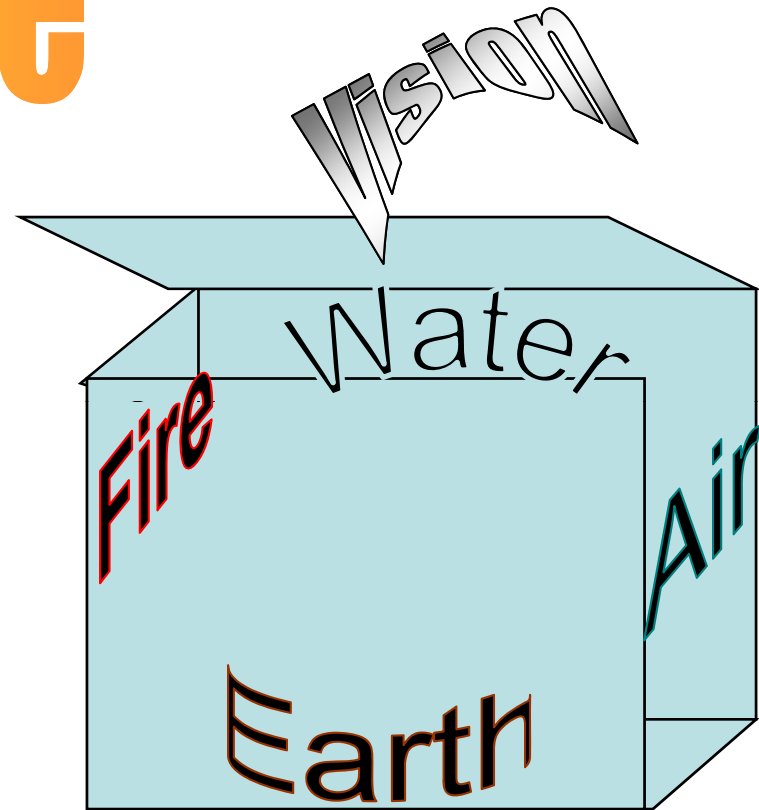
TOP
Vision

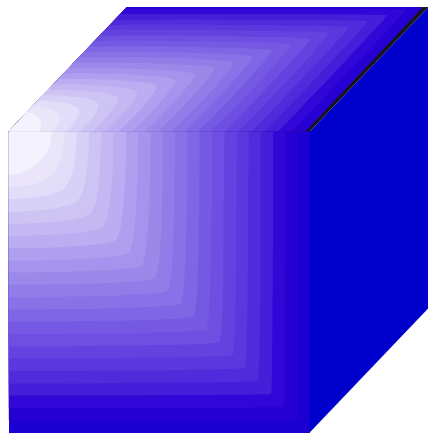
WALLS

Four Action Pillars

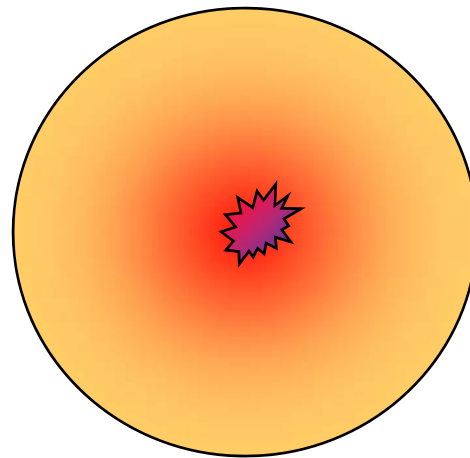
IND	NET	SOC	CHG
AIR	EARTH	FIRE	WATER

PREMISE
Foundation

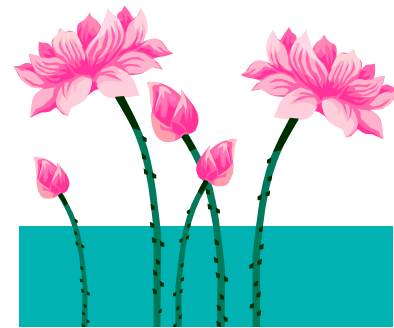




Cube

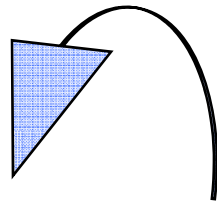
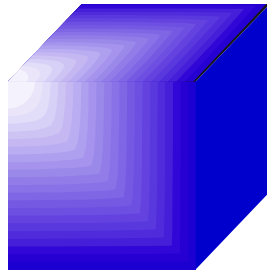


Zone

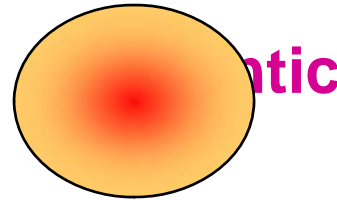


Arete

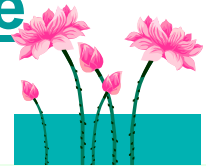
Classical



Emotional-Dialectic



Areté

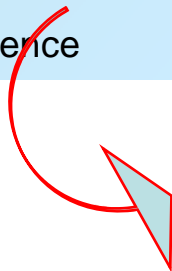


Know Thyself
 Restraint, self restraint
 Values
 Order
 Head - Reason
 Respect for Authority – and ultimately YOU as authority
 Mechanistic world
 Tradition
 The unknown, as known
 Decorum
 Stability
 Hierarchy
 Universality
 Structure
 The *Ritual* of science

Emotions
 Go with the flow
 Skepticism
 Heart
 Rebellion against Form
 Intensity, Excess
 Private
 Exotic
 Ornateness - Organic
 Yearning for Infinite
 Noble Savage- Byronic Hero
 The Unknown, unknown
 The *Discovery* in Science

Be who YOU are
 Clarity for Energy: Passion
 Oriented towards the group
 Mix me, with I, with other – integration of me and we

- Communication
- Non-stuckness in mood, 'tude
- Courage
- Movement
- Practice
- Clarity
- Luck
- Persistence
- Faith
- Change



Things as well as people have

areté (pronounced are-uh-tay)

Arete was a concept of great importance to ancient Greeks. It meant excellence, virtue, bravery and effectiveness.

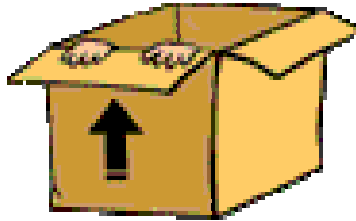
Meaning changes depending on the object referred to - the areté of a race horse denotes speed, while the areté of a carthorse denotes strength.

A representation of the good qualities of a person, animal or system.

Areté was an important concept in Socratic and Platonic philosophy and in early Christian teachings.

Areté

the word means something close to "being the best you can be," or "reaching your highest human potential."
The term from Homeric times onwards is not gender specific.



The Ancients invite us to “get out of our box”