

The I and Thou Relationship

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The purpose of this workshop was to illuminate, through a presentation and experiences, the nature of the relationship that the therapist or teacher must strive to create with the client or student. Our intention as therapists and teachers to be guided by the best within ourselves, in other words, to live and create relationship from our core selves, is the principle of the Core Energetic Evolutionary Model that informs our relationship with our clients and students. Within such a holding, the “other” not only can touch all places within his or herself, but also the relationship that we know she or he is most longing to create with others in the world can be modeled.

The experiential portion of the workshop had a threefold purpose. First participants were offered an experience that was aimed at allowing them to soften into a rhythm and energetic memory of infancy when one was most likely to meet the world with trust and innocence. From here, participants were asked to do an exercise in dyad in which they would meet another and see and hear them from this place of openness and wellbeing. Lastly, with the help of imagery, music and movement, we built a communal structure in the room, ending in a circle, a form of unity.

I hoped that the experiential section would elucidate what I had spoken of earlier, namely, that the human organism, in its natural unfolding and evolution, has the longing and the capacity to achieve three tasks on which all culture rests. First is an inner sense of “well-being,” from which we have the basis to “be in the relationship,” which then supports our natural yearning and ability to “inter-be,” or create community.

The “I and Thou” relationship allows the full unfolding of what is given in the “blueprint” of our humanity. This relationship invokes the evolution of the journey toward this actualization.