

Giving and Receiving

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In this workshop we explored our different styles of distorting or limiting the in- and outflow of the “giving and receiving process” and worked core energetically towards a natural, creative soul movement of it. The theoretical background of the work was based on character- structures, on the perspective of the Mask, Higher & Lower Self and on the Path Lecture No. 155: “The Key to Change, Overcoming Fear of Self-Giving and Receiving.”

We started with the presentation of the participants and their expectations: what brought them to this workshop and what they would like to get out of it. Then I introduced the topic of the workshop and explained the methodology of working. We did a Core Energetic warm-up based on grounding and connecting together as a group.

After that, the group paired up in couples and acted different styles of masky behavior in relation to the “giving and receiving” like: “*You owe it to me*”, ... “*I do not need anything*”, “*I will give you everything*”, “*You have to give it to me*”, ... and we shared in the group about individual behavior and feelings that came up about this process.

The group paired up again and each person revealed and expressed with the help of his/her partner the “Lower Self Part” involved underneath his common behavior. They shared the experience and difficulty of assuming the lower self with each other.

We did some group work with breathing to open especially the heart chakra, connecting with the inner truth or the core, the real longing and the inner will of wanting to give and receive. Then we formed a circle, and each person was asked to go to someone and do something that had been difficult for him/her to express in relation to his/her whole being, his/her longing to give and receive and to risk it now. We finished with a sharing in the group and closure.