

M5 Paradigm

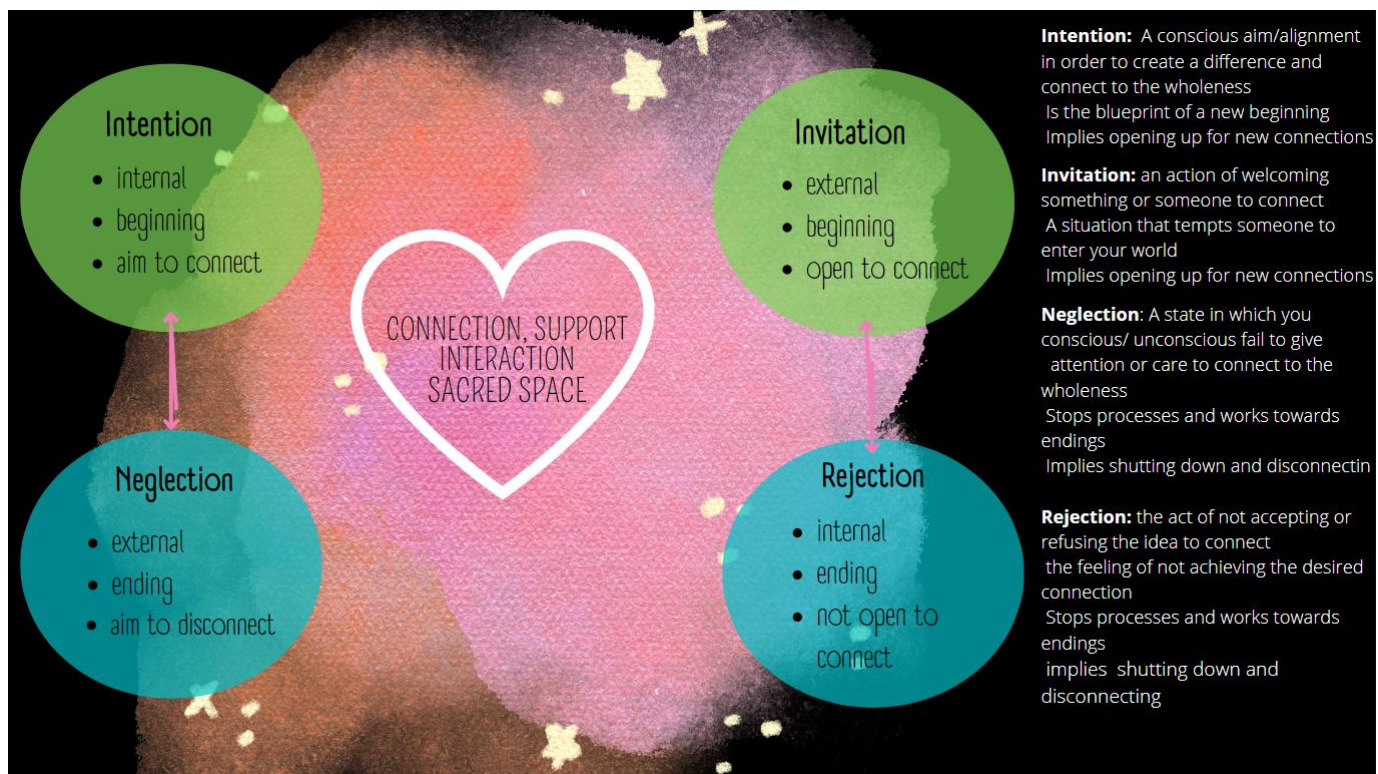
How to tackle this one?

*I watched the video - the one that starts simple and gets complex and very beautiful 😊 Let it simmer for a night and day. Watched it another time and again and again. Let it simmer some more. Asked me to give myself some instructions on how to tackle this one? Saturday morning I got up early. I just knew to take out my polarity plate and my value endeavour. I looked at the words that I had written down on both documents and started to make a list of the words that resonated the most and had something to do with my value endeavour.

I picked out the words: **intention, invitation, neglection, and rejection**. In my perspective all these worlds are in some way involved to connect/disconnect to yourself, others, and sacred space.

The next thing I did was look up the definition of the 4 words in google. Then I remembered the pink and black exercise. And that you are free to give the words your definition when creating your paradigm. So, I started to describe what these 4 words mean to me. Looking for similarities and opposite things.

This is what came out:



After this, I wanted to try out putting these words in a matrix and see what can come out. I looked at the part of the video and let it simmer.

Saturday afternoon we were invited to a children's art exhibition. To look at the drawings of my niece and nephew. They were so proud of their works of art. The whole exhibition had an overall theme: travel and the intent was to immerse the visitors in the different worlds that the children had created. It was so inspiring. I could suddenly see a **connection between intention and invitation**.

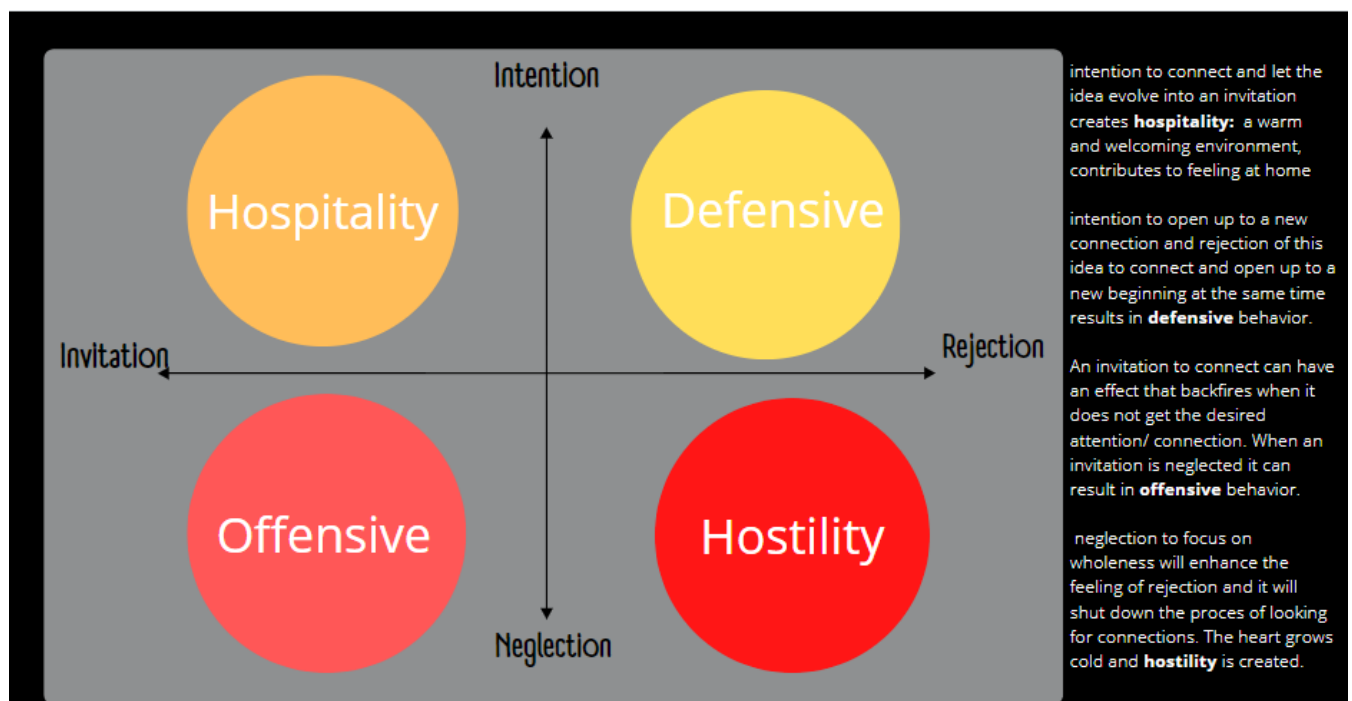
When you accept an invitation that is the result of a positive intention, it is like stepping into a warm, welcoming environment. You feel at home. It creates **hospitality**.

Sunday morning we went to the library. Walking out of the library we spotted a stone that was painted as a sheep. On the bottom of the stone was written happy holiday '22. Thorin also spotted a stone that was painted as a ladybird. I told him to leave one surprise for somebody else and choose which stone he wanted to take home. He wanted to wait for someone to spot the ladybird stone. So, we sat on a bench for a while. A lot of people just walked by. Thorin got angry. Why do they not notice the pretty stone? I put it back as a gift! It hit me, he was acting **offensive** and felt offended. He was ready to connect. He put the stone back, this was a sort of invitation. And this **invitation was being neglected** by all those people just passed by, totally absorbed in their thoughts. These people are so not focused on wholeness. They only focus on a small part of themselves and their lives. This **neglection** towards wholeness enhances the feeling of standing alone and the **feeling of rejection**. This creates a **hostile** environment, with fear for the other and battles between us and them.

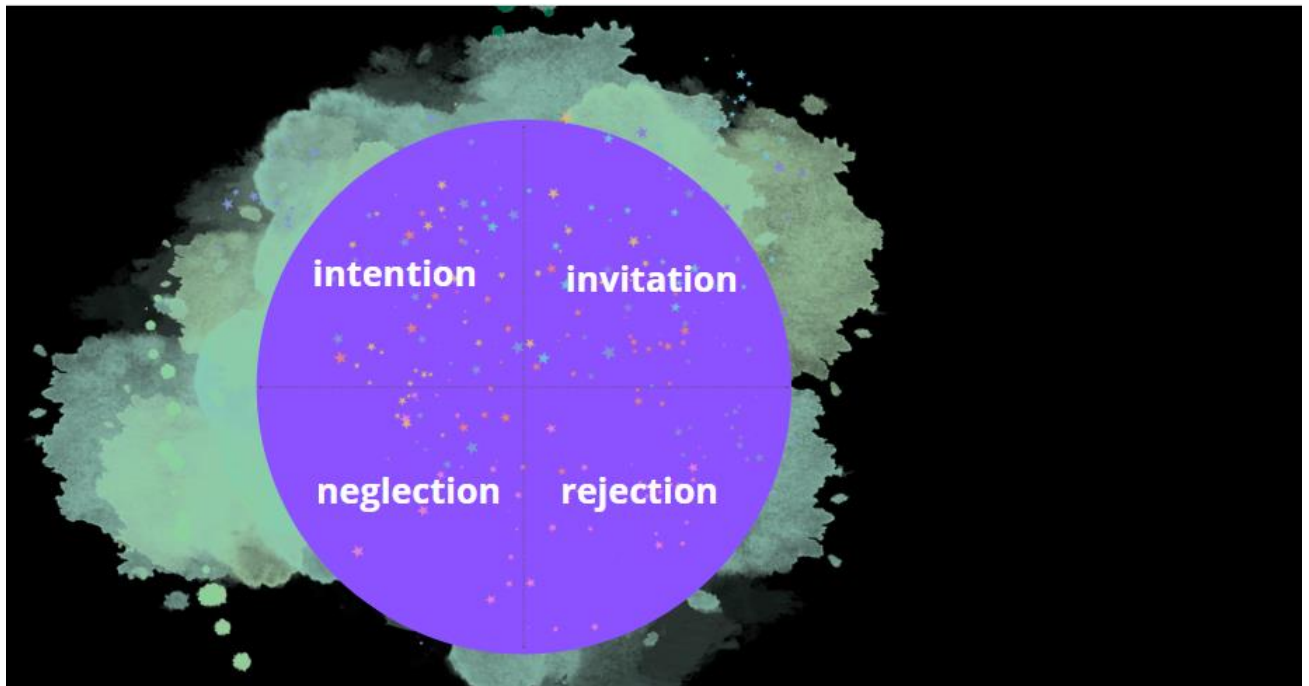


I started drawing the matrix and filling in my discoveries. Thinking about the relation between intention and rejection. I was reminded of a conversation I had. We talked about a curious thing. We had both observed that somehow people can have a pure intention to connect to a group and at the same time **reject this intention** when a moon circle meeting starts. This usually results in **defensive** behaviour. We were thinking of ways to proactively take on this behaviour. We came up with an exercise. We made pairs and asked each pair to say this sentence to each other: "Sister, put down your sword, I have come to hold your hand. "Such a simple thing and it made such a difference during the whole circle. There was a very welcoming vibe, and a lot of wonderful insights were shared.

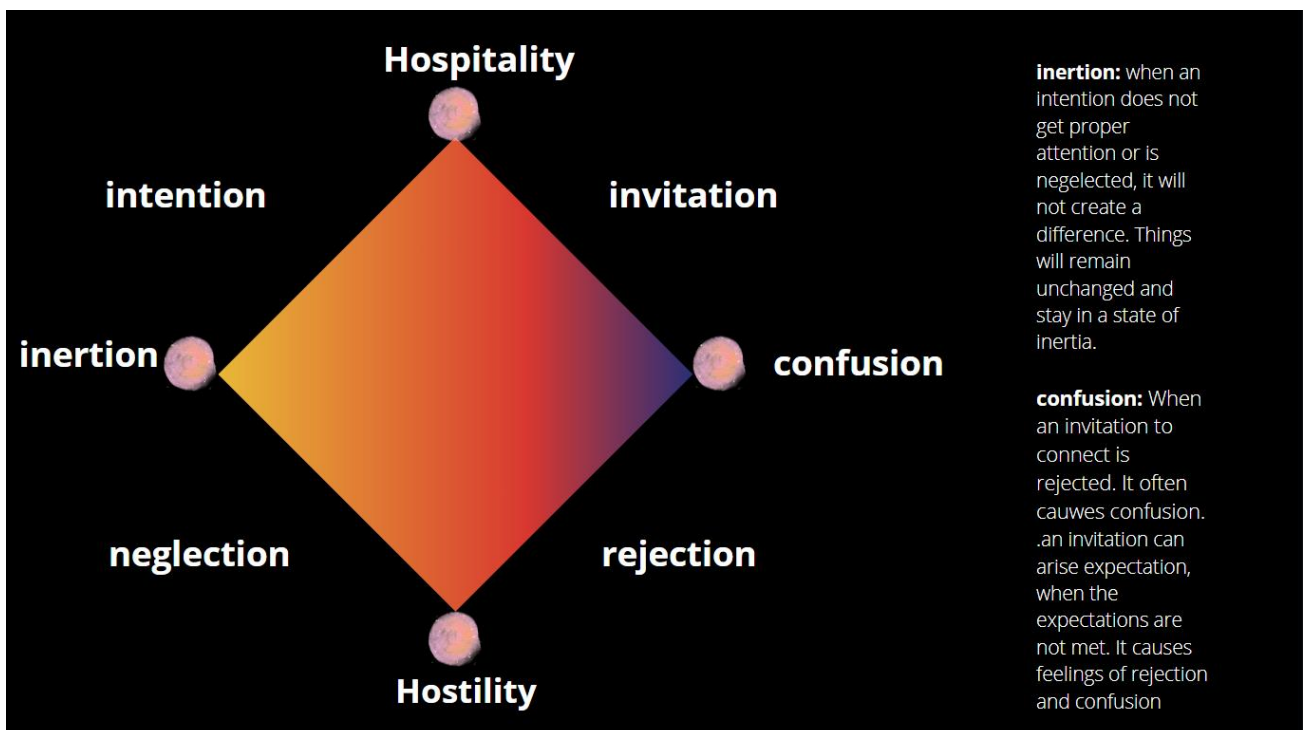
So, this came out:



Putting it all in a circle, we get this:

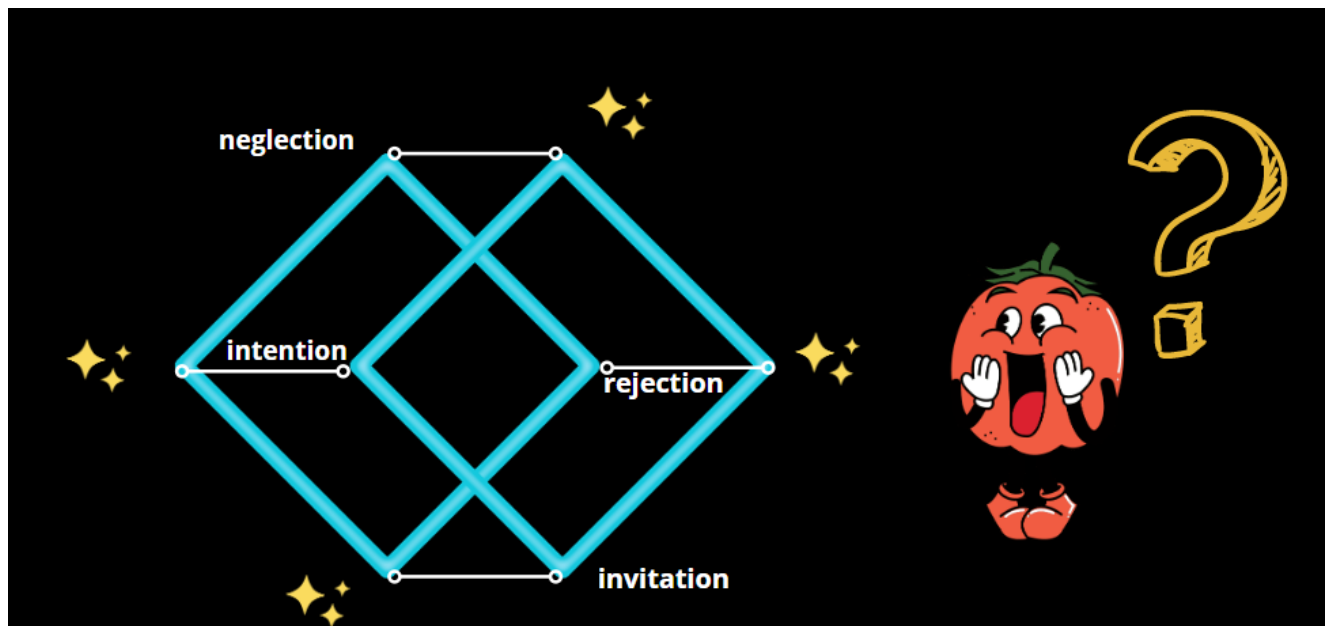


Putting it in a square adds **inertion (inertia)** and **confusion to the mix**



And then the video gently starts moving towards my brain exploding!!! 😊

This is what I came out with combining the 2 squares:



To be continued 😊