

## PRECIS OUTLINE

DH10 April 10 – 11, 2021 Big Group

### HATRED & REJECTING OBJECT RELATION (ROR) & PERSONAL POWER

#### TALK #1: Hatred (BOB)

- Reinforcement of the Kath and SLL Practices
- Carolyne Demetria Dedication (she recently passed after heart surgery) > Kath
- Why are we looking at Hatred Now?
- Black Lataif & Doubt Review
- Everyone Fears Hatred – Most powerful emotions a human can experience
- Differentiate Anger from Hatred
- 2 main Causes of Hatred: personal History & Ignorance
- Reactions to Hatred: fear, deny, disown because of destructiveness
- How it Lives in us: silent treatment, cut someone off, dismiss them, hidden & justified

#### Exercise: RQ x 3

- Tell me a way you feel about hatred?
- Tell me a way you deal with feeling hated?
- Tell me a way you feel hated?

#### TALK #2: (ROR) Rejecting Object Relation: Two Sides (BOB)

- General review of what object relations are
- What's a ROR?
- How ROR gets Formed: childhood frustration and personal history
- Describe each side of ROR and how they form a Unit
- Hatred is typically projected onto other while one's own is disowned
- Which side of ROR do you tend to identify with while projecting the other?
- Not all RORs have hatred in them – some are just preferences
- ROR with ourselves: Self harm, addiction, SE

#### EXERCISE DESCRIPTION:

Gestalt for 15/5 in groups of 3 – Like Psychodrama

Use two additional chairs so you can have a dialog from between the two sides of the ROR

#### TALK # 3: Rejection Object Relation Resolution (KAREN)

- Overview of context for this work mentioning all the cultural issues currently up, but focused on our own hatred
- Which side is your tendency and where are you as related to ROR?
- Can you see and experience both sides? Stuck on one side or the other?
- What triggers and brings ROR back for you?
- How are they resisting? Can they see both sides from a 3<sup>rd</sup> position?

- Speaking truth to power but often victimizing the other in the process – a work in progress

#### **EXERCISE: Mono 15/15**

Explore where you are in relations to the ROR and its 3<sup>rd</sup> position resolution. Can you hold both images and not identify with either side? What happens when you do that?

#### **#4: True Personal Power (KAREN)**

- Start with a short Life Practice with emphasis on SLL practice
- exploring what the ROR points towards
- Complete the teachings on true Personal Power
- Explore various ways humans function in relation to power
- Can we be strong and clear and NOT negative or attacking when in power?
- True power has love, truth and a force.
- Personal power has to do with the Black Pearl and its personalness – not impersonal

#### **EXERCISE: 3 Repeating questions:**

Tell me a way you experience power?

Tell me a way you express personal presence

Tell me a way you experience the presence of personal power (looping)