

Rowan Workshop Handout 1 AUTHENTIC SELF VS. SUBTLE SELF OR SOUL

AUTHENTIC SELF	SOUL OR SUBTLE SELF
Separate	Connected
Clear perception	Love, heart perception
Likes boundaries	Not much interested in boundaries
Thinks in words, likes imagery	Thinks in imagery, suspicious of words
Uses dialectical way of thinking	Uses intuitive way of thinking
Can use symbols	Immersed in symbols
Interested in people	Interested in people, animals, plants...
The divine may be out there	The divine can be in here
Understanding is the most important thing	Imagination is the most important thing
Interested in knowing	Interested in not-knowing
Thoughtful compassion	Emotional compassion
Finds self in contrast to other	Finds self in other
Creative	Surrendered, inspired
Trees can be beautiful	Trees can be numinous
Has internal gyroscope	Has daimon (genius, angel, inner teacher)
Good at psychotherapy	Good at healing
In touch with the body	In touch with the subtle body
Has many skills	Waits for guidance
In touch with own authentic self	In touch with the divine
Steers clear of magic	Can use magic on occasion
Uses experiential knowing	Uses intuition all the time
Creativity comes from inside	Creativity comes from outside inspiration
Ecstasy is personal	Ecstasy is divine
Clear about boundaries	Can allow boundaries to disappear
Not much interest in mythology	Steeped in mythology, fairy tales, etc
Sees what is visible	Sees what is invisible
Everything is understandable	Everything is alive
Interested in bodymind energy	Interested in subtle energy

3nd draft

Rowan Workshop Handout 2
SUBTLE SELF VERSUS CAUSAL SELF

SUBTLE SELF	CAUSAL SELF
Fascinated by symbols	No interest in symbols
Concerned with gender	No concern with gender
Polytheistic	Monotheistic or nontheistic
Juicy compassion	Constant clear compassion
Knows many techniques	Invents techniques as necessary
Deep linking with the other	No need for distinction between self and other
Interested in angels and auras	No interest in such things
Values diversity	Sees through distinction between unity and diversity
Fascinated by paradox	Paradox runs through everything
Values the third eye	Rises above the third eye
Focused on many beings	Focused on Being
Concern to build up resources	Infinite resources without concern
Creative approach to problems	No concept of a problem
Deeply identified with Nature	One with Nature
Can relate to trees as devas	Is all the trees in the world, and all the tree-cutters too, and the no-tree
Has compassion for the unfortunate	Has compassion for the unfortunate and for the fortunate
Wants the World Soul to be well and happy and free from suffering	Knows that the World Soul is already well and happy and free from suffering
Wants to save what was lost	No one has lost everything
Unafraid of what is alien	No fear because nothing is alien
Rejoices in the Many	One-ing
Rejoices in the rich taste of all	There is nothing to taste, and no one to taste it. Or perhaps there is just one taste.
The centre is up there, or down there	The centre is everywhere
Offers the deepest form of empathy	Not interested in empathy