

Dancing with the Ten Thousands Things

Contents

WITH GRATITUDE	xv
PREFACE	xix
INTRODUCTION	1
Chapter 1 WAYS OF BEING	7
• <i>Staying Awake</i>	9
• <i>Perceiving and Conceiving</i>	11
• <i>Moving Beyond Small Mind</i>	14
Chapter 2 WAYS OF DOING	17
• <i>An Actor, a Shaman, a Healing Presence</i>	18
• <i>Recovering the Use of Touch</i>	21
• <i>Taking on a Practice</i>	23
• <i>Polishing Your Practice</i>	25
Chapter 3 WAYS OF SPEAKING	29
• <i>Words Have Power</i>	30
• <i>Listening for the Gremlin</i>	33
• <i>Healing Conversations</i>	36
• <i>The Art of Inquiry</i>	39
• <i>Rewriting Our Personal Stories</i>	44
Chapter 4 LIFE AS A UNITY—ONE	49
• <i>Living the Mysteries</i>	51
• <i>Begin and End in One</i>	53
• <i>Life is Not Broken</i>	55

• <i>For the Sake of</i>	57
• <i>Death Calls to Us</i>	59
• <i>A Challenge</i>	61
Chapter 5 LIFE AS A DANCE—TWO	63
• <i>Mutual Arising</i>	65
• <i>The Beauty of And</i>	69
• <i>Declaring Partnership</i>	71
Chapter 6 LIFE AS POSSIBILITY—THREE	73
• <i>The Magic of Three</i>	74
• <i>Tending the Rice Pot</i>	76
• <i>Taking Risks: Paradox and Provocation</i>	78
• <i>Turning Lead into Gold</i>	81
Chapter 7 LIFE IN THE FOUR DIRECTIONS—FOUR	83
• <i>Taking Effective Action</i>	85
• <i>Shifting Paradigms</i>	88
• <i>Wind and Water</i>	91
Chapter 8 LIFE AS NATURE—FIVE	93
• <i>The Wu Hsing</i>	96
• <i>Winter and the Water Phase</i>	98
• <i>Spring and the Wood Phase</i>	103
• <i>Summer and the Fire Phase</i>	108
• <i>Late Summer and the Earth Phase</i>	112
• <i>Autumn and the Metal Phase</i>	117
• <i>Walking the Circle</i>	121
Chapter 9 LIFE IN A BODY	125
• <i>The Phenomena of Emotions</i>	126
• <i>Symptom, Symbol and Soul</i>	131
Chapter 10 LIFE IN COMMUNITY	135

• <i>Assessing Community Life</i>	136
• <i>When the Community Gathers</i>	140
• <i>A Community Out of Balance</i>	146
<i>Being of Service</i>	152
Chapter 11 LIFE IN CONFLICT	157
• <i>Conflict as Possibility</i>	158
• <i>Principles of Engagement</i>	164
• <i>Resolution and Restoration</i>	171
EPILOGUE	177
Appendix A Archetypal Figures and Motifs	179
Appendix B The Twelve Officials	183
• <i>Season of Winter The Water Phase</i>	184
• <i>Season of Spring The Wood Phase</i>	184
• <i>Season of Summer The Fire Phase</i>	185
• <i>Season of Late Summer The Earth Phase</i>	187
• <i>Season of Autumn The Metal Phase</i>	187
RECOMMENDED READING	189
RESOURCES	193
ABOUT THE AUTHOR	197