



Who are you?

What do you want?

Pair up with a partner.

Choose the one with the darkest hair.

Who are you ?

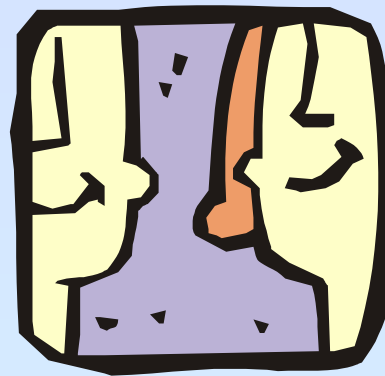
For the person with darker hair

Close your eyes and put all your awareness in your heart.

For the person with lighter hair

Whisper in your partner's ear,
every 15 seconds,
the following question:

Who are you ?



Who are you?

Who are you ?

Switch roles.

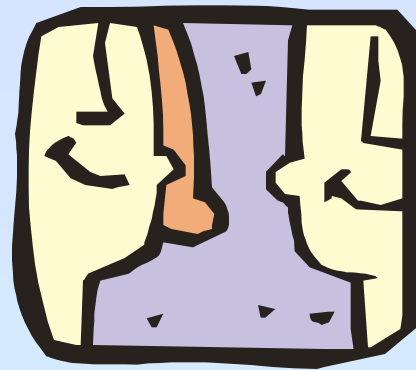
For the person with lighter hair

Close your eyes and put all your awareness in your heart.

For the person with darker hair

Whisper in your partner's ear,
every 15 seconds,
the following question:

Who are you ?



Who are you?

Stops the cycle



What do you want ?

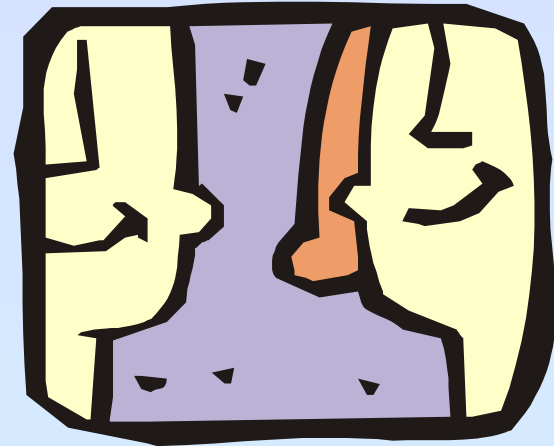
For the person with darker hair

Close your eyes and put all your awareness in your heart.

For the person with lighter hair

Wisper in your partner's ear,
every 15 seconds,
the following question:

What do you want ?



What do you want?

What do you want ?

Switch roles.

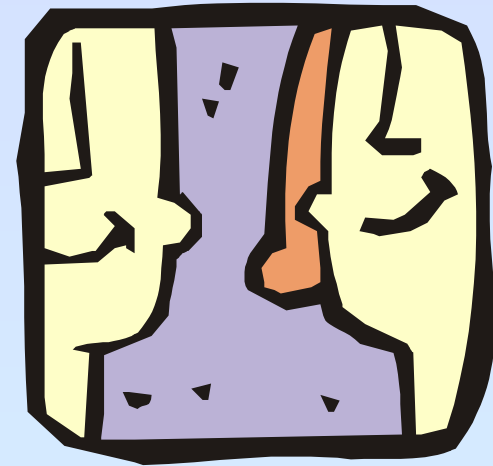
For the person with lighter hair

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For the person with darker hair

Whisper in your partner's ear,
every 15 seconds,
the following question:

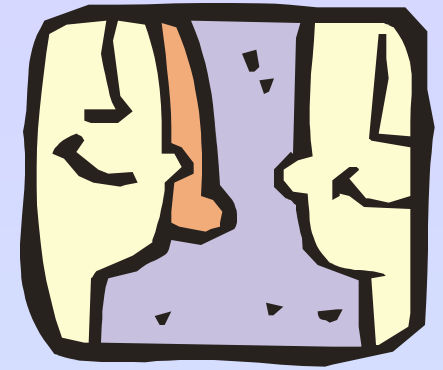
What do you want ?



What do you want?

Who are you?

What do you want?



Time for reflection

How would you describe your experience? .. in one word

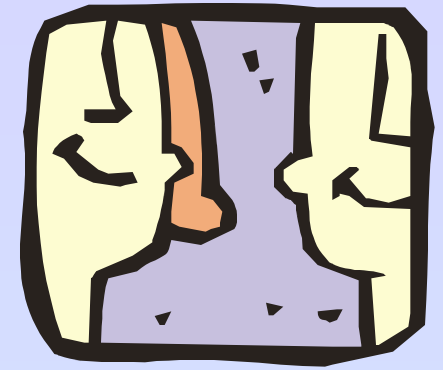
Expressions
of the
ego

Click here
for examples

Expressions
of the
soul

Who are you?

What do you want?



Time for reflection

Expressions of the ego:

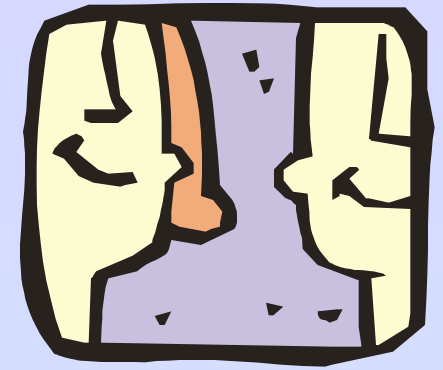
Fear

Expressions
of the
soul

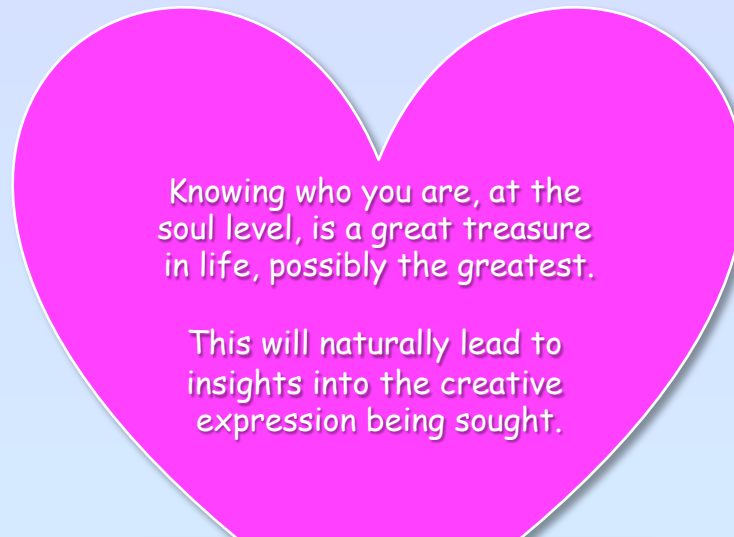
Click here
for examples

Who are you?

What do you want?



Time for reflection



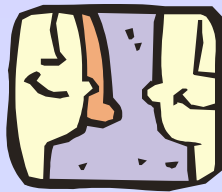
Click [here](#) for some archetypes of creative expression



What do you want?

Archetypes of creative expression

Examples

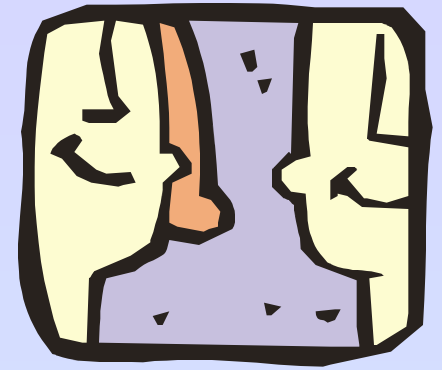


Who are you?



Who are you?

What do you want?



End of this session

Return to menu.