

Reflection:

The Heart of
Change Agent Work

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12/8/17



Select an Ordinary event from yesterday

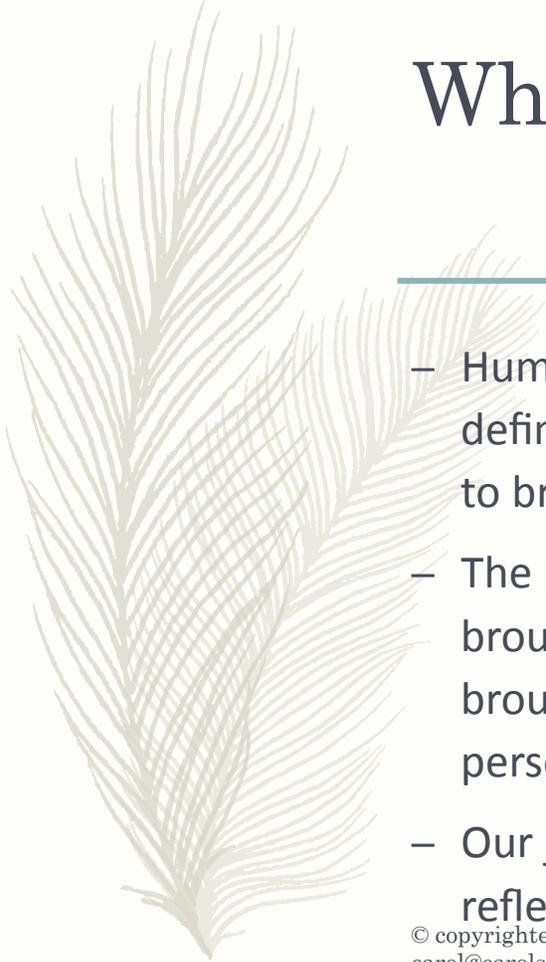
- How might you use it to reflect and discover?
- What is the core to what makes it “reflective?”
- What are premises or principles for reflection?



Role of Reflection

– Premises:

- We cannot change another by compulsion, influence, even inspiration.
- No outer action can change a person, even if they agree or accommodate temporarily. This does not change the person at the level of SELF or BEING
- To create change of SELF, a person must realize the truth for and from themselves. This self-knowledge is what alters him or her. This defines the First Line Work
- Reflection on effects and affects with self-managed reflection is the only and necessary means.



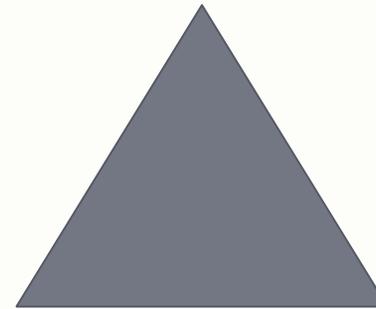
Why is this the case?

- Humans are created as a self-developing organisms, capable of definite inner change and there is no means or no outer force able to bring about self-developed
- The primary instrument for self development is reflection. It is brought into focus with interludes, pauses, where questions, brought through resourcing, hold the non-judgmental field for a person to make these discoveries.
- Our job when resourcing is the frame questions that evoke reflection and restrain ourselves from ‘answering’ for them.

Foundation of Developmental Reflection



Discernment- of
“value & utility”, e.g.
growth, applications



Inner evolution

Structural Intelligence
designed for concrete
current experiencing.

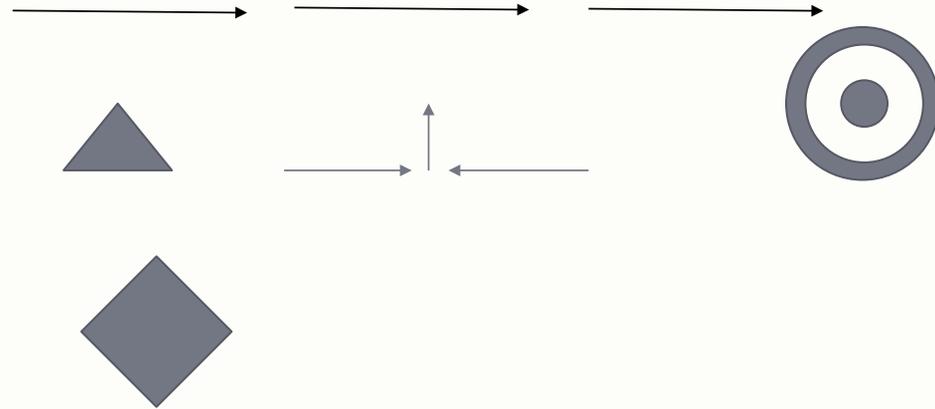
Structural Intelligence Design

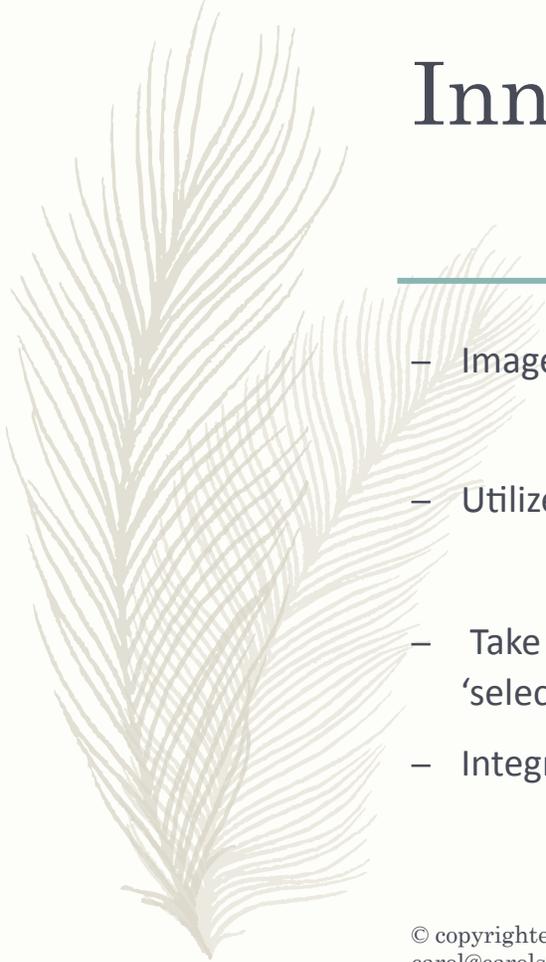


— Two Term —

— Three Term

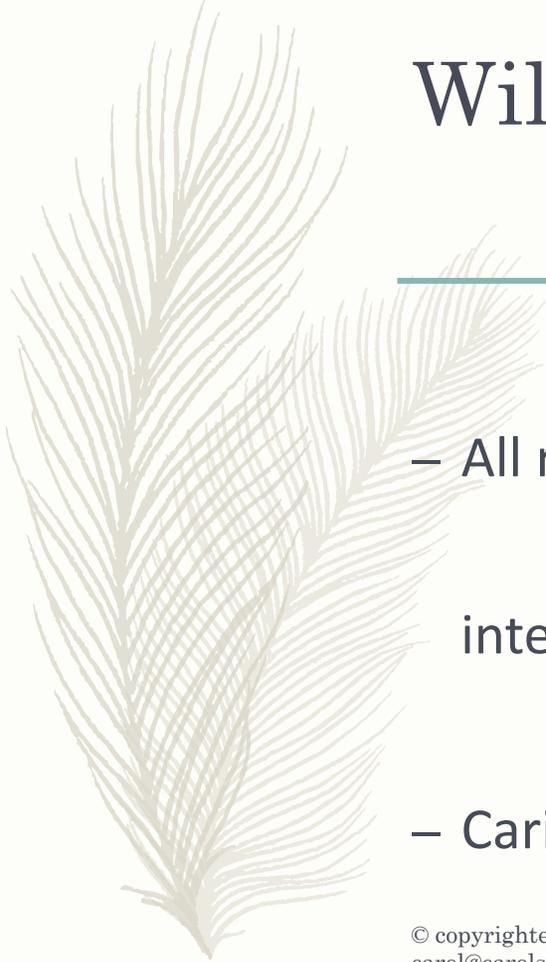
— Four Term





Inner Evolution

- Image inner processing in ‘slowed down” time
- Utilize Work Knowledge and School Ideas
- Take Inspiration from many traditions, , and instruction from one to avoid ‘selectivity”.
- Integration learning is possible, especially if done in conjunction with movement



Will: Evoke Will and Utility

- All reflection is intended to awaken, develop, internalize and express Will.
- Caring Space of non-attachment

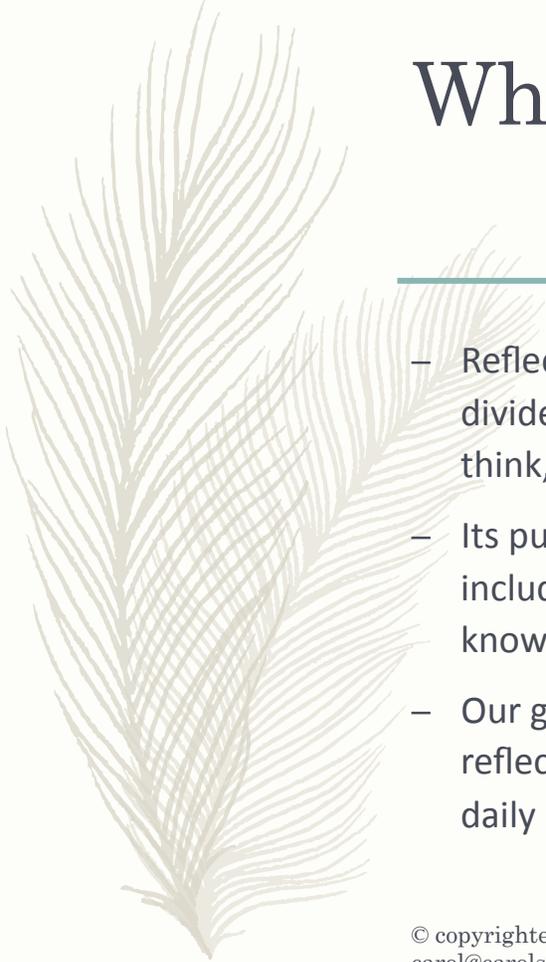
My Development Plan



2. Why is it urgent and important that I become better at development reflection with self and others?

3. What Aim and Practice will support my work on developmental reflection

1. What is my most recurring restraint to development reflection-on self, or as a resource?



What is Reflection?

- Reflection is the way we practice consciousness in this School by creating a divided self (one aspect is observing the other aspects of self— from how to think, what we thinking, the thinking itself, actions, results and effects
- Its purpose is to grow our ableness to be “living life” from essence connections, including from our own. We must frequently spend time in the process of knowing ourselves to be fully with others.
- Our greatest second line work is developing ableness with and in others to be reflective, as a disciplined practice; Deep change takes 10% of waking hours, daily