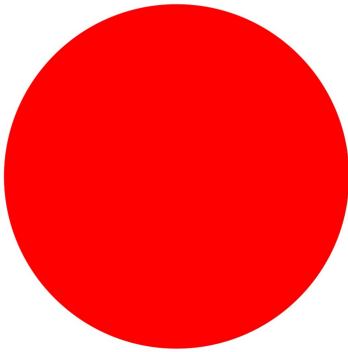


Wake Up Call #9a

Reawakening the child in the adult

We're going to do an exercise with an afterimage. It's really cool. It's from Waldorf schools, from Steiner and Goethe. From this exercise, we'll make a little parable that works in real life.

Ok, ready? You know how a child can stare, and just be looking with devoted attention and no self-consciousness? Well, we're going to try to re-create that childlike staring ability. But not in an awkward way, trying to stare at people. We'll look for an afterimage of a red circle. You can do this with anything, and it takes 60 seconds or less.



When you stare at the red circle, you are going to be a child. Just look. And now, as you pick up the red into your eye, put it onto the white half of the area. In other words, now, stare at the white half. If you practice this, you can see an afterimage. Many people

get it on the first try. I've done this with children and adults many, many times over the last 50 years. Generally speaking, you see a kind of glistening afterimage. What color is it? It's the complementary color of the first color you looked at, so it would be a greenish, glowing circle.

What's the point? Do this often, so that you get better at it and you will be practicing awakening by being attentive. So, that's right away a good thing. But there's a parable here - a metaphor for life. You gave your attention, and the world gave back to you an experience - something that you might not have seen, at first. It was there, but you weren't noticing it.

I'll give you an illustration of where this comes up in real life. I know of a group of teachers who were having trouble with a student. They didn't know what to do - they had tried many different solutions - and still couldn't figure out what to do. So, they met. They held the child in their minds - and the problem - and just described it. They didn't speak about solutions. They didn't analyze why the child was causing this problem. Then they paused. They waited - like waiting for the afterimage of the red circle. And now, the group was requested not to speak unless something COMES into the mind. Very creative solutions started coming into their minds. As a group, they were surprised to hear the new, creative ideas that were coming. They attributed this to the act of just looking and just holding the child. It wasn't a visual image of the child - it was the situation.

This can happen with problems that you have in your life. You just hold it and wait. And the world, if you give enough attention, can possibly give you back an experience that is new and creative and beautiful.

So, that's it. That's the whole thing for today. I'll see you in one of those tomorrows.

