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Events and Dates

Spring Courses

- **The Power of Purpose**

Small-group course building understanding of our larger life purposes and how we can live more purposefully. For more information, see the notes on this extended newsletter. **Starting Friday 26th February**

- **The Power of Self Esteem**

Small-group course exploring what we do to undermine ourselves and how we can reverse it.

Starting TBA

- **Practice of Processing**

Learn to master the More to Life core approaches and processes. Open to students of the More to Life Weekend only (see www.moretolife.org).

Starting Thur. 20th May

To book or find out more, contact us as below

Hello everyone and Welcome to 2010!

2009 brought a number of surprises and course-corrections for us at The Guiding Path, with most of our plans ending up heavily modified, but each leading on to something new and unexpected. I'm hoping that 2010 will prove a little more predictable!

Out of the melting-pot of 2009 one project that is growing healthily is a new on-line personality questionnaire and personal-growth guide. This is growing into a very exciting project and we are hoping to bring you more news about it in the next newsletter.

As you can see above, we have 3 main courses on the calendar for the start of 2010. As usual, we have had to move the start dates for these more than once already but we are now full-steam ahead in taking registrations. We plan to hold exciting and powerful courses, which means encouraging a range of people to join. We all learn naturally from each other and the courses are designed to build on this effect as well as providing a profound theoretical framework.

If you are interested in knowing more, or know somebody else that does, don't wait for us to call you (we physically can't call everyone in the time we have available). Our contact details are below!

Learning About Projection

“I see myself in others – why do I get upset about what I see?”



“ I WEAR THESE GLASSES THAT SHOW ME WHAT THE WORLD SHOULD LOOK LIKE. THEY GIVE ME CONFIDENCE AND LOOK REALLY COOL, BUT I DO KEEP BUMPING INTO THINGS! ”

The concept of projection is an old one, and one that is little acknowledged in modern teachings. These days the fashion is to learn from others by studying the 12 vital actions they take, or we analyse ourselves through introspection and self-challenge to ‘improve’. These are excellent practices, I teach them myself, and they have limitations. Any single approach can become just another drama, just another way of deluding ourselves that we are something that we are not. What I believe is required for true growth is a wide range of approaches, and some lightness of touch in choosing which to use.

I have found in my own work that understanding projection is an important part of the process of personal growth. It gives me a much deeper understanding of other people and it exposes things about myself that don’t necessarily show up in meditation/reflection or direct personal work.

Let me give you an example. I was recently talking to an old friend about life, the universe, and everything and I got a strong impression that they didn’t want to hear about my current activities. That impression slowed me down and almost shut me up, but I recognised it as a projection and pushed through, to have a much longer conversation than might otherwise have been.

Whenever I make a guess at what someone else is thinking, I am making a projection. The truth is I do not know, and can never fully know, what is going on in somebody else’s head, and knowing this I still make guesses. In part I do this by modelling the behaviour of the other person and imagining what would be going through my mind if I were doing it and then I ‘project’ my own thoughts into them. In the case of my friend I had noticed that she was looking around at other people as we talked and I was a little unsure of telling her about my latest work. My own latent fears of coming across as ‘being too much’ and ‘being too complex’ had become projected as me thinking my friend had lost interest. By becoming alert to it I was able to change my behaviour in the moment and so reconnect rather than disconnect.

Another version of projection is when we find something in someone else that reminds us of ourselves. Sometimes I find myself uncomfortable with someone and I don’t know why. I look for the projection – what is it that they represent about me? It often turns out to be something like a judgment that they are talking nonsense or behaving in a childish way, and it is a projection of my own self-judgment at the time. I project my judgment at them but it is really something that I am holding about myself. When I catch it like this I can then choose to both accept the other person as OK just as they are, and I can address my self-judgment through self-forgiveness or self-acknowledgement.

And here is the big payoff: Just as I may feel discomfort around people that represent my self fears and judgments, those that I am drawn to and admire often represent a quality that I am actively growing or bringing forth. I don’t need to study them to emulate them – just breath a little oxygen into my own qualities that are highlighted by my reaction to ‘them’.

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The Power of Purpose

The Power of Purpose course covers these main areas:

- Identification of personal wants and priorities.
- Identification of areas where false priorities are causing potential and actual issues.
- Identification of specific thought and behaviour patterns that lead to loss of direction and reduced achievement.
- Exploration of larger life purposes in a number of significant areas.
- Methods to optimise motivation and behaviour to achieve results that are in line with larger life purposes.

The course runs at a relatively gentle pace, it aims to give time for deeper understanding of the concepts and techniques that are being presented rather than produce a direct and immediate impact. Having said that, the course works directly with examples and issues from your own life, past, or present, or approaching, and so aims to have a direct benefit during the course itself.

The course material is presented using a number of different formats, including direct presentation, examples, journal work, work in pairs, and shared work in the group. Some of the material is in the form of exercises, some is informational, some is through direct experience of the mind/body connection, and some is meditational.

There is audio material that supplements and supports the sessions and which is there to be listened to between sessions, and there are simple practice targets to use the process exercises between sessions as well.

This range of formats is used to give the greatest potential for learning; to give the participants a wealth of experience and opportunity to get what they can from the course whilst keeping the sessions achievable and enjoyable.

The group setting, fostered by the teaching mentors, makes for a friendly and generally relaxed environment in which students can explore and learn as well as make changes as part of the overall transformational process.

The course material builds over the series of sessions to achieve some significant insights and to make potentially profound shifts that are long-lasting of themselves. The approaches and techniques introduced during the course can, if wanted, be used for continued and continuous growth work.

The actual learning and progress made by course students is very individual to each of them but experience shows that all students will take something of great value away from the course.

The Power of Purpose runs for 6 evenings, typically between 7pm and 10pm. It is taught by 2 mentors: John Cochrane and Grace Natalia. We offer one-to-one catch up sessions (up to a maximum of 2 sessions) if you know in advance that you cannot make particular dates. The course fee is £200 (£99 concessionary and retaking rate) payable by the start of the first session and it comes with a money-back guarantee. If you complete the course and are not satisfied with your experience, the More To Life organisation offers a full refund up to a week after the course is over, provided only that you have attended all sessions.