

RO&Ming with Lil Episode 27

Doing inner work – Peter



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Introduction to Episode 27

Welcome to Peter Bentley

- Grew up in Australia and PNG
- Fitter and turner, then engineer
- Worked in Darwin; Anglican church; indigenous communities; local prisons
- Baptist minister, Spiritual Director & director of Wellspring Centre
- (retreats, meditation, workshops)
- PhD – how do we form spiritual directors in our context?
- Now teaching – the art of contemplative practice, Enneagram

What is inner work?

- What we're not aware of – controls us
- Inner work is pushing against the habits of a lifetime
- Noticing the influences on our lived experience

Steps in honing awareness

1. Stop and notice
2. Become present to myself
 - not as a problem, but as a person being influenced by these circumstances
 - compassion, not sympathy for ourselves
 - see connections with others
3. Recognise:
 - what inhibits life? Like a dementor in Harry Potter, sucking out the joy
 - what brings life? Sparks joy, like Marie Kondo decluttering her house

Find a practice that works for you

- Journaling – freewriting
- The Artist’s Way (Julia Cameron) – write 3 morning pages, daily
- The Examen: At bedtime, scan the day and consider:
 - What has stayed with you from the day?
 - What has been life-giving?
 - What has been de-energising?
 - Just hold the awareness of these things as you settle into sleep
- Mindfulness practices
- Activity based reflection: combines action + noticing
 - Pilgrimage; walking meditation
 - Gardening without headphones
 - Notice activities of daily living as they happen, and their impact on me, eg, trip to the pub

More practices

- Retreats – withdraw from the distractions in life; silent retreats
- Meditation – alone or in groups
- Year of discernment – support with transitions and big decisions
- Contemplative Circles – Wellspring
- Circles of Trust – Parker Palmer
 - Others invited to ask questions of you, towards discernment
- Verbatim – script of an everyday conversation, for review with a group

Inner work is not easy!

- Confronting
- Leads to more work, change
- Need to make conscious changes to shift old patterns

What makes it safe to do inner work?

- Choose a companion – spiritual director; wise one
- Someone who can
 - hold the space safely for you
 - sit with you while you look at the uncomfortable parts
- Consider everyday lived experience
- Asks: What is happening there for you?

What's the difference?

- Counsellors, psychologists, mentors, coaches
 - Pick up patterns
 - Help facilitate strategic change – so we become more effective at what we do
- Spiritual companioning
 - contemplative practice
 - helps us notice what is happening – this prompts a shift in the way we respond
 - Honing awareness
 - Being present to ourselves
 - Notice blocks and catalysts for growth
 - Bring to light what we know about ourselves
 - What is influencing my responses?

Inner work for organisations

- **The Fifth Discipline:** The Art & Practice of the Learning Organization (2006) Peter Senge

- Theory U

<https://www.ottoscharmer.com/theoryu>

What are the voices that have shaped the business?

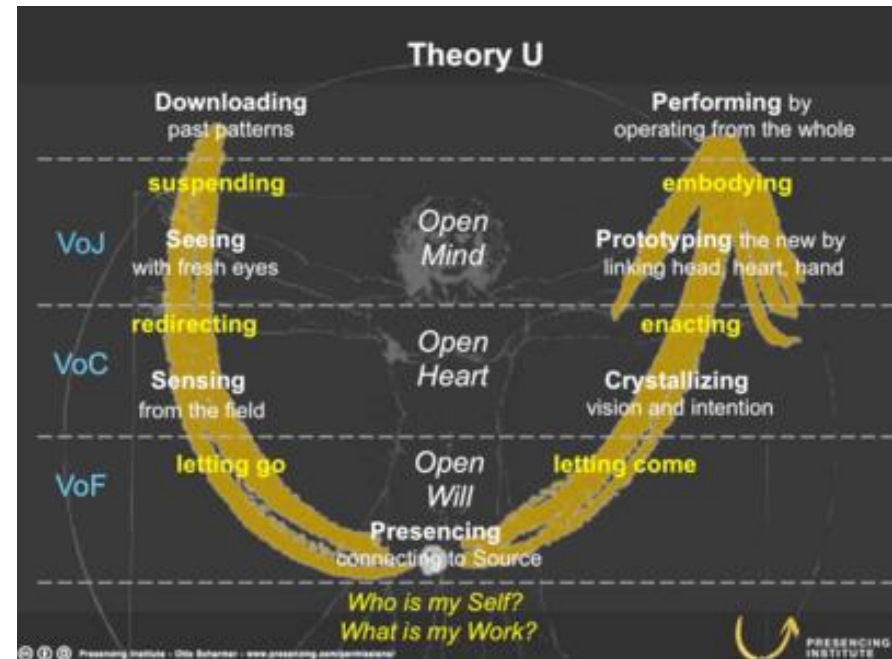
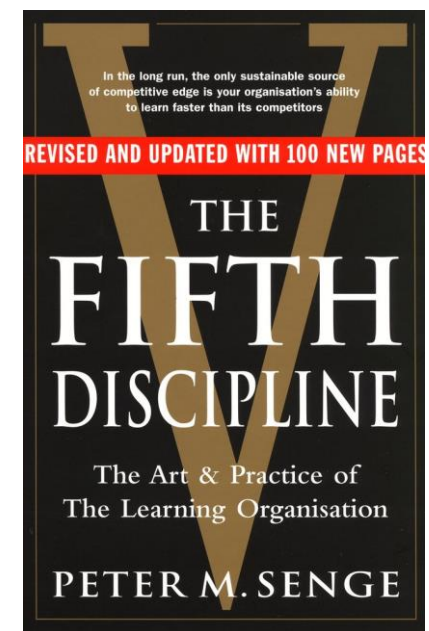
What limits change?

What are the things that control what we do?

Open minds, hearts, wills

Enter into presencing, in business

Get in touch with the source – what gives us a holistic vision of what the future is inviting us into.



How to find a spiritual director

- Online: Spiritual Directors International
<https://www.sdicompanions.org/>
- Google find a local centre
 - E.g. Wellspring, Heart of Life; Heart of Life, Living Well Centre
- Can meet short term or long term
- Often 1 x month
- It is not solution focused... hones awareness

Conferences earning COMS points

- SPEVI Conference – Celebrating Change!
 - 18-19 January 2021
 - <https://www.speviconference.org.au/>



- International O&M Online Symposium
 - 4-6 February 2021
 - <https://orientationandmobilitysymposium.com/>



Contact & Credits

- To offer feedback, suggest a topic, or record an episode together:
Email: lil@deverell.net Mobile: +61 418 370 312
- Links and PowerPoint slides for *RO&Ming with Lil*
www.lildeverell.net/resources/roaming-with-lil/
- Music: *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics by Lil Deverell, with technotherapy from Erin Deverell

