

## Lesson Plan – Session Three

### **Exploring the Christ Archetype**

Begin with Prayer: suggested- Book of Common Prayer, page 125, top Collect; then concerns of group & Lord's Prayer

- Organize groups at round tables of 5-7 people, having the same people at each session.
- Remind them to bring the reading and their journals to each session.

#### **A. Intro: Imagination Script: (10 minutes +sharing time)**

“We have worked on the spiritual practices of journaling, dream exploration, & now we are going to add into the mix a touch of imagination. Close your eyes and notice what you “see”...Now I want you to take a few moments to visualize the color *black*. You may need to remember a black object and go from there. (Leader must practice this beforehand in order to understand and note how long it might take. Ask for a quiet show of hands to see if this is happening.) Now, keeping your eyes closed, I want you to visualize *white*: not stark white but the color of bright moonlight. Be patient until this happens. Keep your eyes closed; now visualize *red*... Now visualize some interesting remembered images: *a green truck... red and yellow balloons...In a pine forest on a warm afternoon. Can you smell it?*”

Take a few minutes for volunteers (as a plenary group) to share what they experienced. Conclude with these suggested hypotheses, test for yourself:

1. Relaxed, deep breathing helps.
2. Focused attention & sustained concentration are required.
3. Imagination can be practiced and developed.
4. Visualization is an act of faith, an inner conviction, and can promote healing and positive changes in brain chemistry.

#### **B. Garden exercise (20 min.)**

The deeper images, Carl Jung said, come from the “collective unconscious” and are further personalized and shaped by individual experience. So it is with the archetypes described in Fully Alive Now, chapter 9: Persona, Animus/Anima, Shadow, etc. They occur spontaneously in dreams, but also in the imagination where a little effort and practice will help access them.

1. Leader reads the introductory paragraph and then the script as printed on page 6, “The Garden”. Before reading the script, give people a minute to get quiet and relaxed, breathe deeply, close eyes and listen. Play recorded music while they center down. Then turn the volume down so you

can be clearly heard. Read script with pauses long enough for memory and imagination to take place.

2. Music: this is to create a private inner space; it should not be too obtrusive, distracting or directive. Suggest “Syrinx” by C. Debussy (3 minutes, solo flute) or “Prelude a l’apres-midi d’un faun” by C. Debussy or other light, bucolic works.
3. Write a paragraph about what you experienced. Then share as with last week’s dream scenario, and listen reflectively. (No TTAQ on this).

**C. Exploring the Christ Archetype (60 min.)**

1. In a unique way, Jesus embodies the archetype of the **Hero** - fully man, fully divine. (Note: mythic heroes like Hercules & historical heroes like Julius Caesar, worshipped as a god). Today we explore the heroic Christ Archetype with the imagination: every phase has many points of contact with each human life.
2. Leader reads script: “Six Moments with Christ” (a separate section of the CD). Music choice for this is difficult because of length: sometimes I have run out of music, but people don’t seem to notice. The best choice may be “Appalachian Spring” by Aaron Copland or other orchestral work like Tchaikovsky/ Mozart “Ave Verum” (“Preghiera”) from “Mozartiana Suite”. If people seem to be tiring, shorten pauses as you go.
3. Write short journal entry on the scene that attracts you most. How does it relate to your life just now? Share around the table.

**D. Next Week: Presenting the Aspect of Christ as Lord – By Exploring the Lord’s “Power to Hold & Lead:”** This will involve the spiritual disciplines of abiding in Christ, and of divine guidance.

- Ask them to continue journaling this week, especially dreams, exploring the archetypes if they emerge. Think of some questions (areas, issues) you would like to explore.

**FULLY ALIVE NOW**

**5-PART LENTEN PROGRAM**

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