

## ***Pigs Eat Wolves: Self-Mastery as a Spiritual Path***

*"A spiritual path forces one to pass through a series of predicaments, confusions, upheavals, and readjustments to life. It's never easy. The revisions demanded for growth are more than a change in ideas." - Swami Rama*

### **Why?**

We are living in an age where the dangers of being driven by that which is hidden inside us, is all too real, and threatening the fabric of our communities. How truly free are we to have a measured thoughtful response to challenges we face? More often we react based on what is invisible to us which drives what we think, what we do, what we eat, how we respond to other people, to life – all without knowing TRULY why we react the way we do. We point the finger elsewhere – to God, to parents, to the President, to "bad people" (however we define that!) etc. and we are "saved" from looking within, "saved" from finding out how we ourselves are part of the problem. Many people dread finding out that "I am part of the problem! I am not perfect!" but I rejoice in this!! Why? Because MY choices, MY actions, even MY thoughts are the ONLY ones I control! I cannot change another person (though of course I have for sure have tried!) Rather, my example of inquiry within, of continual learning, letting others see/hear mistakes I made, what I learned, how I have changed/am changing, inspires others.

Some of the most influential "modalities" for change in my life, in addition to meditation, have been my Gestalt training and personal work, study groups with the Yamas and Niyamas (part of yoga), and "*Pigs Eat Wolves*" work. These 3 have been a solid part of my daily existence for nearly 20 years (longer for Gestalt). I would not have found the "ease in being me" – an ease not dependent on external circumstances – without these supports.

### **What?**

So what is this "*Pigs Eat Wolves*" work? You are most likely familiar with the old story of the 3 little pigs. What you probably don't know is the original fairy tale! By my generation it had been "Americanized" so that none of the pigs get eaten, and it ends at the brick house of safety. All the best, juiciest, parts were left out! But in the original story, the first two pigs get eaten by the wolf. (Who hasn't felt like they got "eaten" by life at least once – and learned a valuable lesson in the process?!). Life truly *begins* when we figure out how to get ourselves "safe" after we leave our parents' home. However many of us become prisoners of this safety, avoiding risk, and miss so much that life has to offer. The Turnip Patch, the Apple Orchard, the Fair – these adventures of the Pig and Wolf are the second half of the fairy tale. The wolf becomes our teacher. Ultimately the pig grows into a Master – and eats the wolf! (As every good Teacher is ultimately met and even surpassed by their student!)

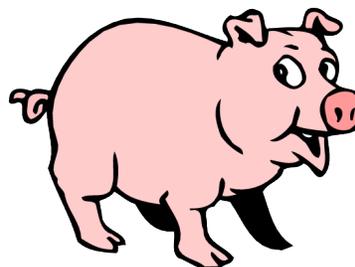
***"From fairy tales and heroes' journeys to the most sacred of spiritual texts, we are consistently reminded that our way to personal freedom lies through dark, unfamiliar places. The story of the 3 Little Pigs is such a story. From the conditioning we receive on mother pig's lap to the warnings and fear created about the big bad wolf, we find ourselves oscillating between safety and the call of the unknown.***



***"The work we will do together gives us further language, tools, support, and skill for facing the wolf within, as well as providing a vehicle for growing ourselves into a more whole and happy self."*** (Deborah Adele, author *Yamas and Niyamas*)

### **What Can You Expect?**

- Deepening appreciation for the story of your own journey
- Further insights into your conditioning
- Tools to maneuver through the land of fear
- A continued journey to understand and free your mind
- A more awakened, confident, competent self



### **How will this work?**

All of the "work" I describe above has been done in group settings, with other seekers. This shared exploration and learning is critical! Just as the fish cannot really examine the water in his proverbial fishbowl without some mirror-like tool to see what is invisible, so we too need help to examine our unconscious. Also it's just too hard to look at some things alone, thinking we are "the only one" feeling this way. My Yamas group folks, some having just completed their third year, have said that what was scary at first is now so essential and dear: being able to be seen -- and loved -- for EXACTLY who they are in the moment! Yes there are often tears, knots in the tummy -- and then FREEDOM from long held but outdated beliefs, patterns, and more. Meeting times together include a short lecture, some experience/activity, and some group discussion.

### **Who is this for?**

This is helpful for ANYONE wanting "more out of life", to get free of old self-defeating tapes, wanting to feel more "in charge" of their life and choices, or just wanting to know themselves better. It's easy to be competent and brilliant when things are going well -- but when things fall apart -- instead of trying to fix or change -- BE with what is NOW -- and the new question is: "who am I ... IN THIS?" And -- invite a friend to join you!

### **Schedule/Dates**

- 1.5 hours monthly for 9 months (Sat 9-1030 AM) Dates: Sept 22, Oct 20, Nov 10, Dec 8, Jan 12, Feb 9, Mar 9, Apr 6, May 4. If you can't make all sessions, not to worry!
- 2-3 Posts/month: reflection/experimentation suggestions each month for you to do, then post (short!) your reflections in our private on-line group. I will comment, encourage, and suggest to each of you, and other members will chime in their support.

**Tuition** \$275. Early bird (paid by 8/29) \$225. Enroll a friend \$25 off. (Alt: 2 installments \$140 ea due Sept 22 and Jan 12) Includes book *Pigs Eat Wolves: Going into Partnership with Your Dark Side* by Charles Bates (book - \$15 value)

***I wish for all of us a deeper revealing of our inner dynamics, for it is here that true freedom of being is found. The wolf is coming! Are we ready??***

***I hope you can join me - Darcy***

