

Continuum Teachers Association Meeting Report
Sevenoaks Retreat Center, Madison, VA • January 7-13, 2019

14 Attendees:

Cory Blake
Mark Bryant
Kim Brodey
Megan Bathory-Peeler
Suzanne Wright Crain
Sabine Mead
Rebecca Lawson
Ellen Cohen
Ashima Kahrs
Linda Fuller
Erin Hawkins
Chitra Guiaque
Laura Lawton
Lauren Wadsworth

Monday, January 7 - Arrivals & Settling In

Early arrivals up the space and then the group landed with 20 minutes silent sitting & open diving. A check-in circle led us up to dinner.

Welcoming Ceremony for New Members: Mark, Laura, Lauren, Chitra and Erin We went in order of their joining the CTA, bringing each one into the room, one at a time, and had them lie down under one of Suzanne's cloths. Win candlelight, we sounded into to them for a few minutes, slowly removed the cloth, then invited them to stand, be received and officially join the circle of teachers. Each one was a part of the next person's welcome. Truly stunning, moving and exciting beyond words!

Tuesday, January 8

Suzanne unveiled her 4th Community Cloth – a preview, really, to be fully unveiled at Omega in July when she feels it is complete.

Dive. Sequence #1 offered by Rebecca and Sabine (see collected dives at end of report).

Check-in circle.

LUNCH

CTA Business

1. **State of the Association;** PP share reports for each Pod, modeling how Pods work. *See Meeting Notes.*
2. Summer **2019 European CTA Congress** update.
3. Gael & Sabine will be offering a **Mystery School** 10/29 - 11/6, 2019 in Ashland, Oregon. This venue is a possible annual spot for a CTA Mystery School. Sabine will shared details and led a conversation about Mystery School.

(Immediately after completing our business meeting a spectacular double rainbow arced over the property! See photos on Teachers' Lounge.)

Dive. **Linda Fuller brought in 2 parts of the last dive that Emilie offered to the teachers at the August 2013 Holy Spirit Meeting** (see collected dives at end).

DINNER

EVENING ACTIVITIES:

1. Megan gave a tour of the website and a tutorial on how to navigate and use the Teachers' Lounge.
2. Sabine & Rebecca gave a tutorial on how to teach virtuals on Zoom.

Wednesday, January 9

BREAKFAST

Dive **Suzanne brought in the Conscious Dissolve/ Random Hu and then out of that exploration Kim & Megan offered Sequence #3** (see collected dives at end).

Check-in circle.

LUNCH: Feedback conversation with New Members on their experiences as Mentees. Responses collected for feedback to the Welcoming Pod.

Ashima shared a simple Cosmic Body piece to add to our sequence. Mark and Cory shared a Big Sky Mind/ Big Ocean Body-inspired session to deliver us into Silent Depths - working with the collectively presented & woven sequences; set up with the understanding that the purpose is to unravel patternings in the mind, throat, psyche, etc, etc. as Emilie described. The plan of *coming out of silence after lunch on Saturday, January 12 got moved up to Friday evening due to impending snowstorm, cutting the retreat short by one day...*

Friday, January 11

AFTER DINNER

Came out of silence into sharing and then dance party!

Saturday, January 12

BREAKFAST

Final Dive, Clean Up & Departures



State of Membership

We have 67 Members in total. At Sevenoaks we officially welcomed 5 of our 8 new Members. There are many more candidates in the pipeline. It is very exciting to have reached this phase in CTA development!

The pressing issue is participation. We need to use our fierce imaginations and call in creative options to help get Members more involved and engaged with CTA happenings. Firstly, people need to create a new habit of checking the Teachers' Lounge News once a week (at least) and signing up for Forum subscriptions so you are notified when someone adds something.

State of the Website

Through the year we have gotten the website up and running. Added the Calendar and the Blog page. Our next project is establishing a Media Library. On this we are dependent on getting material from the membership, written, video, audio, photo and in other formats. Caryn Heilman is overseeing this part of our evolving on the net.

Bonnie Gintis - CTA Blog Master
Tone Gilje – Point Person

State of Outreach

Outreach Point Person - Sabine Mead

Emma Destrube - FB group admin

Sylvain Meret - European pod tentacle and social media

Beth Riley - conferences and possible venues for CTA to participate in

Bobbie Ellis - CTA newsletter/blasts **Stepping down as of January 2019.

Sabine Mead - CTA Virtual series - CTA monthly membership dives

- CTA Mentee series (starting in February 2019)
- CTA membership collective offering for the public (starting March or April 2019)
- CTA membership virtual business meetings proposal sent to Membrane

We currently have no one overseeing the CTA YouTube channel and encouraging/collecting video materials from the membership to post.

Are there any new ways the CTA Members can spread the word about Continuum?

Discussed: We need individuals to sign up to be on our mailing list and traffic the website more frequently.

- A PDF for an email list sign up sheet will be created and posted in the Lounge that Members can print and take to classes, workshops and events.
- Members can also post the link to the website's sign up button (on the bottom of the home page) in their communications to students.
<https://www.continuumteachers.com/>

Sabine will be stepping down as PP in August 2019. She will stay on Pod indefinitely to oversee the virtual offerings. It is possible that one other member could step forward to help with this.

State of the Ethics and Mediation Council

Hello to all you wonderful teachers gathered at Sevenoaks,

I am sorry that I am not able to join you to welcome our new CTA teacher members, and to be in learning/sharing communion with all of you. I look forward to hearing a full report of your time together. As the point person for the Ethics and Mediation Council, I want to offer you an update on what has taken place in our council meetings this past year. Amber Gray, Volker Moritz, Suzanne Wright Crain and I are all honored to serve on this council that is in support of our best practices with one another in the CTA.

The Ethics and Mediation Council (EMC) exists to uphold our agreed upon ethical standards, and to entertain grievances among our members regarding other members, or regarding practices of the association itself. This year the EMC created a process and form for members to voice and then file a grievance. Information about that process, as well as the form, itself, appear on the Teacher Lounge portion of the CTA website. You can find the form in the EMC Forum, and the outline of the process in the CTA Document section.

To briefly state the process:

If a CTA member is having a struggle or disagreement with another CTA member, or feels that a member is not acting in accordance with our agreed upon ethics guidelines, the EMC suggests:

1. Try and speak directly with that member to see if you can come to some resolve. If that is not possible then:
2. You can call or email one of the EMC members to have an informal conversation. If after that conversation, you feel you want to file a formal grievance:
3. Fill out the simple form located on the EMC forum on the Teacher Lounge. You will receive an automatic email response about the receipt of your form. The EMC will discuss your grievance in a timely manner, and respond to you about suggested next steps.

The EMC has also determined an impartial, internal process by which to entertain grievances to determine whether conversation, mediation, or other actions might be needed.

So far, there have not be any complaints or grievances filed. The council members have received a few informal phone calls, but the issues were resolved before needing to go to a formal process. Even with our growing pains as an association, this speaks well of our personal ethics and desire to be in good communication with one another.

In the future, the EMC Forum on the website will be used to post discussions about some of our potentially challenging issues as an association: i.e. territory in teaching, courtesy in honoring the authorship of programs developed by other teachers, ways that we can support and learn from one another, and honoring our contractual commitment to participate in the association, itself. We hope to offer some pro-active suggestions that might help keep us all in best practices as professionals in a professional association.

Respectfully submitted,
Sharon Weil, CTA Ethics and Mediation Council

State of the Legal Pod

2018 was a quiet year for the Legal Pod. There was only one legal question. This was regarding a potential gift of property to the CTA. The CTA attorney advised the teacher with the question to consult an attorney in the state where the property is located. There is no follow up information to be reported.

The main concern of the Legal Pod is a lack of membership. Linda Chrisman has been the only person on the Pod for over a year. The Point Person of this Pod is the president of the CTA Board and the term of the president is limited. This makes it important to have another member on the Legal Pod to shadow and take over.

State of the Welcoming Pod

The Welcoming Pod has updated the current Mentoring spreadsheet, made a slight update to the Mentoring Completion Process, and created a one page Feedback Form for the Review Committee members to use as they review Mentees videos and histories. All 3 of these documents will be posted on the CTA Teachers' Lounge on a new Mentoring Forum page. It is clear that not all Mentors & Review committee members have read the Mentoring Guidelines Document or are familiar with their role in Review and the Flow, so thus posting the documents and getting Mentors to visit and use the Forum is essential.

PART 1

NUM - TO LAND, OPEN,

ACTIVATE....

CRANIUM, DIAPHRAGMS,

VISCERA ~ PLAY WITH PROP

PART 3

HUMMINGBIRD BREATH -

THIRD EYE / HEAD GLANDS

• SEATED ~ RIDE RIPPLES AND
WAVES

LOTS OF OPEN ATTENTION

LOTS OF OPEN ATTENTION

Dive #1 part 2

Heeee



Resting back in Arms of
Mother Earth

Folding in
Inside



Haazz



Opening to Arms of
Space

Unfolding
Outside

Belly - Heart - face (3 places)

Jaw Unhinge

Lower OIA
Upper OIA
width OA

How are you Residing

Mouth Open to Receive - drink down - Offer Out
Moving Open Attention

Emilie's Teachers' Dive Aug 2013

Part 2

Sea of Chi

Supine Puffed O's inward

① Hands hold wrist over sea of chi

raise arms overhead

angle arms from hips

② Create ~~Pressure~~^{Piezo} on downward journey

Arms → forehead

Chest

Abdomen

Navel

sea of Chi = 3" below navel

Let go of Arms feeling CHI Expand arms

1 arm at a time fingers become cilia
spread + hands open

reach out from scapula

Visualize Jellyfish

Emilie's Teachers' Dive Aug 2013

1 arm at a time fingers become cilia
spread + hands open
reach out from scapula

Visualize Jellyfish

Emilie's Teachers' Dive AUG 2013

at 4

Meridians

Supine - Shh sound accentuating
LIPS

3 Locations / 3 positions x 3

arm pit - sternum Front
 Side OA
 Back

Diaphragm Front
 Side OA
 Back

Lower pelvis Front
 Side OA
 Back

Conscious Dissolve

1) OA

2) Random Movement

w/ HU (45 sec - 2 min)

Stop go to ground

3) OA - ~~be~~ allow wave motion to come back in.

4) Bring in wave motion w/ blown O & E

~~WAVE Motion~~

LAYER

• Invite the ^{OA} conscious mind to settle then
enjoy Riding + tracking the waves of breath

- filling + emptying; the spaces of stillness
pauses between
- Allow the fluid body to respond
- Let the potent negative space
embrace you; allow the space to breathe
you
- Follow the emerging choreography
- Bring in a HUM; notice how the ocean
body responds to the vibrations
- ★ Allow copious amounts of open savoring awareness

1) Create a cave space inside mouth size of an egg. Enliven the space w/ tongue movement. Then let space expand opening your mouth. Instead of collapsing the space swallow it letting the neg/potent space move back & then see where the space wants to go.
OA

2) Gathering the bump right behind the front teeth w/ the tip of your tongue all the way around in both directions while humming

3) Still Huming place tip of tongue on roof of mouth and drag it across to the sides & down to bottom inside of jaw back to top.
Both directions
OA

4) rest the flat of your tongue on roof of mouth. Begin micro movement on edges of tongue gradually feeling the ripples slow & deepen as they reach the center. Then slowly ~~drag~~ feel the weight at the back/base of your tongue and let it fall back & down dragging the front across the roof until the tip

curls around to begin the R-R-R-R^②
Sound.

What to Remember When Waking

In that first hardly noticed moment in which you wake,
coming back to this life from the other
more secret, moveable and frighteningly honest world
where everything began,
there is a small opening into the new day
which closes the moment you begin your plans.

What you can plan is too small for you to live.
What you can live wholeheartedly will make plans enough
for the vitality hidden in your sleep.

To be human is to become visible
while carrying what is hidden as a gift to others.
To remember the other world in this world
is to live in your true inheritance.

You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window
toward the mountain presence of everything that can be
what urgency calls you to your one love?
What shape waits in the seed of you
to grow and spread its branches
against a future sky?

Is it waiting in the fertile sea?
In the trees beyond the house?
In the life you can imagine for yourself?
In the open and lovely white page on the writing desk?

-- David Whyte