
Pulse

Channelling your Dark Side

Purposeful Principles Masterclass

The Insights

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In conjunction with 2017 ARTRAKER:

Art of Peace International Exhibition and Awards

ARTRAKER

Some general Insights and learnings

'The real prize in mastering the light and darkness within you', according to David Nyheim 'is to focus on what you can become.'

ABC Model Exercise Reflections

The ABC model was found to be a useful tool in helping to identify the **activating events** in our life. These have helped shape who we are and have also driven us to be what we have become. Looking at the dark events in our life was both challenging but insightful.

The process of then looking at how these events have shaped our beliefs and from these **beliefs**, the **consequences** of our behaviour was a simple yet powerful way to observe aspects of our dark personality and their impact.

One of the challenges raised was the difficulty of doing this type of exercise as an organisation – particularly within an organisation where you might feel far removed from the activating event. It was, however, suggested that organisations like to talk about culture but spend little time on what has shaped their existing behaviour.

Light and dark principles

Below, we have gathered some of our attendees' insights from the exercise of looking at an organisation's achievements through both sides of the principles:

- each principle needs to be looked at on its own rather than thinking that the different behaviours balance each other out
- the dark principles can be just as powerful or as important as the light principles
- to deeply understand the value of the light or dark side of the principles you need to dive into the context and audiences involved
- in a moment of crisis, where there is no luxury of time, you are more likely to draw from dark principles
- light principles offer a more facilitative approach whereas dark principles can give the individual more control
- there can be differences in how you perceive an action to be light or dark, compared to others

According to David Nyheim, our own success flows from both the light and darkness within us. Searching out true light and darkness supports personal transformation and, it is when light and dark are forged that real magic can happen and we can be truly transformative.

David Nyheim's, Time, Space and Flow Insights

Mastering Time

One can never master time really. But you can be on the right side of it and avoid having it work against you. This means making time work for you; it is about initiating dynamics where time is used to transform the situation.

Basics:

Don't put yourself under time pressure unless it serves a purpose.

Advanced:

Engage in processes in a way where time works for you.

Intermediate:

Choose the best time for things – such as when to raise a topic with someone, when to speak, when to stay silent, when to act, etc.

Mastery:

Design a process that makes time work in intended ways. You can enable time to work for someone or ensnare someone into a process where they are wrong-footed by time.

Mastering Space

Space is a bit easier to control. We're not talking about the universe here. Just about the area around us. There's a less tangible aspect of space too. Like when you're close to someone and you feel safe or that everything will be alright. Or that awkwardness one feels when someone is just a bit too close for comfort.

Basics:

Be aware of the comfort spaces of others; i.e. how close you are or how far away you are from them.

Advanced:

A notch up, there is the capability of holding the space and enabling something to happen in that space.

Intermediate:

There's something magical about someone who knows when to be where. This is about reading a room and those you care for, and making your presence felt when needed.

Mastery:

This is about using space to achieve certain outcomes. It can be simple; like staging a conversation between an oil company and the Garifuna on the beach and facing the sea!

Mastering Flow

Flow is somehow the cocktail you get when you mix the magic of time and space. Timing is certainly involved, as is a sense of how time flows. If space is the riverbed and time is the river, that's how the two become flow.

Basics:

The most basic level of mastery is seeing the flow. Serving a conversation or someone having a conversation, you can sometimes see where that conversation is going.

Intermediate:

The level up is to be in the flow. Have you ever seen someone engaged in a conversation that's going well, but then somehow that person jinxes it with some inappropriate digression. The inverse of that is when you're going with the flow.

Advanced:

The advanced part of this is to manage the flow. You know where it is going, you are in it, and you do things to make the flow go more quickly, change course, go more slowly, pause, etc. What's an example? If you're getting a deal together for two opposing parties, you affirm things when needed through body language or words, you shift your attention to those who are saying something sensible, you ignore or embrace but don't move forward statements that work against what you're trying to achieve, etc.

Mastery:

Here you design flow, decide how you will manage it, be in it and watch it. It is what great peace mediators or facilitators do.

Next Masterclass

There was an appetite to dive into principles in more depth and particularly at an organisational level. There was also an interest in forging the light and dark principles into a third column which would be truly transformative.

The team will be looking at how we dive into the principles with more depth and insight for our 5th Masterclass at the end of the year.
