

Class 11 Main Lesson: *Parzival* – Day 8 – Wednesday

1. Please say the special verse.

2. **Personal Reflection:** (in the back of your book)

I. Describe a time you were really jealous? *Why* were you jealous?

What happened as a consequence? Did it (or does it still) 'hold you back' in any way?

Do you still get jealous often? Would you consider yourself a jealous person?

II. A) Describe the experience of asking someone what they really want from life: what did they say? Do you think they gave the question proper consideration and answered authentically? Any further thoughts or reflections?

B) What are you working on in yourself at the moment?

If 'nothing' – do you think there might be something worth working on?

3. Notes from yesterday: *take some notes to help you re-tell on Thursday.*

- Describe his interaction with Sigune

> how did she appear? Why?

> what does she reveal to Parzival?

> how might this/does this affect Parzival?

- Describe his interactions with Jeschute and Orilus: how might this be an important life event for Parzival, symbolically or otherwise?

- Take a note on the meeting with the holy hermit Trevrizent – this is not the last we shall hear from he.

4. What do you know of your shadow? Not your literal shadow that follows you, except in darkness, when it swallows you, but **your shadow archetype**?

The shadow archetype is very important in psychology, as well as in myths, art and dreams.

It represents **all of the things you don't like about yourself and want to keep 'hidden'**.

However, the shadow can be a great teacher; in fact, **the shadow must become a teacher** if you are to ever find peace within yourself...

We will explore this in more depth in our Siddhartha Main Lesson next year.

5. Exercise: on a blank piece of paper, please write a list of everything you find disagreeable in other people – the types of character traits that you find evoke a strong personal reaction from you, for one reason or another... .. (*names of people not necessary*).

We will return to this piece of paper tomorrow.

6. Listen to The Outsider (part three):

<https://drive.google.com/file/d/1hREpQI9MLPlyQCQxAnwC48z8FAVa7ixk/view?usp=sharing>

7. Personal reflection tasks for tomorrow:

- Ponder on the things that annoy you in other people; especially things that seem to evoke an **irrational** feeling (as in, you're not really sure why you feel so strongly about it).
- Think about a time when you held your voice... when you *could* have spoken out about something, but you didn't...
- Reflect on a time when your destiny changed... and you took a path that you had not intended...