Hi all,

What happens if you try to fast technology for a day, as in turning your cell phone off? For a whole day!? Why would you even want to do that?

Because it would cause you to confront your paradigm about your relationship to it, that’s why. You might learn how you would compensate for the absence of the technology. Perhaps you would discover its true purpose in your life. Or you might consider a different model for how you accomplish things, with a structure that would be more minimal. Or, you could have a bad day where you feel really out of sorts.

In fact, our group has varied opinions about cell phones and their attributes that expressed itself somewhat like a conflict. Do people without cell phones think about the burden they put on the people that do? Well, maybe the people with the cell phones add a necessity to do things that isn’t actually there. We all like to be needed. On the other hand, you have to admit that a phone allows an immediate intrusion to whatever you are doing.

We noticed that our conflict arose from an attachment to form. The place where attachment is revealed is at a conflict. However, the fact that everyone was able to say how he or she felt means that our group is functional. At least we are able to communicate and it is clear that the group has a reflective capability. Yeah us.

We thought we might try communicating in a preformal way. We postulated that women seem more uncomfortable with conflict than men. That made us examine norms of masculine vs. feminine qualities. No one is pure one or the other, just so you know. We all take on characteristics of both as a coping mechanism.

If we examine the characteristics that are valued, it becomes bewildering. For example, why is it ok to laugh at a meeting but not to cry at a meeting in our culture? This is not true in other cultures. Why is that? Time to do homework and think about it.

The homework is to look at Aristotle’s four causes and consider what skills are associated with each cause, like being able to see capacity.

- The material cause: the physical
- The formal cause: the form or collective
- The efficient cause: the process or information flow
- The final cause: that for the sake of which a thing is done

I think there was more explanation, but this is all that I have written down, so I am attaching the notes Liz wrote about it back in September. See you on Friday with your brilliant associations, Dianne

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