



# Purple Octopus

*Discovering Wholeness In a Fractured World*

## Resources

### Purple Octopus Mirror (Both/And Thinking & Ways of Being)

*A discernment tool to help groups sense themselves.*

#### 1. Are we creating **STRONG CONTAINERS** for

- Learning/Adapting
- Growing one another's capacities
- Making visible the invisible
- Being vulnerable
- Letting go/Dissolving ways of being that are no longer serving us
- Developing what is most longing to emerge

#### 2. Are we **SHOWING UP with a LEARNING POSTURE/STANCE OF**

- Embodiment (head, heart, hara/gut, and soul)
- Inquiry
- Differentiation
- Wholeness (show up as we are - our genius and foibles)
- Curiosity
- Humbleness (not knowing/Empty/able to receive)
- Vulnerability (our full selves, in our imperfection)
- Authentic self-expression
- Seeking growth yet to achieve (continuous self-improvement, humbleness rather than hubris ~ Solicited feedback)
- Self-Discovery (tracking our nervous systems, and the group's nervous system)

#### 3. Are we engaging through **POWER-WITH RELATIONSHIPS**

- Less coercion/control, more willingness/autonomy/agency.
- Using consent, transparency, safety, encourage dissent)
- Instituting equitable practices/structures
- Enabling members to self-differentiate/integrate within larger whole
- Tracking the presence of power-with through attunement
- Each member is attending to their boundaries, nervous system, actively growing in self-awareness, self-compassion, and self-responsibility

#### 4. Are we striving to **PERCEIVE THE WHOLE**

- Welcoming the complexity and fullness, invite diversity and dissent
- Tracking relationships between the parts
- Weaving the pieces into a more integrated and synthetic whole
- Using Systems thinking

#### 5. Are we **INTEGRATING MULTIPLE PERSPECTIVES** and transcending polarities

- Individual/Group (the need of the parts and need of the whole)
- Inside/Outside (Addressing needs of organization as well as exchange with environment ~ aim/customer focus, etc)
- Fast/Slow
- Work/Play
- Doing/Being

#### 6. Are we measuring success/steering by **JOYFUL ENGAGEMENT**/Are members reporting

- Being in Flow
- Personal and Collective growth/development
- Awareness of the presence wonder, ineffability (re-enchantment), joy and elation
- A greater sense of wholeness and well-being within themselves
  - lesser practiced aspects of themselves coming online)
  - Improved relationships with people, animals, ideas and angels
  - Feeling safe to be in our bodies (embodied, fully present)
  - Moving beyond human-centric worldview (a sense of embeddedness rather than separation)
- Reconnection with Unconscious and Creative Power/Reintegration of spirit
- Feeling nourished, energized, greater clarity and commitment to the work and each other.

#### 7. Are we working with **OPEN SYSTEM THINKING?**

- Exchange with environment
- Cross-pollination ('un-silo-ing)
- Serendipity / Synchronicity
- Rich interactivity

#### 8. Are we continuously **LEARNING?**

- Learning culture
- Plasticity (able to rewire our brains)