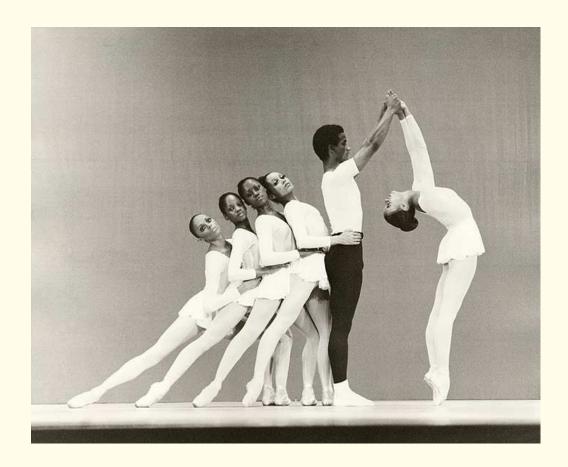


Ki Flowing Freely in Community

An excerpt from the Ki of Cooperation Guidebook



The expression of cooperation in a group takes on countless new forms and challenges when the number of collaborators increases. The possibilities for greater creativity, know-how and wisdom also expand and are there to be mined and put to best use. Picture a dance floor: as in the Ki of Cooperation, one can dance solo, with a partner or with an ensemble. As more dancers join in, complexity and the possibility for disorder, even chaos, grows, making it necessary to look inside to determine how best to contribute to harmony rather than disruption in the collective dance. This involves practice.

Our exploration of cooperation is an inside job, where inquiring inside oneself on specific ways to contribute to the whole is paramount. Building on our capacities to stay grounded, centered and feel confident and safe in a group setting, we can now practice summoning our many parts – body, mind, heart and soul - to find the best route to

reach the group's desired outcome. The practices of blending, staying current and communicating from a place of positive intent help us glean where the group wants to go, how it wants to get there and how we, as contributors to the whole, can participate in the flow of cooperation.

As we move outward in the Ki of Cooperation journey from self-discovery of our many parts and the "stuff we're made of," we awaken to the group experience and recognize its wisdom and trajectory. We learn to read the group's signals and experience its energy. Rather than think our way through, we can feel, even intuit, the desires of the group and meld our particular energy and talent with the group's intention and direction – moment to moment.

Just as dancers experience the collective sashaying of partners and groups on the dance floor, we can also do the same with our fellow collaborators as we move and dance toward a common vision. Cooperation opens the door to growth, with new and surprising capacities lighting up inside and outside us. As a result, we can engage wholeheartedly in a culture of harmony that supports the individual and the group to flourish.

"Bringing out differences and integrating them into unity require that we learn better skills of working together and we use the skills in processes that encourage the reciprocal interplay of thought, will and action."

- Mary Parker Follett