

Transformation - Session 2
Potential Discussion Questions

1. BBT quotes Carl Jung on his Individuation Process: “The breakdown of the persona* is essential to the self being made whole”. Do you agree or disagree? Why or why not? Do you have examples in your own life that you want to share that support your opinion?
2. BBT gave us a few examples of where we live in liminal spaces such as 1) between addiction and recovery; 2) between good health and a cancer diagnosis; 2) between the gender on your birth certificate and the one you know yourself to be. What are some other examples? Have you ever found yourself living in a liminal space? How did it transform you?
3. BBT describes 4 touchstones of the path of descent:
 - Dante Alighieri was right - you don't often set out on the path of descent, you find yourself there. You don't act as much as you are acted upon.
 - For the time being, you are alone. There are some places where no one else can accompany you. Has there been a time in your life where you had to go somewhere where no one else could accompany you? What was that like?
 - Affability factor - its hard to describe to others what it was (or is) like; and often others don't want to know.
 - We need to lay hands on the ambiguous twilight of our days and move them into the sacred. Note that when she uses her friend with cancer as an example, the term 'sacred' refers more to something that inspires awe and reverence. Have you ever had an experience of feeling more alive after having moved through “twilight” or the path of descent as BBT's friend describes?

Are there others?

4. BBT describes those things that helps 'steady the will' when she finds herself on the path of descent. They include:
 - Memories of the good that other times of descent brought.
 - Stories that help to remember how the path of descent brought forth transformation in others
 - Community - communities of support as well as communities that are called to descend together

What do you call upon to get you through 'The Dark Night of the Soul'?

** Reminder: A persona (plural personae or personas), in the word's everyday usage, is a social role or a character played by an actor. The word is derived from Latin, where it originally referred to a theatrical mask.*