

Working with what blocks your project
The energy of the disturbance



Image: <https://www.pexels.com/photo/action-adventure-challenge-climb-449609/>

Tag: Holistic. Vision and purpose.

Challenge:

Starting a project requires a lot of energy and many times facing obstacles. These obstacles can be seen as difficulties, issues that we would love to make disappear or reasons to leave our projects saying “if this didn’t happen, I would be doing this and that”.

Solution:

Looking at the situation from a systemic perspective and understanding that each obstacle or disturbance has the seed for the solution in it, and it’s bringing some key information for the project. Sometimes to do it we need new lenses like process work that help us not only looking for rational information but sensorial-grounded information. For getting this information, we may need to be transformed into the disturbance following the idea of dreambody, to look at it from different angles, to trust in the quality that lies in the depth of the experience of the disturbance or obstacle, once that we could express the pain, the frustration, or whatever needs to be expressed.

Links:

- <http://stanfordsiver.net/wp-content/themes/twentyten/pdf/PWTheory.pdf>
- <http://www.aamindell.net/dreambody/>

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