



## **Week 7- Questions for Deepening with the Liberation of Humor (solo or in breakout groups)**

Does enlightenment have to be a serious business? Why do you think so? What is your programming in this regard. Investigate it. Ask “Who says?” to your programmed beliefs in relationship to seriousness.

Consider deeply what your definition of spirituality, enlightenment and illumination are presently. Ask whether you are willing to expand that definition. *If you are, what boundaries would you be moving?*

Deeply consider and investigate the meaning of the following brilliant quote of James Carse: *“In infinite play it is because I cannot see what you see, that I can see at all!”*

Consider why, in English, certain people are described as “deadly” serious. Remembering that seriousness is the dread of the unpredictable outcome of open possibility. To be serious is to press for a specified conclusion. On a scale of serious on one end to playful on the other, where do you sit? Do you want to do anything about changing that? What would that look like in your actual life?