**Individuality and Merger**

We long for a sense of connection and imbeddedness, and at the same time we equally long of a sense of identity, separateness and indivdiduality. We are constantly in a state of flux between merger and separateness, and energizing relationships move between the two, and allow for both.

Contact boundaries are the states of awareness and focus of attention to ourselves, our environment, and each other.

There is a metaphor of sand and water. Together, we refer to them as the shore. We have a concept of the “shoreline”. We know it when we see it, each of us can picture the shoreline in our minds, yet no actual thing exists. Where would you go to show a child the excact point between the sand and the sea? There is none. Yet we experience a separateness of the sea and the sand being distinct entitites. Such is the same for our relationships with friends and the environment. Contact awareness can be merky, complex, not fully delineated.

SOmeimes one threatens the other.

Hands demonstration of contact boundary

Richard Serna talk

**Acti vity 1:**

Partner off and drink your partner in visually, then close your eyes and allow images to come to you,. Share what has come to mind, and your partner can respond to how these affect them, do they relate to them, what is the meaning between the two of you. What sort of bonds or connections are forming?

**Commandment excersize on boundaries**

“THOU SHALT” “THOU SHALT NOT”

First visualize it etched in stone.

Now visualize it written on a chalk board, and imagine going up with an eraser and changing it. What part would you change? What would you change the commandment to? How does the changing feel?