

# The Orpah

## REGAIN SAFETY

**Wake up, let go of illusions and face painful realities**

**Loneliness is the absence of the other.**

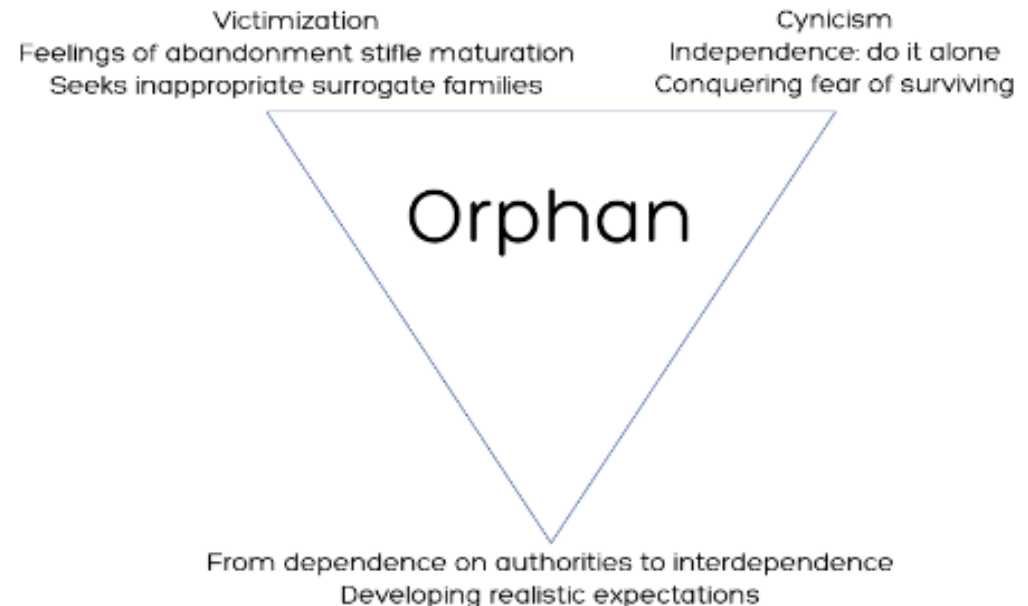
**Aloneness is the presence of oneself. Osho**

- Struggle
- Justice
- Pragmatism
- Empathy
- Humble

- How much or how little is the Orphan expressed in your life? Has it been expressed more in the past or present? Do you see it emerging more in your future? Is it expressed more at work, at home with friends, in dreams or fantasies?

- Who are some friends, relatives, co-workers and others who seem influenced by the archetype of the Orphan?

- Is there anything you wish were different about the expression of the Orphan in your life?





## Visualise

Mememto mori. Just remember you'll die. Steve Jobs famously said:

"Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart."

Allow yourself to experience the pain of the entire world: war, rape, injustice, death... Be there. Allow it. Don't sugar coat it. Don't reduce it. See it. Feel it. What gold is there?

Orchestrate your funeral. What kind of music do you want? Who would you like to be there? See it all happening. What gold is there?



## Pretend

Practice a condition you fear. If you're afraid of poverty try sleeping on the floor for one night. If you're afraid of not having anything to eat, fast one day. If you're afraid of being alone, visualize the loss of your loved ones. As you do that, ask yourself: is this the condition I feared? Afterwards journal about your experience. What gift is there for you? What qualities you discover that you previously ignored?

Go to a cemetery. Connect with suffering and death. Journal about it. What gift is there for you? What qualities you discover that you previously ignored?



## Create

Since each archetype expresses itself in many different ways, take some time to describe or otherwise portray (e.g. draw, make a collage, use a picture or yourself in a particular costume or pose) the Orphan as it is expressed or could be expressed in your life. What does or would it look like? How does or would it act? In what setting does or would it feel most at home?

Write your own obituary. How would you be described by your descendants? What was important to write there?