

1<sup>st</sup> Tuesday

Dear Everybody,

Swirling impressions from the first days all jostling in my head. Gales of laughter at certain moments so strong I was worried we might disturb the folk next door. A [redacted] and R [redacted] in what looked to me like very good harmony, after the walk. Moments of joy between folk when they realised they had a friend in common back in the huge country of your city. This evening the idea of the three who looked alike, C [redacted], L [redacted] and the third woman. These are parts of teaching that I find really rewarding, the amazing, spontaneous things that naturally happen.

Today I want to offer you one or two frameworks for thinking about cultural things, filters taken from anthropology, NLP, psychodrama etc.. Some may appeal to you personally some not.

I wonder how you manage yourself internally in face of the other culture? What frames are you already using to cope with your riding of the waves of culture. J [redacted], how did your Catalan parents cope with adapting to Brazil? What is it like spend a childhood partly in Bolton and partly in Brazil, M [redacted]? I have spent a lot of my life in the BETWEEN land with Italy one side and Britain the other. For example these two cultures negotiate anger quite differently, something my parents never properly copped onto.

Maybe when you finish reading this we could move into small group discussion of this, ( bearing in mind what M [redacted]s said yesterday )

I want to find out how those sitting either side of me cope with the shock wave of a new culture.

I hope we have a bom dia,

Mario

