

THE WONDERFUL WISDOM OF OZ: A ROADMAP TO THE ASCENSION

PLAYSHOP PURPOSE and PROGRAM

Purpose:

The *Wonderful Wisdom of Oz* contains keys to your victory on the path of the ascension. In fact, the story of Dorothy's journey along the yellow brick road is a model we can use to find our way home. But each one of us has a unique path to follow. The reflective journaling exercises in the playshop will be used to compose your personal myth, or hero/heroine tale, filled with your own archetypal symbols and characters.

Because this is a highly personal and unique experience for each student, there will be no sharing as is done in other Meru University courses, except at the end. We hope this playshop will be a profound and moving experience, yet there will be levity and laughter to lighten our steps as we journey along the yellow brick road. Our journey will be broken up into seven sojourns during which we will explore a major theme and engage in related exercises.

The reflective journaling prompt for the Seventh Sojourn is something you can meditate on before the class and share with others during the class. You can answer it as an essay, poem or a song, and it will fulfill the course requirement for a certificate.

Prompt: What virtue do you desire to have more of, and what would you do with it?

One example of a creative answer—original lyrics to the song, "If I Only Had a Brain," from the movie, *Wizard of Oz*:

If I Only Had More Love

When your birth chart has no water, you're hard as dura mater,
Yet I'm a mourning dove.

Just because I am missing a bunch of hugs and kissing
If I only had more love!

I'd be peaceful and well-mannered and never say a cuss word
When it comes to push and shove.

I would be like a mother to my sister and my brother
If I only had more love!

Oh, I would sigh and cry when touched by song or art. Ahhh!
I would be an easy mark for cupid's dart. He got me, right through the heart!

I would hug and kiss my children, advise and bless my good friend,
Adore the Lord above.

I would give my time and money; I would be as sweet as honey
If I only had more love!

I'd be friendly, I'd be gentle and very nonjudgmental
And soft as a kid glove.

I would sing in the morning, I would pink you without warning
If I only had more love!

Program

Session 1: (three hours)

- Sojourn 1: The Wonderful World of Fairy Tales – exploration, reflective journaling
- Sojourn 2: The World of Lyman Frank Baum – exploration, reflective journaling, spiritual technique, singing and dancing
- Sojourn 3: Connecting with Your God Self – exploration, yoga, reflective journaling

(10-minute intermission)

- Sojourn 4: Embracing Your Inner Munchkin – spiritual technique, exploration, reflective journaling, meditation, spiritual technique, singing and dancing
- Q&A

Session 2: (three hours)

- Sojourn 5: Spiritual Alchemy – exploration, meditation, reflective journaling, singing and dancing
- Sojourn 6: Defeating the Dweller on the Threshold – exploration, reflective journaling, spiritual technique

(10-minute intermission)

- Sojourn 7: Going Home – exploration, reflective journaling, sharing, Q&A, meditation