

MINDSET IMMERSION FIELD TRIP

Purpose

The purpose of this activity is to give practitioners a chance to experience the “culture” of different mindsets (worldviews) in their natural habitats. By experiencing people with mindsets different than your own as unique, interesting, engaging human beings—and not stereotypes from a textbook—you can deepen your understanding and appreciation of and resonance with people.

Instructions

Select a mindset you are less familiar and less resonant with. Many people select their “least favorite” mindset. Because it can be hard to gain appreciation for worldviews we haven’t spent a lot of time with, Stagen recommends immersing yourself with these people in their natural environment so you can get to know them better. Choose a situation strongly associated with a given mindset—one where you can expect to be surrounded by people with that specific mindset. Your goal is to participate fully, blend with the “natives,” and really try to get to know them as people (not as stereotypes). Look for common interests, concerns, feelings, and so on. Be a Learner, actively listen for meaning, and participate in customs that stretch your boundaries. As they say, “When in Rome ... do as the Romans do.” Discuss your idea for your field trip with your coach and/or select from one of the examples listed below. Post your experience to the e-Journal.

Green Field Trip Examples

- Try a yoga class that includes devotional chanting.
- Attend a sustainability conference.
- Do a Native American vision quest.
- Go see a lecture with one of the “new age” spiritual teachers.
- Try a workshop on “men’s work” or new-age flavored spiritual growth.
- Watch *What the Bleep! Do We Know* with Green friends and discuss their interpretations of the film.
- Take a course on quantum physics, feminism, or postmodernism.
- Attend a Byron Katie event, Earth Day, an Ecstatic Dancing event, or a drum circle.
- Visit the Dallas Center for Spiritual Living or watch Michael Beckwith’s interfaith spiritual service online.

Red Field Trips Examples

- Attend a boxing or mixed martial arts class or event (UFC).
- Go to a NASCAR event.
- Try a hip-hop concert or club.
- Volunteer for an inner-city high school or youth program, or with domestic violence offenders.
- Go to the Sturgis Motorcycle Rally.
- Get a personal trainer.
- Visit a tattoo parlor.

Blue Field Trips Examples

- Attend a socially conservative/fundamentalist church or religious service.
- Visit a Boy Scouts troop event.
- Visit a military or boarding school.
- Attend a small-town football game.
- Watch *FOX News*.
- Go to the rodeo or stock show.
- Attend a formal military ceremony.
- Go to a small-town county fair.
- Attend an NRA meeting or Tea Party rally.

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Orange Field Trips

- Attend something on Neo Darwinism (sociobiology), cognitive/brain science, or atheism/secular humanism.
- Attend a pro sports tour (golf, basketball) or an EO event.
- Attend a sales convention.
- Read *Atlas Shrugged* by Ayn Rand and discuss it with a friend who is a fan of the book.