**JEAN-CLAUDE AUDERGON: A LEGENDARY LIGHT HOUSE**

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I often remember “**THE MATRIX: RELATIONSHIPS**” the seminar(1), **JC** and Arlene Audergon had conducted in United Kingdom during August - September 2004. ‘JC’, the name we (students) lovingly, reverentially and friendly address him. JC + Arlene had sponsored me to attend the event in UK**(2)**. I cherish the learning process during that intense event. JC (1946 – 2020) through-out his career, along with Dr. Arlene Audergon, spread the knowledge of awareness intensively in Europe; and the couple has established a psychotherapeutic training school namely “Research Society of Process Oriented Psychology in UK” ([www.processwork-audergon.com](http://www.processwork-audergon.com)) and a UK based NGO viz., CFOR (FORCE FOR CHANGE) **-** [www.cfor.info](http://www.cfor.info) **-** which also invites experts on diverse topics from diverse backgrounds to enlighten the participants on various sensitive issues around the world. His organizations are training and teaching ‘awareness methods’ to hundreds of people from many countries to bring sensitive topics on the platform and respectfully facilitate them, so that creative changes take place naturally.

JC has devoted his life and work by following and spreading the ‘awareness work’ of Dr.Arnold Mindell, (we lovingly address him as “**ARNY**”) the power house plus discoverer and inventor of the Process Work, i.e., Process Oriented Psychology. Arny used to say **Relationship is the most complex channel**. Arny’s “Process Work” books were gifted to me in India by Dr.Joe Goodbread & Kate Jobe in May 1992.

The relationship work, facilitated by JC & Arlene, I witnessed and personally experienced it as enlightening. Through this short essay, I am paying my tribute on JC’s third ‘Nirvaan’ (death in consensus reality) Anniversary (27 October, 2023). I focus on his enlightening ‘sutras’ (dictums), he spontaneously uttered while working with participants. His spirit motivates me to revive, share and echo his words in this essay. JC, a legendary figure, cannot be confined into this essay only. His spiritual presence is around many people in many countries. **“Far In Far Out”** is his ecstatic utterance while working.

The following are some of his few quotations and statements:

1. “**Not having connection with dreaming, makes you disconnected in relationship; and relationship becomes tense**”; on 31 August, 2004**(3)**.

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1. And on 1st September, 2004; JC gave us a short ‘InnerWork exercise’ as under:

**“**Make big movement, then very very slowly start to do the same big

movement; BUT NOT FAST. The idea is to find the impulse that takes you to

the sentient level. And at the last part, feel finished**”** **(4)**.

1. “In Process Work, we say the **‘**dreaming**’** seeks people out to express itself. You think you are going after an idea, but if you are attentive, you might notice that you are at the service of the idea”; **JC in a book viz.,** “Deep Democracy Where Fields Meet”; (back cover) 2008 IAPOP**(5)**.
2. “**Enjoy the role rather than hate**”; and he quoted a German saying:

“Good advices are very expensive”; on 1st September, 2004**(6)**.

- “**It is a role, it’s not an identification**.” I don’t have reference to this.

- “The only way to get out is to go in: if you really want to get out

you have to go in all the way, otherwise you are stuck in the middle.”

- “**What makes us grow is love**”; in ‘*Far In Far Out*’, 2006 RSPOPUK (p.42,

48); January 28-29, 2005**(7)**.

1. **On research, JC says**: “…A project is not only what you intend. Rather, it has its own identity, its own dynamics, its own life and dreamlike qualities that are straining to come into being. It creates you. Writers, filmmakers and all creators testify to this experience – you have plan for the book you write and suddenly the book has a mind of its own**(5)**.

The spirit of JC connects me with the quotation of **Ella Baker: ‘GIVE LIGHT AND PEOPLE WILL FIND THE WAY.”(8)**

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**References:**

1. The Note, JC + Arlene gave to participants.
2. The Certificate with JC + Arlene’s signatures.
3. My hand-written Note Dated 31 Aug, 2002, 01 Sept, 2004.

during “The Matrix: Relationships” seminar.

1. Ibid.
2. “Deep Democracy Where Fields Meet”; (The red book back cover) 2008 IAPOP.
3. My hand-written Note Dated 01 Sept, 2004.
4. “*Far In Far Out*”, 2006 RSPOPUK (p.42, 48); January 28-29, 2005.
5. [www.brainyquote.com](http://www.brainyquote.com) accessed on 16 Oct,2023; 09:56am.