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3GH: Voices from a Workshop 2006

***Participants: Adam, Adam, Andrea,
Deb, George, Kim, Maaryasha, Nat,
Ofer, Ronch, Simon, Sue, Yoel***

3 GH Voices



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3GH Workshop No. 6



Ronch: So this is my piece which I've tried to a guide to self-exploration in psychological understanding leading to thematic based paradigm of 3GH identities. So, it says a guide to self-exploration and understanding leading to a thematic based paradigm (3GH). Basically I conceptualized ...but anyway, basically I thought when Nat said about like the process, oh, well we're definitely going to go on the hunt.

So we're starting from down here and this is kind of my process in the group and so I think in the first week I covered, do you want me to do a massive sum-up of everything? So, okay in the first week I think there was a lot of resistance to me in terms of label of 3G given my family history. But I think there was definitely an option for exit, but I think I continued because I wanted to be part of the group and I copped it with a marginal Jewish identity, Jewish family identity thing.

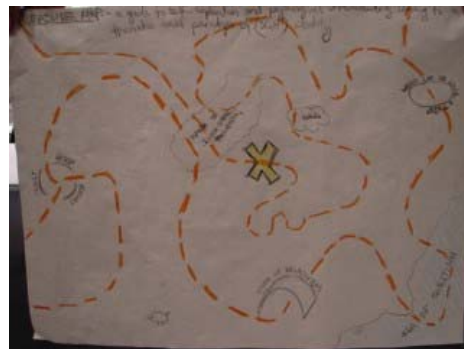
This marsh is pretty kind of prominent for me. Then we go through the cavern of relativism on the way to find the treasure, so we've got the relativism and then we've got the sea of questions coming from the group.

So we go through the sea and we come to the hole (ha, ha) because we've got a whole lot of love and trust which is kind of I think from the beginning of Ofer's stuff, clay modelling. I think that's when it started to play up for me, well not play up, it was really kind of prominent for me.

Then we continued going through bits with lots of intellectualising to back down through the marsh of Jewish family identity - go over to my Dad which was definitely last week for me. And then I got kind of got here and then we had a minute to go through this. I thought: 'goodness, and am I the middle? am I the treasure that we find?'

No man, straight through the treasure and back to the marsh of Jewish family identity. I went back out and it's like a dream that is going to continue on.

There's so a board game in that, isn't there? Applause...





Simon: That's me at the start of the journey. It's just so little time so I can't give you any ideas, so I can't really explain it, I just took things iconic. That's me at the start of the journey, I'll work back.

Yes, I can point, I can do everything. There's me and there are like all these, are you finished. I'm not up to that yet. It's in hiding, just like me at the start and then all these questions and like all these ideas, that are like formed in me. All these questions about the holocaust that I'm not quite reaching, I was feeling 'no' how to get there and get past this.

Hey, there's me again. Other lines, the same words as before, they're connected to all of you and you see all these questions about the have the holocaust and encompassed in that.

I think of our shared experience and my connection to you guys was really, really great. It made everything make more sense. And I don't think I would really have explained that fact. (Now down the bottom), something kind of, to do with.....essential summing up of 3GH. Well, it's a three tiered acronym really, I

can only use three things, right.

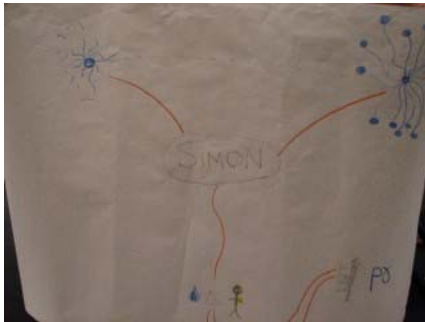
The bottom tier for me is residual sadness and guilt and blur and everything. Then in the middle is like Jewishness. Then on the end you've got this great big fat yellow badge and that's your identity. And I think it's all about times in sadness of the holocaust and everything that it appears to bear on Jewishness and our identity and that's for me it was the essence of what we have been doing.

And then, continuing along from that is *my most critical incident* of flash to flame, to actually happened pretty early on..so here is my path and it's like a chasm and the 'word stops here'. It refers to, I don't know if it was in the first or the second when we were talking and George asked me this really direct question about like where I stood and how I feel comfortable about...Yeh, Does anyone else remember?

I remember succinctly, like being put on the spot and feeling flushed. I don't want to answer that question, but I did. It was like all about saying things in words and wanting, to sort of straddle both sides of an argument. I could be everywhere and knowing that sometimes there are gut feelings and that you just have to accept that there are limits.

So here's the limit and my popular 'words stops here'. On the other side I was running out of time and I wasn't sure what to write on the other side,

what was on the other side, what was that essence, that like we could not describe by words....and that was like, that was like family and togetherness and nationhood, so that is as far as I got, because I got buzzed down. Applause...



Yoel: This is me before. Welcome, just starting to open the door, there is stuff there I want to see, but I don't really know if it's a good idea, I don't really know if I want to go out there. This is 3GH, it opened the door. For me it's kind of like I'm just going to open it up, just kind of throw it all out there and take a lot of stuff in from all of you guys. It's the interaction, this yellow stuff, it's just the flow of energy, it's going back and forth, changing everything inside. It then brings me to this....it's like an upshot, it's a round table, all of us, a group of people holding hands, it's

very peaceful, very circular and closed.

The **incident** which is this, the clay sculpture, it was a tree. I suddenly realised, actually that I'm there, I'm next to the tree, or part of the tree. I could view the tree coming out through me which was like a 'wow' experience.

I thought this was about generations all different people all mixed together somehow. And the **moment** last week watching Ronche and his dad then again, it's the same grief, I was looking at Ronche and was starting to see myself...Thank you very much. Applause...





Deb: Now, I don't know why, I can't explain it. Okay, so that's me. It went this way first and that was okay. Where am I now? Right now is different now to how I am in general. Now in this room is always different to 'now' in general.

When I arrived I was anxious. I was anxious right up until I got to the door and I saw Zac. I thought (sigh) 'it's okay'.

So right now I'm in a space, and then on a Wednesday night I'm going to miss this, cut out of my week kind of space. Now in general it's all like, you know, I've learnt something about the holocaust and it's all like, about my family, and it's all in my skin. It's just somewhere ambiguously inside me or, you know, it's there, if I let it sit there, it sits there, and I can feel it everywhere.

Before all this, it was just sort of this ambiguity, this word thing. I might bring up in conversation, and they would say 'where is your family from?' Yeh Yeh.

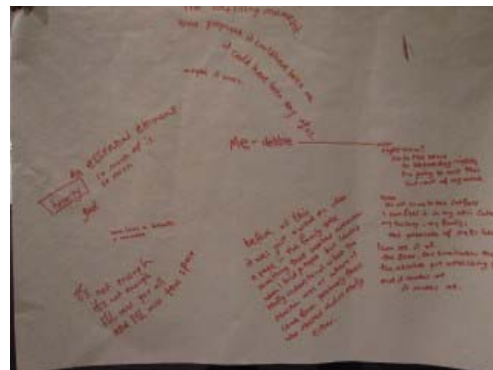
I might mention that my grandmother was is Auschwitz and people have this reaction. But I don't think I would have

understood what it meant. When they reacted, it was just normal socialized reaction, 'oh the holocaust, oh'.

But now I think at least I understand that. Okay, the *essential element*, is just the love, and the honesty, and the fact that everyone was just willing to sort of throw anything and everything into the circle. Everything was accepted and everything was understood. And it was good, you know. Yes, and what was the defining moment?

Yes, the clay of my grandmother, yeh, I hadn't really thought about that like that before. That was my defining moment.

I'm going to miss you all, we will all see each other again and blah, blah, blah, but it won't be like this. I will miss you guys. Applause ...





Andrea: This is my third journey, week by week I guess for me. I started off with a kind of a closed feeling and, like a sort of prickliness about what the holocaust is, and how I relate to it. Do I even fit in the group, like what Ronche said, and then feeling quite closed, blue.

Then I started sort of coming out of it a bit more and sort of threw myself into it. I guess in that second week, what I remember of the three groups of first generation, second generation and third generation, I was just standing in the middle of the room and was just thinking, 'I don't even know where I belong'.

Like I found it really hard to go into that, and I remember thinking I can't know me until I know you, thinking of my grandparents and even my father.

And yes, as I said, where do I fit and then, what happened is I hurt my eyes. So I think that in terms of my relationship with the group sort of closed me out a bit. I sort of missed that gap with the clay, when everyone was doing the clay and I think that kind of affected my rhythm and how I fitted.

But at the same time, I guess this is what the swirl represents, that I was still here thinking about everybody. A lot of the thoughts were going through my head about how I felt about the group and about what the third generation means. Just the closeness of what everybody felt and then coming back in to the image of the boat again and out again.

I remember thinking about us all holding, that was one of the things I felt, holding something from the holocaust and taking it forward and a few scribbles. My writings to do with feeling inspired, but there was still a part of me that was closed in that week.

Then I guess this week, just *defining what was the moment for me*, just like the trees, I remember being a tree and I remember feeling quite happy being a tree (laughter). I'm really enjoying just the experience of seeing Ronche and everyone else here in the group, being a part of that. Seeing other people's journeys, feeling connected to that, you know, even though we're all on our own and we're all sort of going through our own experience.

That was the question about identity which I think came out with Ronche, I think that really touched me too. And that's when I had thrills, the sort of up feeling, like a really creative feeling. This is another thing and I've really got from the group of being really in awe of everyone's creative abilities, really,

touched by that and the way that everyone keeps expressing themselves so eloquently in words and dance and images.

For me what happened was I started writing something after that week, like even at work, so that was a real. Also, I realised that this was all real and touching me still and this is what's the circle is. I don't know where that is but it's floating on forward and hopefully taking a lot of this, also in a creative space for me creatively, and something positive coming out of it.

And I think actually George's presentation tonight has given encouragement tonight as part of the group, just again an amazing experience seeing that with four people as a group. Applause...



Kim: This was the beginning. In the beginning, in the first session I thought I came, like, open to everything. Then by the end I just wanted to get under a rock and hide and I remember when I was driving home I thought, 'oh my God, am I ever going to be able to like finish the whole six weeks?'

Yes, so that's the whole group, that's me, I was under a rock feeling very lonely. (Laughter)

I wanted to get out and then we've kind of moved over here and I feel I've gained a lot out of these sessions. Some of the things I feel that I have gained is a connection and friendship with people. I think I've been able to understand more about myself through everyone else's sharing. I love seeing people, or a group of people at Maaryasha's party. I thought it was just such a nice feeling to feel part of this group, to be out of this room out of the Holocaust Centre, to be with friends, it felt really, really good.

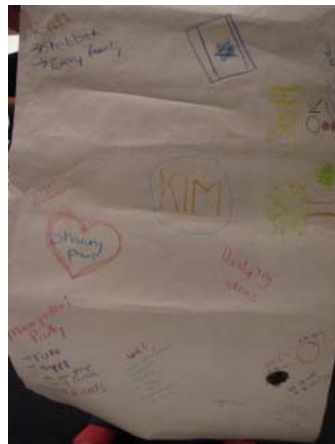
Sharing the pain, I just wrote that, two of the *defining moments*, one last week, I just thought that it was so brave and I felt when it came to the Shabbos table

and sitting down, I just felt so connected to Ronche and the group, I felt that was a special moment. And just now George's presentation, I wasn't here when everybody else did that presentation, but I didn't feel like I had missed out on anything. I heard like how good it was, but I just feel really lucky that I'm here tonight to experience George's presentation.



Then here I've also got the tree. I was a little bush and you were a big tree next to me and that felt really comfortable (laughter) I liked being next to a big tree. And then, we've got here, I put okay, from last week's session, like the 3GH are we going to be okay. Then I think I was speaking to Maaryasha about how our generation, we're just like waves. We have that thought and we get knocked down but then we get back up, but we're just always like waves, like a surfboard and that's it.

Oh, then I've got this, because a big part of my Jewish identity is Israel and the holocaust and that part I didn't finish, I didn't get a chance to develop... Applause...



Adam: ...like saying to you guys, it was really weird because I didn't actually realise how much it had affected him. It's just really bizarre how much it's impacted on his life and why he is the way he is. Some of his shortcomings are totally as a result of the way he has been brought up, one of the people who was so directly affected by the holocaust as well.

I guess I kind of feel the same as I did before but I'm more comfortable in being able to talk about stuff. These are just like I don't know, question marks, like they're still questions. The tick is like 'yes', I feel pretty positive about this but the cross is like, 'I've still got sort of stuff that I need to think through'.

I think that's okay and I shouldn't kind of pressure myself to kind of expect to be able to solve it overnight because I don't really know whether 'a', I want to solve them because I think it's still important to have questions about it.

Yes, just kind of feeling comfortable about it.

In terms of the group, I just felt like that I have because I read a lot of books from the first week was like I just and kind of alternate history books, like walked out and thought gee I don't what if the Germans would have won know if this is something that I can the war? What would the world have really connect with. I found it really in- been like, like there's the movie Fireball tellectualising things. We were trying to and a book like where there's Germania. talk about things on a mental level and I There is this whole other reality, what didn't know whether people would be would have happened if that had of hap- able to I guess have the confidence or pened or what if it wouldn't have hap- the ability to kind of open their hearts up pened at all? to how they were feeling about things.

But then it all kind of changed and then about existence, like the fact that I'm we just kind of started connecting with here because of it and that's one thing each other a lot more. There was all this that I said on the first night - the ques- energy and intensity that I felt that was tion I still have now is around, well, building up. what if it wouldn't have happened, like

I kind of feel that I missed something all these faces, like all of my grandpar- last week, because things about the trees ents, my relatives, like they'd all still be and the bushes and all the experience, I here and it would just be completely dif- don't actually know what that all is ferent. That's why I like time travel (laughtere). So I kind of feel that there's movies or all of that sort of stuff. I'm probably completely an utter nutter. a gap there because for me the last ex- Germany, what it's all about? I've got perience was that thing which I've been this thing like where my Dad was born, looking at that, while I was sitting, over I'm having my thirtieth birthday as I there the whole time, my daughter and said before in a German restaurant this the bloody hand. weekend. Just kind of I don't know, I

Which is I guess is what led to this read a lot about German culture and lit- which is like all around, I definitely erature and German art, and things like know why I wrote it, like 'blood is on that, like I've really tried to, I don't our hands', like all of us, we are all so know, to understand German people bet- connected to it that we all kind of deal ter. I don't know if that makes any with it differently. So yes, the blood sense, like who are they, and what represented the linkage I guess of what would lead these people to kind of go so our families went through, or cousins, or crazy to do what they did. whatever.

And this is the burning question for me And this is my Dad, as a little embryo, being born there, and like I thought that

was really important that I did that because that's like my way of connecting with him and all this because it wasn't about him before. It was all about me.

I guess I kind of feel really selfish that I've probably thought about me all the time, and that's one thing I've learnt, it's about him as much. It's not just about me. Because if he doesn't talk about it, it doesn't mean he doesn't think about it. That was a big thing.

This is like my, my, I guess the battle like them and us and the fact that we're still here, that feeling of triumph and the feeling of wanting to continue the generations if you're Jewish. I kind of wonder how that's made me feel a lot more staunch about things. Like these workshops, I've kind of walked out after one of the workshops and the day after I've had that experience of someone made that anti-Semitic comment. I felt like I was kind of like a Jewish soldier, sticking up for us. I felt like I was sticking up for us here, not my family, I thought of you guys and I thought, 'no, I'm not going to take that!'

So that's kind of like me doing all that stuff and the house is like a safe haven, if you like. I feel pretty comfortable ... then there's that which we saw, the riches, you just don't know, it's like that defiance.

That's how I felt the day I walked in here, it was even with you guys, it was like, you know, this is about me, this is

about my experience. But now I feel totally different about it. ***That's probably the biggest thing that I've got out of that***, so many people have this experience, I knew everyone else did, but I feel like I'm a lot more open that it's not just about me anymore. It's about everybody and how much more positive an image we can gain as a result of these experiences, by sharing with each other.

And that's led me to talking with my Dad, really listening to you guys, how you all feel about it. It's been a big thing for me. So, it's like this mist, it's funny, Kim mentioned before waves before, I just had this thought at the end and it was like, actually feeling quite comfortable about it all. This is my kind of groove, this water, I love looking at water, so I felt quite comfortable after all this and yes, that's it. Applause...





Adi: I've never really had a proper grasp on this at all, anything on this. It's all just been a huge sort of black hole. So I wasn't there, I wasn't there at all, I wasn't dealing with it, I wasn't thinking about it, how to make connections. If it was any one moment in my whole life where it sort of hit me on the head at one point, yes. So I've never really looked into it, I've never really taken it, you know, close to myself.

I have this story, I keep writing this story it's about this guy called 'The Listener'.

It's always on a boat and it's always coming in to this new land and it doesn't matter where they go, they get off the land and the captain comes out and a bunch of people come out. There's always a shore and a blue sea, a shore and a jungle. And the captain comes out and they always stand on the land, and then he says, as they stand there hesitating on the shore, and he says:

'Bring out the listener'.

And the listener is always this young boy. There are all these big guys and quite strong, and the listener is this young boy and he comes and they won't do anything without this guy. He is very quiet. He comes up and puts his head to the sand, to the earth, and he listens. He can hear the earth everywhere they go.

He always says the same thing, he always stands up and they're waiting and he always says, 'she weeps captain, she weeps'.

This is what he always says and for me, I think, I finally understand that, like there's this, just you know, there's this just huge weeping, like the earth itself.

Like there's something, you know, and it's always been crying and I've never gone there, I've never looked, I've never been able to, you know, understood it, I've never read about it or wanted to do it. I've never wanted to look at it, I never wanted to, and I didn't even realise that it affected me at all until Nat rang me one day and said 'come to this group'

Then I was like, but, why would I come, what for?

So, without even realising it, that it's this huge thing, you know, and how do you even approach it? So part of me is always I think through that story, the listener, is that child, he is always like, he can hear that great weeping. What is it? How do you approach this weeping.

What is this weeping?

So now, you know, with the group I think it's been possible to sort of like, look at and see it in many different ways. That is like, that's how you approach it. It's like being on the ship together and we all come to this shore, we've all stood on the shore and everyone has had their own experience and everyone has approached it in a different way.

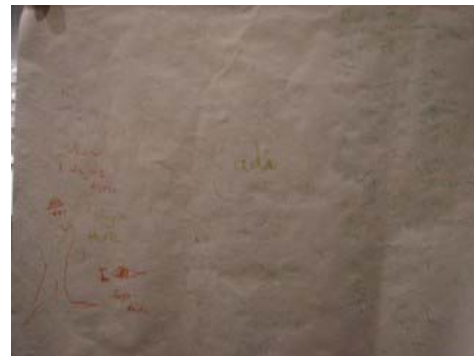
For me there is always that point where it's just this weeping, like just the earth itself and nothing will ever change that. I'm not sure, I don't know.

So, the *real moments*, I guess, where was I, and I just started writing Take care Adi, Take care Adi, Take care Adi ...it's raining, it's raining, it's raining outside. Who cares. Now I know why I wasn't there, why it's raining out outside. I just seem to keep writing. That was the thing. I realised it was my father as well.

I think it was after a group one night, and I was driving home and my father rang me and we were talking. It was towards the end and, oh, actually I hadn't even told him I'd met this group at all, just briefly once. And then he said something like, 'oh, it's raining outside'. And he just said, 'take care, Adi'.

And he's always been saying that, for ever. And I've never understood. Like, I've understood it's some sort of proc-

ess. Anyway, now I understand, now I understand what it means. And it's a pretty crazy thing. And yes, so now I can...(gently weeping)... you know, I can start to look at it. Forgive me, I'm a wreck, I was much better before I came and ...now I can start to take it seriously and not avoid it. Now, being with you, has given me the realisation, thanks.



George: An eye, ear, nose, mouth, listening, seeing, smelling those elements no words, just my name. A group defined by where we sat, transformed

What shattered by boundaries was Natalie's dance, with the energy of the rage. That to me was a forbidden within my family. So to see a third generation gesture in public with the force behind it, it was a third generation *prime moment*.

Then my amazement when Deb did her dance and that sinusoidal, that waving movement, to what sounded like Arabic music, was like, is that allowed here? isn't that also forbidden?

And the last week's Ronche's sitting as the child with Adam and I as the father-figures, and actual physical contact between the father and son.

And through all of that what enveloped was the music, the Pearl Fisher and all the music ...that's the treble cleff which just drives the energy forwards and holds, where there is no words, the colours have their own energies.



Nat: They were very big gifts of summation and awesome.

One thing that came up was this kind of, because this group has gone beyond my expectations of what I ever thought this

could be. One of the things that just came to mind earlier on with the sharing was like, you know, whether the holocaust got us separate and made us separate and disparate, threw us all around the world, personally and collectively.

This group has made togetherness, you know, it's made these bonds, I forgot about that. I forgot that that could be a possibility and that just made it, what everyone was saying the thing that came through so strongly was wow, we have a group that has come together and that's just...

I just want to say, there will probably be many times when I say this, but I just want you all to hear this: thank you for coming on this journey with me and for saying 'yes' when I asked you, thank you.

So, now I'm thinking we shall have a little break and then like, maybe seven minutes, can you maybe get the coffee and come back. The next bit is not so intense, more pragmatic, 'where to from here' time lines, to see what is needed. So maybe just grab coffee and as we go on to the next thing...



Maaryasha had prior commitments on the last workshop night

A PREVIEW...

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