

Conversations over Coffee

A Conversational Resource for *Talk Thelema* Groups

Workbook for Coordinators

Group Starter Pack — Basic Edition



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Group Starter Pack — Basic Edition

www.talkthelema.org

www.heartflame.org

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Conversations over Coffee



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Welcome to Conversations over Coffee

WORKBOOK FOR COORDINATORS

The Challenge of Small Groups

The challenges of our Thelemic culture surround the questions of authenticity, commitment, and engagement. Groups rise and fall on their ability to reach out to those *outside* their own faithful, to provide insight to a roadmap through life that offers fulfillment and meaning without endangering individuality, and to encourage growth of a community. Community, however, is far more than a gathering of people. It is the forging of relationships.

We can approach the idea of small groups as a ‘take it or leave it’ proposition or we can see it as an individually fostered building block for the larger community. In this, **HeartFlame Ministries** forms small groups around various conceptual activities. *Talk Thelema*, *Kaaba House Fellowship*, *Scarlet Tribe*, and others are all focused on specific demographics while ensuring they all have a functional fit to nurture the larger Thelemic community formed by the pieces. This approach supports a seeker-oriented ministry allowing for continued accessibility by and openness to *anyone* rather than a membership-oriented group that has a limited sustainability when the group has a narrow focus of available interests. Such a small group direction allows for faster mutation based on local needs rather than relying on membership structure to maintain a status quo.

In this way, our small ministry groups—and *Talk Thelema* specifically—have the ability to feed into our other outreach groups, or even into other organizations such as a local body of O.T.O., or a Wiccan coven, or some other group. By focusing on the seeker-oriented ministry, we find it isn’t about building numbers but fulfilling needs. However, those who continue to find their needs met by an outreach program will remain in the group, grow in their own personal lives, and promote that group to others thereby building the membership.

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This program requires commitment. It does not matter if a *Talk Thelema* group is run once a week or once a month. It requires coordinators to be dedicated to a schedule. If there is a one mission that **HeartFlame Ministries** brings to the forefront of all its small group outreach, it is real engagement with people.

Talk Thelema stands apart from other programs in that it insists on the validation of the individual while providing a safe place to experiment with ideas as well as provide a platform for real life experiences to shape and color the conversations. Never before has a program been so focused on the authenticity of the individual in relation to the Law of Thelema.



Building Small Groups

You hold in your hands a unique resource guide to group discussion and exploration. *Conversations over Coffee* is the workbook designed to get a group started on the way to successful *Talk Thelema* meetings.

In our quest to build small groups and discover methods by which Thelemites could sit, discuss, and relate the Law of Thelema to everyday life, we found that conversations over breakfast—or any other social event for that matter—are a very rewarding experience. In fact, one of the most successful *Talk Thelema* groups meets at a bookstore coffee shop at noon. The time and place are up to your particular demographic. There is a very strong communal bond that forms over the breaking of bread—to be both literal and metaphorical about it—that creates a sense of belonging and fosters a healthy intimacy.

We want to encourage participation and personal growth through *Conversations over Coffee*. It is not enough to come, listen and nod to a few ideas, and then go home to rinse and repeat all over again. It might be said that “Walk Thelema” is just as important, if not more so, than *Talk Thelema*. The model exists in order for a coordinator to build a functional small group that fosters both personal and corporate

growth, true, but more importantly *encourages people to walk what they talk*.



Advantages to the Talk Thelema Model

There are many reasons why the *Talk Thelema* model works effectively as a means of building and engaging small groups.

1. Members of the group are valued directly and individually because they are free to share their questions and opinions, concerns and insights, struggles and real life challenges in relation to the material being studied.
2. It encourages an exploration of the Law of Thelema in a supportive environment.
3. Allows for a non-threatening accountability for personal growth.
4. There is a feedback loop for facilitators to see where individuals are in their personal growth in order to provide additional opportunities targeted to the needs of those specific participants.
5. Connects people—both new and tenured—through engaging conversations.
6. Fosters real spiritual growth of the individuals through the application of the Law of Thelema in their own life and in the real world.
7. Provides confidence for people to interact deeply with the Law of Thelema themselves rather than under the direction a teacher.
8. Encourages group members to interact and learn from each other.
9. Assists people see the relevance of the Law of Thelema in everyday life.
10. Discussions remain fresh and unique since individuals and groups encounter the Law of Thelema at different places in life and experience.

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11. Opens up the environment for safe and honest communication, laughter, and growing relationships.



The Talk Thelema Model

How does it work? The model presented here happens in six simple steps that we believe opens up the doors of discussion and exploration in an easy, effective, and efficient manner. This process encourages discussions to be fun, fascinating, and fulfilling.

1. Listen Up (10 min)

This is the step that gets things rolling. It could be a short group discussion or an anecdote or a quote to get the study moving. *Listen Up* is an involvement question.

2. Read It (15 min)

Here we read the text being explored. What does the Book of the Law and/or *Liber Liberi* and/or ... say about this subject? *Read It* is the observation question that goes into the source of our principles: the foundational texts that make up the core of Thelema as a codified system.

3. Talk It (15 min)

Talk It is the understanding question. It is the part of the discussion where meaning is explored through individual inspiration being shared as to how it applies in the world and culture around us.

4. Hear It (30 min)

This is the polar opposite of the previous step. This is the application question. *Hear It* is the exploration of application on how this verse and the inquiry relates to your own personal life. One major goal of *Talk Thelema* is life transformation through an understanding and real world application of the Law.

5. Listen In (15 min)

This is the first of the two action steps. This first, *Listen In*, is about

literally looking up from the text and study materials to transition into a spontaneous discussion of whatever the individual feels inspired to share with the group. There is no time limit on this step, but it should be reasonable.

6. Live It Out (5 min)

The second of the actions steps is to encourage each participant to put the principles into action in the real world, to literally *Live It Out*. It is a challenge to individuals to share what they have discovered about their own interpretation and realization of meaning with at least two people over the next week. It is a challenge to find a practical way in which to manifest meaning through action.

These six steps is the core of all discussions. Want to see how this works in the real world? Here is a brief breakdown from one of our own *Talk Thelema* breakfast discussions.



Guilt

Big Idea: How do we examine and respond to coercion through guilt?

1. Listen Up

Get started with something engaging and easy.

(10 min)

[Our own introduction was ad lib and roundtable style as we each relayed some relevant experience using the questions below as our springboard.]

Discuss: Have you ever felt like someone was attempting to make you feel guilty about something? How about anyone that tried to make you feel guilty because they wanted you to do something that maybe you didn't really want to do in the first place?

2. Read It

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See what the Book of the Law says about the subject.

(15 min)

Pity not the fallen! I never knew them. I am not for them. I console not: I hate the consoled & the consoler. (AL 2.48)

Discuss: What is pity (i.e., sympathy) and how does it relate to the 'guilt complex' in relation to the word of sin? What is the social value of sympathy? Who are the fallen? Why are we told to 'pity not the fallen'? Why are we told specifically about the consoled and the consoler?

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

So many times we find that Thelemites are more than willing to play the guilt card in various circumstances. The outside world uses guilt as coercion regularly through television, radio, and internet advertising.

Discuss: What makes it so easy to use guilt as a motivator? Why is this something Thelemites should avoid? Why there is such a harsh condemnation toward this issue in the Book of the Law?

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: How does this apply to your own life and outlook concerning sympathy toward others? Do you find yourself using guilt or sympathy inappropriately? What do you have to do to examine this issue more closely to remove this pattern of behavior? How do you protect yourself from others who may use this toward you?

5. Listen In

Discuss together.

(15-25 min)

Spend some time in conversation, as each person feels inspired by the discussion, or any topic that naturally leads from it.

6. Live It Out

Share with others what you have learned and manifest it through your life.

(5 min)

1. Share that which has inspired you during the *Talk Thelema* group discussion with at least two other people. This could be a family member, a co-worker, or a friend.
2. This week, spend some time each day reflecting on how different your life seems without taking on the guilt and inappropriate sympathy of others. Work on insulating yourself from being coerced into behavior, events, or actions that are not in line with your own will.
3. Find out the topic for our next *Talk Thelema* group discussion.



This volume is the Basic Group Starter Pack for *Conversations over Coffee*. You will find a selection of topics—along with the outline *Talk Thelema* encourages for its meetings—that will get you started for either a year of monthly meetings, six months of biweekly meetings, or three months of weekly meetings. **HeartFlame Ministries** does ask that you run a regular meeting at least once per month, but, beyond that, how often you choose to hold your *Talk Thelema* meetings is entirely up to you.

Qaballistic approaches can provide amazing insight into the mysteries of Thelema, but *Talk Thelema* is concerned only with how Thelema plays out for the individual who is actively engaging life. It is about where the rubber meets the road. This workbook is not for the armchair magician. It is designed specifically for those who are looking

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to reach deeper into the Law and find the applications to everyday issues.

As a coordinator, you already have access to the **Local Coordinator Online Organizer** at <http://gather.talkthelema.org> to assist you in the finer details of running a *Talk Thelema* group. This is the foundation to empower you in success with *Conversations over Coffee*.

Good luck in your group meetings.

Talk Thelema

Listen Up (10 min)

Read It (15 min)

Talk It (15 min)

Hear It (30 min)

Listen In (15 min)

Live It Out (5 min)

Compassion

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

5. Listen In

Discuss together.

(15-25 min)

Spend some time in conversation as each person feels inspired by the discussion or any topic that naturally leads from it.

6. Live It Out

Share with others what you have learned and manifest it through your life.

(5 min)

1. Share that which has inspired you during the *Talk Thelema* group discussion with at least two other people. This could be a family member, a co-worker, or a friend.

2. This week, spend some time each day reflecting on

3. Find out the topic for our next *Talk Thelema* group discussion.

Conflict

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

5. Listen In

Discuss together.

(15-25 min)

Spend some time in conversation as each person feels inspired by the discussion or any topic that naturally leads from it.

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Share with others what you have learned and manifest it through your life.

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Doubt

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.
(20-30 min)

Discuss: _____

5. Listen In

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Forgiveness

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.
(20-30 min)

Discuss: _____

5. Listen In

Discuss together.
(15-25 min)

Spend some time in conversation as each person feels inspired by the discussion or any topic that naturally leads from it.

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Indulgence

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

5. Listen In

Discuss together.

(15-25 min)

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Jealousy

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.
(20-30 min)

Discuss: _____

5. Listen In

Discuss together.
(15-25 min)

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Love

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

5. Listen In

Discuss together.

(15-25 min)

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Obedience

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.
(20-30 min)

Discuss: _____

5. Listen In

Discuss together.
(15-25 min)

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Regrets

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

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Dive into the heart of the subject.

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Discuss together.

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Respect

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

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Dive into the heart of the subject.

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Discuss together.

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Success

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

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Discuss together.

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Trust

Big Idea: _____

1. Listen Up

Get started with something engaging and easy.

(10 min)

Discuss: _____

2. Read It

See what the Book of the Law (or other Class A text) says about the subject.

(15 min)

Discuss: _____

3. Talk It

Connect this to our culture, both general and Thelemic.

(15 min)

Discuss: _____

4. Hear It

Dive into the heart of the subject.

(20-30 min)

Discuss: _____

5. Listen In

Discuss together.

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