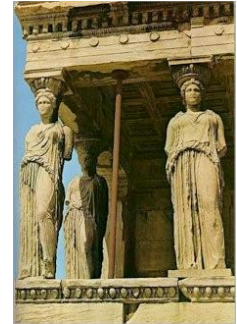


# Personal = Universal

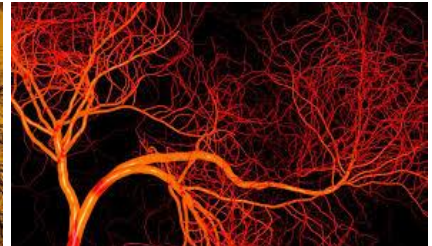
A father of modern psychology, Carl R. Rogers, wrote, “What is most personal is most universal.” When we look more closely at this idea, the result can help us more fully understand our own thinking, reasoning and choices. “Know Thyself” is an age-old maxim, repeated through generations, because it is the foundation of human thought and function.



If we know we can make a clay pot, then we can help when that is needed. If we know the answer to which route to take, we can guide the way home. If we know nothing of our skills or experience, we cannot be a fully contributing member of our community.

*Fractals*, are a visual expression of how the natural world is

interconnected and recurring. These forms are evident in our own biology and thought patterns. We can actually be sure that even if we cannot see connections, they are there. Our job is to find them and follow them into words.



The most basic human experiences are the ones that virtually everyone has: childhood, growing up, learning, parenting, illness, love and loss to name a few. In this class we will think about and identify some of those experiences in the readings and write about some of our own. As we find it a bit easier to identify elements in the readings and express our thinking, we will find it easier to write in even more complexity in other classes.

