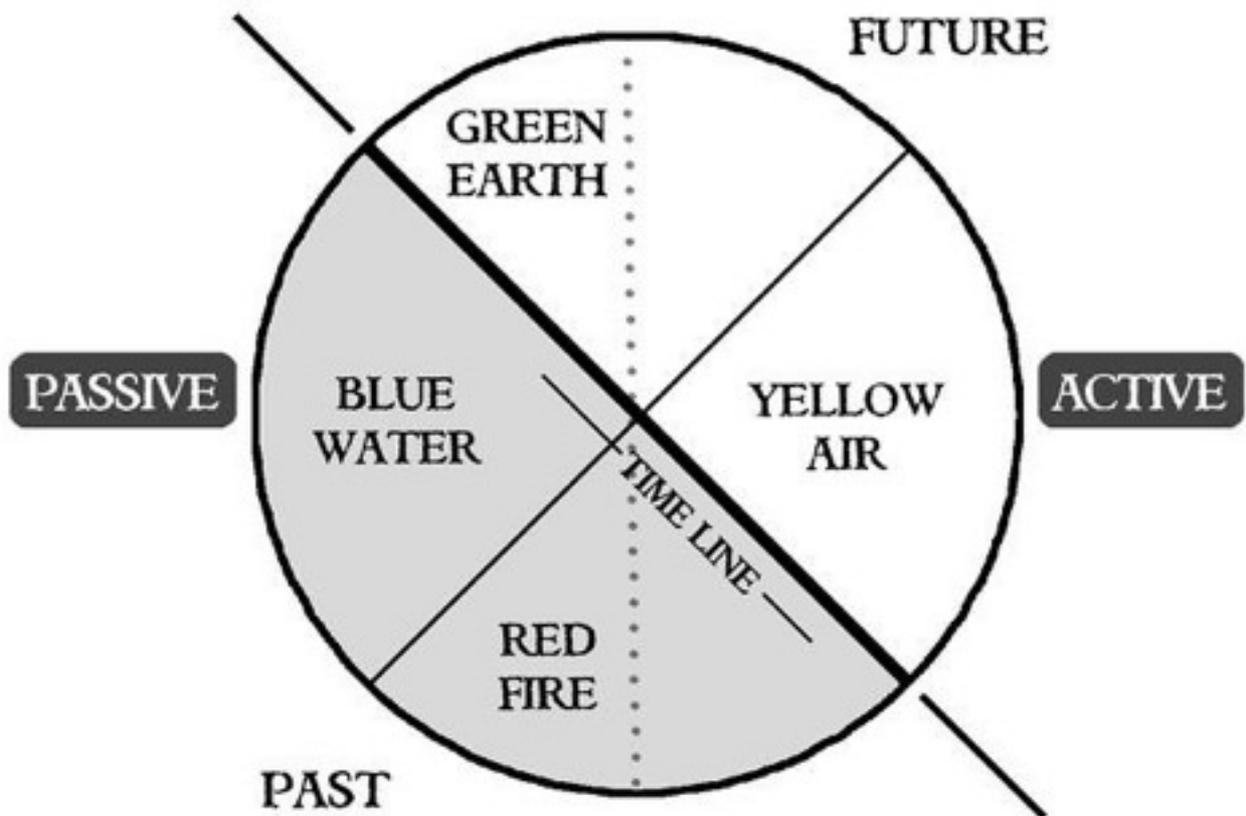

First Degree

Guidelines for Orienteers

Andrew T. Austin - 22 June 2015



1st Degree – The Grand Orientation.

“To know where one stands.”

The overall theme of this degree is orientation to Time and Place. As such, the course of study mirrors the environment that we inhabit, radiating outwards from the central point that our physical body occupies. The geocentric nature of the metaphoric plane means that, paradoxically, we are always at its very centre, no matter which direction we move or how far we move within it.

Within the First Degree are a series of mental exercises, visualisations, experiments and psychodramas developed from the core Metaphors of Movement material, which are designed to



explore this paradox. These will be explained to you through the various First Degree papers and by further teaching within your respective Chapter.

***The Historia Illius Itineris* neither requires nor suggests any religious belief or doctrine, in fact it does not require any belief whatsoever and encourages a skeptical approach to all things.**

However, a general knowledge of the various world religions across history is useful when it comes to understanding idiomatic language and metaphor. Thus, where appropriate, Chapters of *The Historia Illius Itineris* may assign the study of certain traditions to individual members, so that more detailed knowledge may be pooled.

Recommended Activities

Health improvement

- Body strengthening exercises of your choice – i.e. yoga, weight lifting, jogging.
- Examine and correct your dietary intake – i.e. reduce sugar, eliminate refined foods.
- If a smoker, discontinue.
- Consider not consuming alcohol in any quantity for a year. If this frightens you, consider that you may have some personal exploration to perform. Alcohol is prohibited from all formal HII meetings and events.
- Take appropriate action to remedy and fix any low level health concerns that you may have been ignoring until now. If you haven't done so in the past 2 years, go and see your dentist for a check up.

Improve your standing (both metaphorically and literally)

- Pay attention to the quality of your footwear.
- Pay attention to your posture when standing, sitting and walking.
- Pay attention to your bedding and sleep area. Is it conducive to proper sleep? Is it time to buy a better mattress?
- In order to improve one's social standing and economic prospects it is recommended that you ponder on The Frank Axiom, *“There is spare power lying around every environment. Start picking it up and collecting it. This power, when given to appropriate others, improves the quality of your standing.”*
- If you haven't already done so, it is time to start to sort out your finances and savings. Many people have never given much consideration to such things, let alone studied finance and savings strategies. Even if you are not a business owner, join your local Chamber of Commerce and attend their regular meetings, join a business breakfast club (we don't recommend business networking clubs), start seeking and absorbing financial advice from suitable and experienced sources.
- Start a savings account, even if you only save £1.00 a week.
- Clear your debts.

Clear Your Space

- Spring clean your house and living quarters.
- Throw out or give away all your clutter. All of it, especially those “guilt gifts” that are retained only because of guilty feelings. All old clothes and clothes that you haven't worn for over 2 years, give them away to a deserving cause.

Suggested Reading

“Metaphors We Live By” - George Lakoff
“Social Panoramas” - Lucas Derks
“The Book of Genesis” - The Bible
“Stranger in a Strange Land” - Robert Heinlein
“Impro and the Theatre” - Keith Johnstone
“How to Win Friends and Influence People” - Dale Carnegie
“Surely You are Joking, Mr Feynman.” - Richard P. Feynman
“The Alchemist” - Paulo Coelho
“Illusions – Adventures of a Reluctant Messiah” - Richard Bach
“Cosmic Trigger 1, 2 & 3” - Robert Anton Wilson

Either in book or film:

“The Wizard of Oz”
“Snow White”
“The Lion, The Witch and The Wardrobe”
“Alice in Wonderland”