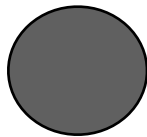
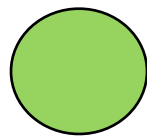




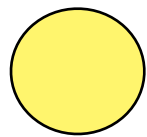
True Self at the Core



Unconscious fear and shame as a result of unmet needs during socialization resulting in unconscious beliefs about self that are “negative” and lead to



tactics/strategies/defenses to try to get unmet needs met that are **fight/flight, aggressive/passive, perpetrator/victim, intra-psychically and so interpersonally as well.** Now the Self is identified with and stuck in duality



Socially acceptable “good” defenses - self-righteousness and hypocrisy if there is no awareness of motive - gold leaf on the outside is not gold at the core



Journey of the Evolutionary Self
from unawareness to awareness

- What do you imagine a relationship looks like when two people are relating at the level of their “nice”(flight) defenses? What are your passive, victimy, flight defenses?
- What do you imagine a relationship looks like when two people are relating at the level of their “fight” defenses? What are your aggressive, perpetrator, fight defenses?
- Imagine a relationship in which one person habitually lives in their “flight” defenses and the other in their “fight” defenses?
- What possibilities open up if two people are willing to share at the level of their vulnerabilities - i.e. feelings and needs? What if this is heard with empathy? What if it is not?
- What do you imagine a relationship is like when two people have done their work and are able to relate at the level of their buddha-consciousness with one another?
- Think of your relationships? What are you willing to do to relate differently?

