

PRINCIPLE 2 - Origin/Birth of Shame - Immutable Law of Physicality or Creation

Although our essential Life Force, Ground of Being, energy of Pure Love and Truth, is the infinite and only Real (meaning lasting) aspect of our being, this is experienced, if at all, as immortal, invisible, ineffable, and **unknown**. Who we are is not at the forefront of our attention or in our awareness and it takes a long time to recognize that it is **THIS** that we are. Spirit in form. Instead, what if form and center is all that we are NOT.

From conception onwards attention is captured by the visible, expressible, finite, known physical world and all the pleasure and pain inherent in physical existence and experience.

This is taught in the great Judeo-Christian myth of the story of Genesis. Consciousness, (God), involved itself in matter giving rise to creation. Because all creation *is* God involved in matter - it is all Good, just as it says in the story. God looked at creation including humans and deemed it all Good - how could the creation of Love and Goodness be anything but good? This is the first principle - your essential being is Good. (not the little good of trying to cover up being "bad.")

Physical existence can only happen if informed by the Breath of Life of Spirit. Spirit becomes One with Matter. However, from that moment on, our attention is captured by the external delights and horrors of the physical world. The human soul becomes identified, not with God, from whence it came, but instead deeply identified with experience in form. Conception is the moment in the mythology of "eating of the tree of the knowledge of "good" and "evil."" In other words, being a created being means living within the experience of duality - Spirit AND matter, beginning and ending (of the matter aspect of being,) danger and safety, acceptance and rejection, love and hatred, right and wrong, good and bad and on and on. **Duality is an immutable law of physicality. It cannot be otherwise.**

If the experience of a child is threatening, the soul identifies itself as the fear it is experiencing. If the experience is abusive, the soul identifies itself as the shame it feels. If "bad" things happen it thinks *it is the badness*. If "good" things happen, it thinks it is the goodness. And so, a massive split occurs. The soul becomes divided between good and bad, right and wrong, up and down, worthy or unworthy, stupid or smart, and on and on. It creates a false identity that is based in the experience of pleasure (I am special) and the experience of fear (I am helpless and afraid), and shame (I am bad, not special, worthless). In addition, the experience of shame feels like you are the only one and this can result in feeling special in your badness as well, or "bad" in your "goodness." Consider the ways in which you think you are especially bad, and how you feel bad for feeling especially good.

Can each of you identify the split in you between good and bad - special and worthless, entitled and non-deserving? This is what you have come to think about as yourself without any remembrance or recognition of the essential that is at the root of your very Being, coursing at the subatomic level through every cell of your body. Instead of knowing you are the infinite space of the sky, you believe you are the shifting and drifting clouds that come and go. Instead of knowing yourself as the Awareness of the Observer Self, you identify yourself as only the experience you are having.

It is imperative to realize that your "good" behavior arose out of a fear of feeling shame. You tried to escape the experience of feeling shame and believing yourself, therefore, to be bad, wrong, stupid, dumb, inadequate, ugly, not good enough, etc. by trying to be "good, right and perfect." This is not the same as knowing yourself as Consciousness (Love and Truth). When you are having to act "good, right and perfect," it is merely the "gold leaf on the outside of the inner dark and unaware fears and shame and untruths about who you actually are." Good is just the cover up for what you believe to be "bad," inside of you. Only when good is aligned with love instead of fear and shame, is it actually GOOD.

- How did you learn an identity of “good when...,” and “bad if...”
- Relate one story from childhood in which you ingested the knowledge of “bad,” instead of “good,” as defined by your parents, teachers, friends, culture etc. Share this story of humiliation, shame and pain either on-line, or in group or with some trusted friend.
- What behaviors did you develop to escape the misery of the inner experience of shame?
- Relate all the ways in which you try to be “good, right and perfect,” to cover up the illusion of your “badness, wrongness and imperfections.” Reflect on how this has made you feel like a fake.