

Week 6 - 2nd Quadrant - Stage of Unawareness

In the second quadrant of our development, we are learning to get our own needs met through education and socialization. We learn to tie our own shoe laces, go to the bathroom alone, get a degree, learn a skill and earn a living.

So to some extent we are self-sufficient and capable human beings. However, the patterns for getting emotional needs met from other people is often very deeply entrenched through the shaming of our childhoods. We don't just get educated in order to meet our own survival needs, we also learn that we are bad, stupid, incompetent etc. if we do not. And when we do what is expected, we are good, right and perfect.

So we work and achieve in order to get the secondary gain of value and love, admiration and praise from other people as if this could ever meet the inner need for value and love. Now we are truly conditioned just like circus dogs - but with no awareness of what we are doing.... performing tricks for external treats. Rosenberg says, "Every act of violence (against ourselves and others) is a tragic expression of an unmet need." I would say, every defense is a tragic expression of an unmet need. Originally emotional needs were not met by the adults in our life, and now we do not know how to meet them ourselves.

When we get the secondary gain of accomplishment of acclaim, wealth, status, exemptions, privilege etc. we do not say to our hungry little inner children, "This is for you to learn that you have value and are lovable, we just, as accomplished adults, grab the glory for ourselves, and consume it by ourselves, with no regard for the starvation internally. In other words, secondary gains serve the mighty ego who managed to get it all, completely split off from the wounded soul, left behind in mists of time, long ago forgotten in childhood. The ego gets bigger and bigger and the soul shrivels and becomes more and more silenced.

The effect of the secondary gain on the ego is fleeting - the hunger for more is insatiable, because it is never, ever going to feed the soul. The only thing that does, is when the adult, brilliant you, stops and connects and starts to have relationship with the original suffering of your young soul.

It is this grabbing for secondary gain that is destroying the world.



Consider the degradation of our most beautiful symbol of spiritual heights, Mt. Everest. It is now littered with the debris from competitive and grasping ego's all wanting their one day of glory, which they will try to feed off of for the rest of their lives to get the admiration of others.

The mountain is now littered with filth and dead bodies. People will literally climb over the frozen dead in their quest to reach the top. Watch any one of the many youtube videos on this horrifying phenomenon. People are, in general, not climbing because they are on a spiritual

quest and metaphorical pilgrimage of listening to the inner call.

They are “conquering the mountain,” as if it were an adversary. They are setting themselves up to be the god that is worshipped, adored, acclaimed, admired.... This is truly a destructive stage of human development. In this stage, the mountain is no longer god, nor do the gods reside in the mountains to be worshipped. Now, “I am god,” and I will conquer the world. It is a rapacious and self-centered stage of consumerism of everything.

Barbara Max Hubbard - a great prophetic visionary - has likened this stage of human development to the larval stage of the butterfly. Humans, like caterpillars, just munch their way through the environment (their own communities and families included) to get bigger and fatter. Eventually humanity, like the caterpillar, will reach a critical mass that brings about transformation and a great turning inwards.

In the caterpillar, there is in the blueprint of the DNA, something called an imaginal disc, that gets activated at a certain stage of its growth (when it is big enough), and this disc releases imaginal cells that destroy the innards of the caterpillar, which are then used to reconstitute the inner goo into the form of the butterfly. However, as this starts happening, the immune system kicks back and tries to destroy the imaginal cells. This activates the imaginal disc to then flood the system with imaginal cells that overwhelm the immune system of the caterpillar.

She says that humanity is at this stage. Either we cocoon (turn inward) and transform, or we will eat ourselves to death. The imaginal cells that the body of humanity has released, like the Buddhas, the Christs of the world, the Gandhis, the Martin Luther Kings, all get killed and overwhelmed by the masses, but their lives have released something on the planet that will overwhelm this stage of larval development.

Consider this metaphor for your own life and see if you can trace your own process according to the process outlined above. If you are struggling with this work, let's look at a few of the markers or defenses of the larval stage of development that are all pointing to the split off from the wounding of the soul. Can you notice these behaviors, words, conversations in yourself and others and see how they are all desperate attempts to get needs met from someone other than yourself and how they are a passing of the responsibility for maturity on to others who are doomed to fail to do the job you have to do for yourself. All of these behaviors, are to prove you are “someone,” because there is an inner wounding in a small child who believes he/she is “nothing.”

These are just a few small examples of how this stage operates, but in examining them deeply, you will see how they are all interconnected aspects of the same splitting from pain into defense.

- A grandiose sense of self-importance

This indicates a hidden belief and memory of not being important, not feeling valued, noticed, seen, heard, recognized. Consider how it manifests for you. Do you brag, show off, entertain? How do you draw attention to yourself to try get others to see you do have value and importance? How do “trump yourself up,” to get some external validation of your importance. How do you have an “important job?” How do you make an “important contribution?”

- A preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love

How often do you imagine what you would do if you won the lottery. This is a popular conversation to have and it points to the ways in which you would make yourself feel important, valued and loved. Consider your fantasy life and really look at how you are trying unsuccessfully to quell a deep inner sense of emotional deprivation. How do you now judge yourself a failure, powerless, stupid, ugly and unlovable.

How were you made to feel this way? Do you have a deep desire to make some kind of mark on the world so that you will be remembered, thought well of, make meaning of this existence? Will this really heal the split inside?

- A belief that he or she is special and unique and can only be understood by, or should associate with, other special or high-status people or institutions

Have you found yourself bragging about who you know? Have you idealized some and devalued others? Do you like wealthy people and despise poor people? Do you judge people that are not successful, or, are successful. Are you obsessed by the lives of the stars, celebrities, musicians, politicians, sports icons, the royal family or other people who are famous? Do you feel superior with your group of friends? We all have our little snobberies, prejudices and judgements. How did you never feel as if you had any status or were in no way special?

- A need for excessive admiration

What happens if you do something and no-one notices, thanks you, recognizes you? What do you do to earn admiration? Does this help a small child who did not feel valued? When you feel worthless, can you recognize the feeling and give the inner child's feelings and needs attention and recognition with respect?

- A sense of entitlement

This only exists in anger at emotional deprivation. How often have you said the words, "I deserve," or "You deserve." There is no such thing. We reap what we sow. How angry do you feel when you do not get what you want? How old do you feel in your demands? Can getting things make up for the deprivation of your soul's needs? Of what were you deprived as a child in terms of emotional support, love and respect?

- Interpersonally exploitive behavior

This entire stage is about using others to try to get something you want to prove and alleviate the pain of not having your emotional needs met as a child. Virtually everything at this stage is interpersonally exploitative, or at least a bargain. The unaware and unspoken bargain is, "I will be nice to you so that you give me admiration, respect, love.... Whether the exploitation is "nice" humanitarian using, or violent exploitation, it is all the same cause and has the same effect.

- A lack of empathy

Clearly if your behaviors are rooted in unaware suffering in your soul that you are not aware of, do not pay attention to, cannot feel or know, then by extension you certainly cannot care about the feelings and needs of others, which ties in with the exploitation of others to get your needs met. You will "do things" for others, without regard. What is possible in this state is sympathy ... feeling sorry for others from a superior pitying place, always with implied judgment of their suffering meaning they are inferior to those that are well defended and have their "act together." Suffering is regarded as weak and childish, which is how their own suffering is repressed and shamed into unawareness. Alternatively, people will over-identify with some unresolved childhood pain and fall into the pit of suffering together with someone who had a similar experience. The adult self just collapses into the old suffering, in which case there is no adult present to learn to be empathic to the young soul in the other person or self.

- Envy of others or a belief that others are envious of him or her

The result of dualistic thinking that creates comparison in the arena of good and bad and right and wrong. Now as the comparisons are made based on externals - eg. wealth and status, ideal love etc. envy, which is the fear of inferiority, comes into play. What do others have that you wish you had? What would that then mean about you to have what they have? How do you attain things that make others envious? Why?

- A demonstration of arrogant and haughty behaviors or attitudes

This is a reflection of living in an Idealized state of defense that you see as superior to the inner state of need and feeling. This is projected outward on to anyone. What you despise in yourself you will despise in others and live in a state of "above it all," which means living in mental defense.

If you were to focus in and observe all of this in yourself, you would see the log in your own eye, instead of the splinter in others - and when you can see it, you can also do something about removing it. The warm, accepting and loving attention you give to the inner dynamic of defense against pain will mean reconnection and integration, wholeness and freedom. Only the warmth of your acceptance and love will heal the wound.

Consider how all of these inner dynamics are playing themselves out in the mountaineers on Mt. Everest and adventurers and travelers all over the world, and see how the inner dynamic is resulting in environmental degradation and destruction. Mt Everest is a metaphor of our times. People will risk dying in an attempt to get childhood needs for value and love met, without ever recognizing the tragedy of their striving. Trying to reach the top of the mountain in the ego, is to live in the highest defense. Trying to reach the top of the mountain as the symbol of the inner quest to live in the highest realms of consciousness is a completely different motivation, and so the result will be different.

For a start the qualification to even be allowed to climb the mountain would be a life of rigorous spiritual discipline and the approach would be one of sacred reverence for self, the environment and others. If the mountain was indeed still a sacred symbol, it could not be desecrated and destroyed. Only when the ego rules does this happen, which is why it is so imperative that there is a great shift and inner turning in each and every one of us.