

Blaming Parents?

Is therapy about blaming parents for who we are today?

NO.

The purpose of re-memembering is to bring thoughts, feelings, needs, experiences and behaviors that were learnt in childhood to awareness so that we can take full responsibility for them and do something about them. Knowing how we learnt our attitudes and beliefs is helpful, because when we recognize, with the awareness of adulthood, how little, innocent and helpless we were to do anything as children but learn what was being socialized into us, we gain a new appreciation and compassion for ourselves for surviving and thriving, rather than meting out self judgment and self hatred.

Self-judgment and self-hatred heals nothing, brings no awareness and perpetuates abuse. All judgment is superficial and stops the process of questioning, enquiry and deep reflection required to gain awareness into the root causes of our current issues and struggles. Self-judgment is a refusal to accept responsibility for our lives. Likewise staying angry and judgmental towards our parents is also a refusal to accept responsibility for our lives and a refusal to see that what they gave us now lives in us.

Likewise, blaming our parents perpetuates abuse and hatred and stops the process of introspection and insight into the root causes of our parents' attitudes and beliefs. Whatever we were taught is now in us and can only be changed or transformed by us, not our parents.

Blaming, like self hatred is a refusal to accept the responsibility of deep understanding, questioning and self reflection required to become aware, insightful, accepting, compassionate and forgiving human beings.

Although remembering incidents in our childhood that taught us to think in certain ways about others and ourselves helps us understand our fears and shame, our anger and habitual patterns of behaviors, it is not always a prerequisite for change and growth. Just paying close attention to our thoughts, feelings, needs and habitual defenses against feelings will give us all the information we need to transform ourselves, even if we do not know or remember how we got those thoughts, feelings and behaviors.

If we do not accept this responsibility, then whatever we learnt and with which we struggle will pass on to others and contribute to the unaware darkness of the world. Whatever we bring to conscious awareness cannot be perpetuated and we then become light bearers to a dark and suffering world.

The purpose of therapy is to get aware in order to free ourselves from the bondage of unexamined beliefs, unfelt feelings and unmet needs. It is not to attach blame to anyone. The more deeply we understand, the greater the compassion we have for all beings – including ourselves and our parents.

Lyndall Johnson November 2006

You'll discover that real love is millions of miles past falling in love with anyone or anything. When you make that one effort to feel compassion instead of blame or self-blame, the heart opens again and continues opening. ~Sara Paddison

Training is needed in order to love properly; and to be able to give happiness and joy, you must practice DEEP LOOKING directed toward the other person you love. Because if you do not understand this person, you cannot love properly. Understanding is the essence of love. If you cannot understand, you cannot love. That is the message of the Buddha.

~Thich Nhat Hahn