

2nd Quadrant - Rational Logic

This quadrant of development represents the center of gravity for the world's population. It is estimated that about 75% of all humans will attain this level of development and not move much further in their development. Progress past this stage is very difficult and frightening and we do not have many examples or guides. The stage after this stage is the stage in which people start turning inward and recognizing that everything external is created by the internal state of consciousness attained by each human being. The great evolutionary turning, is an inward contemplation, instead of acting out of unawareness and so creating the inner chaos and splits in the psyche externally.

This stage of development is the state of awareness that develops around 5/6. We have been living to one degree or another in this particular phase for the last 12 000 years and although most philosophers are talking about the Great Shift in consciousness to an interior focus, this is not attained by very many people in any kind of stable way. Evolution is very slow. About 5000 thousand years ago a few examples started showing themselves in the form of great avatars, like the Buddha and the Christ, for example.

However if one understands the map of evolution, desires with one's whole heart to evolve, and commits one's life to the pursuit of this awakening by cooperating with the evolutionary impulse within, it can be attained as attested to by the rare humans that stand out as the enlightened beings through the ages and in the present.

So, what is 2nd quadrant development? It is the water you swim in.

By age 5 or 6 you have repressed, in one way or another, the pain and suffering, shame and fear that resulted from your needs not being adequately or correctly met. Without access to awareness about your feelings and needs, you have also forfeited the capacity for empathy. If you do not know how you feel and what you need, then you are not going to recognize what another person feels or needs. If you do not care, do not listen, cannot hear or see your own inner condition, you will not be able to recognize it in another.

The heart is replaced by cold, rational logic, reasoning, defensive thinking, rationalization, intellectualization, excuses, justifications, minimizations, denial and projection. Other defenses against suffering fall into the categories of fight/flight/freeze. We dissociate, numb, generalize feelings of shame into a generalized depressive state, generalize our fears into a constant backdrop of anxiety.

We now operate as two. One the denied and repressed wounded child whose realm of operation is the body, emotions and needs, and the ego defenses. Awareness is focused on behavior, not the underlying motive. Awareness and identification (identity) is defense, pretense - the mask we all wear.

Thinking is now hierarchical, linear, based on small snippets of cause and effect, Newtonian physics, reward and punishment, good and bad. The world is ruled by strict morality, with no care, no love and no insight. Morality is about obeying a society's ideas about good and bad based on survival needs. God is external, up in the sky, patriarchal, punishing or rewarding (representation of the inner split in the psyche projected outward) - relegating us to heaven or hell. Now we live in judgment, assessment, inclusion or exclusion. We have judged our own human condition as evil and to be controlled. The body with its needs and emotions are viciously repressed and denied by shame and the fear of being shamed. We have put our knee on the neck of the hurt and screaming child. We do not want to hear. We do not want to see, we do not want to know our suffering. This is done to us, and we, with our intellects learn to do the same to ourselves. We are now a house divided. The wounding of the child soul is repressed and the mighty God of dualistic thinking and judging has

taken over and rules in an inner oppressive regime. Now you are the hateful and unhappy god that wields the club of criticism and judgment over any emotions, feelings, or needs you might have. What is deemed bad, weak, childish etc, is punished.... Sent to the basement and locked up, out of sight, out of hearing.

The events of this last week powerfully demonstrate where humanity is actually operating in its evolution as we watch our own inner world being acted out in the external world.

All week in our groups we have been urging and encouraging everyone to turn inward and find within themselves the players in the horrible violent dramas that is being enacted in our city and country. These events COULD NOT HAPPEN, unless this is the inner state of affairs. Each person in the drama of George Floyd's murder is within each of us. We have watched a wide array of responses to the external drama.

Let's look at our own inner responses because it will tell us everything about where we are in our own development.

First of all, did you watch the video of this man being murdered? Why did you? Why didn't you? If your response is, "I just can't watch it.... It's too awful.... I can't stand it It's too upsetting, I know what happened, I don't need to watch it," then examine whether this is indeed true of your attitude towards your own inner pain. How many times do I hear, "I can't believe this is still here I've done my work." Doing your "work," means bringing your loving attention to pain everytime it arises - it means being in loving relationship to pain - **everytime it arises**. Pain is not going away. It doesn't get "done." What changes is our capacity to be lovingly present with full understanding every single time - within and without. We don't get to be loving once and then go on vacation from being loving because we are too tired, or too sensitive, or too superior. The practice, the work, is to meet the level of the pain full on and embrace it. This is what loving relationship is.

Do you not want to see how you are in pain, were hurt, shamed and frightened as a child? Do you not want to see how you do this to yourself now? You are saying you do not wish to see how you keep a knee on your neck and stifle your breathe and your voice over and over again and "kill" the life of the little child within.

All you are saying is that your heart is too small to hold the pain in your embrace, in solidarity with yourself or another. If this is true, then your work is to see this without judgment but with full recognition and to start practicing not living in denial and turning away from life. It means learning to feel with love. It means bringing your attention, your listening, your heart to the situation. As in South Africa, so here, we stayed as ignorant as we could of the suffering of our minority groups, because we could not face our own. But denial does not mean the pain disappears. It brews and bubbles and erupts like the geysers in Yellowstone Park.

Compassion IS the capacity and willingness to suffer with your pain, and so by extension the pain of others. Your refusal is saying something to you? Consider all the ways in which you deny, try to live in the pretty, turn a blind eye, look to the positive, try to by-pass the reality of life and live in la-la land, in spiritual by-pass and pretend that under the surface there are no dark currents of suffering.

Have you said, "I can't believe this is happening...?" Why not? Again, this represents denial and repression and turning a blind eye to the reality of America and the reality of our childhood experiences. The racism, fascism, sexism, and every other kind of -ism is rampant, right under your nose every day all day. But if you cannot find it in yourself, you will fail to see it externally. How do you exclude parts of yourself from your consciousness?

This world is suffering. You have suffering, everyone has suffering. We do not turn a blind eye to it. If you wish to honor the death of this man, you will witness it, and feel his dying and the desperation, humiliation,

degradation and pain within him. This is what compassion is. This is what it means to be in solidarity with your fellow human beings. This is prayer, this is contemplation. This is love. Practice it every day. We do not need an example like this murder. This is happening every day everywhere. Our responsibility is to see and to care.

During the second world war, Sir Laurens van der Post, a very controversial South African, was interred in a Japanese prisoner of war camp. One day one of the prisoners was taken into the courtyard and was being beaten to death by a Japanese guard and all the prisoners had to gather to watch it. In the video of this you see all the men looking down. Sir Laurens whispered something to the man next to him and you see him straightening his shoulders and looking up. Years later when he was asked what Sir Laurens said to him, he said, "He told me to watch and not dishonor his dying by turning away, but to live it with him. It changed my life." To see and feel with is to honor, to love, to learn compassion. You are not too small, you are not too weak. You once were, but now you are not.

The officers who stood by with their backs to the scene, impassive, supporting Derek in his murder of this man are not innocent. They are complicit. They must be held accountable. How are you complicit? How have you stood by and not taken action when you have seen yourself abuse yourself, or watched it externally? How have you rationalized this? How have you made excuses for doing this? How have you not said "STOP! This will no longer happen. I commit to no longer murdering myself, keeping a knee on my neck, oppressing and denying myself a voice and breath." How have you fiercely held yourself accountable?

Or do you just passively and impotently stand by and watch the drama you yourself are internally enacting without any recognition of what is actually happening? Do you just keep internally judging and criticizing, do you make excuses for drinking and overeating and destroying your body, do you rationalize working ungodly hours as defense against relationships that don't work.... How do you fail to intervene and stop the inner perpetrator? Or are you too looking the other way with your hands in your pockets pretending nothing is actually happening internally?

If you have said, "I cannot believe how that police officer, Derek Chauvin, murdered George Floyd in cold blood," you are saying that you are not aware of how you, in cold blood, with no empathy or care demolish your own inner wounded child with judgment and criticism, rage at yourself and self-punitive behaviors. You are saying you are in denial and are completely unaware of the ways in which you continue, not just minute after minute, but day after day, and year after year, to repress and deny your truth.

Because if you did, your heart would break for the inner child that Derek Chauvin was and how that brutalized inner child is kept down under his own knee without any capacity for care, empathy or understanding. This is a human being, who like you was taught to deny the truth of who he is and could be, whose inner child has been silenced a long time ago. This is not to say I any way condone or excuse this man's behavior. He has refused to accept the responsibility and purpose of his life, which is to grow in awareness and capacity to love. We can arrest (stop), him and we can do it with full awareness and in compassion. And so we must for the cold, unfeeling cops in us too who rationalize the heinous act by blaming the victim.

Notice if you feel self-righteous about the officers, as if you would never do such a thing, when in fact you do it every day in your judgements and criticisms of those you profess to love, yourself, and your friends.

What about the man who constantly begged and argued and confronted the police officer and told him he was murdering George? How do you talk about, but not take action? In this case, if he had taken action, he might have lost his own life. I think he was quite brave - but only up to a point.

Where is your limit to taking action? Losing a job? A marriage? A friend? Your reputation? What people might think? We all have our limit to loving action, we all stop ourselves (put a knee on our throats) to preserve some lower order need that is not yet resolved within us. Can you see what that might be for you?

Have you said, "Yes, and it's such a shame, George Floyd was a good and loving man." Why would you say that? A life was taken. Life is of intrinsic value. This tells me that you do not know this about yourself - that you are of intrinsic value even if you make mistakes, even if you are not good, right and perfect.... This tells me you live by a primitive morality of deserving punishment if you are what society deems "bad," and that you should somehow be special and rewarded if you obey all the rules and are "good, right and perfect." And of course, in this country, "white, wealthy, hardworking and male" are good right and perfect and everything else is not.

2nd Quadrant is the age and stage of narcissism. The defenses (which in energy are a masculine energy) are used to repress the feelings and needs (that are a feminine energy) and this gets played out in the external world. Both men and women go through this stage! Both men and women enact the victim/perpetrator dynamic within.

Notice whether you had sympathy for "the Blacks," - *until they started protesting*. How do you have empathy for yourself for being victimized by your parents but condemn the voice of your inner child's rage at you for doing this same thing? How do not want to take responsibility for your own inner rage at what you do to yourself? Oppression, whether internal or external results in rage that will erupt. How do you condemn yourself for your own anger and outbursts. Again, the violent and destructive use of force because of anger is not condoned, but if you had a voice and it was heard it would not get to this. You stifle your voice and then damn yourself when it erupts - examine this dynamic within too.

Your inner child is trying to speak all the time, but you turn a deaf ear, or do not recognize the voice, crying for a mother that will love, listen, hear, connect, and remove her knee from the child's throat. Do you not think the child has a right to some anger and your continual lack of attention to her needs?

How have you said, "Well luckily this doesn't affect me." Hmmmm.... Again a failure to recognize this IS YOU.

And then, when there is a legitimate and peaceful protest, there is the saboteur who comes in and acts out and blames the victim by intensifying the peaceful protest to violence. Do you have such a saboteur. How does this dynamic work within you? How do you turn inwards on yourself? How have others turned your protest around on you with words like, "Well if you hadn't..... then I wouldn't have" How have you then done this to yourself? How have you tried to pretend you are the innocent one while inciting violence within. How have your ego defenses fought back against any protest from the inner child?

Another common response is an over-identification with the victim and a total rejection of the perpetrator. Find this in yourself. How have you decided that to be a victim is somehow "good and noble, superior and acceptable and continue to wallow in misery for secondary gain with no recognition that in using others to get your needs met you are perpetrating against them. There is a vast difference to the legitimate victimization that happened in childhood and the legitimate victimization from the abuse of power as in what just happened in the murder of George and now using past victimization, holding on to the story, to get everyone else to love you, help you, feel sorry for you, get attention, without taking responsibility for your own life. This is now perpetration on others.

I am outlining just a few of the qualities and dynamics of the second quadrant. This is where all the inner work lies. Until you are able to witness the inner players - the bystander, the impotent adult, the victimized child,

the perpetrating adult, the saboteur, the provocateur, within yourself, these archetypal energies will be acted out in your lives and in your communities. Our country stands on the brink of civil war. It is merely a reflection of the inner splits and conflicts within each and everyone of us. Our society is US. As within, so without. And it is all of us.

This is brave work - and the trick is to start witnessing all of this within, without any judgment, without being the perpetrator.

The only player that is helpful in moving us forward out of this stage, is the non-judgmental, all embracing, accepting Witness, the Christ Consciousness, the Buddha nature, the Great Mother, within all of us, who embraces every dynamic and struggle with deep insight and complete compassion.

Can you meet your inner coward with courage and no judgment?

Can you meet your inner pain, with love and without defense?

Can you meet your rage and retaliation with limit setting that is compassionate and firm?

Can you meet your ignorance and misunderstandings with wisdom and insight?

Can you meet your inner judge with humility and kindness?

Until you awaken to this within, you are lost in the dynamics of the second quadrant. The second quadrant is easily recognized in grandiosity in defense, fantasies of being special to someone, of finding ideal love outside of ourselves, getting power to not feel powerless, attaining material wealth to make up for emotional impoverishment, seeking to prove value, because there is no intrinsic sense of value, a lack of empathy, and self-entitlement all masking deep inner feelings of shame and fear and unmet needs to be loved, accepted. This is our common humanity and we must see it and bring the love and truth of God Consciousness to this stage for it to be transformed. Nothing out there can change until you do. And you are that God Consciousness. And you must do it in order to attain the unity of "fully human, fully divine." You must bring your fullest consciousness to the relativity of life that has divided your soul into wound and defense, or victim/perpetrator. It must all be seen through the lens of Love that excludes nothing and no-one and includes everything in the circle of embrace.

At this time in America we are not in the valleys, we are in the mines of Mordor and no-where close to living in a society on the mountainside. No peak experience of living is possible until we do this deep inner work and find the Consciousness of Love to bring to our humanity.

In the midst of all this horror, we have also seen some higher order functioning in the protesters who insist of peaceful demonstration and silently cleaned up the mess.

If in your giving of food, supplies or money you find within yourself a smug and sticky sense of goodness, recognize this too. True love does not know it gave, seeks no reward either in thanks, gratitude, *or any inner sense of goodness and superiority, power and value*. It does not prove anything about you. Is your giving clean or is it still tinged with need to use the situation to get something? If you talked about it, it is suspect. Just notice. Do not judge.

Find all these dynamics within yourself. Pay very close attention to every word you utter, every thought you have, every emotion that arises, every need that presents itself and every way in which you defend against suffering.

Find a witness to embrace and accept it all. Can you love that which is broken, angry, hurt, vengeful, cold, impotent, indifferent, shamed, degraded, humiliated, self pitying, within yourself. Can you understand the perpetrator, the victim, the looter, the demonstrator, the bystander in yourself?

Do not focus on the external - use the external to become aware of the internal.

THIS IS WHAT BRINGS ABOUT THE NEXT QUANTUM LEAP IN HUMANITIES CONSCIOUSNESS