

Week 8 - Tools for the Descent

The Great Work as this process was called in Medieval Christianity, is the great paradox of seeking to be aware of what you are no longer aware, that is repressed deep in your unconscious. Without understanding and guidance, the process of evolution is very slow and little progress is typically made in one lifetime. However, you have all decided to co-operate with this evolution in an intentional way. So, what is the intentional goal?

1. To become aware of the defenses that keep awareness of your souls suffering in unawareness
2. To understand and be able to see the deep suffering underneath the defenses
3. To reclaim and integrate the past by understanding the experiences of your childhood in the light of your adult capacity for compassion and wisdom that bridges the gap/split between the childhood condition and the adult mature self

Many people at this stage are able to get aware of the child's programming, suffering, distorted beliefs and emotional neediness, but meet it with complete disdain, disgust and judgment - in other words with the same attitude as their parents had, that cause the repression of the suffering body, emotions and needs in the first place.

This is what karma is, or in the west, what is referred to as the wheel of fate. You shame yourself for having shame, you attack yourself for having needs, you meet emotions with scorn and hatred, you judge your body in every way, you notice your defenses and hate them but do not stop them. The secondary gain has got you ensnared in a trap of temporary relief and you cannot have enough will power to stop them for the long-term vision of what life could be - and so it goes on and on, round and round. You get aware and parent the way you were parented. Without awareness of this dynamic, you are helpless to move forwards. You are actually just retraumatizing yourself by getting aware. It is a cycle of destruction and misery and you do not even realize you are doing it.

Every behavior that arises out of shame and fear is a defense, until you see all the way through the dynamic with compassion and wisdom. Then the very same behavior is transformed to an act of service, because there will be choice to do the same thing out of love, instead of being compelled out of fear. What was duty, obligation, compulsion, striving, demand and expectation become a free-flowing act of creativity and joy in giving and expressing. This is the long-term gain that is so very different from the fleeing pleasure of feeling like a good person, the temporary high a compliment can give you These are the secondary gains of doing the good and right thing even though it is driven by fear, shame and need.

So how do we get aware of what is really going on? Ego functioning, meaning defensive functioning is always some attempt to control the feelings and needs or control other people into giving us a secondary gain or stopping them from triggering our deep feelings of shame and fear.

Trying to get something for what you do, e.g. a compliment for a job well done for a temporary high, is a tragic attempt to get a need met through manipulating others to give you what you want or, for instance believing that if I can manipulate you into thinking I am very generous, you will thank me profusely and for a short while I might believe I have value. Or if I can stop you from every saying one critical thing about me, I can get compliance that will never trigger my shame. Think of your own examples.

Nothing you think you want can ever meet your human need to have a sense of value or lovability, except very briefly and temporarily

Clearly you can see that the deeper need is never met by these wants being given. It just results in more karma, more cause and effect - because the only person that can heal the split in your soul, is you. Nothing you ever get from another will heal the split.... It will just foster a dependency of your under-evolved parts on others, instead of them being connected to your adult self.

A map for understanding the psyche is essential for the journey. You must be able to observe deeply the connection between unmet need, emotion, dualistic beliefs and defense and you have to be able to observe this in a way that evokes the qualities of the World Soul, or Great Mother within. It is she who then can bridge the suffering with love and truth, because it is she who is always connected to Spirit. Only love and truth heal, integrate and make whole. NOTHING ELSE will.

For some people any stirring of compassion or care is simply missing. They received none and they cannot find any resonance within, with these qualities. It is brave when we can say, "I have no idea what love is..... I don't feel love I actually do not care what happened to me as a child because I probably deserved it.... I don't really care what happens to other people....."

But then we have to also be able to say, "I desire this with my whole being and will commit to finding out what love is." Without that commitment, hard work, intention and courage as well as complete dedication to this as the greatest priority in your life, you will not be able to make the descent that is required for the 2nd mountain climb.



So, for today, I offer just one simple tool and that is the A-B-C-D worksheet that many of you are well acquainted with. It is a tool for self-observation and, developing an observer that does not judge is essential to the work. Just as if you were to climb a real mountain, continual observation of every aspect of the demands of the climb are essential to make it to the top. You have to have an inner Sherpa - one who is continually watching and assessing, knowing and discerning the next move, the right step, the correct path.

The observer must observe even the one who judges without judgment. We are entering the world of paradox and leaving the world of judgment, dualistic thought, black and white thinking, either/or perceptions and learning to do the both/and of "I see without judgement."

You will find the worksheet for this exercise is under psych-spiritual practices. Read the first and second lessons under this heading on Meditation and then the ABCD worksheet. Make copies of ABCD's and then find ways in which you are triggered every day and do a worksheet. In the beginning this will be confusing and difficult, but the more you work with your own inner struggles, the more you will see, the more aware you will become and the more immediately you will be able to see what is going on in any one situation with yourself or others.

Our tendency is to move away from pain. Now you have to learn to lean into pain. Remember that you have already survived childhood and there is nothing in your psyche other than the dynamics and suffering common to all humanity. The ghosts and demons you imagine are all just lost, hurt small souls that need your attention and your presence.

In our next session together, I encourage you to bring ABCD's that you could not make sense of and I will be happy to help bring greater awareness - or in your individual time with me, if you feel too shy to do this with the group.

Another way to analyze yourself is to consider that every behavior has a motive and a consequence. We are all aware of our behavioral choices. Very few people are aware of the deeper motivations or the long-term consequences of their choices.

When we are motivated by unconscious need, fear and shame, rage and distorted beliefs all our behaviors will have the consequence of long-term repetitive suffering and disintegration, but very often short-term temporary gain and relief.

When we are clear of motivation and live from the Truth and Love that is our Being, then the short term consequences might not be popular with the masses as you are moving out of the center of gravity for humanity's development, but the long term consequences will be a knowing of yourself as eternal, creativity and great joy, peace of spirit, loving relationship with self and others, and a life of meaning and service.

Very simply then just ask yourself what your motivation really is in what you choose, and what the consequence will be in the long run?