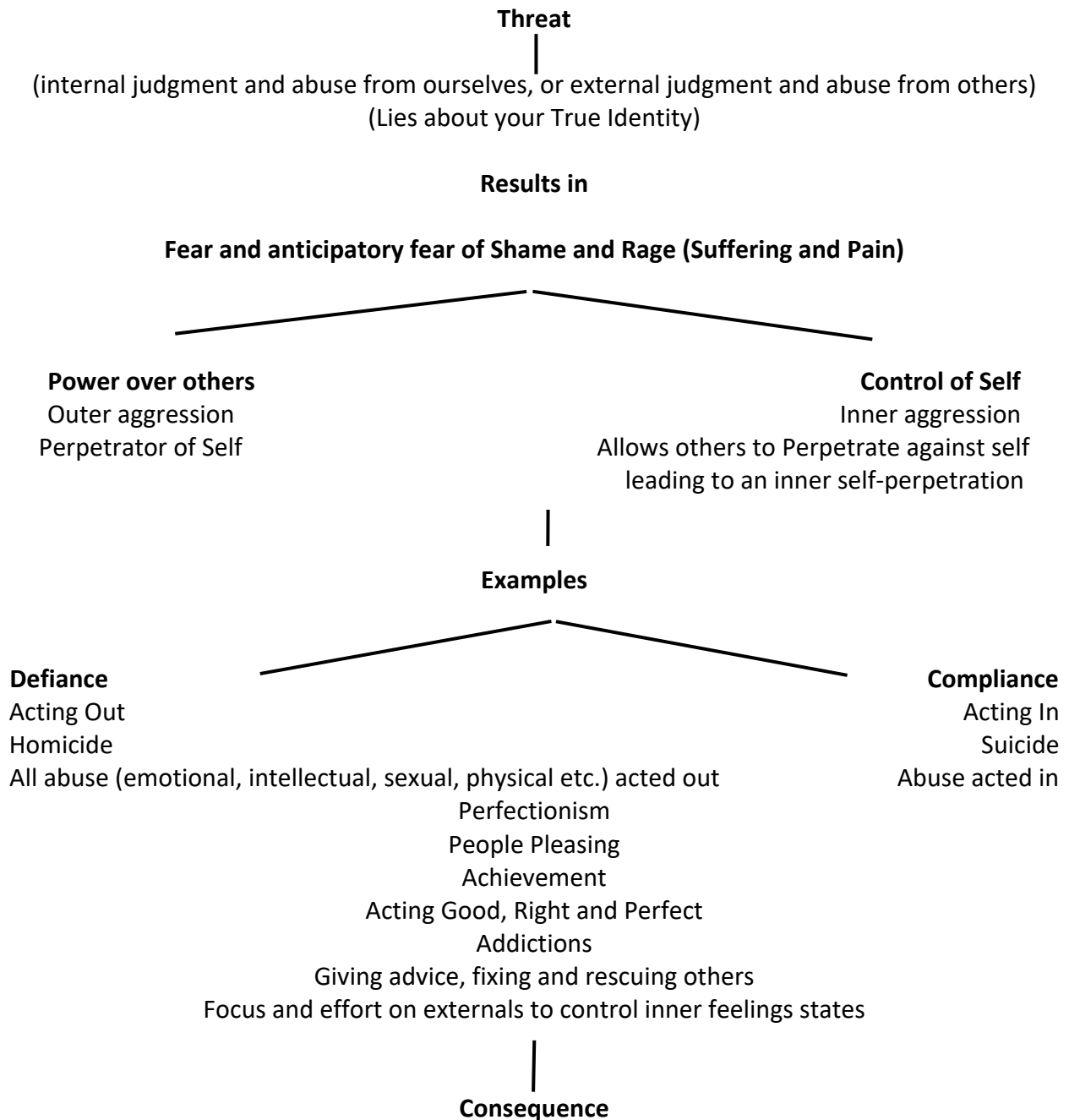


Week 15 - 4th Quadrant Practice - Bringing Self-Empowerment to Issues of Control

"Any attempt to impose your will on another is an act of violence." ~Gandhi

Power and Control Tactics used to change or overpower others, is always a defense of fight against, or flight from, our own emotions of fear and shame. All attempts to over-power or change another person so that they do not trigger us, threaten us or pose some real or imagined danger to our inner world, is an act of violence against that person, as Gandhi so succinctly said. Any attempt to control and stifle our own inner emotional life in the face of threat is an act of violence and abandonment against ourselves. Of course, all of us do both - we are both victim and perpetrator internally and so externally in second quadrant caught in the temporal reality of time and space without knowledge of our infinite Selfhood



Both the cause and consequence are lack of inner relationship and so disastrous outer relationships as well.

Study this very carefully and see if you can find the dynamic of feeling and belief inside of you that results in shame and the anticipatory terror of feeling shame. And then examine very carefully how you have used power and control tactics to split yourself off from the experience of this fear and shame.



All power and control tactics are rooted in fear and shame. And so how do we bring Love and Truth to this condition in which we find ourselves. Merely **seeing and knowing** is the Love that is needed. This is Love - full knowing of how and what is arising - and why, and seeing it with acceptance, not judgment. This is the Self-Empowered Wise and Compassionate Self that is connected and grounded in the Laws of Love and Truth at all times that can bring this realm of existence to the dis-empowered frightened little self who is throwing tantrums and blaming the world for everything, or trying so hard to be good so as not to get into trouble from the big dangerous world. This little tiny self, lives in a very small and constricted world. It is your job to help that part venture out and start going on the climb with you as the guide. Just as Dante's Beatrice (his own wise and compassionate soul) lead him out of all the realms of hell. Notice that Dante's words are old fashioned religious words for materialism and addiction, violence and betrayal etc. (the defenses to ward off feelings of shame and the untruths we believe about ourselves and others).

It is not that the mystic does not have all these realms within, it is that he also knows Self and that this Infinite Self knows the way up and down the mountain and can be present to every level with only compassion and wisdom.

So, let's look in more detail how these hell realms of existence manifest themselves in our everyday behavior, thoughts and feelings.

Power and Control

People who use power and control over others or self in an attempt to change something in themselves or others so as not to have old feelings of fear and shame triggered, are reflecting a lack of trust, acceptance and love of every aspect of their human experience and selfhood. Their own fears and shame about being worthless, inadequate and not good enough make it important to manage their own impression of themselves and the impression others might have of them. All these power and control tactics are actually a boundary violation of self and others. A boundary violation comes from and results in a threat to the safety and integrity of our own True Identity. The enactment of power and control ensures a long-term cycle of repetition of shame and fear and short-term control of the feeling. The long-term consequence is karma or fate. Without awareness we will be caught in the ever-turning cycle of time and suffering. Without the capacity to bring the infinite to this cycle, it continues unabated. Love and Truth interrupt the cycle.

Control over self and others - i.e. boundary violations, can be recognized in many subtle behaviors:

- a consistent lack of respect for time
- a willingness to always be immediately available to people
- an inability to say “no,” set limits, speak truthfully about inner feelings and experience in relationship to others
- allowing others to violate boundaries and feeling resentful as a result
- either sharing nothing of the inner emotional experience, or sharing everything inappropriately
- needing others to approve of, like, validate, reassure, meet needs, love, like and admire self
- attempts to control others by manipulation, martyrdom, sarcasm, put-downs, advice giving, breaking promises, placating, patronizing, justifying excusing moralizing, lecturing, providing answers, finding solutions, shaming, degrading, diagnosing, labeling, rewarding, complimenting, prescribing judging, criticizing, withdrawing, pouting, giving the silent treatment, etc.
- see God as controlling, abusive, punishing and having poor boundaries. Eg. “God never sends more than you can bear...” God wanted your child as an angel in heaven....” Etc.
- use unexamined platitudes •
- do for others, what they can do for themselves, answer questions that people can answer themselves and relish the power without awareness

“Love is the child of freedom, never that of domination.” ~Erich Fromm

Self-Empowerment

A self-empowered response is one which is based on personal reflection, self-knowledge, and conscious choice. It's Source is Spirit - the energy of Love and Truth that is brought to the inner suffering human self and so can be brought to others in relationship as well. A self-empowered person sees all layers, levels and states and knows the correction needed in each realm and so sees many creative options instead of reactively defending. The Self-empowered person does not control or fight but has perfect boundaries in love.

It can be seen in everyday behavior by the ability to:

- speak their truth assertively even when afraid of consequences
- express anger in a non-blaming and non-violent way
- express opinions, values and beliefs non-judgmentally

- can bring a non-anxious presence to high anxiety situations internally and externally and so do not interrupt, do not rush to fix or solve the cause of feelings but instead stay calm and examine deeply
- protect self, set limits or walk away from situations, people and problems that are detrimental to self
- recognize many options in any given situation
- be present to another without any other agenda than to be present
- trust the healing nature of their presence
- self-reflect
- change and grow
- find strength, conviction and sense of power and purpose in God
- model assertive, creative and non-anxious responses
- inspire others to seek inner power and calm
- listen and reflect back in a way that assists others in discovering their own power
- trust the power of others to grow, find solutions endure suffering...
- encourage others to find solutions within themselves, rather than giving advice and platitudes

“Coercive power is the curse of the universe; co-active power, the enrichment and advancement of every human soul.”
~M.P Follette

“Genuine power is power-with, pseudo power, power-over.”
~M.P. Follette

“For God did not give us a spirit of cowardice but rather a spirit of power and love and of self-discipline
~2 timothy 1:7

“Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things.”
~1 Peter 4:11

Exercise:

Examine the lives of great mystics like Mahatma Gandhi and Eric Fromm. Examine how they were not free of the temporal and relative experience of life without but could bring a Self-empowered Inner Self to the condition of their human frailty and failings. Because they could do this, their lives and words became living teachings. Can you see the way to making your life and living teaching of God?