

Week 20 – 4th Quadrant Practice – Bringing Holistic Thinking to our Dichotomized Thinking

“We all born whole and, let us hope, will die whole. But somewhere early on her way, we eat one of the wonderful fruits of the tree of knowledge, things separate into good and evil, and we begin the shadow-making process; we divide our lives.”
~Robert A. Johnson

Consider today the side of the mountain that is in the shadow. Once the sun shines on it, it is no longer in the shadow. The constant and infinite is the light of the sun. There is just a movement of attention that shifts what is shadow into the full light of our awareness. Today let’s consider bringing the light of Wisdom or if you like Unitive Thought, or holistic perception to the habitual ways in which we divide the world and see only one layer instead of all layers. We tend to focus on one strata of the mountain (stage of development) and one state of consciousness (aware or unaware) at any one moment. If we can notice this, then we can bring the light of knowing the whole mountain to our very dichotomized, constricted and limited vision.

The function of the pre-frontal cortex and left brain is at the same time remarkable in terms of research and discovery in the world, and also capable of only a very limited understanding of Universal Consciousness. The brain is a filter and function to be used by Universal Consciousness to further evolution and awareness, but it also has its limitations. The left brain is a function that must be brought into the service of the Soul that has wisdom and understanding that is holistic.

When we are stuck in the dichotomized thinking of the egoic rational mind, we will tend to exhibit this stage and state in terms of:

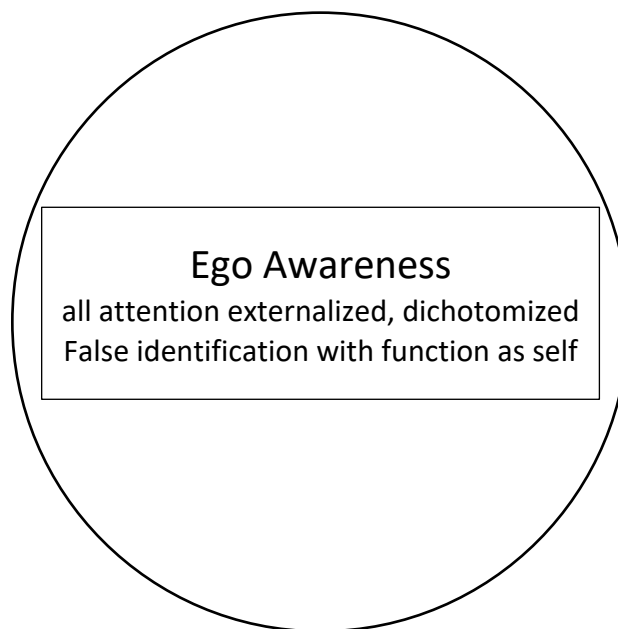
- creating simplistic categories
- seeing causality as linear
- seeing this journey up the mountain as one way and linear
- dividing the world into either/or, good/bad, right/wrong, black/white or simplistic combinations eg. white is good and black is bad
- comparing between who is better or worse, both with oneself and between others
- feeling anxiety when procedures are not followed to the T, schedules kept, order maintained, and life categorized
- seeing difference as threatening leading to minimizing and controlling others and self
- conforming to other’s expectations and demands, no matter what
- expressing prejudice, racism, homophobia, sexism, bigotry secularism, typecasting, judgmentalism, stereotyping and generalizing (see control)
- showing a lack of flexibility, resiliency and capacity to change and explore new options
- interpreting in a literal, fundamental and factual way – life, the bible, the law etc.
- judging others as good or bad, and unable to conceptualize that we all have layers of constriction leading to destructive behaviors, and layers of vast expansion that are life giving
- interpreting events through the lens of conditioned beliefs and mistaking “bad” for “good,” and “good” for “bad”
- inability to take responsibility for the nuances of human expression and instead making self “good,” by making others “bad,” or the other way around
- judging and not discerning without judgmentalism
- seeing everything as discrete and separate without causal connection
- making snap judgments without consideration of process

- having a very fundamental, moralistic view of life and having no exceptions to the rules
- living by rules of hierarchy and authority, power and control, in defense against shame

The awakened Soul can see so much more than the limited constrictions of the egoic rational mind and this function of ego must be brought into obedience to the laws of love and truth which are the only laws that the awakened soul obeys.

In ego awareness the Ego is very large and the True Identity of the Soul is something unknown, scary, abstract and distant. Up and out there....

It can be represented in experience like this:



Disidentification from
True Identity
– **Soul.**
Experienced as alien,
unknown and distant



Note that this diagram represents an internal split from the True Self that is rendered irrelevant to the life of the ego. This reality is then reflected outwards in attitudes about the irrelevance of others and the environment as well.

“In today's world, the elites are growing even more comfortable with one another across national lines, yet at the same time, less comfortable with low-income people who share their nationality. How we create those bonds of community that are truly global as well as national is one of our generation's great challenges.”

~Jacqueline Novogratz, [The Blue Sweater: Bridging the Gap Between Rich and Poor in an Interconnected World](#)
(This is an amazing book – highly recommended!)

When we do the inner work, we slowly start awakening to our True Nature of Wisdom and Compassion and can bring our ego into alignment with the law of Love and Truth. As we bring wisdom to our intellect, and humor and acceptance to our shame, and compassion to our fears, then the experience of life is radically different and can be represented this way:



When we have a more expanded state of consciousness we can certainly see dichotomized thinking, linear cause and effect, the importance of time in everyday life etc. AND it is all seen within the interconnectedness of the entire Universe, with the vastness of space, with the capacity to see multicomplex circular systems of causality and with an understanding of the limitations of the factual and rational world.

The expanded state can be recognized by:

- the capacity to embrace all as complementary and interconnected
- the understanding that the ego is not “bad,” but must be disciplined to follow the laws of love and truth, not fear and shame
- an attitude of searching for universal truths and principles of life, rather than focusing details of cultural morality and difference – see that all religions are teaching the same principles, clothed in superficial, different cultural differences

- the capacity to understand metaphor and symbol and see beyond the obvious and literal
- an understanding of the interconnectedness and sacredness of all life as an expression of Love and Truth
- beliefs in environmental protection, racial and religious inclusivity, equal rights, mutuality and reciprocity
- an understanding that if one person suffers, we all suffer, if one changes, we all change – we are ONE body
- the capacity to take a teaching like this and RECOGNIZE it in experience, not just understand it intellectually
- the capacity to relate all sacred texts, universal concepts and specific events to their own life experience and see connections between the universal and the specific, the world and self, others and self
- the capacity to see the connection between body, emotions, mind and spirit – see all stages and states on the mountain as SELF
- the ability to recognize and be aware of one's own shadow side with compassion and justice (limit), acceptance and humor
- the ability to see one's false self's mistakes with lightness and self-responsibility
- having an openness and inquiry about the complexity of life
- a degree of comfort exploring the "dark"
- understanding that a problem cannot be solved from the same level at which it was created. eg. Shaming oneself for acting out of shame... judging oneself for being judgmental, making war on oneself when in conflict etc.
- ability to trust intuition and hunches about what is not immediately apparent to the senses
- the ability to see similarity more than difference

"All things of are connected. We did not weave the web of life. We are but a strand in it. Whatever befalls the earth befalls the people of the earth."
~Chief Seattle

"The fundamental delusion of humanity is to suppose that I am here and you are out there."
~Yasutani Roshi, Zen master (1885-1973)

"Far from making me feel different and special, my [spiritual] experiences made me feel the same, ordinary, and interconnected. If I felt more spiritual, everyone else felt more spiritual as well."
~Julia Cameron, God is No Laughing Matter

EXERCISE:

Start noticing your own speech, attitudes, thoughts, beliefs, thinking and decide whether it is rational dichotomized thinking or wisdom? Use your innate wisdom and intuition to see through your dualisms and bring them into the light and service to a higher calling within you.