

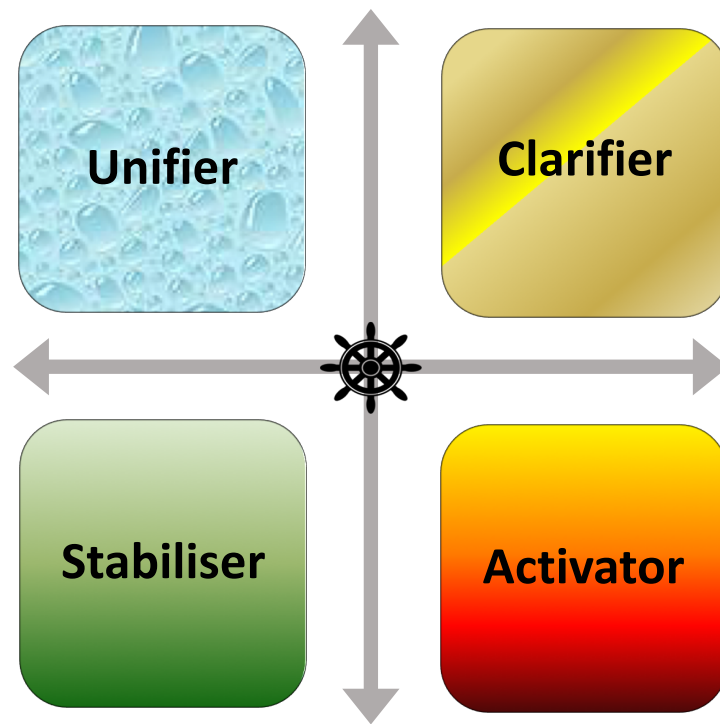
# The 4 Faces of Love

**Stabiliser** ☸ **Unifier** ☸ **Clarifier** ☸ **Activator**

A Practitioner's Guide

## MODULE 3

Finding your Centre via  
Contemporary Science and the Contemplative Traditions



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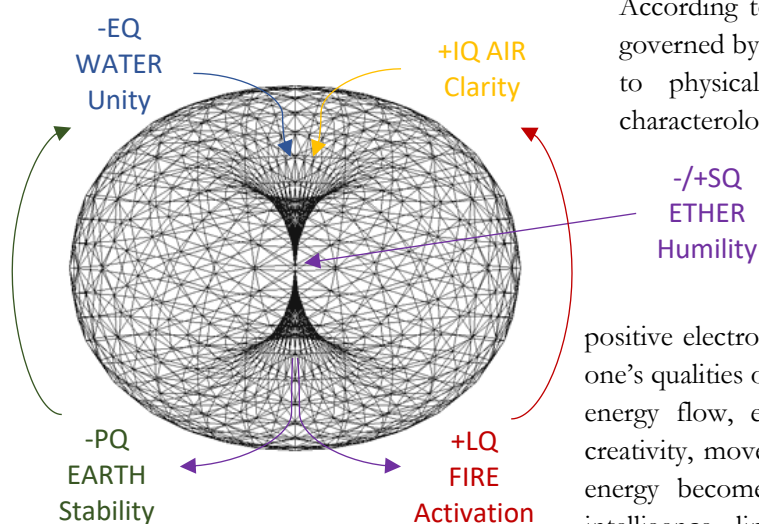
## Contemplating the Origins of Affect

Esoteric anatomy is a separate discipline to psychology, as one would argue philosophy, science or psychiatry are, but there are overlaps between these disciplines which can come together. Society requires their separation due to the need for categorization of discipline streams, but what of the individual? To understand the Self (*capital S*) requires a discipline of pushing subjectivity to its furthest reaches, and in doing so, allows other disciplines to catch up to this inner knowing, and to be later 'proven' by science to *in fact* be objectively true also.

So, with this deep subjectivity in mind, this module is written as a road map, influenced by a combination of some of the great contemplative, psychoanalytic and esoteric traditions. A road map which has the purpose of giving permission to the individual to explore these inner reaches of subjectivity which rests at the core of who we are, and is represented by the Centred Self, the fifth element Ether, and pure humility as our ultimate goal. There is no arguing, with this goal in mind, which includes overcoming inner and outer violence, the core principle within all contemplative traditions, that this enquiry is not relevant to the field of psychology. This goal should equally in-form all objective disciplines. It must be remembered that in our psychological discipline, we lead with our subjective left foot to connect with the core of an individual in crisis and allow the objective right foot to follow and complement an inner validity claim, and should never be steered in the reverse order.

We have so far used tetrahension to understand our selves in 4 parts, Earth (Stabiliser) Water (Unifier) Air (Clarifier) and Fire (Activator). The fifth element introduced now is Ether, proposing 5 elemental parts. The vices and virtues are PQ Earth – *Fear/Greed versus Courage/Stability*, EQ Water – *Attachment/Gluttony versus Detachment/Temperance*, IQ Air – *Lust versus Contentment/Clarity*, LQ Fire – *Anger/Wrath versus Forgiveness/Patience* and SQ Ether at the centre of the four parts – *Pride/Vanity versus Humility*. +Lust and +Wrath together create *Envy versus Kindness*, and -Gluttony and -Greed together create *Sloth versus Diligence*. The 7 main vices are transmuted to virtues by re-correcting the 7 instinctual rhythms discussed below.

The interplay between the four elements, and the way they influence each other are important in discovering how to pinpoint our unconscious shadows, how we get caught up, lose sight or appreciate our inner sways. But their purpose is to lead us to the Ether, to humility, to SQ, to the toroidal Vortex, to Kabbalah's harmony called Tiferet. Without the fifth element, we do not know who we are, where we are and where we are going.



According to most of the contemplative traditions, we are also governed by 3 principles of motion which set the stage for energy to physically manifest, creating our 4 + 1 elementary characterological and bodily structures. They are the positive, the negative and the neutral.

So, imagine this toroidal doughnut rotates and folds in on itself, where negative electromagnetic forces -PQ & -EQ, and positive electromagnetic forces +LQ & +IQ vibrationally influence one's qualities of SQ at the centre. The centre is free, uninterrupted energy flow, experienced as a state of freedom of expression, creativity, movement and health; to flow, glow and bestow. If the energy becomes blocked via the over-compensations of the 4 intelligence lines/elements, this produces physical, emotional,

creative and/or mental ill health. Where the energy is disrupted in its flow, it requires a release in order for the energy to find its way back to zero point, to the centre, the home of pure interiority, essence and our original energy source. (IFS 8C's- Compassion, Creativity, Curiosity, Confidence, Courage, Calm, Connectedness and Clarity. 5P's- Presence, Persistence, Perspective, Playfulness and Patience).

The idea of blocked energy is central to all psychoanalytic and contemplative enquiry which more than hints at body-mind connections, psycho-somatic or soma-psyche illness. These 4 intelligences are the 4 worlds within Kabbalah's Earth-Assiah-material-H, Air-Yetzirah-formation-V, Water-Briah-creative-H and Fire-Atziluth-Archetypal-Y. Hidden within the world of Briah are the 32 paths of wisdom found within the first chapter of Genesis's creation story (10 Sephirot and 22 pathways between them as the Major Arcana). Grief and EQ hold the key to the door of interiority. (See *Pardes legend*)

In centred therapy, -PQ's Fear and -EQ's Grief are the two driving forces of the receptive energy in motion (e-motion), and +LQ's Anger and +IQ's Shame are the two driving forces of the active energy in motion, all of which require transmutation to access Joy and Humility at the heart of -/+SQ.

Consider grief as the central motivation which opens the doorway to EQ (all emotions). Grief is the emotion we feel when our attachments are governed by a lacking. A lack of environmental, emotional and construct constancy via nature and nurture sources. Similar to fear being inherently installed, seen in the Moro reflex at 3 months, Grief is also inherently installed, independent from our caregivers, yet mirrored by their capacity of care. Grief is the meta genealogically accumulated attachments from our ancestry which show up as attachment disorders. We need to attach before we can create some slack, fuse before we differentiate. Successful early attachment leads to healthy differentiation. Blaming these failings on the m-other leads to blaming the other (*many others*) and leads to attempts to co-dependently or addictively attach to the other, the thing or things outside of ones-self to replace the lacking. In centred therapy, the therapist is the pseudo parent who, through the doorway of grief, resolves attachment trauma by giving the client opportunities to securely attach and receive a correct response to the unmet need.

From the receptive combination of -fear and -grief as the negative polarity which unifies & stabilises to promotes closeness (left side), the combination is not complete without the active positive polarity of +anger and +shame which activates & clarifies by creating some distance (right side). When all working together, they create the energy in motion. So, the receptive side represents *Needs* and the active side represents *Wants*. Our seven primary instincts are supported via; -PQ represents rhythms of comfort, -EQ represents rhythms of nourishment, LQ represents rhythms of movement and IQ represents rhythms of connection. Sleep rhythms are at the core of receptivity and breath rhythms are at the core of activity. In the centre are the heart rhythms and deep -/+SQ sensitivity.

At the centre of the toroidal field, we have our set amount energy to be managed. Our first -in-breath and +out-breath instinctually set one's energy into motion, and the pattern of equal/unequal giving and receiving begins with an impulse. Breathwork interventions are very effective when we understand that fear/grief resides within too much in-breath and anger/shame resides within too much out-breath. Long, deep and even breaths lead to the centre. Similar to the in-breath which instinctively stimulates the out-breath, first light stimulates the eyes to see, sounds stimulate hearing, touch stimulates connection, sensation stimulates movement, empty stomach stimulates eating and overstimulation stimulates sleep. When natural rhythms are interrupted, our energy levels become compromised. Blocking the big 7 instinctual rhythms; breath, physical movement, physical comfort, sleep, connection, nourishment and heart coherence, is like blocking a volcano, leading to cardiac arrest.

When instincts are blocked, the primary emotions are activated in the order of -fear, then -grief, then +anger and then +shame, known later through the voices; fear- "*there is something wrong*", grief- "*there is something wrong with me*", anger+ "*I have to fix myself*" and shame+ "*I have to fix the other*". +Anger is a result of having to fix ones-self when the problem does not lie with the self. +Shame is a result of having to fix the other, when the problem is pointed toward an-other, only to realize 3 fingers are pointing back to the self. +Shame feeds +Anger as air feeds fire. The logic goes, *if it's not me with the problem, then it must then be you. But if you don't have a problem, then it must be me.* Without being in-formed by the two original reactive emotional address -Fear and -Grief, and the need for instinctual rhythms to return, then the cycle of samsara continues.



Let's discuss the four primary emotions in pairs, and how their paired combinations produce secondary emotions.

Combining **-Fear & +Anger = -/+Disgust**, set in motion due to the combination of environmental (fear) and libidinal (anger) inconsistencies and blocked primary instincts. When the primary instincts (*breath, physical movement, comfort, sleep & nourishment*) are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of courage and forgiveness.

Combining **-Grief & +Shame = -/+Apathy**, set in motion due to the combination of emotional (grief) and construct (shame) inconsistencies and blocked primary instincts. When the primary instincts are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of unity/differentiation and contentment.

Combining **-Grief & +Anger = -/+Betrayal**, set in motion due to the combination of emotional (grief) and Libidinal (anger) inconsistencies and blocked primary instincts. When the primary instincts are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of unity/differentiation and forgiveness.

Combining **-Fear & +Shame = -/+Guilt**, set in motion due to the combination of environmental (fear) and construct (shame) inconsistencies and blocked primary instincts. When the primary instincts are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of courage and contentment.

Combining **-Fear & -Grief = -/-Despair**, set in motion due to the combination of environmental (fear) and emotional (grief) inconsistencies and blocked primary instincts. When the primary instincts are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of courage and unity/differentiation.

Combining **+Anger & +Shame = +/+ Envy**, set in motion due to the combination of libidinal (anger) and construct (shame) inconsistencies and blocked primary instincts. When the primary instincts are free and in a natural rhythm, the primary emotions convert to SQ feeling responses of forgiveness and contentment.

The combination of the 4 primary emotions create these six secondary emotions which are one step away from primary expression. This combination eventually leads to trapped movement and a rigid trait of **Righteous Pride/Vanity** (*having an overly high opinion of one's importance: 2 reflections of Narcissus*), where energy capacities are crippled down to a minimum, and bypasses the -/+SQ source of pure Humility/ Joy. The secondary reactive emotions create mutiny on the ship steered by Pride. But the ship's name is called Humility with a course set to sail home toward the *Harmonic Centre*.

So, we have four primary emotions (Fear, Grief, Anger and Shame) and six secondary emotions (Guilt, Betrayal, Disgust, Despair, Apathy & Envy), which are all gateways back toward the primary energy source, heading toward the central source of Humility. The therapeutic approach thus becomes two-fold, unfolding in any order. The first is to identify the primary emotion, and secondly to identify which of the big 7 primary instinctual physical natural rhythms; breathing, movement, physical comfort, nourishment, connection, sleep needs and/or heart relaxation, have been interrupted and *need* to return.

When secondary emotions are in force, primary instincts become blocked, causing eating, sleeping, breathing, sexual disorders, agitation, addictions, and the plethora of psycho-somatic, psyche-soma illnesses such as those listed within Tension Myositis Syndrome (Sarno, 1998) via a conversion defense. Physical and emotional pain identification opens the gateway to their tightly woven relationship. If we repress the big 4 primary emotions (*Fear, Grief, Anger, Shame*), the big 7 primary instincts become infected (*Nourishment, Sleep, Comforts, Movement, Breath, Connection, Heart*). *Needs* then become *Wants*, longings and the big 4 accumulated lackings (*environmental, emotional, libidinal and construct object inconsistencies*), and *Desire is Born* due to the energy needing to go somewhere else. This leads to the question, 'What if desire could be tamed?' Not repressed, but harnessed. Would this not open the doorway to your life plan, to high PQ, EQ, LQ, IQ and SQ's Humility, Joy, True Happiness and Fulfilment? This is the goal of centred therapy, for the client to *arrive*.

When considering attachment disorders, objective observations, as accurate as they are, have steered attachment theory in a particular direction. Centred therapy proposes that anxiety and attachment style (Fear & Grief) are meta genealogically inherited (nature). That we are not a tabula rasa on arrival subject to our formation via parental influence alone (nurture). Due to trauma

being carried through from past generations, this gives rise to understanding both anxiety and grief as developmental spectrums. A PTSD spectrum illustrated below which gives rise to most disorders within the DSM-5.

Graded defences against anxiety		Anxiety 0		Anxiety 10	
Graded defences against grief/depression		Grief 0		Grief 10	
Affected Intelligence line	1-Stabiliser (-PQ)	2-Unifier (-EQ)	3-Activator (+LQ)	4-Clarifier (+IQ)	
Loss of object constancy	Environmental	Emotional	Libidinal	Construct	
Trauma exposure begins	0-6 months	6 weeks-7months	7-9 months	9-18 months	
Associated affect	Fear	Grief	Anger	Shame	
Attachment disorder (AD)	Anxious 9 to 10	Disorganized 9 to 10	Ambivalent 9 to 10	Avoidant 9 to 10	
Childs developing defensive script	"The physical world is not safe" "I'm not ok, you're not ok"	"The emotional world is not safe" "I'm not ok, I'm ok, you're not ok, you're ok"	"The social world is not safe" "I'm not ok, you're ok"	"The conceptual world is not safe" "I'm ok, you're not ok"	
Confirming parental script	"Because I said so"	"Whatever you want"	"You're overwhelming"	"I don't care"	

So, we all have differing degrees of attachment issues, some more prevalent than others. At the extreme end of the spectrum (*scores of 9 or 10*), our population is approximately consisting of 5% Anxious, 10% Disorganized, 15% Ambivalent, 20% Avoidant and 50% Securely attached (*Cassidy & Shaver, 2008, Levine & Heller, 2010*). The wide scoring range of the securely attached is anywhere between 0 and 8. As anxiety compounds with a buildup of the 4 losses of object constancy, our defences become stronger against anxiety & grief (*Trust versus Mistrust*). Our life then follows a recurring patterned path of the lemniscate (*infinity symbol*) on the 2-dimensional map of the 4 faces of love (*from 1-Stabiliser, 2-Unifier, 3-Activator to 4-Clarifier*), or in the context of insecurity, the loss of the 4 faces of love. It is proposed that extreme anxiety and grief are the sources of extreme anger and shame; ambivalence and avoidance. Good enough parenting in combination with minimal meta genealogical trauma are the contributing factors to secure attachment (*"I'm ok, you're ok"*), found via the past and present parental humility traits within adult -/+SQ development.

On the problematic attachment style side of the street, a plethora of observable symptoms come about due to the combination of disrupting primary instincts and emotions. 50% (or more) of the general population have symptoms which range from superficially engaging & charming, lack of eye contact on parents' terms, indiscriminately affectionate with strangers, not affectionate on parents' terms (not 'cuddly'), destructive to self, others and material things ('accident prone'), cruelty to animals, lying about the obvious ('crazy' lying), stealing, no impulse controls (frequently acts hyperactive), learning lags, lack of cause-and-effect thinking, lack of conscience, abnormal eating patterns, poor peer relationships, preoccupation with fire, preoccupation with blood & gore, persistent nonsense questions & chatter, inappropriately demanding & clingy, abnormal speech patterns, triangulation of adults, false allegations of abuse and presumptive entitlement issues (*Thomas 2008*).

But how do we switch from primary reactive emotions and their numerous symptoms which have steered our genealogical line for centuries, to feeling responses? Feeling responses come from the heart's centre. From a point in the heart where we commune with spiritual principles such as the 21 skills of spiritual intelligence (*Wigglesworth 2014*) or feelings such as joy, compassion, clarity, stability, creativity, patience, success, peace, gratitude, fulfilment, belonging, harmony, calmness, courage, confidence, bliss, order, mercy, innocence, unity, differentiation, tranquility, wholeness, happiness, inspiration, contentment, altruism, humour and above all, humility. The Kabbalists call this process *devekut*, translated as *cleaving with G-d*. From repression to progression, we turn toward the trauma, name the reactive emotion, dissect characterological influence, find the scripts and finally reach out for new possibilities by transmuting vices into virtues; reactive emotions into feeling responses. In other words, development into being human requires facing pain, walking the heroine or hero's journey, crossing that bridge, facing that dragon, and in doing so, increase inclusivity and complexity and finally nobly return to the 7 primary instinctual rhythms.

There is a gift within each of the primary emotions. When they arise, we need to pick up the phone call and hear the message. Imagine the Centred Self having the conversation with each one in turn.

When Fear speaks (PQ), the Centred Self (SQ) hears that something is wrong with the environment...that safety, stability, comfort, breathing, sleep, nourishment need attending to. The Centred Self reassures the Anxious self, thank you, I got the message. I will attend to the concerns with priority.

When Grief speaks (EQ), the Centred Self (SQ) hears that there is an absence of presence...that a space for vulnerability, dependability and closeness are lacking. The Centred Self reassures the Depressed self, thank you, I got the message. I will attend to your attachment and instinctual needs so you feel secure enough to detach a little and hatch.

When Anger speaks (LQ), the Centred Self (SQ) hears that something is being expressed which is very important...that freedom, energy release, creativity, playfulness, expression, movement, cannot be held down. The Centred Self reassures the Rageful self, thank you, I got the message, and I will attend via actions over the course of time.

When Shame speaks (IQ), the Centred Self (SQ) hears that something is needing to be seen, re-recognized, spoken, written and understood...The Centred Self reassures the Humiliated self, thank you, I got the message. I now understand what is true and I will let them know this truth by providing the evidence.

When the messages have been received, and the gold extracted, the four reactive emotions or selves hang up the phone and allow the Centred Self to take control. They can call at any time, as can any of the secondary emotions. When a secondary emotion calls, the Centred Self picks up the phone call hearing two voices (*primary reactive emotions*) on the phone. The Centred Self chooses which one to attend to first by putting one of the voices on hold and attends to them separately. Eventually, all the small selves begin to understand that the Centred Self is a reliable mediator and begin to trust and use this central guidance with frequency. They begin to invest all their energy in this central position, giving over to the remarkable level of sensitivity it claims to possess. It's capacity for stability, compassion, wisdom and life force. It's capacity for justice, fairness and equality. Imagine the big 4 emotions sit at the round table all needing to in-form and speak from their unique PQ, EQ, LQ, IQ perspectives. The candle flame in the centre (SQ) of the round table is the activated listener who attends to the needs, but only when the needs are spoken, and only when a resolution is requested. This becomes the work of a centred therapist.

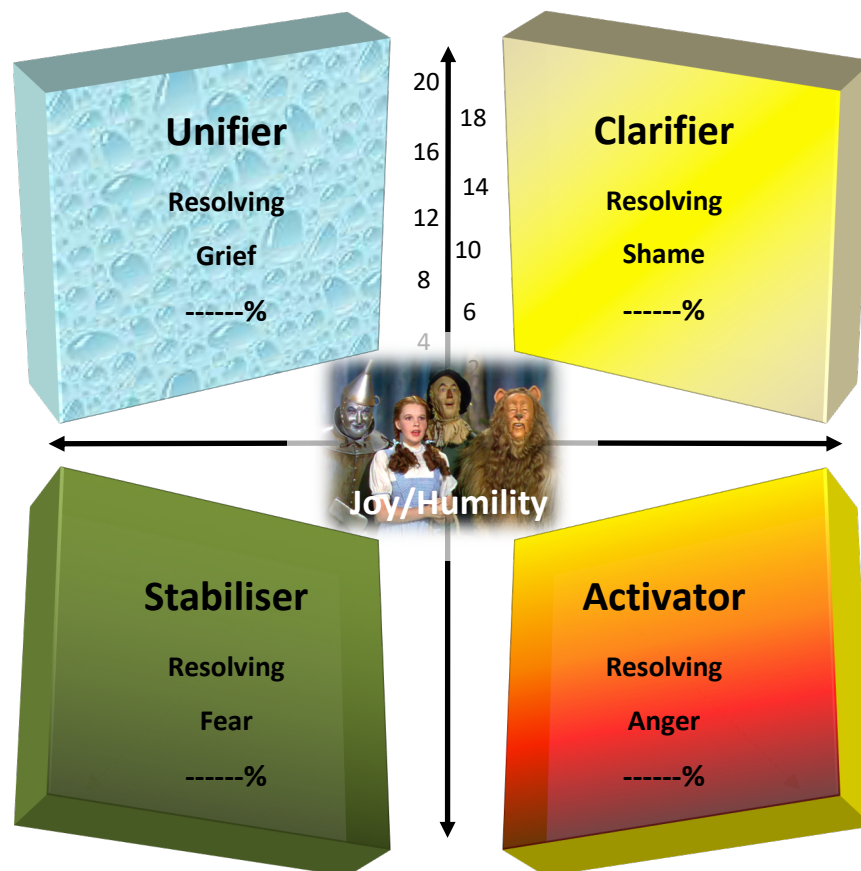
## You're Energy in Motion

Which of the *big 4* emotions do you lean toward, *Fear*, *Grief*, *Anger* and/or *Shame*. The temperaments amplify certain emotions to suppress other emotions. The aim is to know yourself in the fullest sense by connecting and empathizing with all 4 emotions evenly as they come up contextually. The *big 4* must be experienced, harnessed and transmuted from lead into gold; Joy and Humility depend on this process. The wizard of Oz characters transmute these emotions to find joy and humility by uniting together; Dorothy (*Stabiliser*), Tin Man (*Unifier*), Scarecrow (*Clarifier*) & Lion (*Activator*).

Primary E-motion	Worrisome- <b>Fear</b> -Anxious 0-1-2-3-4-5-6-7-8-9-10	Sadness- <b>Grief</b> -Depressed 0-1-2-3-4-5-6-7-8-9-10	Irritated- <b>Anger</b> -Rageful 0-1-2-3-4-5-6-7-8-9-10	Embarrassed- <b>Shame</b> -Humiliated 0-1-2-3-4-5-6-7-8-9-10
- <i>Archetype</i>	Anxious Stabiliser	Depressed Unifier	Rageful Activator	Humiliated Clarifier
Question	Can you trust me? Can I trust you? Can we trust each other?	Can you love me? Can I love you? Can we love each other?	Can you give me freedom? Can I give you freedom? Can we give each-other freedom?	Can I accept you? Can you accept me? Can we accept each other?
Transmute via	Exploring courage, confidence and taking risks.	Feeling more attached, connected and close.	Expressing passion, invigoration & caring autonomy.	Asserting with loving-kindness.
To find	Courage via Stability	Differentiation via Unity	Forgiveness via Activation	Contentment via Clarity
Secondary E-motions	Grief & Anger=Betrayal    Anger & Shame=Envy    Grief & Shame=Apathy Grief & Fear=Despair    Fear & Anger=Disgust    Fear & Shame=Guilt			

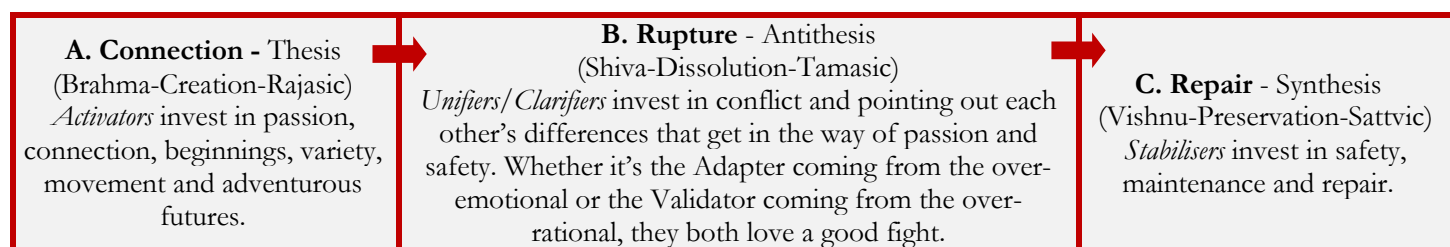
**Exercise:** Take it in turns

1. Think of a recent stalemate argument with your partner. Identify which emotion/s needs resolution. Give yourself a score from 0-10 in each primary emotion to indicate which one needs your attention.
2. Identify which question needs an answer.
3. Discuss a strategy to transmute an emotion and whether this involves your partners help.



## Identify your Blocked Energy & Over-investments

It's very common for a couple not to be in sync with each other. One way to think about this is to identify which of the three phases you are both in, as well as whether one or both of you have an overinvestment in one or two of the three phases. The three phases of all relationships are... and in sequential order –



**1. Identify your pattern** – Your shape indicates your investments PQ, EQ, LQ, IQ.

Identify which phase is your dominant and which you most avoid.

It is important to be open to 'divine love' or the energy in all three phases.

If we're not open, we get stuck.

Here are a few examples of how couples get stuck.

### A- Investment in Passion/Connection

"I am so connected to you, you seem different to the other

7 women/men I've been with this year.

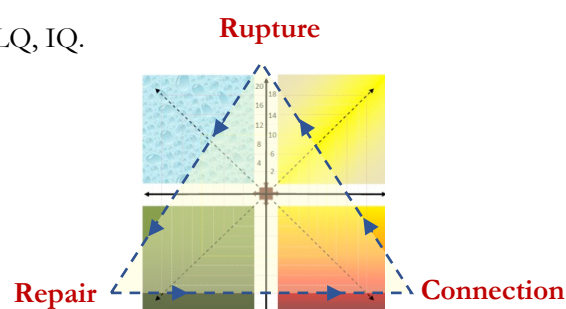
Let's go away together on an adventure tomorrow"

### B- Investment in Conflict/Rupture

"I won't back down because if I do I won't feel safe, and I don't feel like sex anyway. Let's keep shaming each other, stay in our righteousness and differences and just agree to be miserable together"

### C- Investment in Safety/Repair

"I don't like confrontation and judgement. I try to repair something even before I fully understand what the problem is. Maybe sex would fix it"



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**2. Understand your pattern** - With your partner inquire into the good reasons for your over-investments (then alternate). Perhaps an investment into rupture might be your reaction to an early longing to be understood. Perhaps an investment into passion might be your reaction to early disappointments of unmet desires and loss of freedom. Perhaps an investment into safety might be your reaction to past trauma and loss of connection.

**3. Change your pattern** - Can your present relationship help you to undo old patterns? It is usual for relationships to reinforce old patterns. A cure is to identify and understand the pattern. Some transitions feel more natural than others (listed below). For example, passion has a deeper emotional connection when it arrives out of safety. Ruptures are only accessible if we have accessed our passion; repressed passions fester. Repairs are more substantial when the passion is acted upon, acknowledged, understood, tempered then cooled within the tensions of rupture.

Using the list below, highlight just one difficult transition in your relationship. With your partner, take it in turns to discuss this difficulty when moving from one phase toward another and what you might do differently to promote change. Consider the difficulty especially when your phase needs may be different to your partner needs.

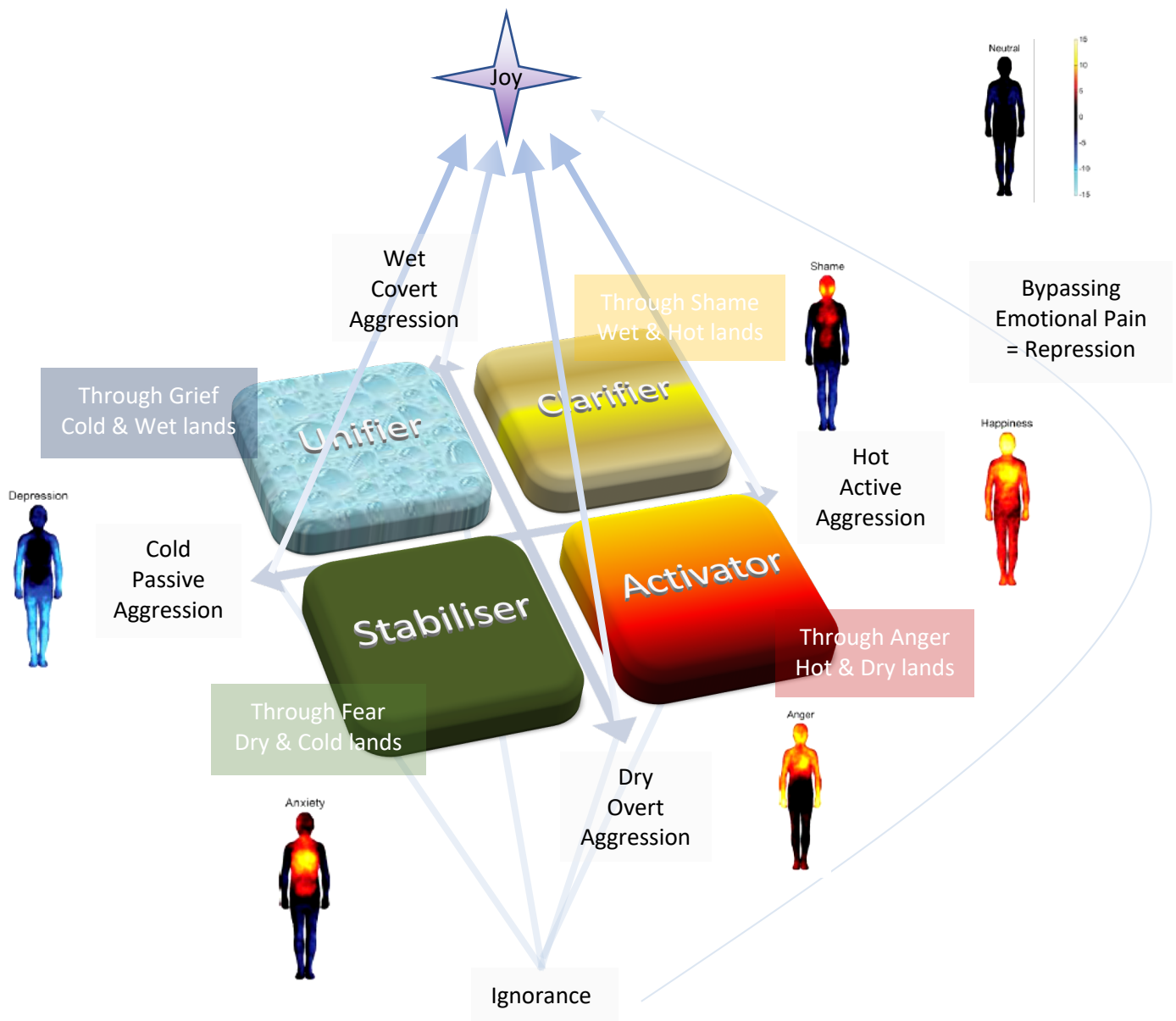
Natural flow	Unnatural flow (builds tension)
1. Connection to Rupture	4. Connection to Repair (skips Rupture)
2. Rupture to Repair	5. Rupture to Connection (skips Repair)
3. Repair to Connection	6. Repair to Rupture (skips Connection)

## Happiness and Joy via Anger

This diagram explores the journey from ignorance to joy via the big 4 emotions. You are more likely to access certain emotions more readily due to the temperature (Nummenmaa, 2014) of your temperament identified via your inventory score. We're all after happiness and warmth in the body, and sustained warmth in the body requires harnessing anger. Without harnessing this energy, we lose invigoration and passion. Harnessing anger simply means anger with deep care = genuine power, (*as opposed to rage or wrath without care = false power*). Notice the temperature similarities (*yellow/red*) between anger and happiness. Suppressing anger and passion promotes depression and inner rage. On the other hand, repressing and avoiding grief, sadness and depression can be a cause for inappropriate anger - aggression. Balanced anger must hold the hand of sadness/grief to undo the knot of betrayal. Working with anger/shaming (*needing distance - independence*) and grief/fear (*needing closeness - co-dependence*) promotes the *interdependence* necessary for balanced healthy relating and feeling true joy/happiness.

**Exercise:** Take it in turns to discuss a recent argument.

1. Identify whether you had a need for more distance or closeness and which emotions you used in your attempt.
2. Could you have expressed your anger with more care or with a greater expression of fear, shame and/or grief?



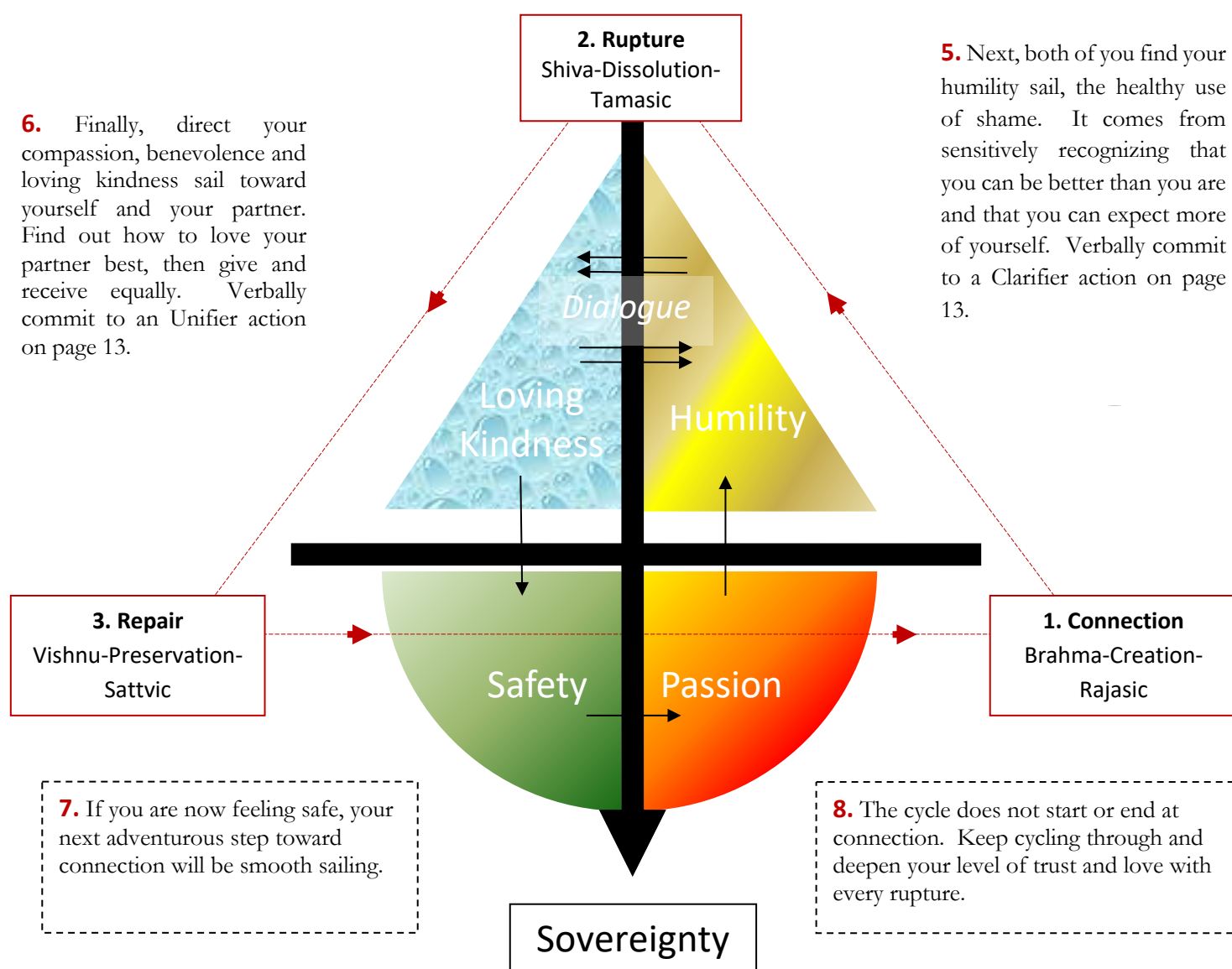
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## Unravelling Shame to Sail Through the Rupture Phase

Loving kindness and humility are two non-negotiable aspects we need to develop within ourselves. These are the two sails on your ship which require hoisting. Only then can dialogue between you and your partner be a successful exchange of communication, so you both move through the stage of rupture and into repair and reconnection. Ruptures commonly result in shaming one another until one of the pair retreats. Shame is the most crippling voice of the psyche. When we are made to feel wrong, it sets up a pattern of attacking others, attacking oneself, avoiding others and avoiding oneself. It dampens excitement (weakening the energizer) and leaves us feeling very unsafe (weakening the stabilizer), causing a leaky boat. It leads to blaming, punishment, criticism, stonewalling, defensiveness, contempt, justification, resentment and vengeance. This is why dialogue is so important at the stage of rupture. Shame hides behind anger, fear and/or grief. So, let's uncover it now in 8 steps. Invite your partner to listen only. To validate, mirror and empathize without reactivity.

1. Tell your partner about a time in your childhood when you were shamed or humiliated. Let your partner know whether this experience has impacted your present relationship.
2. Talk about a time when you belittled your partner.
3. Talk about a time when your partner belittled you. *(as the listening partner, stay present)*
4. Now invite your partner to share that same process *(steps 1,2 & 3)* with you, then move to step 5.



# The Tree of Life

## (Adult Relationship Attachment Style Inventory)

<https://www.integralpsychology.org/tree-of-life-relationships-inventory.html>

- On the scale from 1-9, circle a number which most accurately describes your experience
- If 1-3 & 7-9 are true, keep your 7-9 score only

### 1. Yesod – Ego identity – Foundation – Bonding – Shadow – Disorganized Attachment

<b>1-3</b> I am obsessed by sex and will often fantasize in my relationship		
<b>4-6</b> I find life and sex deeply meaningful with my partner		
<b>7-9</b> I am not comfortable with who I am being in the world and need to be loved more than I am		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

### 2. Hod – Clarifier – Humility – Mortido – Passive action - Anxious Avoidant Attachment

<b>1-3</b> I am not very emotionally connected to my partner and can get too intellectual		
<b>4-6</b> When communicating I often connect and relate well to others		
<b>7-9</b> I get bored in relationship and find reasons to leave		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

### 3. Netzach – Activator – Endurance – Libido – Active action – Anxious Ambivalent Attachment

<b>1-3</b> I am not really aware of my, or my partner's routines, natural rhythms and cycles		
<b>4-6</b> I can sustain my routines e.g. work, running a home, bringing up children and socializing		
<b>7-9</b> In my relationship, I have a tendency to act before thinking and indulge too often		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

### 4. Tiferet – Harmony – Beauty – Individuality – Secure Attachment

<b>1-3</b> I distance myself and close up when my partner is not joyous, light and fun to be around		
<b>4-6</b> I enjoy soul stirring music, poetry and/or art with my partner		
<b>7-9</b> I often experience a dullness in my relationship		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

### 5. Gevurah – Stabiliser – Superego – Restraint – Discipline – Severity – Passive emotion - Anxious

<b>1-3</b> I am too stern in disciplining myself and my partner		
<b>4-6</b> I am good at setting limits and creating structure within my relationship		
<b>7-9</b> I try to please my partner but often get frustrated as a result		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

### 6. Chesed – Unifier – Ego Ideal - Mercy – Compassion – Loving kindness – Active emotion - Anxious

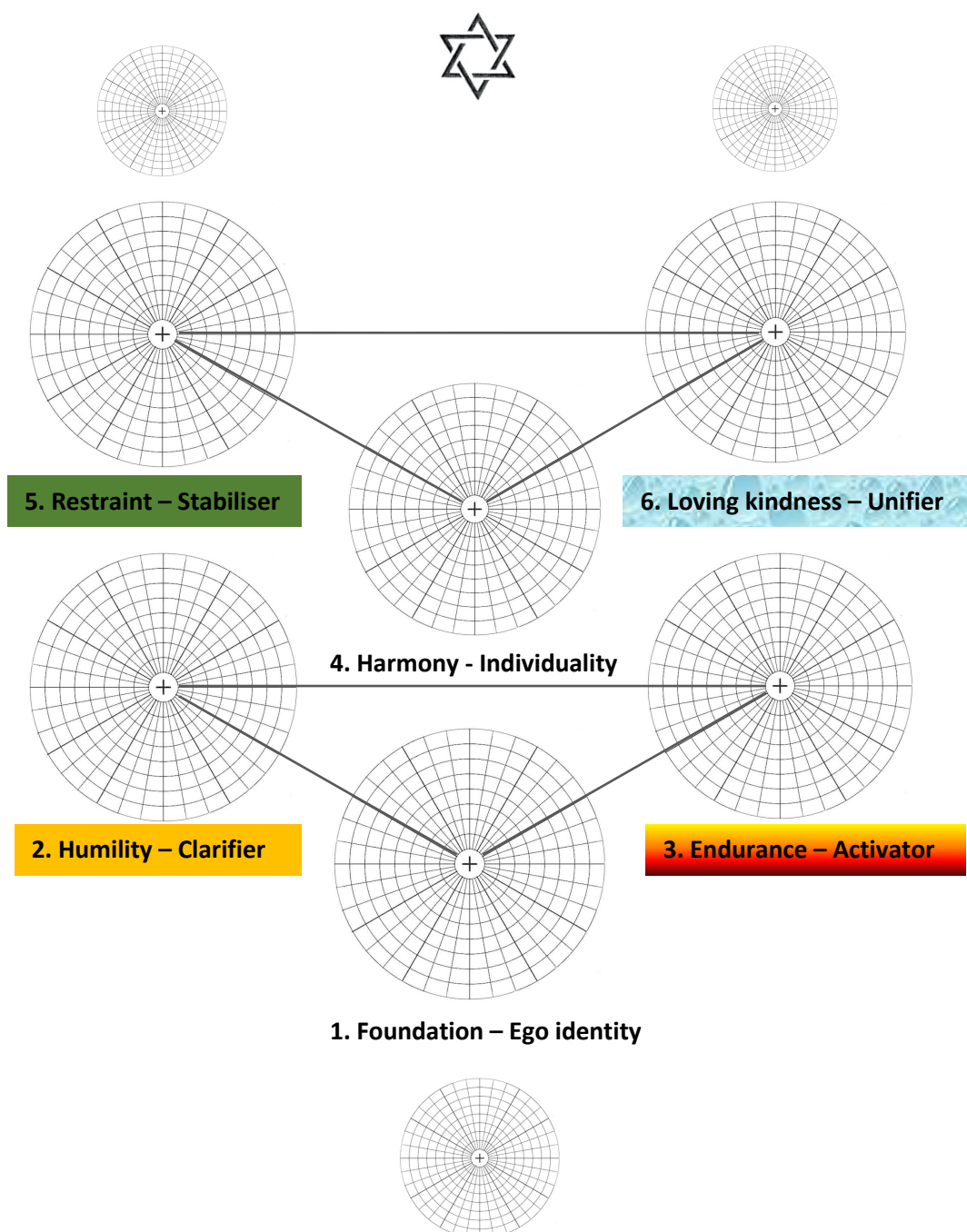
<b>1-3</b> In my relationship, I find it hard to give without receiving something back		
<b>4-6</b> I am accepting, kind and generous toward my partner		
<b>7-9</b> I experience compassion fatigue and I don't get the intimacy and closeness I need		
(Too Contracted)	(Anchor-Secure)	(Too Expanded)
1 _____ 2 _____ 3 _____	4 _____ 5 _____ 6 _____	7 _____ 8 _____ 9 _____

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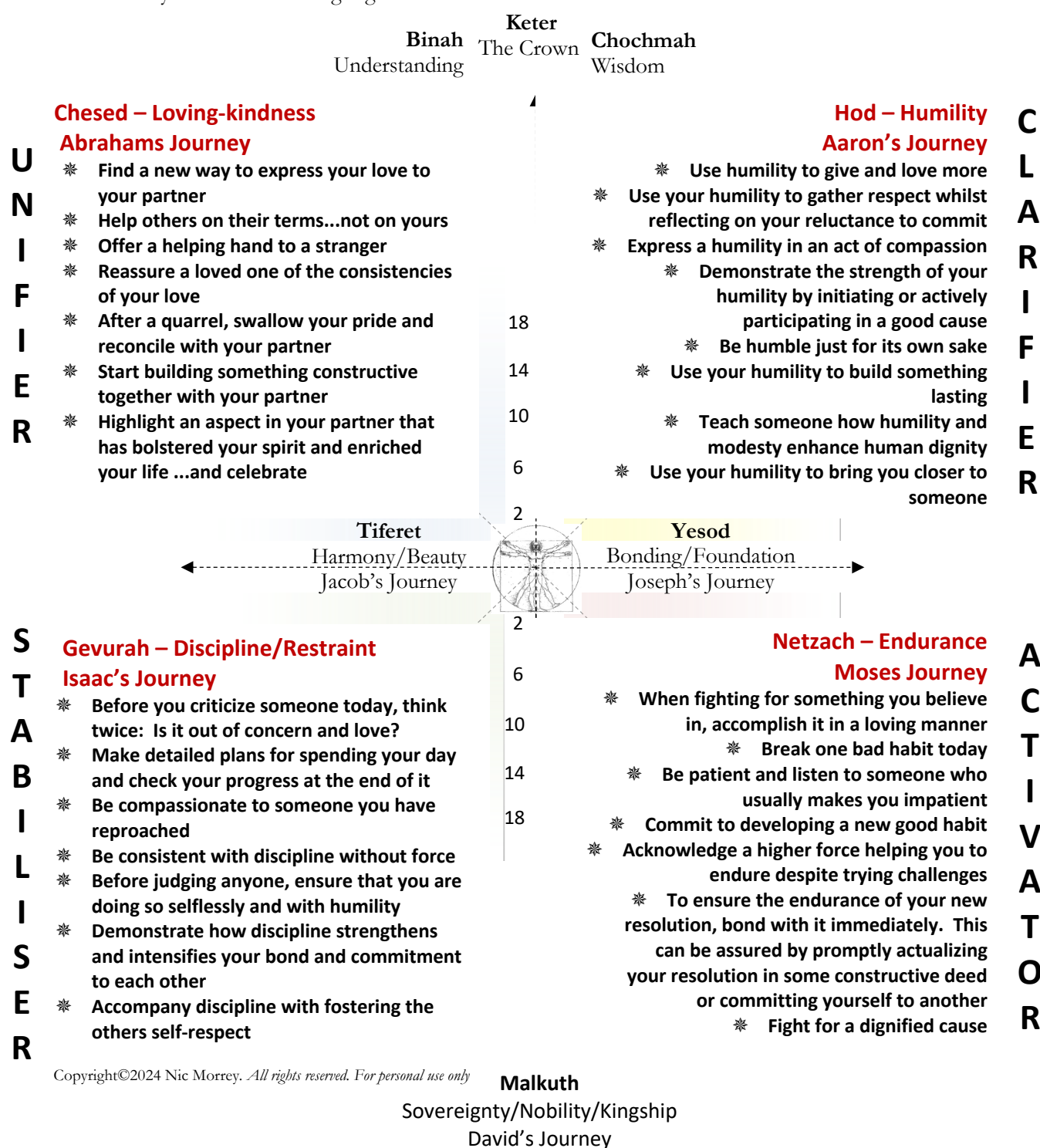
## The Tree of Your Life

- ✳ We have now added two more positions on the tree of life to consider. These two central circles, (Harmony/individuality and Foundation/Ego identity) are crucial for balancing the left and right side of the tree of your life.
- ✳ On the 2 triads below, draw the tree of your life to visualize and gain more insight into where you may be too expanded or too contracted.
- ✳ 1 is the smallest contracted circle and 9 is the largest expanded circle.
- ✳ Use page 12 to find your unique set of action plans to become an *Anchor* in your relationships and move toward becoming more securely attached to your partner.



## Jewish Psychology

Use these exercises below to rebalance yourself via your actions. In Kabbalah, meaning 'to receive' there are 10 aspects to yourself, parts which need to be reintegrated into your psyche. We are just considering 4 of them for now; Loving-kindness, Humility, Discipline & Endurance. Using your highest % score, push yourself to be the best you can within that quadrant. That is, strengthen your strength even further. Consider the left side as a pair (*Unifier & Stabiliser*) and also the right side as a pair (*Clarifier & Activator*). When you begin to change one quadrant, the other must respond, adjust and rebalance accordingly. So, start with your strength and be open to changing the other aspects of yourself as the opportune contexts present themselves. Have your partner witness your changes and invite a dialogue about how each other's actions are making a difference to how you are both relating together.



## Are you In-touch with your Archetype?

Identify your unique journey. Archetypal stories are deep and eternal. They link our own longing, pain & passion with those who have come before. Myth can give our lives significance as they teach us how to connect with the great cycles of the natural and spiritual worlds. With your two highest scores in mind, do you resonate with the roles listed next to the pictures of the archangels? Mythology has cornered 4 distinct ways of being in the world. This helps you to identify and create your story in your essence, strength & weakness.



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Notice whether you lean toward **Passion**, **Protection**, **Presence** or **Power**. Who have you been scripted to be? How does this script limit your life? & what might be the gift or lesson in your script? Does your partner have qualities which are opposite to you? Notice the shadow archetypes under the line at the bottom of each list. The archetypes attract each other; Warriors (desire) need to be tamed and cooled by the Lover and the stable King needs a Magician (an ideas man) and vice versa, yet romantically, research shows Kings and Queens stick together to express their stabilizing qualities of **Protection** and **Power**, Warriors stick together to explore their **Passion** and **Power**, whilst Lovers (emotional) and Magicians (rational) come together to unravel the paradox of the 2 fundamental human needs – Protection (The Having) & Passion (The Wanting) via **Presence** in search of **Power**. God and Eve have been battling this one out since the beginning of time. Does your shamed inner Eve need another conversation with God?


Become conscious of your own archetypal story and begin to live your new-found myth.

## What's your Addiction?

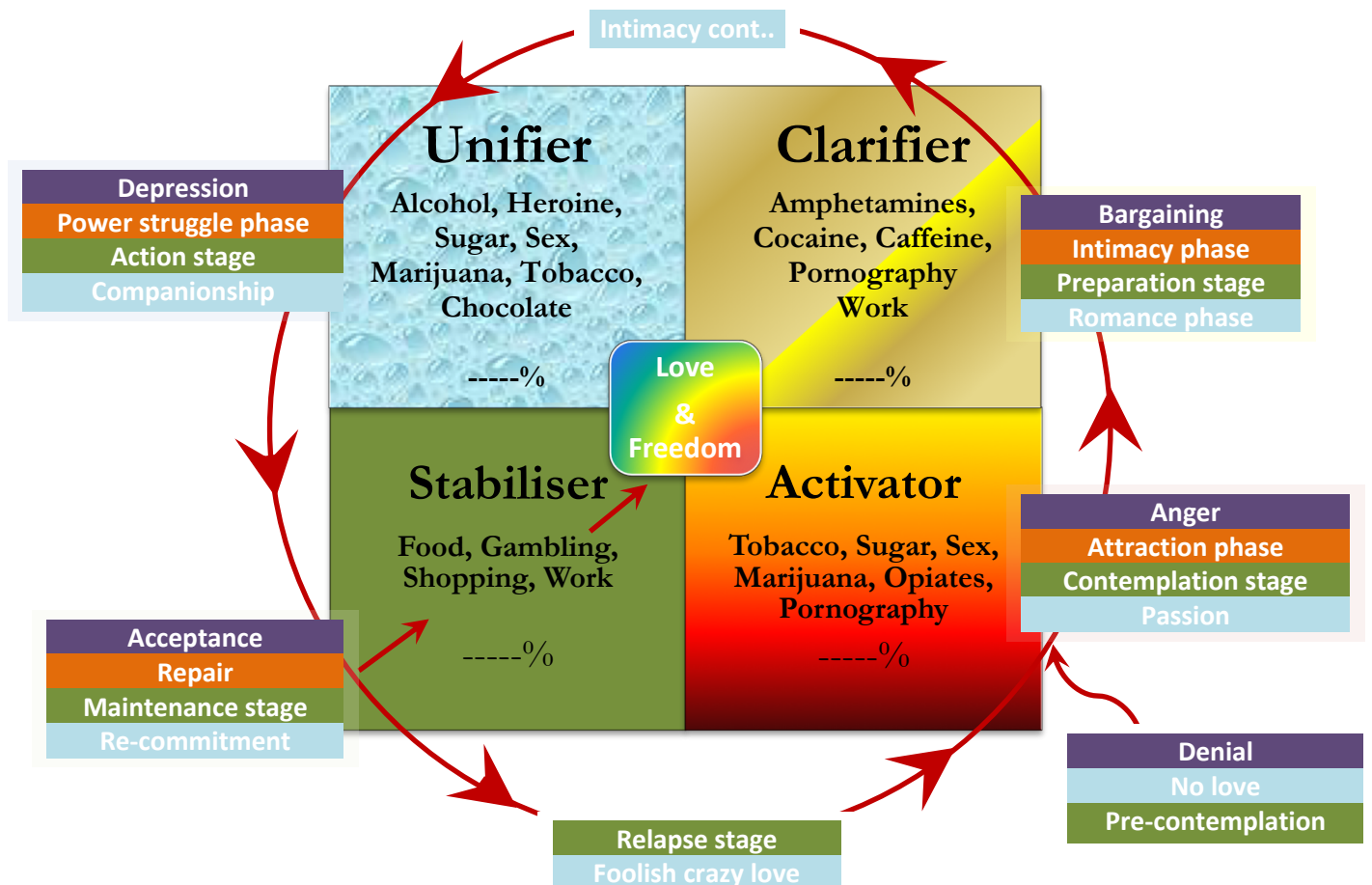
Desire is a very powerful force. Desiring too much or too little are equally a problem, leaving us either too expanded or too contracted. Understanding our addictions or defences becomes the path to liberation. Addiction is the consequence of an inability to endure a painful gap in the love equation. Most of us chase love due to a lacking that requires filling. The trick is to fill it with the right stuff instead of kissing shadows (addictions...drugs, sex etc).

Desire is a wanting, created by a need which was not met. Let's acknowledge the need and get it met so the wanting is reduced. Instead of blaming our past or parents for their inconsistencies in care, find people who can reverse the trauma via consistent care and sensitivity so the cycle of pain ends. Our ultimate goal is for energy to flow. We take that drug to be 'in flow'. But what if you could find that rhythmic flow naturally, and simply return to the seven primary instinctive rhythms (comfort, nourishment, connection, movement, sleep, breath & heart coherence). It takes time, but you have plenty of it. It's natural not to want to feel emptiness, anxiety, guilt, shame, fear, grief or loss of love, but the quicker we identify the wound & symptom, the quicker we can step into the courage required to move through the blockages. Healing wounds that often present before we are born and present as early as infancy, require a skilled ally to help navigate how to get the love you need. Addiction can't replace the real thing.

It's not usually possible to just *get over* addictions and be free. It takes creative work, with a pinch of faith, remembering that virtues & relational authenticity are built on the steps of each relapse. It's painful to confront our lackings, but it's the only way forward; to once again realign. However big or small an addiction may be, question it by wondering what's beneath it.

	<b>Emotional stages of addiction</b>	Notice the connection between love and the phases of addiction. Where do you get stuck on the wheel? We can only move toward the central spoke when we identify our characterological investments.
	<b>Imago phases of relationship</b>	
	<b>Stages of addiction recovery</b>	
	<b>Forms of love</b>	

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## Consequences to Blocking the 7 Instinctual Rhythms

Whether inherited (nature) or accumulated via our parent's good enough care (nurture), the blocked rhythms from the dead past need to flow again to experience a life of harmony. Musically speaking, the left side is the 1<sup>st</sup> note, the right side is the 3<sup>rd</sup> harmonic and the centre is the 5<sup>th</sup> harmonic. When we are in rhythm, the notes and melody played have a beat to follow. Without that rhythm, all hell breaks loose, giving birth to the 7 deadly sins and attachment disorders when left unattended and cared for. Secure attachment (SQ) is felt when all 7 instinctual rhythms are energetically moving and playing along to nature's tune (sleep, comfort, nourishment, movement, connection, breath and heart coherence).

### Exercise:

Which of the 6 rhythms are needing to follow the main beat; from the heart? What's in the way of returning to the primary instincts? Use the next page to highlight and write down your insecure attachment memories in the spaces provided. You may not need to confess to a deadly sin when you understand its origin. Just find ways to return to the rhythms by setting up and following an action plan. Write your plan in the space below and include the words connect, nourish, move, rest, breathe, comfort and harmony.

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UNINFORMED		HEART RHYTHM BLOCKS CREATE PRIDE & VANITY		CLARIFIER	
<b>NOURISHMENT RHYTHM BLOCKS CREATE GLUTTONY</b>  <b>DISORGANIZED ATTACHMENT</b> (Is my caregiver present?) Unresolved GRIEF from 6 weeks+ "I'm not ok, you're ok, I'm ok, you're not ok, we're ok, we're not ok" Memories include: <div></div>		<b>CONNECTION RHYTHM BLOCKS CREATE LUST</b>  <b>AVOIDANT ATTACHMENT</b> (Can my caregiver understand me?) Unresolved SHAME from 9 months+ "I'm ok, you're not ok" Memories include: <div></div>			
<b>SLEEP RHYTHM BLOCKS CREATE SLOTH &amp; DESPAIR</b>  <b>PHYSICAL COMFORT RHYTHM BLOCKS CREATE GREED</b>  <b>ANXIOUS ATTACHMENT</b> (Is this environment safe?) Unresolved FEAR from birth+ I'm not ok, you're not ok" Memories include: <div></div>		<b>BREATH RHYTHM BLOCKS CREATE ENVY</b>  <b>MOVEMENT RHYTHM BLOCKS CREATE WRATH</b>  <b>AMBIVALENT ATTACHMENT</b> (Is my caregiver full of life?) Unresolved ANGER from 7 months+ "I'm not ok, you're ok" Memories include: <div></div>			
		<b>DISGUST toward the world</b>			

### ACTION PLAN:

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## Insecure Attachment Styles

**Exercise:** Remembering your first 7 years of childhood, highlight statements which were active back then. Write 5 important memories down on the previous page. Have they been resolved in adulthood?

### Disorganized (child) – Fearful (adult)

I couldn't trust an absence in my mother  
I felt so chaotic and disordered in my thoughts  
I remember disassociating into trances  
I did have learning difficulties  
I needed more nourishment  
I was so unpredictable in my behaviours back then  
I always had lots of problems arise as a child  
I remember being too friendly with strangers  
I was never good at giving others their personal space  
I was a little socially isolated  
I did have regular melt-downs  
I didn't feel emotionally safe  
I would get hurt just to receive some care  
I would become frozen with overwhelming fear  
I did have really bad nightmares  
I was lost as to how to cope  
I remember being so upset, but then flip back to ok  
I did perceive threats regularly  
I was aware of my parents own trauma  
I didn't know if closeness or distance provided safety  
I did feel that closeness increased my fear  
I do remember wandering off topic in conversation  
I was a victim back then

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### Anxious (child/adult)

I did lose a sense of trusting my environment  
I was afraid I would be abandoned as a child  
I connected with others mainly to relieve anxiety  
I did feel an inner emptiness  
I was terrified of being forgotten about  
I did have a tendency to obsessively complain  
I managed others so they would like me  
I did lie a lot and invented compelling tales  
I was a non-stop talker back then  
I didn't express my own thoughts back then  
I asked a lot of meaningless questions  
I tried to make good impressions via charm  
I would elicit all my cues from the environment  
I never felt comfortable in my environment  
I needed prompts to craft a perfect answer  
I thought I was insightful, but I lacked meaningfulness  
I evaded real feelings like fear, grief, anger and shame  
I remember avoiding feeling left out  
I did deceive others  
I remember being obsessive about things  
I achieved well mostly to be liked  
I remember being intrusive & interruptive in conversation  
I wanted to be in the centre of it all  
I gave my friends gifts mostly to be liked  
I elicited empathy in others, but only to avoid my terror  
I did maintain problems of others to avoid my own fears

### Avoidant (child) – Dismissive (adult)

I felt an eternal emptiness as a child  
I lost my sense of self  
I was rarely relaxed  
I kept busy to avoid my fear, sadness, anger and shame  
I avoided closeness to dodge exposing my vulnerability  
I would feel anxious only in quieter moments  
I never showed my vulnerability as I wanted to be strong  
I would be sad, but only to cover up feelings of shame  
I would persecute others to hide my own inadequacies  
I was open to care, but only when sick or injured  
I was a trickster and broke promises  
I was passive-aggressive, never assertive  
I was always pretty slow to finish a task  
I always thought others had the problem, not me  
I talked a lot, and abstractly, to hide my shame  
I did avoid physical contact with mum  
I did freeze up when I was touch by someone  
I was not very emotional  
I did use my body to express my need for distance  
I used aggression to create distance  
I was isolated because I actively avoided others  
I did deny my needs as a child  
I did avoid eye contact back then  
I remember not wanting to be so inadequate

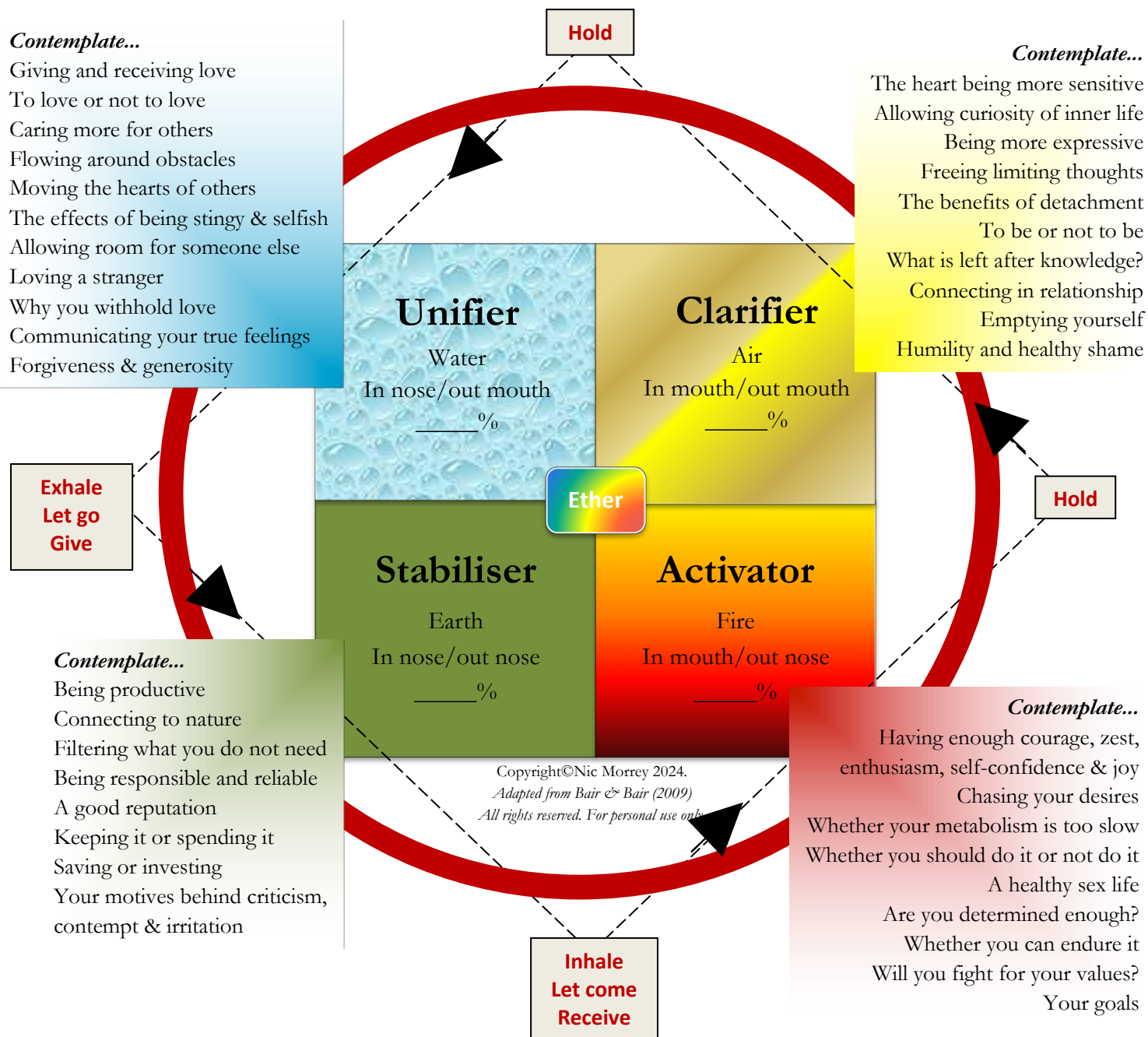
### Ambivalent (child) – Preoccupied (adult)

I remember being so dissatisfied  
I was interested in fire, gore and death  
I was not interested in morals, values and ethics  
I remember being quite manipulative  
I was a real dramatist back then  
I remember destroying my own and others property  
I did get into fights in the playground  
I didn't really care about others back then  
I was an extreme risk-taker  
I was quite unaware of the dangers to myself or others  
I stole stuff because I felt a scarcity  
I exploited others as they were a means to an end  
I was incapable of receiving or giving affection back then  
I never touched affectionately because it felt meaningless  
I did enjoy causing levels of distress in others  
I had short lived friendships because of levels of drama  
I was a deliberate academic under-achiever  
I had behaviour issues at home and at school  
I remember being angry a lot  
I could never sit still as I had too much energy  
I was a rebel  
I wanted to connect with people but didn't know how  
I was a gossipier  
I would never let my fear or sadness show  
I remember burning myself out and then switching off  
I remember being a bully

## Finding Peace via the Breath

Breathe through the emotions and restore the brain's potential for relaxation and more peace. But first some precautionary words. Unravelling anxiety must be done in the right order based on your inventory scores so change is as smooth as possible. Breath work is a powerful technique and will cause rapid change if practised consistently. It is advised to practice the earth breath first (nose breathing), especially if water % is not between 20-30%. Water represents emotional resilience and change requires you to be grounded. So only if water and earth are between 20-30% should you practice air or fire breath. Contemplate the earth & water questions before air & fire. Breath work is too risky to ignore this advice. Breathe through each quadrant counting 6 in each using the correct mouth/nose combination.

Start at the bottom of the circle (red) and breathe in evenly for 6. Hold the breath for 6 (yellow), hold the breath for another 6 (blue), and breathe out evenly for 6 (green). Then repeat this for 5 minutes or more multiple times throughout each day. When counting, find your pulse rate and use it as your counter. If 6 is too short or long then shorten the count to 4:4:4:4 or extend to 8:8:8:8. When you begin to control your breath and heart rate, this is the part of you which has been on autopilot for the last 400 million years. Control the breath & you will be in rhythm with your other primary rhythmic instincts; sleep, connection, comfort, nourishment, sleep, movement & heart coherence. From primary emotional reactivity to feeling responses.





## Dancing through the Holon

A holon is something that is simultaneously a whole and a part. To simplify a holon, let's look at the whole in separate parts. In dance, you are a holon with fundamental processes expressed via closeness, distance, following and leading. Within these fundamental processes, there are five main expressions, four of which are the temperaments Stabiliser, Unifier, Activator, Clarifier and the centre, the expression of Stillness.

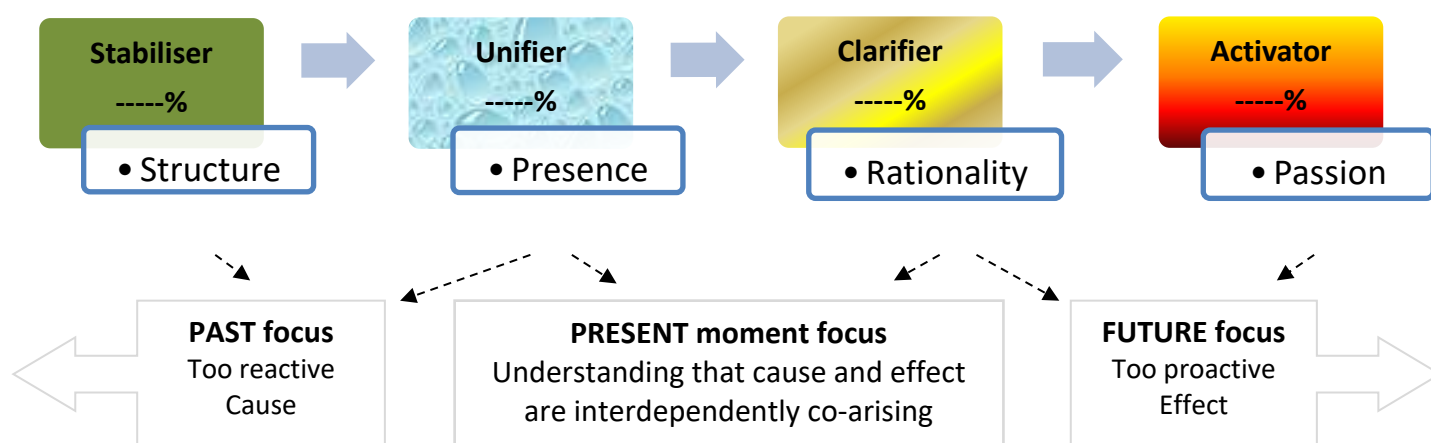
In a 'wave' of the 5Rhythms® dance movement process, the four temperaments are expressed on the dance floor as a moving meditation. We can begin with the rhythm of **Flowing**, being led by our feet (Stabiliser/Earth). As the tempo steadies into a clear and driving bass line, we move into the **Staccato** rhythm, where our body's movement is based in the hips (Activator/Fire). As the tempo increases in energy and becomes wilder, the rhythm of **Chaos** encourages us to combine Flowing and Staccato, getting low and fast and letting go of the head (Unifier/Water). After passing through this intensity, we come to the lighter rhythm of **Lyrical**, creative and playful movement led by our hands (Clarifier/Air). The fifth rhythm of **Stillness** (Ether) is expressed by very gentle but alive movement, led by the breath, as a culmination of the journey.





## Temperament & Time The Cause and Effect of Anxiety

Write down your % scores below. Your two highest %'s will indicate where you spend most of your time. Your temperament has a centre of gravity which, if you are unaware, will keep you stuck at a particular point or points on the time line. For example, if we have too much energy in the future then the application of goals can be difficult due to over-thinking about the greener pastures. If we have too much energy in the past then our goals can become inflexible and narrow sighted. If we have too much energy in the present then we can become too spontaneous and/or existential. If we have too much energy in both the past and the future and not enough in the present, this will cause a great deal of anxiety, and maintain the avoidance of it. An over-focus on the present can also cause anxiety (existential). Too much meditating and observing creates a build-up of energy which needs a release. Being in a relationship requires passion and presence as well as stability and rationality. It takes a lot of courage to chase desire and repair ruptures and remain in an authentic relationship.



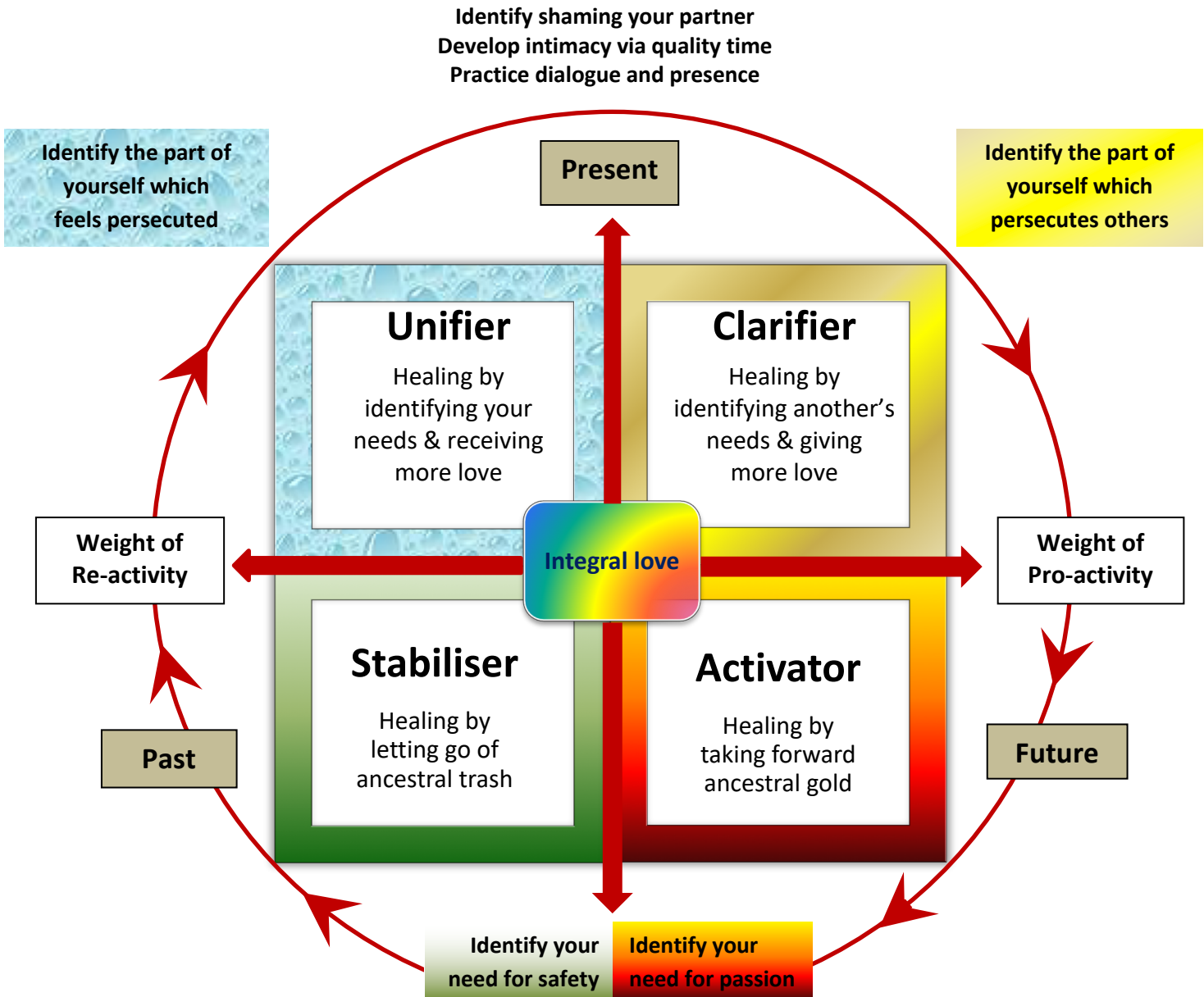
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Being aware of yourself 'in time' will allow you to identify whether you are on the cause (past) and/or effect (future) side of the street. It will also allow you to wonder about whether you have enough stability, presence, rationality and/or passion in your life. Research has found that Stabilisers attract Stabilisers, Activators attract Activators, and Unifiers and Clarifiers attract each other (Fisher, 2009). It is more difficult for Stabilisers and Activators to get on because of the unspoken positions between them (*unravelling shame*) which requires presence, clear cognition and dialogue. When in partnership, the Stabiliser and Activator often express foolish crazy and manic love which usually does not last long and can be abusive. The Unifier (feeling- women from Venus) and Clarifier (thinking – men from Mars) is the other great attractor of opposites. When we consider our genealogical past which is riddled with the historical power struggle between the sexes, it takes a lot of courage to face our shared history built on the victim/persecutor model. Being *still enough* to face the emotions (fear, grief, anger &/or shame) which reside in the present is the antidote to anxiety. Although it is very confronting to acknowledge our inner victim and/or persecutor, we do more damage to ourselves and to others if these qualities of ours go unnamed.

When completing this as a couple, which one of you is being too active (*right side dominance*) and which one of you is being too reactive (*left side dominance*)? Who wants to live in the now versus the other being too historical? Are you both caught in the past or stuck in a future dream? When completing this as a family, parents who are on one side of the quadrants usually attract children who will fulfil the opposite to achieve systemic balance. For example, if you as parents are both too proactively engaged with the future (*right side dominance*), the kids will fill the % of reactivity (*left side dominance*) the need for presence (now) and structure (past). Have you spread your energy evenly (*mindfully proactive*) – 33% in the past, present and future, where your anxiety can be used as your guide?

## Healing Trans-generational Wounds

A non-negotiable in being in relationship with others is to study one's own reactivity. This includes facing childhood wounds as well as taking a further step back into Meta-genealogical patterns which made us *who we are*. *Who you are* comes from the past with a small capacity remaining to curb the unwanted trash from your ancestry.



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### Exercise:

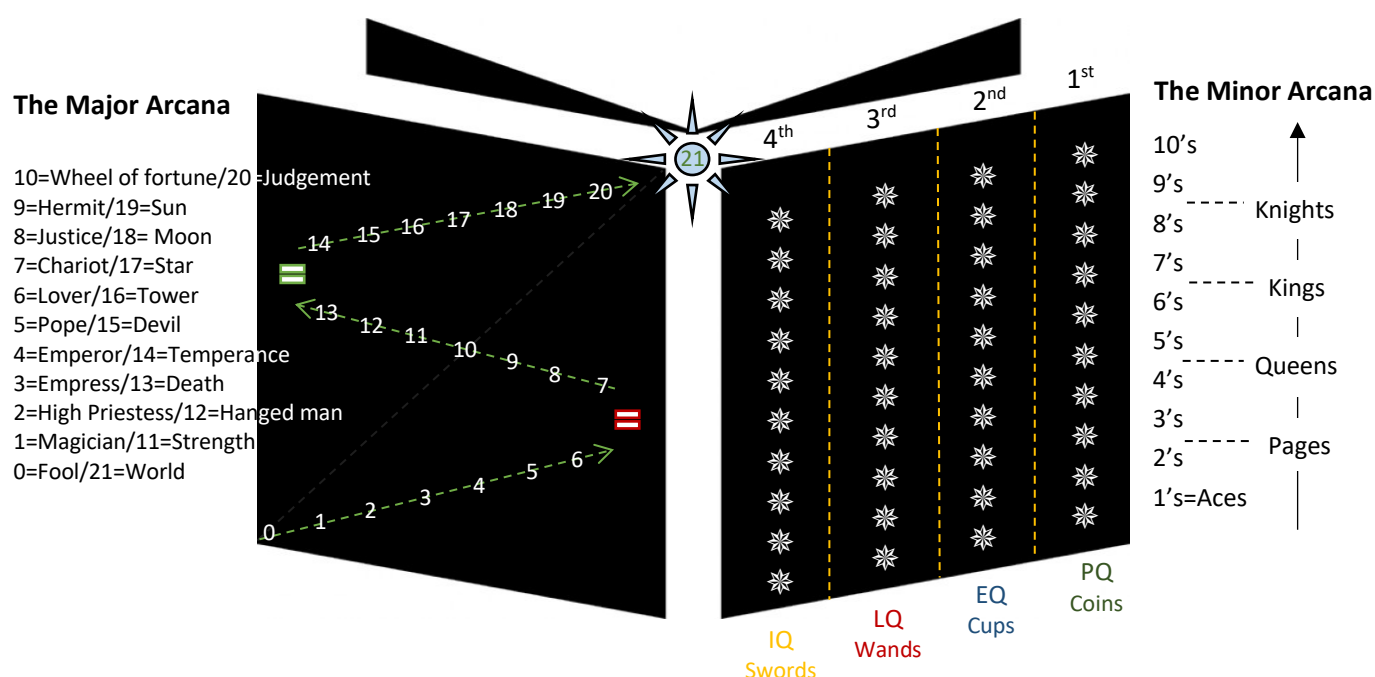
1. **Stabiliser:** What will you be leaving behind?...*contemplating the ancestral baggage you no longer need to carry*
2. **Unifier:** Can you receive love for its own sake?... *contemplating whether you give the love that you ought to be receiving*
3. **Clarifier:** Can you simply give love?...*contemplating whether you will lose touch with yourself in the process of giving*
4. **Activator:** What will you be taking with you?...*contemplating how to use your passed down ancestral gifts*

## Tarot: Images to Access the Soul's Journey

*The Tarot* is a great way to begin using images as a way to creatively in-form your stage of development. Consider the possibility that images, dreams, and symbols are the way we access our subconscious mind. The book of life below separates the Minor Arcana cards on the right and the Major Arcana cards on the left. The sentences below match up with the 10X4 meaning behind the minor arcana cards.

**Exercise 1:** Highlight 4 sentences below, one from each colour category which correlates to your PQ, EQ, LQ & IQ life stage. Try creating a life stage sentence with your highlighted statements. Start in any intelligence line and move anti-clockwise.

**Exercise 2:** With a Tarot Deck in hand, contemplate these 4 minor arcana images. Now find your two numerological linking Major arcana cards which inform a hidden journey toward the Centred Self (21=The World-total realization). The exercise below requires you to highlight your 4 separate minor arcana lines of intelligence (from Ace to 10), the aligning court cards (Knights, Kings, Queens, Pages) and a corresponding numerological pair in the major arcana. (e.g. 2 of swords, with Page of Swords, with High Priestess/Hanged Man)



E  
M  
O  
T  
I  
O  
N  
A  
L

My love life/grace is full, now ready to move into action  
I can leave one emotional world to establish another  
I have such a fullness of heart  
I am in service to others and I love this work  
I have met my soul mate and mirror love  
I am emotionally swept off my feet by this love  
With friends, fidelity & family I feel emotionally stable  
With the excitement of new romance  
I dream about love and am preparing myself for it  
I have infinite possibilities of loving and hating

10 I am able to listen with a love of clarity  
9 This is an illuminating and positive crisis  
8 I experience 'empty mind' in meditation  
7 I am finally becoming more receptive  
6 WOW.. there is joy in thinking  
5 That is exactly what I needed to know  
4 I can use my rationality to solve this  
3 With budding intellectual enthusiasm  
2 I'm thinking too much without action  
Ace What I think becomes my reality

R  
A  
T  
I  
O  
N  
A  
L

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C  
O  
R  
P  
O  
R  
E  
A  
L

I have material potential: health, money, house, work  
I make promises but can't yet sign the contract  
I'm starting to get used to being in the world like this  
In good health, sufficient finances & stable company  
I need to try this out as it will be physically beneficial  
Who said there wasn't pleasure in prosperity  
I can turn lead into gold  
I have sound health and prosperity  
I can complete my work in rest and material comforts  
This prosperity engenders bursting creativity

Ace My creativity & sexuality is in a state of potential  
2 I have all this accumulated sexual energy  
3 I really want to experience that pleasure again  
4 I routinely channel my creativity and sexuality  
5 What is this emerging desire? I need to chase it  
6 I can receive total creative and sexual pleasure  
7 I can give total sexual and creative pleasure  
8 I can now focus this energy and create my dream  
9 I can leave this and do that now  
10 With this creativity, I touch the core of us

L  
I  
B  
I  
D  
I  
N  
A  
L

## Formulate your own case - The right to write

Writing is a creative process. In psychological practice, note taking and formulation writing is central to the work, allowing writing to be a process that helps you process. This exercise allows you to become your own therapist. Use the questions below to find a combination which will get you flowing with the pen. When writing about yourself with these questions in mind, you are attempting to structurally organize disorganized parts. This is the intersection between art and science, between diagnosis and treatment. Writing and answering these questions is an indispensable integration tool which serves to organize your observations of yourself.

### Unifier questions

What are your sleep patterns like?

**Can you observe your emotional reactivity?**

Can you maintain relational intimacy with a partner?

**Do you have a set of values which guide you?**

What is your relationship with food like?

**Are you aware of the emotion/s you experience?**

What are your subjective impressions about yourself?

### Unifier skill set

Use your inner-tuition

**Now you have received the questions, just write**

Get support to write from a colleague or supervisor

**Don't be afraid of writing badly or honestly**

You don't have to be in the mood to write

**Writing it down means accepting responsibility**

Vulnerability in writing is health

**Write about ignorance, fear, anger, shame, grief, but don't forget about JOY.**

Find the power in writing - turn passive into active

**Open the door to the streams of insight**

Remember your right to write

### Clarifier questions

What are your intelligence lines, PQ, IQ, EQ and/or LQ?

**Do you have a preferred problem-solving strategy?**

Do you connect well with others in general?

**What's your social life like?**

Are there behaviours negatively affecting others?

**What's your general diagnosis of yourself?**

### Clarifier skill set

Start with the facts, then interpret them

**Don't get caught in your perfectionism or others critique**

Find the right word/s to use

**Writing gives us a place to say what we need to say**

God is in the details

**You can't be honest and boring at the same time**

Find the name for your experience as the guiding force

**Write with the intention to connect with self and others**

Don't write to say something new, just express your humanness

**Listen to music while you write**

Write about the paradoxes – the yes and the no

### Stabiliser questions

What's the presenting problem?

**What's reinforcing the problem?**

What's your developmental history attributing to this present issue?

**Are you on medication, for how long, have they helped and what are the side effects?**

What are your positive protective strengths?

**What has worked for you in the past?**

Are you and others safe?

**What do you need, to get more comfortable in life?**

How would you know if you were progressing?

**What is your treatment or healing plan?**

### Stabiliser skill set

Be concerned about the accuracy of the observation

**Listen and Write, don't speak and tell**

Physical contexts help to map psychological terrain

**Good writing comes from good notes**

Answer all the questions but keep them open

### Activator questions

What just happened to bring you here now?

**What's at stake, to win or lose?**

Are you aware of your goal/s?

**What gets in the way of meeting your goals?**

Do you have addictions, past or present?

**How much do you stretch and move your energy?**

Do you have high or low motivation/energy/libido?

**What is the action plan you will commit to?**

### Activator skill set

Don't write to impress

**Write as if in conversation, not as monologue**

Get a general sketch and fill in the details later

**Trust that the plan and structure will emerge**

Don't think too much about writing, just begin

**Writing is about energy, about perfect**

**imperfections, about humanity**

Watch the questions play out and develop with time

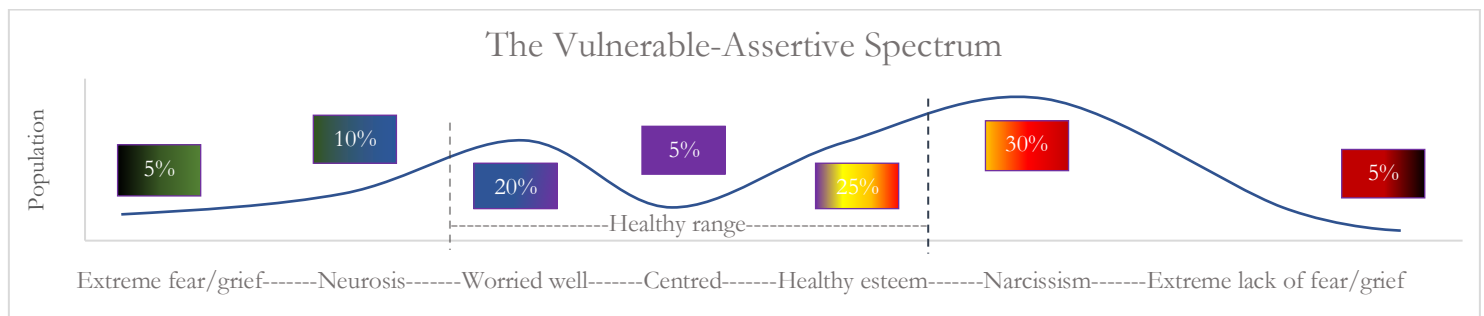
**Explore the whole, all your parts, then integrate**



## The 2 Developmental Reflections of Narcissus What is Revealed in the Dream Pool?

In the recent history of psychology, attention has been given toward helping the left side with a central focus on managing grief and fear, depression, anxiety and neurosis (helping individuals uncover the various defences against feeling emotional pain). Although these issues are still and will always be a focus, there is an area within the profession which has been unattended to; the right side. Consider the water in which Narcissus drinks and looks into, as deep grief. If he saw further, he would see the ground, as deep fear. But his surface image is reflected back to him and he is caught on the outside of the pool, the side of the pool which represents the objective outer world and an inability to access the coolness of the inner subjective life. Caught on the outside, unable to experience grief and fear, unable to hear even an Echo from an-other. The time has come for psychology to not only hear that Echo, but to also finish her sentence via identifying the source of the sound; the centre.

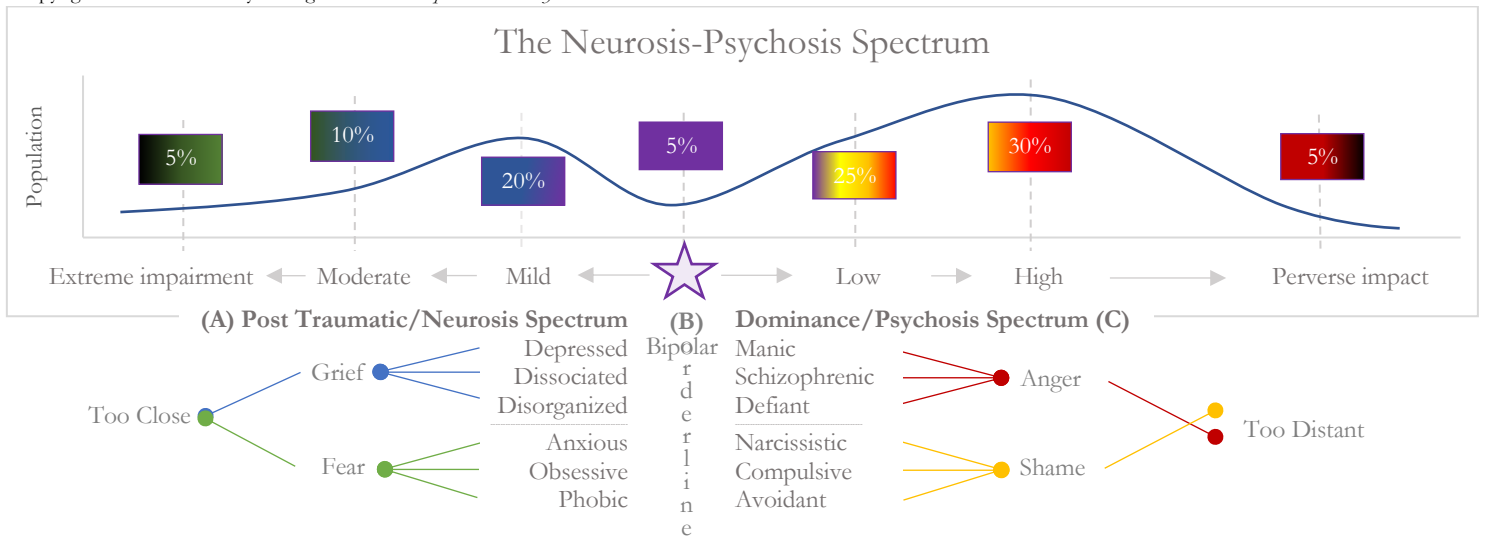
Narcissus faded away and now rests on the surface as a lily, as Pride and Vanity. The lily has not died. It is easily mistaken as something quite beautiful. The psychology today says... "learn to love yourself", "don't feel shame", "face your fears", "go out and get what you want", "get through your reservations", "get through your sadness", "find the courage to achieve" and "build your self-esteem". These statements are all relevant to uncovering neurosis, but extremely unhelpful to individuals who have problems on the other end of the spectrum; Narcissism. The flowers beauty allows narcissism to hide. A psychology which leans toward neurosis allows narcissism to thrive. The narcissist/psychotic uses vulnerability for leverage and boosts self-esteem too far. We are caught in a zeitgeist of having gone too far with healing neurosis, and have created a society of "I, me, mine" individuals who have run too far with the phrase 'healthy ego development'.



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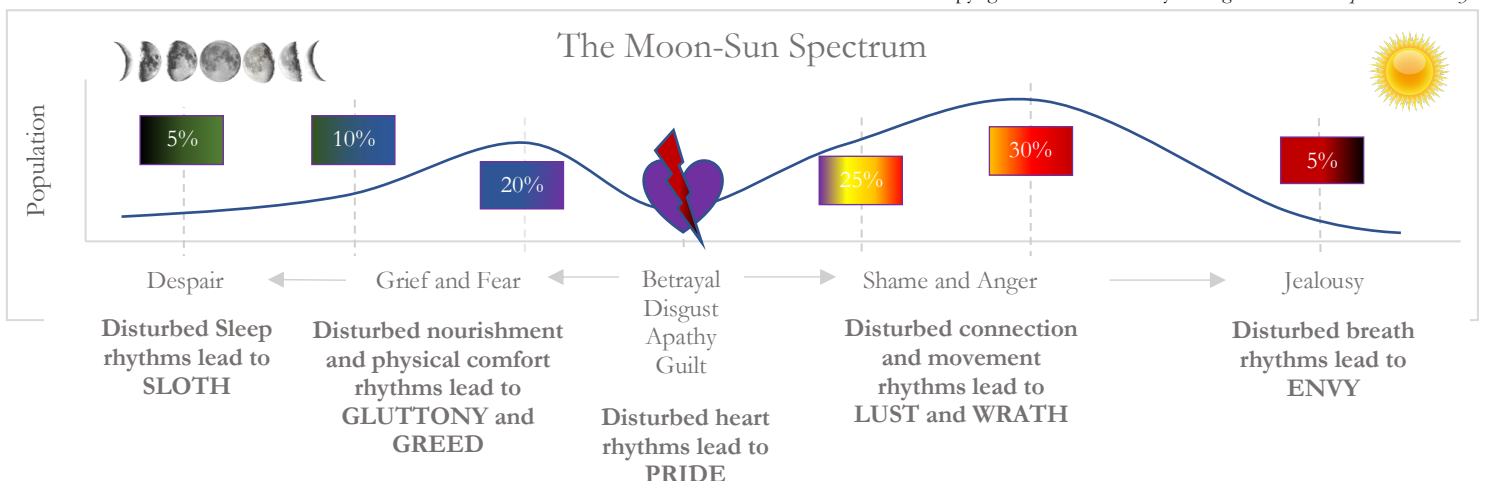
A majority of the population in need of treatment are slipping through the system. The right side avoids therapy, and if they do show up for example via a couple therapy rupture or criminal rehabilitation, require a therapeutic style unlike the style delivered to cure neurosis and the worried well. The two reflections of Narcissus are the avoidant and the ambivalent attachment style character traits. They both have their unique persecuting expressions, active covert aggression versus active overt aggression. One uses shame to get what he/she wants versus the other using anger. Combining the two narcissistic forces leads to deep Pride, Vanity, Envy and Perversion, driven to cover up anxiety and grief, driven to do what it takes, without conscience, without shame, without guilt, to get to the goal by dividing and conquering. Motivated by the thrill of control and desire for power, with agency gone too far, the prerequisite of remorse becomes a technique to hide behind. The only resolve is a crash into despair. To acknowledge I have come to hate what I have become and the sins I have committed. To firstly acknowledge my pride and vanity and secondly crush it like a cockroach under foot via feeling guilt and shame. To feel contrition, broken, caught by despair, and from there (*the left*), turn back toward the centre. A true repair requires feeling shame deeply, crossed with a willingness to make a deep commitment to making behaviour amendments via non-negotiable and positively reinforced action plans.

The Neurosis-Psychosis Spectrum below places all disorder categories at either end and with combinations of both ends. A characterological spectrum from which all personality disorder diagnoses hang; 15% of the population on the left and 35% on the right. Of that 50%, 10% are borderline (multiple polarities), 15% bipolar (single polarity) and 25% omnidirectional. A Post-Traumatic spectrum which brings awareness to a client's attempts to avoid feeling fear and/or grief on the left, and on the right, a Dominance spectrum which highlights strategies for feigning innocence through covert shaming and/or overt anger.



Secondary emotions crush the heart and cloud the centre's humility, with most of our population functioning under a borderline radar (multiple spectrums). The reason why so few are in the healthy centre is because the roadmap of the territory is not accurate enough. Spectrographs are along a line, but the walk is wiggly, nature is squiggly, we are wiggling sinewaves. There are no straight lines in nature and therefore a malleable humanistic, clinically informed, yet non-clinically delivered approach is required when unwrapping the boxed up and incorrectly/faded labelled delivery; our clients. Categorical identification is useful, but only when the 3 personality disorder categories (Cluster A,B,C) are accurate, the 4 elements of functioning and the 5 (FFM) trait dimensions are redefined. I have included 6 bipolar categories; 3 originating from unconscious Grief and 3 from unconscious Fear, which then, in the attempt toward making them conscious, are expressed as Anger and Shame.

The APA recognizes the importance of a dimensional and categorical combination, presenting a slightly better alternative DSM 5 model for personality disorders. Selfishness, grandiosity and vanity (Narcissism) are hard to measure. It doesn't mean they don't exist if they're hard to measure. Schizophrenia is now on a spectrum. Medical & Psychiatric domains have a crude way to categorize PD, but when it comes to treating those who fall within the DSM's Siberian desert, this dis-order needs to be clarified by psychological experiential expertise. Character study is an art and a science, highlighting the science -practice schism. Accurate treatment of PD requires both, and referrers need simply write PD-Non-trait specified, to keep the dimensional aspect of the category active. By clearing the road, the drive is smoother. A client has more chance of healing when a clinician knows *where* to take the client, and more importantly *how*, otherwise it's all statistical and mechanical trial and error and no humanness.



Sensitivity is lost when diagnoses are made with old road maps where the client is misdirected down the long road home, or worse, hit a dead end. Knowledge is updated rapidly in the medical profession, and unfortunately, the new knowledge is that categorical empiricism has its limits, especially when limited information inform average hypotheses. Getting rid of the Axial categories was a good start.

Like a self-fulfilling prophecy, if the therapist does not focus on regaining the 7 natural rhythms, starting with providing connection (*to close the gap in being too relationally distant*), the original narcissistic/psychotic wounds remain. The DSM 5's new premenstrual dysphoric disorder related to reproductive rhythm, like heart, sleep and breath rhythms, feel the pressure. As the sun and moon are central to survival, the heart and breath are intricately woven with sleep and bodily reproductive rhythms. The health of our species depends on rhythmical realignment. The Moon and Sun spectrum takes the spectrum into art, leaving science to catch up. The Moon and Sun are equal size when viewed at a total eclipse, yet the Moon is getting 4cm smaller and further away every year. Whether by day or night, their influences on us are still presently equal. Nature's rhythms are where we go for answers, and the answers are within us all, revealed to us within the dream pool. It is an art to see past our own reflection and let go of narcissistic traits. Anyone seeking power is at risk.

And now to introduce the topic of dreams, seeing past one's own reflection made possible by the sun. Icarus fell to water and earth, unable to control air and fire. Successful flight is as good as it's guide. These exercises were passed down through the contemplative tradition of Kabbalah via my teacher Catherine Shainberg and Tibetan dream yoga practices. When we align with the 7 natural rhythmic forces, we are guided to the Centre of ourselves. Working with one's inner images becomes the guide to show the way there. So, let's start with deep subjectivity on the far left; Sleep rhythms.

Get a fit-bit and begin using it at night times to monitor your REM (amount of time dreaming) and DELTA (deep formless sleep). Have a relationship with your sleep patterns and notice how you feel when you hit DELTA, 3 or more times.

### Tibetan Dream Yoga

- Firstly meditate; concentrate on an object.
- Use every object of waking experience as a cause for increased lucidity and presence.
- In meditation secondly, concentrate on the space in between the objects.
- Feel the difference between an action and a reaction
- Be aware of 3 obstacles; Agitation, Drowsiness and Laxity
  - To further develop lucid dreaming,
    1. reverse the day in your mind before sleeping,
    2. wake in the night and consciously engage in the dreams
    3. Write them down

*Agitation* – restless mind, jumping from one thought to the next. The antidote is, before sitting, calm the mind, avoid too much physical and mental activity, do some slow stretching and consider the long breath.

*Drowsiness* – like a fog, heaviness that blunts awareness. The antidote is to concentrate on an object to penetrate sleepiness. If this doesn't work stretch, take a break, practice whilst standing.

*Laxity* – calm, but in a passive weak mental state where concentration has no strength. Pleasant and relaxing but there has been no change in the quality of consciousness. The antidote is to strengthen attention, straighten posture, awaken the mind and guard the stability of presence. (Wangyal, 1998, p88)

## Remembering your Dreams

1. State your intention...e.g. I want to remember. Make it short and clear
  2. Keep a dream book next to your bed, write in it the date of tonight and leave the book open with pen ready or have a tape recorder.
  3. On awakening don't move, don't let the mind start thinking and return to your original position when you first awoke
  4. Write dream down immediately...trigger words also, even though it may seem trivial...no censoring
  5. Don't interpret...but be interested in numbers
  6. Write down your feeling next to the dream
  7. Share your dream with someone, especially to the person you just dreamt about
  8. If the dream has a necessity, address it...but remembering the dream is enough...for strengthening your inward relationship.
- (Shainberg 2005)

## Dream Ladder

**From colour to light. From slow to fast vibration**

KABBALAH		TIBETAN	
Dream of union	Transparency	Clear light dreams	Lucid (Beyond subject/object duality)
Dream of light	Pure light		
Great dream	Intense saturated colours	Dreams of Clarity	Non-lucid/lucid Arise from transpersonal karmic traces
Clear dream	Pastel and everyday colours		
Busy dream	Mixed colours	Ordinary dreams	Non-lucid/lucid Arise from personal karmic traces
Repetitive dream	Mixed, dull, grey green/purple		
Nightmare	Red, black, fluoro acid colours		

## Developing the Witness Within Subject becomes Object

- If you are not aware of your experience (subjectively and objectively), you will not be aware of your behaviour.
- If you are not aware of your behaviours you will not be aware of your dreams.
- If you are not aware of your dreams you will be unaware in the Bardo (the causal realm).
- If you first identify what you are attached to, only then can you develop a dialogue between the inner and outer world.... and strengthen awareness from your non-polar centre (non-dual Self).

## Dream Sharing

The sharing of dreams dates back to Egypt 4000 BC. Those whose dreams were especially vivid or significant were thought to be blessed and were given special status in ancient societies. Freud stunned the world of psychiatry by stressing the importance of dreams, and he revived the once dead art of dream interpretation, the royal road to a knowledge of the unconscious activities of the mind.



## Dream Sharing Rules

### 1. CHOOSING THE DREAMER

- Determine who in the group has a dream to share and write names down
- Choose the dreamer by seeing with eyes closed, the name or face of the dreamer (Breathe, counting 3 to 0, on 0 breathe out a ring of light in which the name or face appears)
- The votes are counted and the dream to share is determined

### 2. DREAM PRESENTATION

- The dreamer tells the dream without interruption and each person writes it down as they hear it.

### 3. CLARIFICATION

- The participants ask for clarification of a storyline and specifics of what the dreamer saw and felt. They are allowed to ask for short descriptions of the known people, localities, objects etc., in the dream. E.g. ask “What can you tell me about X...?” and don’t try to get more information than the dreamer is willing to give.

### 4. REALITY CHECK

- The dreamer is asked which parts of the dream conforms to reality, e.g. Is the number dreamed the actual number of the house? Go through the dream sentence by sentence from beginning to end.

### 5. PATTERN WORK

- All the participants do this alone, determining what is similar to what; what resonates with what
- Underline the significant words
- Work with numbers (numbers are condensed forms of meaning.. add complex numbers to make 1 number..e.g.  $349 = 3+4+9 = 16 = 1+6 = 7$ ...Kabbalah)

### 6. THE DREAM OPENING

- The dreamer stays silent while other ‘secondary’ dreamers dream the original dream. All secondary dreamers start their dream opening by saying “as the secondary dreamer of this dream, I feel...”
- They address the whole group, they do not focus on the ‘original’ dreamer. Avoid looking directly at him or her.
- They stay close to the dream without changing the story of the dream but interpret from their own perspective.

### 7. RETURNING TO THE ORIGINAL DREAMER

- The original dreamer has the final say about his/her dream.
- The original dreamer puts the limits where he or she wishes and does not have to reveal to the group what feels to be kept private.

### 8. OPENING THE DREAM TO ASSOCIATIONS

- The whole group can now share associations and thoughts with the original dreamer, if appropriate

### 9. CLOSING OF THE DREAM

- Close your eyes. Breathe counting 3 to 0, on 0 breathe out a ring of light in which appears the different images of the dream just opened.
- Now flood the dream forms with light and turn them back to formlessness.
- The whole group considers the dream as meaningful to each and every person present.
- Because the dream was dreamt in expectancy for the group, the dreamer’s dream is considered part of the dialogue for the group.

*(Shainberg, 2005) <http://www.schoolofimages.com/bio.html>*

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