

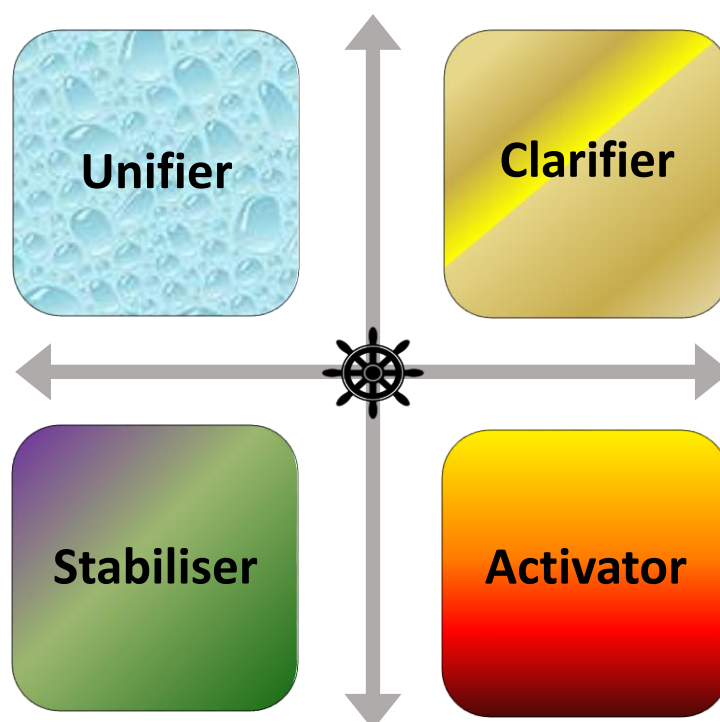
# The 4 Faces of Love

**Stabiliser ☉ Unifier ☉ Clarifier ☉ Activator**

A guide to relating from your centre

The Psychology of Spirituality

A Practitioner's Guide toward becoming an integrally informed therapist



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Go on-line & answer the 20 questions

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## Foreword

Welcome to the psychology of spirituality pre-reading pack. It has been a pleasure to write this preamble to the 4 faces of love: a manual for finding your centre. It has helped my life, my marriage, and my work as a therapist. In defining spiritual intelligence, I have set up a framework from which all meaning can hang from. This work has been developed over the last 10 years using multiple references. I have resynthesized research synthesizers and developed a way to bring awareness into our role as therapists, how to creatively identify our own stage of development as well as our clients.

The paper flows from firstly defining spiritual intelligence (SQ), and how general intelligence lines inform our temperaments. I have refrained from using traditional temperament testing templates such as the 9 enneagram types which would fit nicely into the 3x3 book of life, or the 16 MBTI types which would fit nicely into the 4X4 book of life, and have rather used a graded Page/Queen/King/Knight 15<sup>th</sup> century Tarot structure to highlight that temperaments are structured via the 4 major lines of intelligence (*PQ-physical, EQ-Emotional, IQ-Intellectual & LQ-Libidinal*), which equate to the 4 Faces of Love (*Stabilizer, Unifier, Clarifier & Activator*).

I have included some exercises from the main manual to give you a taste of what you will receive in the training. These exercises included here are central to unraveling script pathology and identity neurosis, central themes which are valuable to help define 'who we are' as part of defining spiritual intelligence. I have briefly covered the spiritual shadows as part of this definition and will be helpful for reciprocally developing our own character structures as well as our clients.

I have hypothesized that our structures and intelligence lines are built very early, (*or metagenetically inherited*) from a quality of deficiency or good enough parenting related to a lack of environmental constancy which feeds the voice "There is something wrong", a lack of emotional constancy which feeds the voice "There is something wrong with me" a lack of libidinal constancy which feeds the voice "I need to fix myself" and a lack of construct constancy which feeds the voice "I have to fix the other". We are built from these 4 voices, and spiritual intelligence (SQ) requires working within this pre-personal territory **as equally** as working within the personal and transpersonal territories.

I am also introducing LQ-Libidinal intelligence which relates to understanding the source of our longings and desire. It relates to the Activator temperament, where, at its best (*Knight of Wands*), can tell the difference between a desire for pleasure driven by a lacking (*as above*) and between following a purely creative and pleasurable impulse driven without lack. Knight LQ then rides to the lands of IQ, EQ, and PQ to inform them of this strength, and in doing so, helps these other lands to develop.

Lastly, you will notice I have used the same template to illustrate the 4 quadrants as structures, lines, states, and types. Upper left (I) *states of consciousness* is the subjective study of the individual and correlate to the Unifier temperament. Lower left (We) *structures of development* is the inter-subjective study of the many and correlate to the Stabilizer temperament. Upper right (It) *lines of intelligence* is the objective study of the individual and correlate with the Clarifier temperament. Lower right (Its) *personality types* is the inter-objective study of the many and correlate with the Activator temperament.

In effect, I have collapsed the 4 quadrants (*I, We, It & Its*) into the 4 aspects of our being (*States, Structures, Lines, & Types*) with the 4 temperaments (*Unifier, Stabilizer, Clarifier & Activator*), correlating to the 4 intelligence lines (*EQ, PQ, IQ & LQ*). Furthermore, I have suggested, for simplification purposes, 4 tiers of development corresponding to Robert Kegan's (1994) 4 orders of consciousness (*see endnote*), where 4<sup>th</sup> tier equates to Clare Graves 2<sup>nd</sup> tier.

Enjoy the read, and I look forward to seeing you in Bali 2-7 September 2017 where we will have the opportunity to explore this work in depth. Remember to go on-line and answer the 20 questions and bring the print out of your unique shape.

Warmth



Nic Morrey

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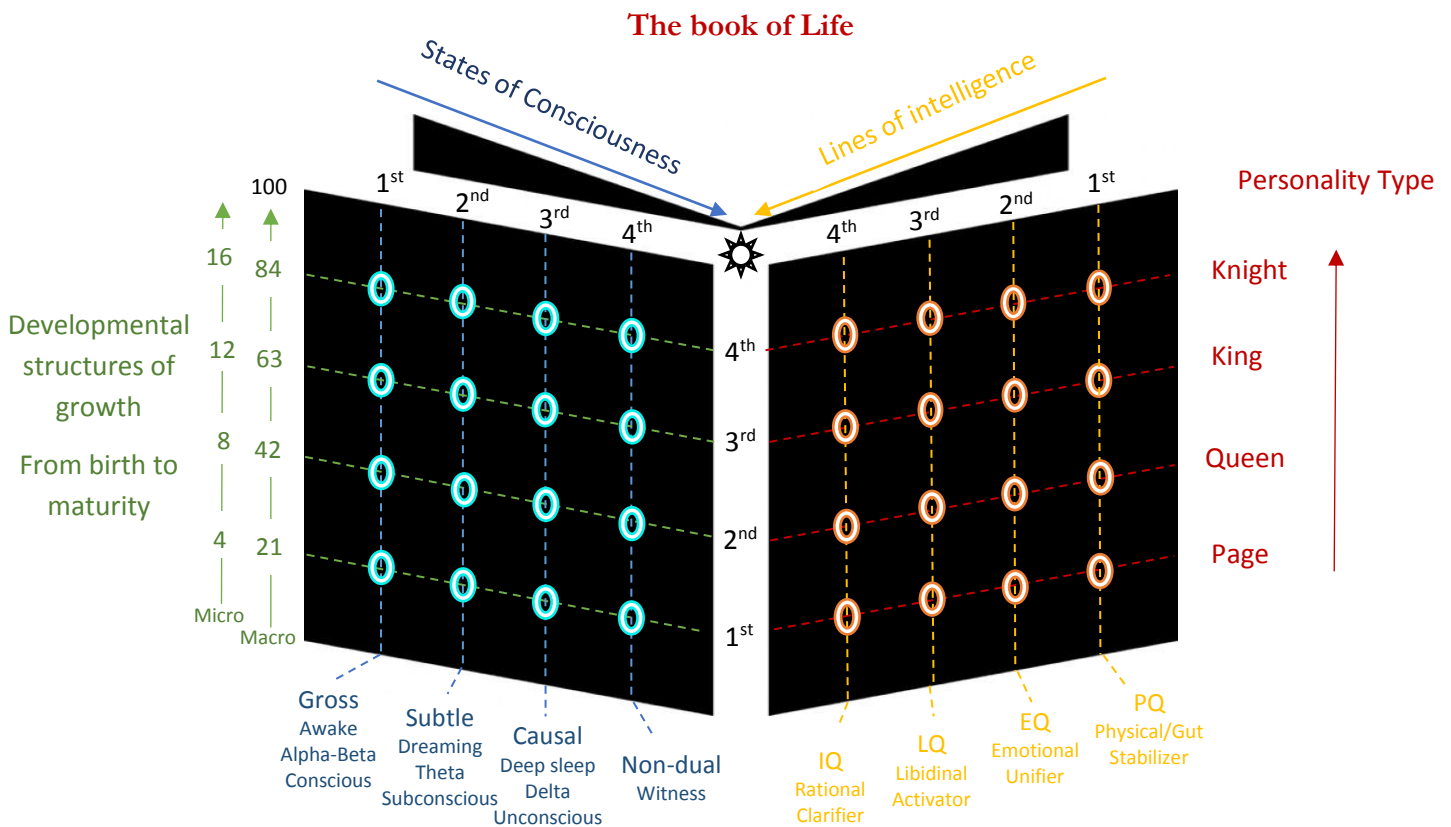
Endnote: First order consciousness corresponds (roughly) to Incorporative and Impulsive stages and describes awareness which is fixed upon sensation and movement and impulse. It is awareness but it is not really yet a self. Second order consciousness corresponds roughly to the Imperial self-stage. It is awareness of self as a singular point of view without any real comprehension of others as independent selves in their own right. Third order consciousness corresponds to Interpersonal and Institutional Self-stages and describes a sense of self which is aware of both self and other as independent needful beings all of which are (or ought to be) guided by a consistent set of values. A final fourth order of consciousness is also described which corresponds to the Interindividual self-stage in which self-determination and tolerance and acceptance of formerly rejected aspects of self and society becomes possible.

## What is Spiritual Intelligence (SQ)?

Spiritual intelligence requires answering the following super-view questions.

1. What is my/our true identity, desire for wholeness, shadows, level of faith, wisest perspective, morality, values, and capacity for intimacy, compassion, to love and to unveil paradox...which are needed to answer question 2?
2. What is of ultimate concern for our future trajectory together and how should I/we act/not act, whilst aiming toward wholeness, inclusivity, and connection?  
And a further question for helping professionals...
3. How does spiritual intelligence in-form therapeutic practice?

Here's a way to get the super-view (SQ) with the minimally correlated building blocks (green, blue, yellow & red) on the front cover, all leading to the one single point of identity (the star).



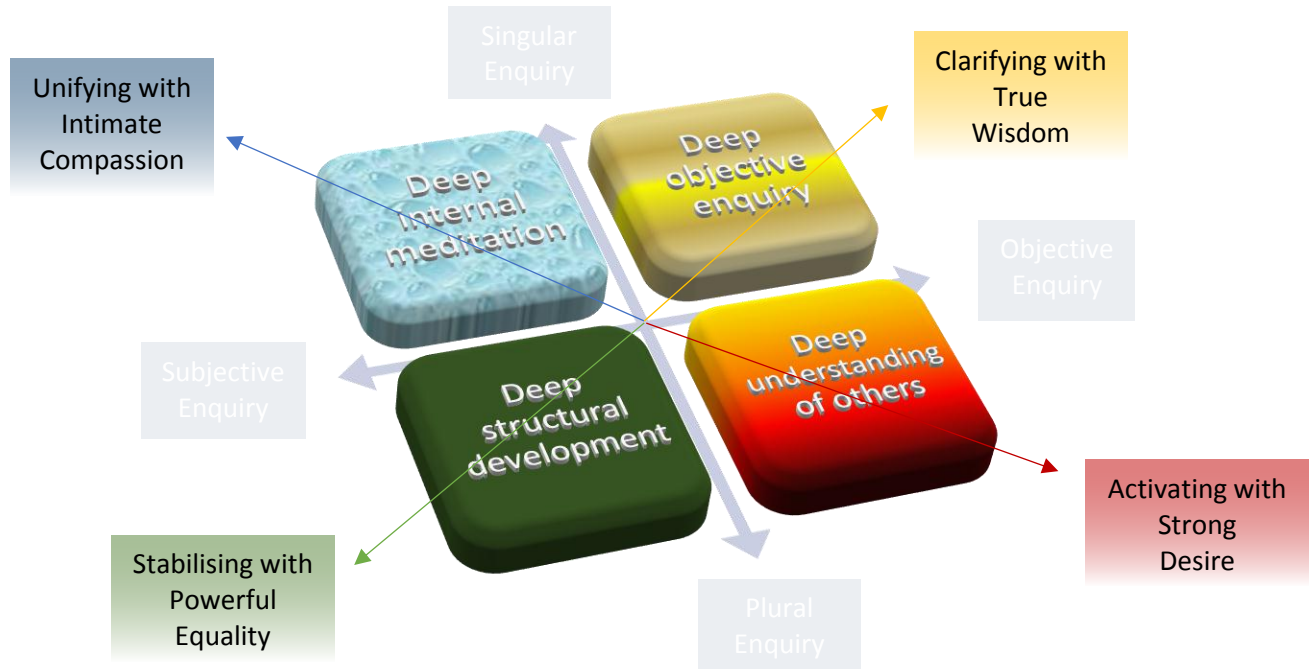
There are two developmental directions (*in green*), 1. the vertical, upward, macro, major 4 tier growth movements, and 2. the horizontal, micro, minor growth movements through the 16 stations. Researchers have coined groups of three life development maturation stages below, any of which can be applied to the green left-hand column above for the major/larger 1-2-3-4 tier growth movements, and equally applied for successful mini growth progressions moving from one of the 16 stations to another station, in sequential order or otherwise.

4 <sup>th</sup> Tier	The Centred Self						
3 <sup>rd</sup> Tier	Post-rational	Play it	Transpersonal	Include	Synthesis	Repair	Integration
2 <sup>nd</sup> Tier	Rational	Tune it	Personal	Transcend	Antithesis	Rupture	Differentiation
1 <sup>st</sup> Tier	Pre-rational	Build it	Pre-personal	Descend	Thesis	Connect	Fusion

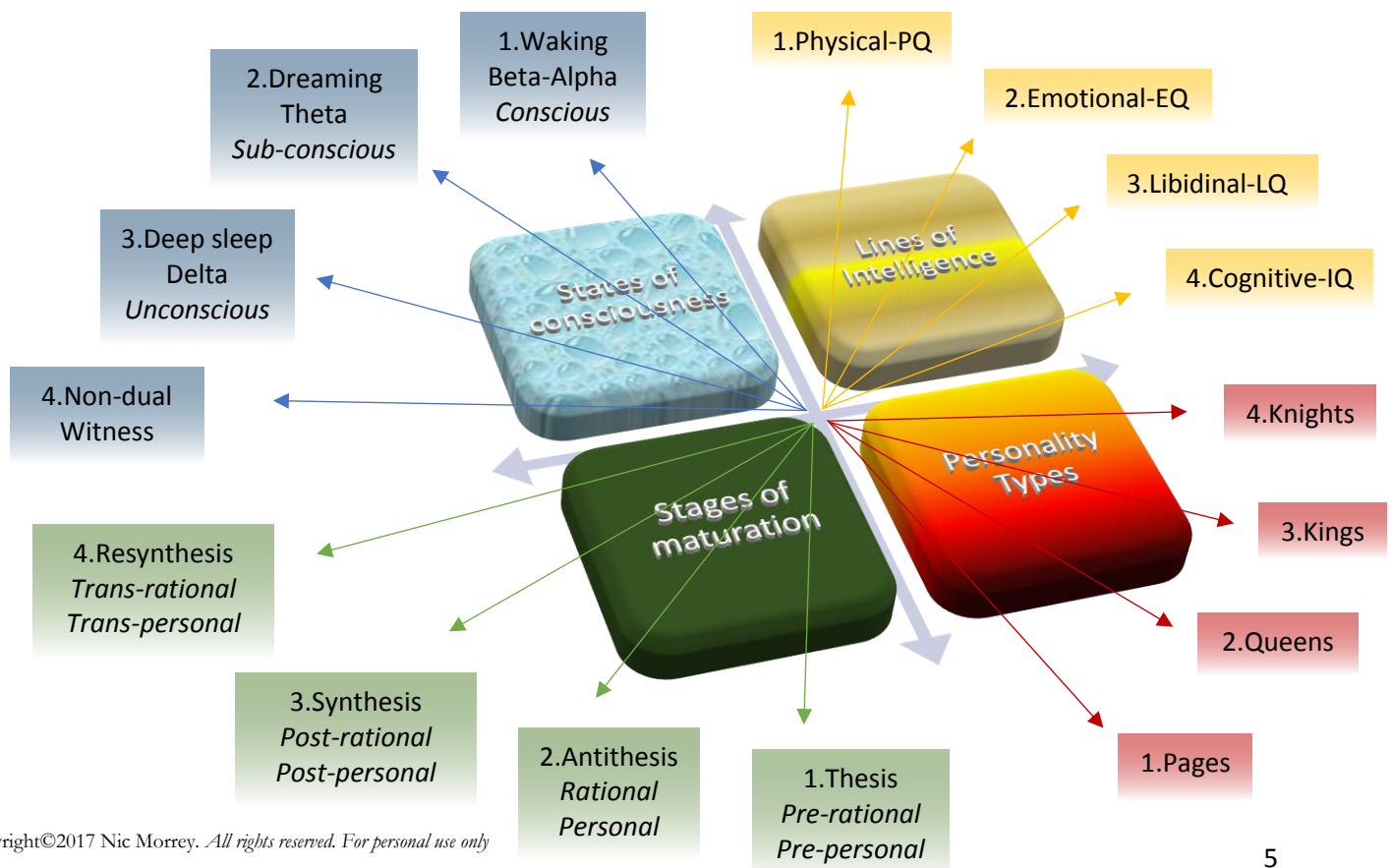
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## Defining Spiritual Intelligence (SQ)

1. What is the deepest point of view from your Centred Self?  
(both Subjectively & Objectively as well as Singularly & Plurally).



2. What is of ultimate concern from the differing 4 tiered views from a). Structures of maturation, b). States of consciousness, c). Lines of intelligence & d). Personality types? (Considering how each quadrant informs another).



So from the above, the 4 tiers of Spiritual Intelligence, in general, would go something like

Tier 1. When I am *unconsciously* open to not knowing what I don't know

Tier 2. When I am *sub-conscious* aware of what I don't know within the maturation stages ahead of me, *and*

Tier 3. When I am *consciously* aware of what I know from my 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> tier stage of development

Tier 4. When I am simply conscious of all that is arising moment to moment

Or alternatively, intelligence is not just about having the 'smarts', but rather functioning from balancing 4 intelligence lines  
1. Physical, 2. Emotional, 3. Intellectual & 4. Libidinal, all heading toward greater *Stability, Unity, Clarity* and *Activation*.

## Intelligences indicating temperament

**-PQ** = (Physical) Driven to master the self and what is good (*Plato/Kant*). How aware am I of my 5 senses, body, kinaesthesia (*Gardner*), my instincts (*James/Darwin/Hebb*), natural rhythms (*Shainberg*), naturalistic, environmental (*Gardner*), cultural, historical, developmental, corporeal needs (*Vygotsky/ Mead/ Gebser / Wilber/ Elgin/ Kegan/ Maslow*), and the structures of loving equality (*Hellinger*)?

**-EQ** = (Emotional) Driven to know thyself and what is unifying (*Plato/ Socrates/ Aristotle*). How aware am I of my full range of my energy in motion e-motions (*Goleman*) as a state and/or trait, namely my origins of Fear (*Watson/ Plutchik/ Ekman*), Anger (*Freud/ Kohut*), Shame (*Kaufman/ Brown*) and Grief associated with early attachment/differentiation capacities (*Bowlby/ Anisworth/ Kubler-Ross*), affect regulation (*Winnicott/ Kohut/ Bion/ Fonagy*), vulnerability, intimacy, compassion, empathy (*Brown/ Gottman*) and state training (*Wilber*) to turn positive states into lasting traits?

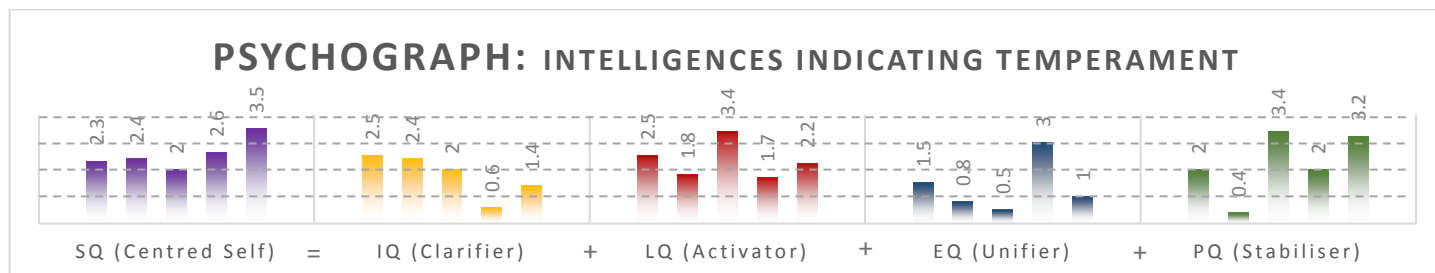
**+LQ** = (Libidinal) Driven to creatively play with others in what is beautiful (*Plato/Kant*). With social, sexual, & libidinal impulse, how aware am I of what fuels desire (*Freud/ Kant/ Lacan/ Girard*), attractions (*Fisher/ Housen*), drive to socially connect (*Perry/ Selman*), drive for sex (*Perel/ Freud*), eroticism (*Fortune*), romance (*Fisher*) creative potential (*Sternberg/ Wallas/ Kaufman*), our collective group mind intelligence (*Lery/ Kerckhove*) and discovery of healthy power?

**+IQ** = (Intellectual) Driven to know the other and what is true (*Plato/Kant*). How aware am I of concepts, ideas, constructs, objectivity (*Kegan*), maths, logic, reason (*Pythagoras/ Kant/ Plato/ Piaget*), spatial (*Gardner*), rationality, verbal, memory (*Wechsler*) financial, language (*Vygotsky/ Chomsky*) and ability to think about the world and orally define what it is?

All of the above equates to Spiritual Intelligence, and further includes;

**SQ** = (Spiritual) Driven by harmony. How aware am I of my true identity (*Loevinger/ Cook-Greuter/ Gilligan*), gender (*Wilber*), intrapersonal inner life (*Aurobindo/ Underhill/ Avila/ Buddha/ Wilber*), energy source (*Siegel/ Shaniberg*) faith (*James/ Fowler*) morals (*Kohlberg*), values (*Graves/ Beck*) and unveiling paradox/existentialism (*Frankl/ Gardner*)? What is my view of something greater and more inclusive from my unique temperament & intelligence psychograph (*Wilber*)? What is of ultimate concern for our future trajectory together? how should I/we act/not act? How are we all connected (*Wigglesworth*)? And what's holding me back from my true potential (*Dweck/ Witt/ Wilber/ Masters*)? Of all the arts, I have added musical intelligence (*Inayat Khan/ Steiner*) as a spiritual intelligence due to its vibratory nature (music of the spheres); the tone, timbre, rhythm, melody, pitch, sensitivity, creation, recognition, reflection, mathematical and emotional expression which, like SQ, requires the combination of all lines of intelligence.

So, we notice that all intelligence lines of development (*I'm sure I have missed some of them*) are covered in the 4 major lines and the 1 overarching spiritual line. This leads to the 4 major lines of intelligence becoming the 4 personality types, **PQ = Stabilizer**, **EQ = Unifier**, **LQ = Activator** and **IQ = Clarifier** and **SQ = the all-encompassing Centred Self**. In essence, we have collapsed *lines of intelligence* with *personality types* to highlight an individual's awareness levels on a 4-tiered developmental psychograph. The closer we get to tier-4, the greater the view. The more we develop in one colour, the more the other colours want to catch up in search of wholeness. Here's an example.



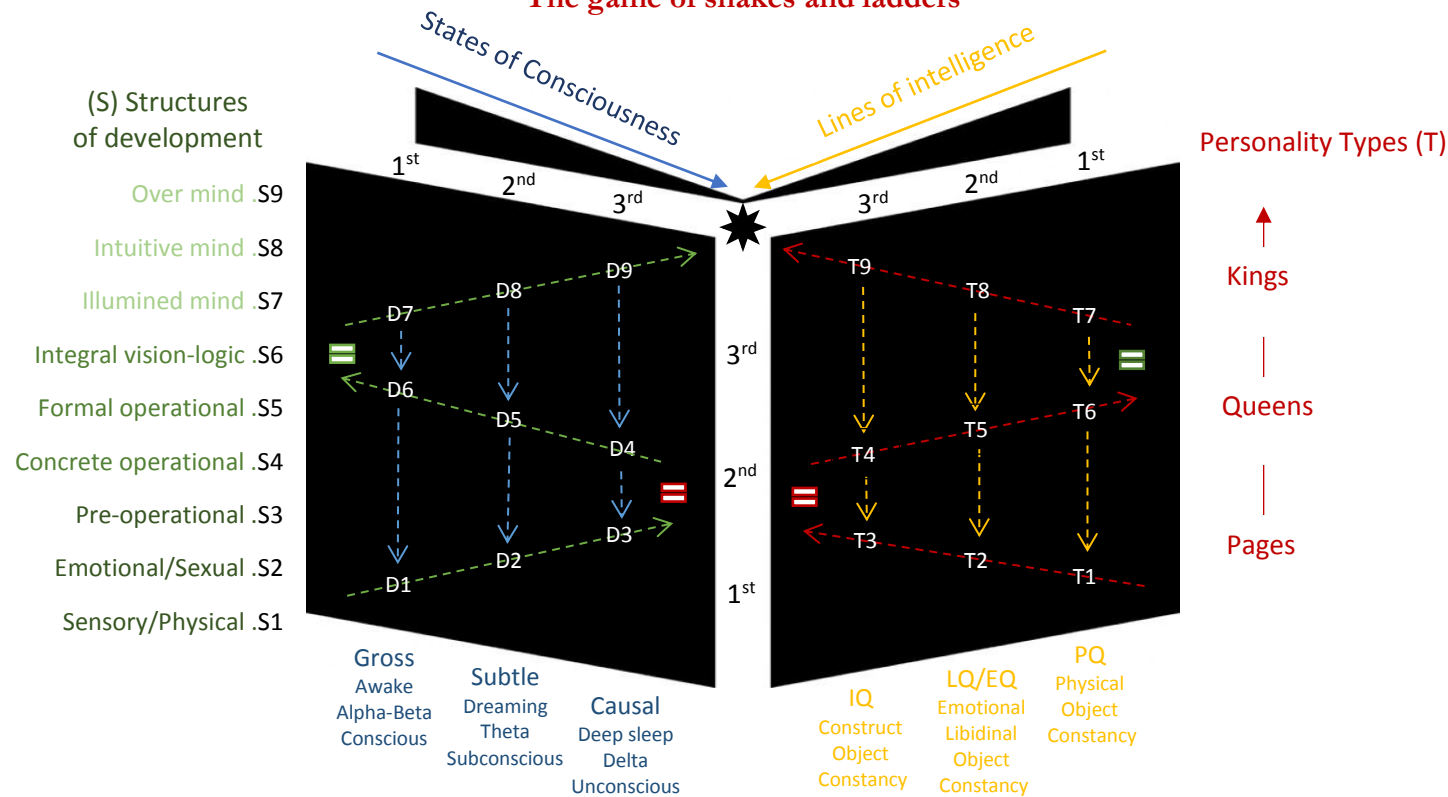
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## Unraveling and Repairing the Gordian Knot of Temperament

Perspectives	Stabiliser	Unifier	Clarifier	Activator
Greek Gods	Epimethean - dutiful	Apollonian - soulful	Promethean - technological	Dionysian - artful
Intelligence attribute	Corporeal/Material	Emotional	Rational/Intellectual	Libidinal/Social-Sexual
Lao-Tzu	Master yourself-Power	Know yourself-Wisdom	Know others-Intelligence	Master others-Strength
Drive	For Structure	For Awareness	For Intelligence	For Interaction
Fisher	Builders	Negotiators	Directors	Explorers
Rubin	Upholders	Obligers	Questioners	Rebels
Gillette/Moore/Barry/Kantor	King	Lover	Magician	Warrior
Brain Chemical/Hormone	Serotonin	Oxytocin/Oestrogen	Testosterone	Dopamine/Norepinephrine
MBTI/Keirsey Types	SJ (Sensing Judging)	NF (Intuitive Feeling)	NT (Intuitive Thinking)	SP (Sensing Perceiving)
Galen's Humors	Melancholic	Phlegmatic	Sanguine	Choleric
HBDI - Herrmann	Left Limbic System	Right Limbic System	Left Cerebral Cortex	Right Cerebral Cortex
Elements/Directions	Earth - North	Water - West	Air - East	Fire - South
Keirsey's Temperaments	Guardian – seeks security 40-45% of population	Idealist – seeks identity 15-20% of population	Rational – seeks knowledge 5-10% of population	Artisan – seeks sensation 30-35% of population
Keirsey & Bates	Stabilisers	Catalysts	Theorists	Improvisers
Imago phases	4.Repair/Re-commit	3.Power struggle/rupture	2.Romance/connection	1.Passion/attraction
Greek love types	Pragma	Agape	Storge	Eros
Alchemy	Retraction	Adaptation	Expansion	Production
Buddhism	Solidity	Fluidity	Expansion	Energy
Wilber	collective interior-We	individual interior-I	individual exterior-It	collective exterior-Its
View	Inter subjective-Cultural	Subjective-Intentional	Objective-Behavioural	Inter objective-Social
Plato	Sensible (Pistic)/Good	Intuitive (Noetic)	Reasoning (Dianoetic)/True	Artistic (Iconic) Beautiful
Aristotle's Sources of Happiness	Material ( <i>Propraietari</i> )	Ethical ( <i>Ethikos</i> )	Logical ( <i>Dialogike</i> )	Sensual ( <i>Hedone</i> )
Hippocrates' Humors	Somber (Black Bile) – Gall Bladder	Calm (Phlegm) - Lungs	Cheerful (Blood) - Liver	Enthusiasm (Yellow Bile)- Spleen
Tantra/Sexual Body Part	-Male chest/heart	-Yoni	+Penis	+Female breasts
Astrology Sun/Moon/North node	Taurus, Virgo, Capricorn Self-Transcendence	Cancer, Scorpio, Pisces Self-Development	Gemini, Libra, Aquarius Self-Expansion	Aries, Leo, Sagittarius Self-Expression
Hindu Paths	Raja Yoga: Meditation	Bhakti Yoga: Devotion	Jnana Yoga: Knowledge	Karma Yoga: Action
Tarot/Cards	-Pentacles-diamonds	-Cups-hearts	+Swords-spades	+Wands-clubs
Rights	To be here, to have	To love and be loved	To understand	To desire
Johnson: Iridology	Stream	Flower	Jewel	Shaker
Conflict Strategy	Appreciate conflict	Let go/Flow/Compromise	Creatively listen	Communicate/Confront
Traditional Chinese Medicine	Cold and Dry	Cold and Wet	Wet and Hot	Hot and Dry
Irenaeus' Temperaments	Historical	Spiritual	Scholarly	Spontaneous
Spränger's Value Attitudes	Economic	Religious	Theoretic	Artistic
Torah archetypes	Isaac-Discipline David-Sovereignty	Abraham-Kindness Understanding	Aaron-Humility Wisdom	Moses-Endurance Joseph-Foundation
Kabbalah	Gevurah/Malkuth	Chesed/Binah	Hod/Chokmah	Yesod/Netzach
Tetragrammaton	Hay	Hay	Vav	Yod
Zohar Sages	Ben Azai	Rabbi Avika	Ben Zoma	Elisha Acher
Christian Patron Archangels	Uriel	Gabriel	Raphael	Michael
McCarthy Sexual Style	Traditional	Soul Mate	Complementary	Expressive
Gospel	Luke: People-centred	John: Symbolic	Matthew: Orderly account	Mark: Fast paced
Ezekiel's Four Living Creatures	Ox: Sturdy	Man: Independent	Eagle: Alert	Lion: Bold
Old Testament	Ezekiel	Daniel	Jeremiah	Isaiah
Ayurveda	Kapha	Kapha/Pitta	Vata	Pitta
Body Type	Endomorph	Endo/Mesomorph	Ectomorph	Mesomorph
Wizard of Oz	Dorothy	Tinman	Scarecrow	Lion
Harry Potter	Hufflepuff: Hard working	Slytherin: Shadow	Ravenclaw: Intellectual	Gryffindor: Courageous
Narnia	Susan: The Practical	Lucy: The Carer	Edmund: The Just	Peter: The Leader
One Hundred Acre Wood	Eeyore	Pooh Bear	Rabbit/Roo	Tigger
5Rhythms Dance	Flow	Chaos	Lyrical	Staccato

So from here, let's assume that if there are different tiers of intelligence, enlightenment or clarification, the view from a lower rung on the ladder will be limited, and requires *a particular kind of support* to take that next step. Let's focus on the 3 tiers for now.

**What Therapy When? (Adults Only)**  
**The game of snakes and ladders**



Imagine the blue and yellow lines as snakes, *the necessary and extremely important intelligence gathering descending regressions which don't allow any bypassing*, and the red (steps to eros) green (steps to agape) ladders as *the earned ascending progressions* leading to a central prize of wholeness. This table identifies the classic disorders (D1-3) with higher stage disorders (D4-9). The terms disorder and pathology are used here to identify problems left unattended within normal life stage development.

(S) Structure		(D1-9) Disorder	IQ Care	LQ Care	EQ Care	PQ Care
Transpersonal Disorders	S9	Causal Disorders	The Path of Sages			
	S8	Subtle Disorders				The Path of Saints
	S7	Psychic Disorders			The Path of Yogis	
Personal Disorders	S6	Existential Pathology		Existential Therapy		
	S5	Identity Neurosis	Introspection	↓ ↓	↓ ↓	
	S4	Script Pathology	Script Analysis			↓ ↓
Pre-personal Disorders	S3	Psycho Neurosis		Graded uncovering		
	S2	Narcissism/Borderline			Building structure	
	S1	Psychoses				Physiological pacification

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Imagine you're on an escalator, taking you through a landscape of stages 1 to 9, and like *time*, it does not stop. Along the way, you collect white or black tokens. The white tokens represent passing through challenging progressions and the black tokens represent the usual/normal or abnormal road blocks which cause suppression and later regressive detours to re-visit and re-member. When re-membered, the black tokens turn to white tokens and disorder (D1-9) turn to order. i.e (S/D1) Mistrust becomes Trust, (S/D2) Shame becomes Autonomy (S/D3) Guilt becomes Initiative (S/D4) Inferiority becomes Industrious (S/D5) Role confusion becomes Solid identity (S/D6) Isolation becomes Intimacy (S/D7) Stagnation becomes Generativity (S/D8) Despair becomes Integrity and (S/D9) Attached becomes Integrated or Despair becomes Hope & Faith (Erikson, 1998).

## What Therapy When?

So how do we refine our temperaments from lead into gold; from unhealthy to healthy? To do this, we create a care plan by separating the left (*states & stages*) from the right (*lines & types*) side of the book of life to make a clean diagnosis. Stages of development (*left side*) are necessary but not sufficient to create high levels of intelligence (*right side*). Intelligence & temperament develop in correlation with one's early developmental capacity to fuse with another, differentiate from another, and then integrate that experience. So, for example, with a developmental diagnosis of D3 Neurosis/Page/Clarifier who lacks construct constancy, uncovering techniques are the therapeutic modality to use. This is the developmental level where meditative state changes are introduced to relieve symptoms.

**S1/C1**- Physiological/Pacification for **D1** Psychosis (*mistrust to trust*)– return to pre-personal/Sensory-Physical stage/Oral phase (0-2 years) Loss of Object Constancy/deficiency in the holding environment. A sense that '*something is wrong*'. Needs environmental consistency, physical security, pharmacological solutions, custodial care, some body work (massage therapy), family intervention programs, cognitive therapy for delusions, psychoeducation in combo with interventions, Gym work in a group setting, trust building exercises, Ecotherapy. No meditation

**S2/C2** – Structure building techniques for **D2** Borderline/Narcissism – (*shame to autonomy*) return to pre-personal/Emotional-Sexual stage/Anal/Phallic phase (2-4 years) Loss of Emotional constancy – A sense that '*something is wrong with me*'. Needs to be rewarded for moves toward separation/autonomy, and continuation of routines headed toward individuating. To gently confront fusion, splitting, projections, fantasy, and fear of engulfment. Long term psychoanalysis. Trust building relationship to provide emotional constancy with the therapist, and others within varying contexts, dialectical behaviour therapy, working with images/symbols/cards for preverbal access to the subconscious mind, combined interventions; social skills training for APD; CAT, CBT, family and interpersonal psychotherapy for eating disorders. No meditation

**S3/C3** – Uncovering techniques for **D3** Psycho Neurosis – (*guilt to initiative*) return to pre-personal/Pre-Operational stage/Oedipal phase (4-6 years) Loss of Construct constancy – A sense that '*I need to fix something-self or other*'. Need supportive style therapies to remove the symptoms, acknowledge needs, adjust, to socialize and begin to build the ego by confronting disassociation. To resolve anxiety, OCD, Panic, Cognitive/Emotional conflicts, Hypersensitivity, Hysteria, Depression, CFS, Somatic complaints via Behavioural modification, CBT, Crisis intervention, Eco-therapy for flooding, some Gestalt, some Psychoanalysis, basic relaxation, counting breaths, some TA, REBT, Smiling Minds quick meditations, Solution-focused therapy, Eco & Brief therapy, EMDR for PTSD, CBT & RET for OCD & GAD, control & exposure therapy for panic.

**S4/C4** – Script Analysis for **D4** Script Pathology – personal/conventional issues e.g. adjustment, acceptance, want's work and love, respect, goals & belief in self. Concrete-Operational/Ego Building stage (*inferiority to industrious*) – needs to know what is my role (cognitive script) and what are its rules that have been playing since childhood. Confront, untangle and clarify these possibly formulaic roles and rules to see if they still apply now. NLP, TA, Family Constellations Therapy, Schema Therapy, Imago therapy, Type testing, ACT & introduction to more beginner's meditation. Cognitive focus as opposed to emotional focus.

**S5/C5** – Introspection for **D5** Identity neurosis – Personal/Conventional, Formal-Reflexive operational, Ego Extending stage issues (*role confusion to solid identity*) e.g. challenged by choices, capacity for self-reflection, need for autonomy and authenticity, therapy changes from symptom relief to holding space for client to find their own truth, central identity, and residue within previous structure stages. Therapy includes leading pointers to certain themes, lending presence to empathically witness, co-philosophizing, co-educating, engaging, activating and draw out so as to exercise the clients own mind. Psychoanalysis, Jungian, Gestalt, Hakomi, Rogerian, Winnicott, some TA, Primal therapy, dance therapies (*open circle, 5 rhythms, dancing freedom*), Person-centred, Experiential, Psychodrama and Group therapies, Socratic dialogue, Ego therapy, Voice Dialogue & Somatic Trauma work (*TRE, SIBAM, Radix, SE, Rothschild, van der Kolk, Porgas*) to re-integrate unresolved/split off pre-personal residue.

**S6/C6** – Existential Therapy for **D6** Existential Pathology – Personal/Conventional – Integral Vision Logic – Ego Extending stage issues (*isolation to intimacy*) e.g. Opening to *the real, the being*, the finite, the mortal individual self via support which encourages higher interiorization of consciousness. Therapy continues to ground autonomy and authenticity that provides existential meaning to combat dread, angst, inauthenticity, a flight from finitude and death, existential depression and assists clients to not forget their centre when challenged by the great paradoxes such as intimacy versus isolation. Encouraged to find meaning on the inside, not from the outside and integrate differences. Humanistic, nature & existential therapy. Challenge narcissism by behavioural corrections without cognitive rationality.

**S7/C7** – Path of Yogi's intervention for **D7** Psychic Disorders – Spiritual contemplation beginners stage 1 – Ego reduction stage issues (*stagnation to generativity*) leading to challenges arising from further examination of interiorization such as stagnation and a withdrawal from social/community giving activities, and/or when a yogic practice brings on unsought spontaneous awakenings or insights which cause *regressive* neurotic, psychotic or psychotic-like symptoms due to a loss of *self-sense* boundaries. Therapy encourages *backing-off* from the practice for some time, then returning to the yoga practice in combination with continuing psychotherapy at the identified C1-6 level of care.

- With psychotic residue, meditation should stop immediately and be re-engaged at C2 structure building (psychoanalytic), until *the self* has more structure.
- Therapy includes inquiry into faulty spiritual technique or inadequate spiritual teacher qualifications.
- Therapy includes differentiating from **D7** depression which does not lead to suicidal ideation, with **D6** existential or **D2** Borderline depression which can lead to suicide.
- Therapy includes steering client away from ascetic withdrawal and encouraged to incorporate the ideal into the real (routines, workplace, family life).
- With Anxiety, meditations should be simplified or stopped for a few months to work out whether it is a borderline, neurotic or existential anxiety and to be re-engaged at C2,3 or 6 level of care.
- With Hysteria residue, this can turn into psychosomatic disease and may require a combination of bodywork like acupuncture, good spiritual guidance from the teacher and psychotherapy.
- If the physical-emotional body is strained and fatigued, a Sattvic diet is encouraged with restricted intake of stimulants (caffeine, sugar, nicotine, social drugs), and a return to C5 somatic trauma work.
- When **S7** is stable, modalities to encourage *progression* are Psychosynthesis, Transpersonal, Hakomi, Diamond approach, Arni Mindell, Kabbalah, Tantra, Shamanism, Nature Mysticism, Core process group work, Jungian analytic & Eco-therapy.

**S9/C8** – Path of Saints intervention for **D8** Subtle Disorders – Spiritual contemplation intermediate stage 2 – (*despair to integrity*) Encountering and understanding deep-seated defilements that give rise to all forms of human suffering and pathology, and blocking this understanding due to an inability to let go of one's identity, its attachments, and desires. Destroyed by luminosity or by denying/resisting Gods/Spirit's love. If understood, this can lead to a false enlightenment, a delusion of feeling more advanced than one is, and requires, alongside the care of the spiritual discipline teachings, a psychotherapist who is empathic/sympathetic to spiritual concerns, advocating the adept to intensify meditation, keeping in mind that the development of emotional constancy at the pre-egoic **D2** & egoic **D5** levels should have by now been successfully integrated. Modes of therapy include teachings from the highest levels of any of the main religions which advocate being fully present, wisdom, compassion, stability, activation, mysticism, devotion, commitment, silence, holding space etc; embodied archetypal attributes in which one might consider to be the view from the highest point.

**S9/C9** – Path of Sages intervention for **D9** Causal pathology – Spiritual contemplation advanced stage 3 – (*attached to integrated*). Final detachment from all manifest form requires a 'fall' into the heart of being, into perfectly ordinary enlightenment. The two obstacles which cause the pathology are 1. Failing to detach from attachments and 2. Failing to integrate the physical/gross, emotional/subtle and thoughts/causal states; not overcoming the disjunction between form and emptiness. Therapeutic support simply requires staying with 'ordinary, everyday mind' with open eyes. 'Before enlightenment chopping wood, after enlightenment chopping wood', where all phenomena are already perfect expressions without the need for further meaning or interpretation.

*Adapted from Wilber 1986 Transformations of Consciousness. For personal use only*

## Spotting Spiritual Shadows

Asking the **FAITH** questions for a spiritual history (*Faith - do you have a particular faith? Application – how do you apply your faith? Influence – How do your beliefs influence your life? Talk – Who do you talk to about spiritual issues? Help – Do you have someone to guide you?*), are not enough to get to the core secret or private *spiritual issues*, the *issues* that are more appropriately opened within the safety of the separate therapeutic context. Spiritual people need psychotherapy as equally as psychotherapists need spirituality.

When imagining ‘the view’ from each station (S1-9), consider the difference between a childhood spirituality (*S1 to 3 = 50% centre of gravity @ tier 1-Page*), Middle-age spirituality (*S4 to 6 = 50% centre of gravity @ tier 2-Queen*) and Old-age spirituality (*S7 to 9 = 50% centre of gravity @ tier 3-King*). Now imagine each of the three spiritual stations has a full 50% enlightened view from the physically awake/gross state of consciousness. Yet, when our experiences in the gross/physical realm hit the tier 1, 2 and/or 3 road blocks (*black token*), our 50% view lessens as we suppress the pain and store it cellularly, readable in the subtle realm (emotion, dreams, images, subconscious) and causal realm (thoughts, deep formless sleep, unconscious); the effects/affects later discovered via regressions.

As the escalator (*time*) remains steady, suppression compounds at each station creating greater disorder and disassociation and the need for coping strategies/care. With the right approach, the aim is to convert black tokens into white by re-memorizing the in-form-ation cellularly stored and accessed via the subconscious (emotions) and unconscious (thoughts) and to bring them forward and out into the awake, conscious and aware state for re-organization; making our subjectivity, objects in awareness, which leads to owning projections and full maturity at tier 1, 2 and 3.

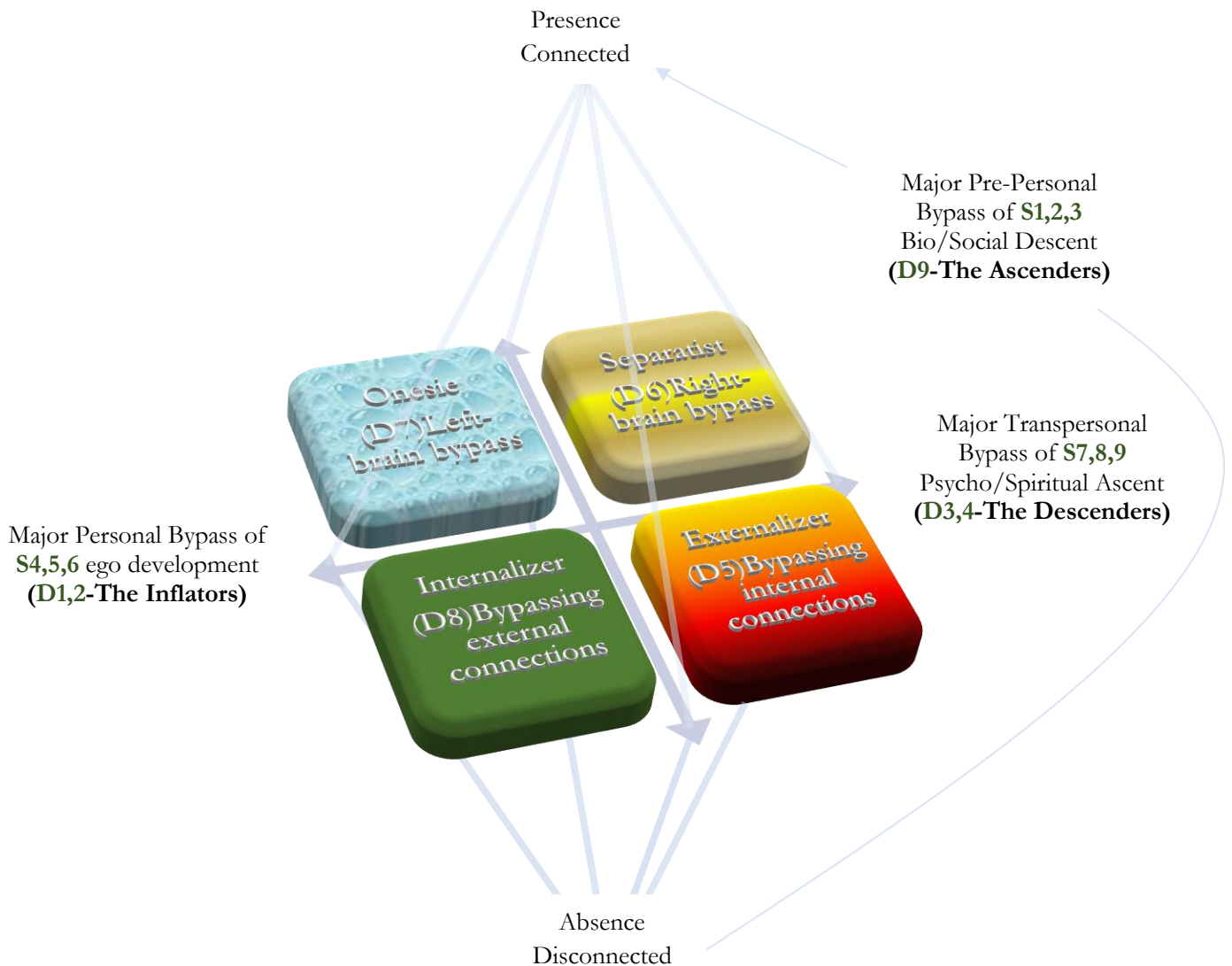
So, by the time we arrive at station S5 (*the centre of the cross in the diagram below*) at 42 years of age (*macro*), our 50% view at tier 2 is more often uncentred (D5), causing us to lean toward one of the several ways listed below. In defining spiritual intelligence (SQ), we need to define *what spirituality is not* (attempts toward SQ) via the 7 spiritual bypasses below; attempts at moving toward wholeness, whilst trying to avoid pre-personal pains linked to the beliefs ‘*there is something wrong*’, ‘*there is something wrong with me*’ & ‘*I need to fix this*’.

As we reach out toward wholeness in our relationships, we are unconsciously attracted to the same pre-personal (*S1,2,3*) wound (*black token*), with the other having an opposing defense/coping strategy (*i.e. 50% Personal view S4,5,6 versus 50% Transpersonal view S7,8,9*).

So, what is Spiritual bypassing? It includes the following

- Using the spiritual to bypass the personal e.g. Espousing ideals of unconditional love but not permitting love to show up in its more challenging personal dimension.
- The use of spiritual practices and beliefs to avoid dealing with painful feelings, unresolved wounds, and developmental needs.
- Spirituality which accepts the light whilst avoiding its heat.
- Not only avoids pain but also legitimizes such avoidance.
- The shadow of spirituality
- Exaggerated detachment
- Emotional numbing and repression
- Overdone niceness V's emotional depth and authenticity
- Overemphasis on the positive
- Anger-phobia (confusing anger with aggression and ill will)
- Blind or overtly tolerant compassion
- Weak or too porous boundaries
- Lopsided development e.g. IQ too far ahead of EQ or PQ or LQ
- Debilitating judgment about one's shadow side
- Devaluing of the personal relative to the spiritual
- Delusions of having arrived at a higher level of being (*Masters 2010*)

## Spiritual Bypassing (Types)



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**Exercise:** Most of us have lopsided spiritual development. See if you can identify which way you lean by reading the characterological bypassing descriptions 1-7 on the next page. They are confronting descriptions, and perhaps only partly true, but use them to describe and define spiritual intelligence (SQ) below, by picking out the gold from each of the bypassing traits.

I define my spirituality by...

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1. **The Inflators** (D1,2) – My Spirituality is defined by my bliss. I'll repress personal pain by going straight to joy and happiness and bypass the big 4 emotions, *grief, anger, fear and especially shame*, which somehow seem below the gods. In order to stay in the bliss, I need to keep righteous and special in my and others views of me, both of which keep me preoccupied in holding up my pedestal, needing to enrol others to validate my spiritual egoless specialness. Although my bliss is undeserved, I justify it in many ways. Denying selfishness (closeted narcissism) I use spirituality to feel good about myself and take on characteristics of my spiritual hero's so I can feel 'above it all', whilst investing in a secret agenda of others being 'below it all', so I can save them.

(When EQ invades PQ and PQ invades IQ)

2. **The Descenders** (D3,4) – My spirituality is defined by what is real, tangible, rational, immanent, relational and seen in nature under the microscope. 'If I see it I'll believe it'. I don't even like using the term 'Spiritual' because the sacred is in the mundane/in everyday routines. I don't repress desire. Heaven, if there must be one, is about what I create down on earth rather than something I might find in an afterlife. I repress anxiety and protect and provide, combining safety with passion and the courage to face conflict in order to create change. I honour power and strength and have little time for metaphysical, existential or spiritual vulnerabilities concerning this planet or toward those who can't argue their point.

(When LQ invades EQ and IQ)

3. **The Internalizer** (D8) – My spirituality is defined by the term 'know thyself' as emptiness and being, before attempting to change anything or anyone on the outside. I find refuge internally and alone through certain practices. My high level of sensitivity gives me the insight needed for the world to change, but the cost is my compassion fatigue. I avoid pain by sitting on my emotions in meditation, prayer or fatigue. I repress desire and needs which involve the external world as I need secrecy and privacy. I will express myself to others, but with control, with a public mask. I lose integrity and spontaneity due to my social fears and don't want to be a part of a too full and overwhelmingly busy world.

(When PQ invades EQ)

4. **The Externalizer** (D5) – My Spirituality is defined by action, doing, fullness and social connection. My heart is on my sleeve. I normalize my pain by seeking validation from others. I bring the private domain into the public space to avoid feeling empty. Virtues are built on the steps of sin, by testing and then taming desire. By making mistakes and then correcting them. The material world is a playground to spontaneously explore desire and the senses. I avoid my pain by staying busy and in groups. There is no time for spiritual unless it is social, with safety in numbers, driven by others needs and the need to be seen as altruistic. My bestowal comes at the cost of avoiding significant personal or more selfish issues, which creates a tension and a need to either switch off or explode.

(When LQ invades PQ)

5. **The Onesie** (D7) – My Spirituality is defined by the term '*we are all one*', by intimacy and making significant connections with as many others as possible. '*The Royal We*' are the chosen ones who find ways to collapse boundaries and find a creative 'yes' answer to most solutions. Apart from occasional angry outbursts, I am in a bubble of compassionate regard, soft loving-kindness, affirmations, positivity and nice. We have a deep desire to save the world with our great vision of processing at a round table yet bypass the pain within the personal, less ideal realm and avoid subtle personal opinions of self or other which just get in the way. Splitting off from masculine agency (Animus) we are martyrs in service with covert other-worldly power, yet quite passive within the herd, fusing with others where my desires imitate and mimic the desires of the group or chosen leader.

(When EQ invades LQ)

6. **The Separatist** (D6) – My Spirituality is defined by the creation of boundaries, bringing wisdom by defining the details in differences. As the holders of tradition, of law and order, I, the harsh judge, am often required to cut through the messiness of irrationality or sin. At the expense of bypassing compassion, there is no personal mercy where truth be known, where humiliation overrides humility. Often 'yes' answers need to be a plain 'no', justifying harshness and hard love because of another's softness, fusion, and looseness or rivalling righteous competition. Splitting off from feminine communion (Anima), I am a spiritual law abider who risks finding myself alone in my righteous kingdom with nobody left to preach to.

(When PQ invades LQ)

7. **The Ascenders** (D9) – My spirituality is defined by my highest ideal which can only be understood or felt via intuition, nature, stillness, presence, peak experiences and altered states of consciousness. Spirituality is the absence of conflict. I attempt to transcend this material world, including relationships, as their turbulence provide little safety or reliability. I deny physical, sensual or animal needs and avoid hierarchical social systems. I prioritize developing my enlightenment, compassion, wisdom, nondualism and feeling comfortable in my isolation, attempting to transcend my small self, due to the trouble ego's cause. My physical body is a vessel in which my true identity resides.

(When IQ invades PQ, EQ, LQ and when EQ invades IQ)

## Does my Script serve me anymore?

As a way to answer the super-view question ‘*What is my true identity?*’, identity intelligence requires an inquiry into our character structure and our many smaller selves. The next 3 pages help a couple identify their own separate issues. So, when you come together, there is more clarity about who is playing what role, and whether that role and script are serving the relationship goals or not.

- 1 Highlight a private or secret self, a hidden identity *which is hard to admit to* in your relationship. Acknowledge and validate it so that self can come out of the shadows?
- 2 Write down the message this self is trying to convey in the space below? Is the script linked to a past need not being met?
- 3 On the next 2 pages identify the micro-skills to administer for navigating blockages, unresolved conflict, and hidden identities?

## Our – Selves sorted by the 4 temperaments

### Stabiliser - PQ

### Unifier - EQ

### Clarifier - IQ

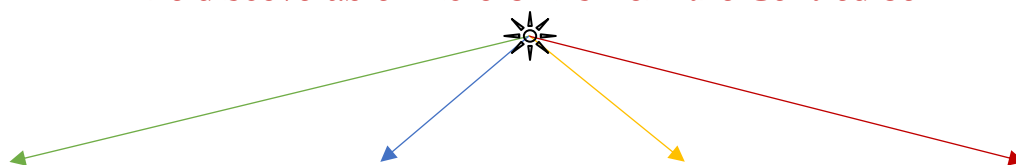
### Activator - LQ

Possible Public Selves			
The Reliable self	The Seeking self	The Insightful self	The Sociable self
The Good/Moral self	The Spiritual self	The Strategic self	The Energetic self
The Repairer self	The Soulful self	The Directive self	The Adventurous self
The Productive self	The Fluid self	The Mindful self	The Creative self
The Noble self	The Quiet self	The Logical self	The Happy self
The Hard-working self	The Loved self	The Truthful self	The Free self
The Practical self	The Intuitive self	The Expansive self	The Expressive self
The Honest/Just self	The Patient self	The Inventive self	The Playful self
The Responsible self	The Kind/Supportive self	The Scholarly self	The Improvising self
The Safe self	The Connected self	The Self-sufficient self	The Passionate self
Possible Private Selves			
The Judgemental self	The Helpless self	The Disrespectful self	The Over-confident self
The Tough self	The Idealist self	The Unfriendly self	The Seductive self
The Defensive self	The Peace-keeping self	The Self-reliant self	The Distracted self
The Burdened self	The Indecisive self	The Avoidant self	The Angry self
The Dominating self	The Martyr self	The Insensitive self	The Overwhelmed self
The Anxious self	The Broken-hearted self	The Competitive self	The Impatient self
The Cynical self	The Depressed self	The Reclusive self	The Fantasizing self
The Stubborn self	The Dependent self	The Humiliated self	The Exhibitionist self
The Obsessive self	The Nice self	The Superior self	The Disorganized self
The Frustrated self	The Aimless self	The Smart self	The Impulsive Self
Possible Secret Selves			
The Critical self	The Unloveable self	The Irreverent self	The Manic self
The Bossy/Bully self	The Irrational self	The Detached self	The Unrealistic self
The Bitter self	The Needy self	The Weakling self	The Escapist self
The Insecure self	The Desperate self	The Shameless self	The Irresponsible self
The Corrupt self	The Tormented self	The Arrogant self	The Addicted self
The Macho self	The Coward self	The Lonely self	The Attention-seeking self
The Workaholic self	The Smothering self	The Cunning self	The Burnt-out self
The Hollow self	The Alienated self	The Impotent self	The Risk-taker self
The Righteous self	The Exhausted self	The Aggressive self	The Infantile self
The Rescuing self	The Victim self	The Persecutor self	The Dramatist self

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Script:

## The discoverable Micro-Skills from the Centred Self



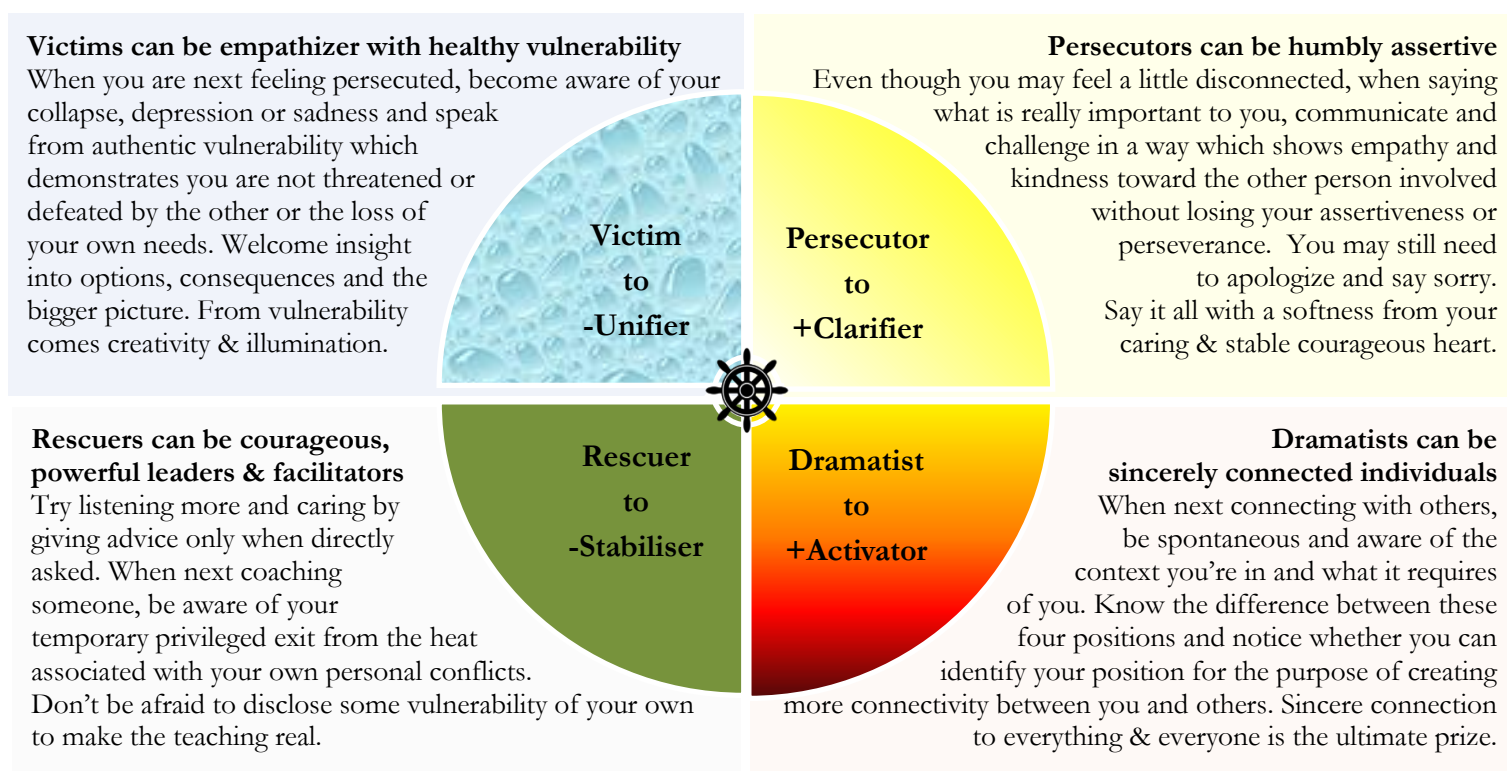
<b>Stabilise</b> Explore True Power Together  From Rescuer to Holding Space	<b>Unify</b> Explore Compassion Together  From Victim to Vulnerable	<b>Clarify</b> Explore Wisdom Together  From Persecutor to Humbly Assertive	<b>Activate</b> Explore True Strength Together  From Dramatist to Sincere Connection
Micro-Skills for navigating through blockages, unresolved conflicts, and hidden identities			
Get yourself out of the way	Focus on the present	Define the purpose of the argument	Define strength by finding it, then giving it to another
Listen to understand	Find emotional resilience	Define your triggered self in the discussion	Connect to a group and connect the group
Get comfortable with silences	Give the emerging self a voice	Give the emerging self a name	Read the context you're in
Give advice only when asked	Avoid over generalizing	Don't over analyze	Express the helicopter view
Poke around – not knowing is ok	Avoid over catastrophising	Seek/provide clarification	Wait for the opportunity, then take it
Drop the expert controller	Pace the energy – too quick? Too tired?	Acknowledge your mistakes	Let go of it
Use the energy – go with it/redirect it	Sit in the hot spot and breathe	Be caringly assertive	Sit in the cold spot as much as the hot spot, and breathe
Empathize not sympathize	Express your vulnerability with sincerity	Use 'I' language	Avoid attracting too much attention
Stand by what is said or heard	Highlight your refrain from attack	Request not demand	Get contributions from others
Be aware of the past	Explore both of your potential layers together	Know your limits in taking	Use self-awareness
Take leadership and hold space	Know your limits in giving	Pause judgement	Embrace the spontaneity
Witness	Trust in the big picture	Summarise	Own your desire
Don't try to fix it	Express your need for safety	Own it	Express your passion
Mirror	Take turns – you today, me tomorrow	Probe for the elephant in the room	Challenge as opposed to overwhelm
Normalise	Encourage intuition	Transmute shame into humility	Transmute fear into courage
Validate	Reassure and affirm self and other	Transmute anger into assertiveness	Share being the hero
Withhold the bird's eye view	Self regulate	Give what you seek	Own and manage addiction
Challenge, not Overwhelm – Grade the Probe	Ask for it in plain language	When doing payback, be less severe	Welcome the boundary
Provide a space for the other to be the hero, not you	Drop the ideal and stay with the real	Own your projection	Be freely organized
Keep track	Quietly monitor progress	Aim at repair	Explore safe adventure

## The Drama Wheel

### Exercise: Identifying and owning our less than centred parts (Moving Through the Power Struggle)

Below are four dysfunctional social interactions we take in life. Use your score to find your centre of gravity. Take it in turns to dialogue with your partner. Let him/her know what you have become aware of and how you might develop your interactions into centred responses. The diagram below will help you find a positive action plan.

1. **+Persecutor:** I do not respect boundaries, I become abusive, manipulative, controlling, I avoid blue and green, I become defensive, critical, insincere, inflexible, sarcastic, cynical, arrogant, insensitive, smug, angry and potentially violent, pretentious and unfriendly.
2. **-Victim:** I collapse into subjectivity because I feel like an object, powerless, overwhelmed with innocence, I avoid yellow and red, I avoid the big picture, I choose to remain ignorant, fatigued, gullible, masochistic, irrational, ineffective, incompetent, hesitant, doubtful, aimless, cowardly and subservient and unaware of my covert power.
3. **-Rescuer:** I like to feel superior and in control, the hero who attempts to fix the above conflict (persecutor/victim) but who avoids my own yellow and blue conflict, pain and discomfort. I can be tyrannical, coercive, dominating, stubborn, dictatorial, oppressive, bitter, righteous, possessive and disloyal towards my own inner conflicts and unconsciously maintain the behaviours of those I attempt to rescue.
4. **+Dramatist:** I am unaware of the effects I have on others as I skim too lightly over tremendous depth. Connections to myself or others is at stake as I ignorantly play & switch between all the parts (rescuer, victim, persecutor) and I end up in drama, feeling anxious, defensively over-confident, manic, overwhelmed, burnt out, intolerant, impulsive, suspicious, exhibitionistic, prickly and just switch off.



## Finding your Unique Spiritual Path

### The Illuminating Spiritual Path

**My practice includes bringing more presence to the moment**

I have a loving-kindness practice I do for others

**At the centre of my spirituality is a longing for unity and connection**

I have a personal relationship with my higher self or creator

**My inner life is my source of connecting**

I model integrity and compassion

**I muse with a higher source about what could be different or might be in store**

I pray/meditate in silence

**I help others define their values**

I Pray/meditate in solitude

**I appreciate the beauty of creation**

I am very giving by nature

**My spirituality is guided by intuitions and feelings**

### The Stabilising Spiritual Path

I pray/meditate in community

**I serve through action to make things better for people, organizations or the natural world**

I am duty bound in my Soulwork

**I pray/meditate through consistent, private conversation with my creator**

I appreciate the continuity of spiritual traditions and creeds

**I have a sequential & structured spiritual life, typically with set times or routines**

My service is often behind the scenes

**I have an environmental focus defining my spirituality**

The past heavily influences my spirituality

**I am in service, working to change structures that seem ineffective, corrupt or unfair**

Nature is my spiritual teacher

**I am in service to organizing the structures for change**

### The Analytical Spiritual Path

**I serve through integrating observations and rational thought**

I pray/meditate as a search for answers, truths, guiding principles and explanations

**I engage spiritually through debate and discourse**

I have a spiritual quest for effectiveness

**I find meaning in most things**

I have a reflective spiritual life, which includes enquiry, study, and wrestling with difficult issues

**I pray/meditate in dialoguing with my creator about principals and ethics**

I serve through determining systems for actualization of improvements

**I serve through conceiving the bigger picture & envisioning new paradigms**

### The Active, Community Oriented Spiritual Path

I Pray/meditate with and for the needs of people and community

**My spirituality is defined through meaningful interpersonal relations**

I have a structured spiritual life, a basis for my commitment to others

**I serve through involvement with people, organizing to meet group needs**

I pray/meditate with groups, at events and blessings

**My Soulwork is defined through activities with others**

I have a spontaneous spiritual life

**I find happiness in the midst of the celebration of life**

My spirituality is connected to my sexuality

**My spirituality is defined by my focus on enhancing the future**

**Know Thyself  
ENLIGHTENMENT  
Unifier**



**Protection**



**Mastery of Self  
TRUE POWER  
Stabiliser**

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**Know the other  
WISDOM  
Clarifier**



**Passion**

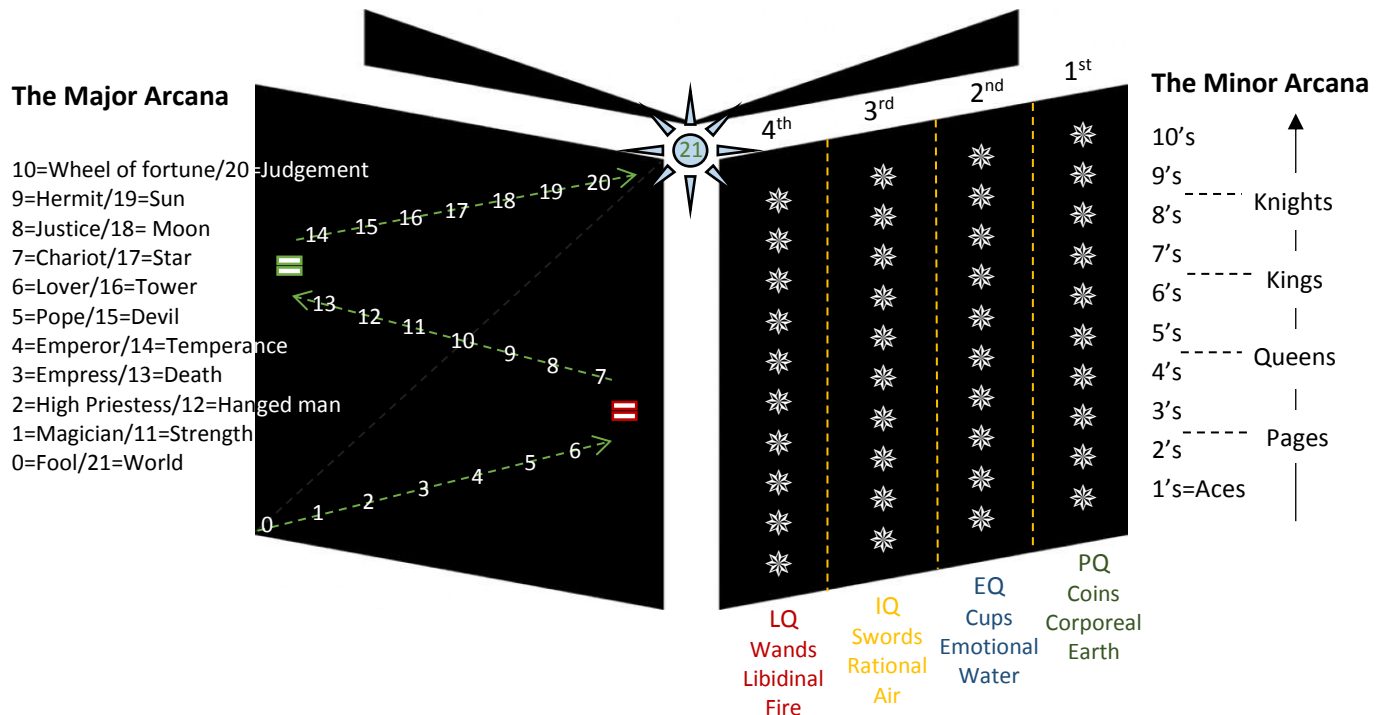


**Mastery of Others  
TRUE STRENGTH  
Activator**

P  
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## Tarot: Images to access the soul's journey

Now we have a solid psychological and developmental backbone, let's flesh out *the book of life* with more detail, safely falling back on a contemplative spiritual tradition *The Tarot* to indicate stages (1 to 10) within each major intelligence line (Minor Arcana - right), with numerological links to the structures of development (Major Arcana – left), informing the hidden journey toward the centred self (21=The World-total realization).



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

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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

When using the Tarot as a spiritual teacher, it is recommended as a private study, not as a tool to guide others, using the original Italian/French 15<sup>th</sup> century trusted deck *the Tarot of Marseille* restored by Camoin & Jodorowsky. Other decks have been manipulated over the last 500 years and do not carry the original depth, meaning, and purity within the image. I also recommend you purchase Jodorowsky's accompanying book.

The exercise above requires you to read from Ace to 10 in each of the intelligence centres. Highlight your 4 separate stages and study these 4 minor arcana cards, 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) It's a great way to begin using images as a way to in-form our stage of development, especially if we consider the possibility that images, dreams, and symbols are the way we access the subconscious as well as pre-verbal information, as we attempt to bring this in-form-ation into conscious awareness. Try creating a life stage sentence with the above statements. Start in any intelligence line and move anti-clockwise.

It is often the case that the 4 intelligences (IQ-ideas, EQ-feelings, LQ-desires, and PQ-needs) are like 4 untrained horses in a chariot race, still unclear of the destination or goal (SQ). There are 12 variations or characterological deviations which are a useful starting point to highlight your particular structure (Jodorowsky 2014). In Christian terminology, the 12 positions represent the 12 Apostle archetypes that deviate from the centred self (the Christ).

#### ***When the intellectual centre IQ is invaded by the***

- 1) Over-compensating EQ - Emotional: Affectivity makes thought too subjective, it becomes inaccurate and inconsistent, it excites without motive or, to the contrary, discourages or undervalues.
- 2) Over-compensating LQ - Sexual-Creative: Competitive intellect, sexual obsessions, a boundless creativity that makes thoughts drift off into all directions.
- 3) Over-compensating PQ - Material: Ultra-materialistic thinking, incapacity for abstraction, incomprehension of all that is metaphysical.

#### ***When the emotional centre EQ is invaded by the***

- 4) Over-compensating IQ - Intellectual: Emotional coldness, calculating, incapable of expressing emotions, detours due to rational explanations.
- 5) Over-compensating LQ - Sexual-creative: Passionate and possessive affection, jealousy, emotional dependence, sexual obsession.
- 6) Over-compensating PQ - Material: Blackmail, calculating, emotional manipulation to obtain something, love of a person for what he/she has and not what he/she is.

#### ***When the material centre PQ is invaded by the***

- 7) Over-compensating IQ - Intellectual: Obsessive disorders, living according to rigid rules without paying attention to the body's needs.
- 8) Over-compensating EQ - Emotional: Feeding, financial, and physical behaviours show a need for affection (Overeating or malnourished, thoughtless spending, excessive attachment to a place, a house or an object, economic distress or physical demands).
- 9) Over-compensating LQ - Sexual-creative: Systemically sexualizing the body, obsession with seduction, material disorder because of excessive creativity.

***When the sexual-creative LQ is invaded by the***

- 10) Over-compensating IQ - Intellectual: Cold, extreme ritualization of sexuality, sexual and creative impotence-knowing how to invent and analyze, but not being able to create.
- 11) Over-compensating EQ - Emotional: Tenderness takes the place of sexuality and refuses to enter the energy of desire, creativity becomes sentimental, libido and creativity are infantilized.
- 12) Over-compensating PQ - Material: Prostitution, overvaluing of the body or money in the field of sexual attraction, profit oriented creativity or, conversely, extreme material insecurity blocking access to creative and sexual energy.

Now having identified which of the 12 deviations relate to you, or which horse or horses are causing the trouble, use the list below to identify your antidote.

***As an Ally, the intellectual centre IQ can accept the***

- 1) Unintrusive EQ - Emotional: Learns to listen, opens the emotional intelligence, takes into account the more subtle aspects of one's reasoning.
- 2) Unintrusive LQ - Sexual-creative: Discovers mental creativity and the pleasure of expressing ideas with abundance without necessarily fishing for them.
- 3) Unintrusive PQ - Material: The intellect anchors in the body and assumes its presence, which takes it to a silent regenerator.

***As an ally, the emotional centre EQ can accept the***

- 4) Unintrusive IQ - Intellectual: Chooses one's affections and understands that of others, clarifies one's emotions.
- 5) Unintrusive LQ - Sexual-creative: Discovers the pleasure of acting with feeling and of creating in oneself beautiful or sublime emotions.
- 6) Unintrusive PQ - Material: Learns to love not only similar people but everything that exists (since everything is alive, everything deserves to be loved).

***As an ally, the material centre PQ can accept the***

- 7) Unintrusive IQ - Intellectual: The intellectual, moral or spiritual (dharma) permits the organization of one's time and one's existence; having our mortality in mind we do not waste our lives.
- 8) Unintrusive EQ - Emotional: Acts of love with the love, knows the value of the caress, of the delicacy in relationships with others, of the affectionate care that gives a unique flavor to everyday existence.
- 9) Unintrusive LQ - Sexual-creative: Introduces beauty in daily life, allows oneself to be creative and to understand that the best path to take from one point to another is not necessarily shorter, but the more beautiful way.

***As an ally, the sexual centre LQ can accept the***

- 10) Unintrusive IQ - Intellectual: Gets to know one's own processes of desire and enjoyment and also those of others.
- 11) Unintrusive EQ - Emotional: Is open to listening to others, creates and desires love.
- 12) Unintrusive PQ - Material: Learns to passionately desire everything already possessed, in other words, renewing one's view of what's already known. Learns also that money and health do not bring happiness but are helpful.

## Including psychotherapy as part of spiritual practice

Therapy has a stigma. Our culture has put therapy and pathology together which is a huge problem. When institutions and funding sources require pathology, it is not helping the status of general developmental growth, where therapy assists in life stage guidance and emotional release, which is normal and non-pathological. But if therapy is not sought at the 'worried well' stage, the normalness of a life stage challenge can turn into pathology or a disorder when left unattended. Seeking help, asking for support and being vulnerable is at the core of EQ and SQ. When we give up the concept of managing without support, (4)-when IQ invades EQ), then therapy begins to become a spiritual practice. To get to the core of pain, PQ needs to be informed by IQ, EQ, and LQ. Treating the physical body alone is a foolish practice – (when PQ invades LQ, EQ & IQ) evident by the increase in the pain epidemic in our society. EQ Anger and Fear are at the core in combination with IQ misdiagnosis, and will be covered in another manual.

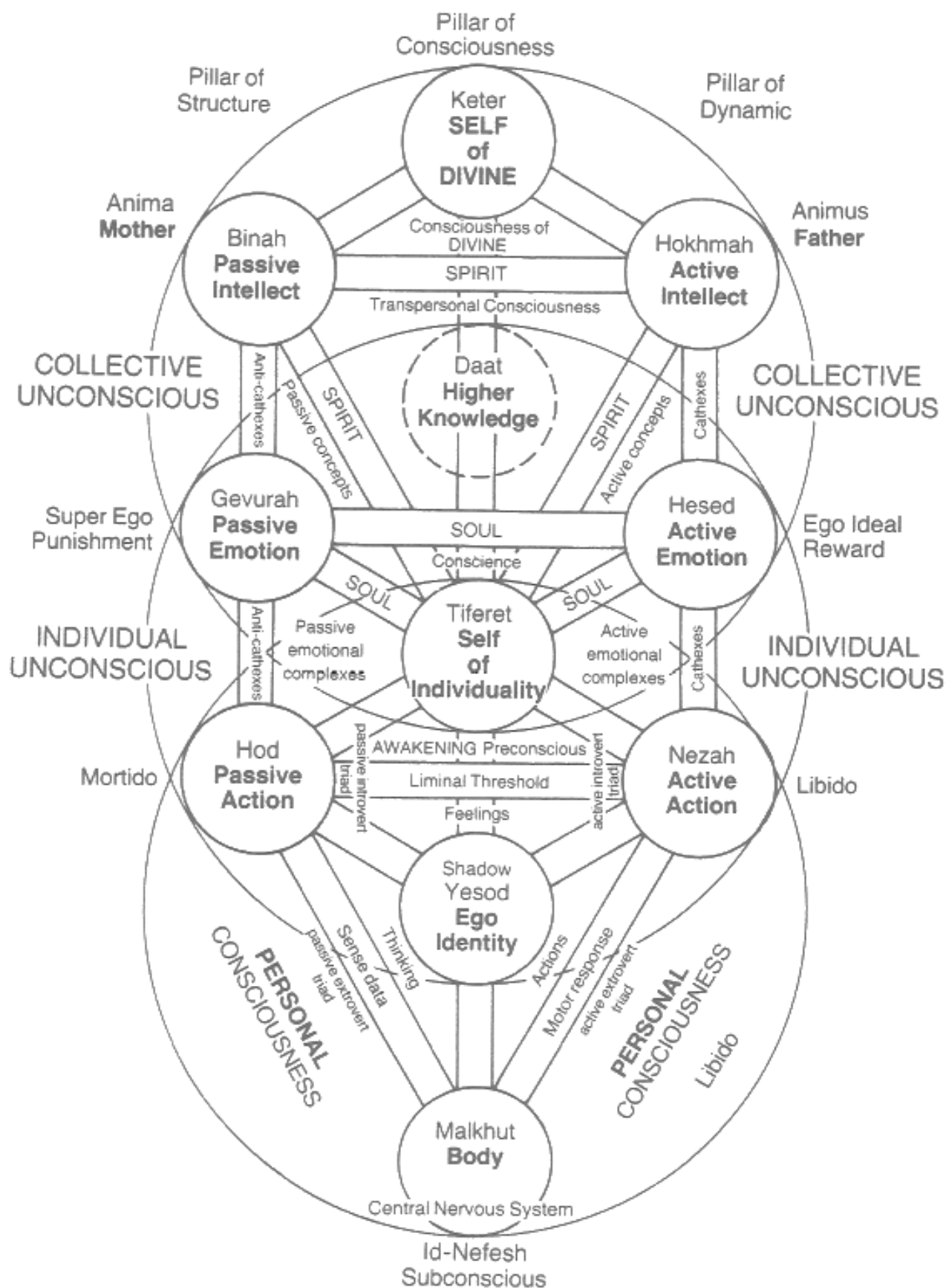
As psychotherapists, when we over-compensate one intelligence line over another as mentioned above, this gives birth to the 12 separate schools of consciousness (Wilber 1997; see web link in references), which shed partial light on the whole. When one intelligence line becomes exhausted and stretched, it reaches toward alternative ways of understanding or being. With the integral vision of a *Centred Psychotherapist*, all schools of healing are accessible and used at contextually appropriate times. Generally speaking, blending 1-4 (cognitive/behavioural) with 5-9 (Intentional) has more healing capacity than one category alone. To include 10 (social and cultural), then we have a healing approach touching the whole individual. (see below)

1. **Cognitive Science** (consciousness anchored in functional schemas of the brain/mind)
2. **Neuropsychology** (consciousness anchored in neural systems, neurotransmitters and organic brain mechanisms)
3. **Clinical Psychiatry** (consciousness is the neuronal system with a focus on psychopathology, behavioural patterns, and psychopharmacology).
4. **Psychosomatic Medicine** (views consciousness as strongly and intrinsically interactive with organic bodily processes, evidenced in such fields as psychoneuroimmunology and biofeedback).
5. **Non-ordinary states of consciousness**, (from dreams to psychedelics, constitute a field of study, that, its advocates believe, is crucial to a grasp of consciousness in general).
6. **Eastern and contemplative traditions** (maintain that ordinary consciousness is but a narrow and restricted version of deeper or higher modes of awareness, and that specific injunctions like yoga, nature, and meditation are necessary to evoke these higher and exceptional potentials).
7. **Introspectionism** (consciousness anchored in first-person accounts).
8. **Individual psychotherapy** (consciousness anchored in an individual organism's adaptive capacities).
9. **Developmental Psychology** (views consciousness not as a single entity but as a developmentally unfolding process with a substantially different architecture at each of its stages of growth).
10. **Social psychology** (consciousness embedded in networks of cultural meaning, or as being largely a byproduct of the social system itself).
11. **Quantum Consciousness** (view consciousness as being intrinsically capable of interacting with, and altering, the physical world, generally through quantum interactions, both in the human body at the intracellular level and in the material world at large).
12. **Subtle energies research** (postulates the existence of subtler types of bio-energies *prana* or *chi* beyond the four recognizable forces of physics *strong and weak nuclear, electromagnetic and gravitational*, which play an intrinsic role in consciousness and its activity).

If any one school of consciousness develops along a separate path long enough, consciousness will hit a wall and will be forced to be more inclusive. The recent development of Schema therapy is a good example of an approach growing from the limitations of CBT, which left out stage development and psychotherapy. Or ACT which brings in mindfulness from the eastern and contemplative traditions. A better example is an integrated approach which draws on the best of all approaches, acknowledging that there are very average aspects to each approach too, which can be avoided. To claim that all healing should focus on 1-4 the physical brain, undervalues interior intentionality 5-9 which cannot necessarily be explained in physicalist or empiricist terms, nor disclosed by their methods or their validity claims. From Behavioural to Cognitive to Psychoanalytic to Humanistic to Transpersonal, we are now arriving at bringing the historical development of psychology into an all-inclusive approach which is exciting for both analyst and analysand.

Traditional analysis (3) which leaned more toward psychiatry than psychotherapy, rejected spiritual state experiences, where genuine mystical or contemplative experiences were seen as a regression or throwback to infantile states of narcissism, oceanic adualism, differentiation failures, and even primitive autism (Freud's path). Equally unproductive is to elevate all contemplative (6) pre-rational states to some sort of trans-rational glory. (Jung's path). When we put adult personal development into the mix (9), this inclusion irons out these two contradictions. By not throwing the baby's out with the bath water, we get to keep the gold within Freud's pre-developmental focus as well as Jung's trans-developmental focus. That is, to know the difference between the need to work with one's story (*psychotherapy-strengthen the ego*), and to know the right time to drop one's story (*spirituality-get rid of the ego*). It's a *both/and* not an *either/or*. Spiritualists think therapists pathologize everything and therapists think spiritualists bypass their shadows, but the Centred Self knows both are true and how to discern context to deliver healing.

So, developing a solid Centred Self means pulling transpersonal energy down and pre-personal energy up. The illustration below (Halevi 1986) shows our levels of complexity from the Jewish contemplative tradition called Kabbalah, meaning 'To Receive'. Tiferet is the position of the Centred Self, capable of accessing all spheres of influence. In therapy, time is taken to focus on large or small traumas which signify the gap between the ideal and the actual and many other polarities. We are that gap, that trauma, that self. It defines us, and development demands to unfold the trauma/the self with the aim of eventually resting in the gap where your Centred Self resides.



Marrying and integrating paradox is at the core of the therapeutic process, understanding not only that trauma is necessary for growth, perhaps central to faith, but also that these experiences need to be revisited, re-membered and then re-framed/re-cognized. Re-framing is an art form which mostly requires the micro-skills of the green stabilizer who holds *space* for the unfolding over *time*. It is a spiritual art *working with* time and space, and when done well, the individual can transcend the self by including the past, in a healthy way by aligning with one's deepest values. The deeper we dig into the ground of being (pre-personal), the higher and humbler the view (trans-personal).

Only through intimacy can one heal certain wounds. The intimate zone is where the vulnerability is, the zone recreated in the therapeutic holding to achieve environmental, emotional and construct constancy. In other words, we cannot develop fully on our own. It takes an-other; therapist, spouse, supervisor, parent, child etc for the complexities to relationally arise. It takes an-other to relationally bring up the pain as it does to transmute it; to go through it, and not disassociate or transcend too early from pain. For the key to turn, we turn toward the other, toward the trauma, as well as toward ones-selves.

*How to gradually unfold disassociation* is central to this training, as unskillful unfolding can cause more trauma and more disassociating, leaving individuals, and I believe there are many, never wanting to trust the therapeutic process again.

Technique is a small aspect of the therapeutic process. Mixing up too many techniques can lead to trying to fix someone. If there is one technique to follow, it would simply be to *hold space for gradual unfolding*. If you are doing symptom relief (fixing someone at S3), the challenge becomes knowing when to do this, and when not to; when fixing someone only adds to the trauma (at S5).

If we are driven to fix someone, this is related to our own anxiety and affects the time and space zone. Patch up therapy or *Maintenance* therapy (CBT, REBT, NLP, CT, BT, Solution focused *1 to 4*) has its place, but many require *Origin* therapy (Psychoanalysis, Reichian, Primal, Body-work, Past-life, TA, Process oriented *5 to 9*) without time filling and space filling limitations. A therapist caught at S3 anxiety, which is many therapists, will try to shift their own S3 anxiety by fixing others, which reciprocally leads to their own symptom relief. But to really whack anxiety on the head, a minimum of 2 to 3 years in good Origin therapy introspective analysis (*7 & 8*) is required, on top of good supervision. Personally, being caught there myself, I don't know of any other way forward than this. The implications of this require the *1 to 4 field of psychology* to broaden its lenses to include and embrace 5 to 10 and wake up to the culturally pressuring limitations of the clinical flat land on which it stares out from.

Finally, States of Consciousness (*5 & 6*) need a final mention central to the working engine of the vehicle headed toward health and trait change. States that are practiced, become a part of our character structure/trait, and evenly nudge us up the 5-line categories of intelligence (*SQ, IQ, LQ, EQ, PQ*). Psychology has embraced mindfulness and to some degree, influences from eastern and contemplative traditions with skepticism until proven effective. Yet with the common and central aim of developing critical discernment when destructive and defensive states arise, meditation and nondual witness development are critically necessary. To put a pause before critical attack means not justifying violence, not amplifying or numbing emotional states, not distorting perspectives and impulsively reacting. The pause allows empathy, vulnerability, compassion, humility and wisdom to emerge as the fight/flight/freeze amygdala is witnessed by the prefrontal cortex CEO or heart brain, a relatively new evolutionary skill which brings a new depth and health to our spiritual capabilities. When a client is anchored in therapeutic stability, as well as practicing meditative witness development, it is possible to observe one's own inner violence and trauma with interest. The therapeutic goal is to know one's defensive states well enough so as to use them as tools for further growth.

If you got to the end, well done. I look forward to seeing you at the Bali training 2-7<sup>th</sup> September 2017.

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