

PSYCHOLOGY, SPIRITUALITY AND TRUE HAPPINESS

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Rudyard Kipling (1865-1936)

*Do not care
overly much for
wealth or power or fame
or one day you will meet someone
who cares for none of these things
and you might realize
how poor you have become.*

FATHER THOMAS KEATING

**“ACCORDING TO ALL GREAT
RELIGIONS OF THE WORLD, THE
ESSENTIAL WORK OF EVERY HUMAN
LIFE IS TO PREPARE FOR UNION
WITH THE ULTIMATE REALITY.”**

THE HEART OF THE WORLD, PG. 40

CONSCIOUSNESS

- **UNMANIFEST CONSCIOUSNESS**
 - FROM WHICH EVERYTHING COMES
 - ALPHA TO OMEGA
- **MANIFEST CONSCIOUSNESS**
 - SMALL RANGE OF ENERGY
 - **WHAT WE...**
 - SEE
 - SMELL
 - TASTE
 - TOUCH
 - HEAR

Linear (Duality) and Non-linear (Non-Duality)

LINEAR (EGO)

- *OBJECTIVE (RELIGION)*
- *NEWTONIAN PHYSICS*
- *MANIFEST WORLD (CONTENT)*
- *SEPARATE SELF*
 - *EGO*
- *CAUSE-EFFECT*
 - *BLAME*
- *WORLD OF OPPOSITES*

NON-LINEAR (SELF)

- *SUBJECTIVE (SPIRITUAL)*
- *QUANTUM PHYSICS*
- *UNMANIFEST WORLD (CONTEXT)*
- *“ONENESS”*
 - *SELF*
- *EFFECT*
- *PARADOX OF THE OPPOSITES*

CONSCIOUSNESS

- **IN NATURE THERE ARE NEITHER REWARDS NOR PUNISHMENTS-ONLY CONSEQUENCES**
 - ONE HAS TO FACE THEM TO GROW
- **OUR HAPPINESS IS NEVER CAUSED BY SOME THING. TRUE HAPPINESS IS UNCAUSED**
 - IF JOB MAKES YOU HAPPY IT IS NOT TRUE HAPPINESS BUT FULFILLMENT OF DESIRE (EMOTIONAL)
 - BUDDHA SAID THE ROOT OF ALL SUFFERING IS DESIRE

CONSCIOUSNESS

- **WHEN NOTHING-NO PERSON, PLACE OR THING-CAN HARM YOU, YOU WILL BE HAPPY**
- **UNFORTUANATELY WE ARE PROGRAMED FOR UNHAPPINESS**
- **ALCOHOLICS AND ADDICTS BELIEVE THERE IS NO HAPPINESS WITHOUT DRUGS**
- **ALCOHOL AND DRUGS ARE NOT THE ONLY “DRUGS” WE BECOME DEPENDENT ON**

CONSCIOUSNESS

- **“DRUGS” THAT KEEP US FROM BEING HAPPY**
 - APPROVAL
 - SECURITY
 - CONTROL
 - AFFECTION
 - SUCCESS
 - ACCEPTANCE
 - POPULARITY
- **ONCE YOU TAKE THE “DRUG” SOCIETY OWNS YOU**

WHERE ARE YOU?

- **FIRST HALF OF THE SPIRITUAL JOURNEY**
 - WHY ARE YOU HIDING?
 - GENESIS 3-GOD'S QUESTION TO ADAM AND EVE
 - WHERE AM I?
 - IN RELATION TO
 - GOD
 - MYSELF
 - OTHER HUMANS

WHERE ARE YOU?

- **WHEN ANSWERED HONESTLY ONE BEGINS THE SPIRITUAL SEARCH**
- **GOD WANTS YOU TO COME OUT FROM HIDING AND BECOME INTIMATE**
 - **ADAM AND EVE**
 - **DUALITY SEPARATES ONE FROM GOD**
 - **WITHOUT THE EXPERIENCE OF NON-LINEAR CONSCIOUSNESS NOTHING QUITE WORKS OUT RIGHT**

WHERE ARE YOU?

**“STRIVE TO ENTER IN THROUGH
THE NARROW DOOR; FOR I SAY
TO YOU, THAT MANY WILL SEEK
TO ENTER IN AND WILL NOT BE
ABLE.”**

LUKE 13:24

WHERE ARE YOU?

- **INVOLVED IN A SEARCH FOR HAPPINESS IN ALL THE WRONG PLACES**
 - **EVERYONE IS LOOKING FOR IT**
 - **VERY FEW KNOW WHERE TO FIND IT**
 - **THOSE LOOKING GET LOTS OF HELP FROM OTHERS LOOKING WHO ALSO DON'T KNOW WHERE TO FIND IT**
 - **GIVES A SENSE OF SOLIDARITY BUT NOT SECURITY**

WHERE ARE YOU?

- **SEEK-A SPIRITUAL HUNGER**
- **WE ARE DESIGNED FOR AND DESIRE FOR HAPPINESS, TRUTH AND LOVE WITHOUT END**
- **AT AROUND 10-16 YO DEVELOP SELF-REFLECTIVE CONSCIOUSNESS**
 - **ABILITY TO QUESTION AND DOUBT WHAT ONE KNOWS, TO DENY OR AFFIRM ONE'S BELIEFS, JUDGE ONE'S PERCEPTIONS AND TO REFLECT ON ONE'S PAST**

WHERE ARE YOU?

- **INSTINCTUAL PROGRAMS ARE ALL WE HAVE TO BUILD PROGRAMS FOR HAPPINESS, LOVE AND TRUTH**
- **WITHOUT REASON TO MODIFY THESE PROGRAMS WE BUILD A UNIVERSE WITH OURSELVES AT THE CENTER (EGO)**
- **EVERYTHING IS EVALUATED BASED ON MEETING OUR NEEDS FOR HAPPINESS**

WHERE ARE YOU?

- **WHAT HAPPENS IF OUR SECURITY, AFFECTION AND CONTROL NEEDS ARE DEPRIVED**
 - **COMPENSATE-LOOK FOR SYMBOLS WITHIN OUR ENVIRONMENT**
 - **IF UNBEARABLE-REPRESSED INTO UNCONSCIOUS**
- **HIDE THE PAIN WE CANNOT FACE LEAVING ONE TO REPRESS (REPEAT PAINFUL EVENTS UNCONSCIOUSLY) OR COMPENSATE WITH EXTERNAL FORMS OF PLEASURE TO OFFSET PAIN**
- **START OF THE “ADDICTIVE PROCESS”**

WHERE ARE YOU?

- **AROUND AGES 2-10 INTERNALIZE VALUES OF FAMILY, PEER GROUP, RELIGION, NATIONALITY, RACE, GENDER AND SEXUAL IDENTITY**
 - **SOURCE OF**
 - **OPINIONS**
 - **POSITIONALITIES**
 - **MOTIVES**
 - **BIASES**
 - **PREJUDICES**

WHO ARE YOU?

- **SECOND HALF OF THE SPIRITUAL JOURNEY**
- **DIVINE THERAPY AND AA BASED ON FACT THAT YOU KNOW WHERE YOU ARE AND YOUR LIFE IS “UNMANAGEABLE”**
- **EMOTIONS OF ANGER, ANXIETY, DEPRESSION, ETC. ARE OFTEN SIGNS UNCONSCIOUS PROGRAMS HAVE BEEN TRIGGERED**
 - **TRIGGERS OLD UNCONSCIOUS VALUE SYSTEMS (UNMET NEEDS)**

WHO ARE YOU?

- **BECAUSE OF UNMET INSTINCTUAL NEEDS
LIFE IS CONTROLLED BY EXTERNAL EVENTS
AND OUR EMOTIONAL REACTIONS TO THEM**
 - FINDING SPOUSE
 - WHO WE WORK FOR
 - THINGS WE BUY
 - THINGS WE DO
- **IMPEDIMENT TO FREE WILL**

FALL OF MAN

- **DOCTRINE OF THE FALL AS THEOLOGICAL EXPLANATION OF THE PERVASIVE DISEASE OF THE HUMAN CONDITION**
- **BETTER EXPLAINED BY PSYCHOLOGY**
 - **FREUD**
 - **PIAGET**

FREUD

- **Freud taught that for successful therapy**
 - **Remembering of early forgotten aspects of childhood was critical**
 - **Three approaches:**
 - **CATHARSIS**
 - **FREE ASSOCIATIONS**
 - **REPEATING**
 - **Represented a shift to the present**

FREUD

- **Doesn't involve exploration of past but looking at present behavior**
- **Rather than recalling an early formative experience**

**MOST SIMPLY
REPRODUCE IT**

FREUD

- **One crucial and defining feature:**

**THEY REMAIN
UNAWARE**

JEAN PIGET

- **JEAN PIGET LOOKED AT THE ROOTS OF UNCONSCIOUS EMOTIONAL PROGRAMS FOR HAPPINESS**
 - **EACH OF US NEEDS TO BE REASSURED AND AFFIRMED**
 - **IF CHILD DOES NOT RECEIVE LEADS TO**
 - **Defensive strategies**
 - **Compensatory measures**
 - **CHILD EMOTIONALLY GETS STUCK AT THE LEVEL OF DEPRIVATION**

JEAN PIGET

- **OVER TIME THIS FIXATION HARDENS INTO A PROGRAM FOR HAPPINESS SUPPORTED BY**
 - **THOUGHTS**
 - Opinions
 - Positionalities
 - **BEHAVIORS**
 - **EMOTIONS**
- **LATER EXPERIENCES THAT TRIGGER THE PROGRAM ARE EVALUATED AS HELPFUL OR HARMFUL TO THE PROGRAM**

FALL OF MAN

- **GOAL IS HAPPINESS BUT EGO DOESN'T KNOW WHERE TO FIND IT**
- **FROM ST. AUGUSTINE'S THEOLOGY OF ORIGINAL SIN THE CONSEQUENCES ARE..**
 - **ILLUSION**
 - **DON'T KNOW WHAT TRUE HAPPINESS IS OR WHERE TO FIND IT**
 - **CONCUPISCENCE**
 - **WE ARE MADE FOR HAPPINESS BUT TRY TO FIND IT IN THE WRONG PLACES**

FALL OF MAN

- **FROM ST. AUGUSTINE'S THEOLOGY OF ORIGINAL SIN THE CONSEQUENCES ARE..(CONT.)**
 - **WEAKNESS OF WILL**
 - **EVEN IF WE DISCOVER WHAT AND WHERE TRUE HAPPINESS IS OUR WILL IS TOO WEAK TO DO ANYTHING**
 - **NOT GOING TO HAPPEN THRU OUR OWN EFFORT**
 - **NEED TO ATTACH TO SOMETHING GREATER THAN OURSELVES**

FALL OF MAN

- **DEEP SEATED INSTINCTUAL DRIVES**
 - **OUR WILL IS TOO WEAK TO RECOVER**
 - **WE EMOTIONALLY REACT TO PEOPLE, PLACES AND THINGS**
 - **EVERYTHING JUDGED BY..**
- “IS THIS GOOD FOR MY INSTINCTUAL PROGRAMS FOR HAPPINESS OR NOT?”**

CORTICAL DEVELOPMENT

- PREFRONTAL TAKES AROUND 25 YEARS

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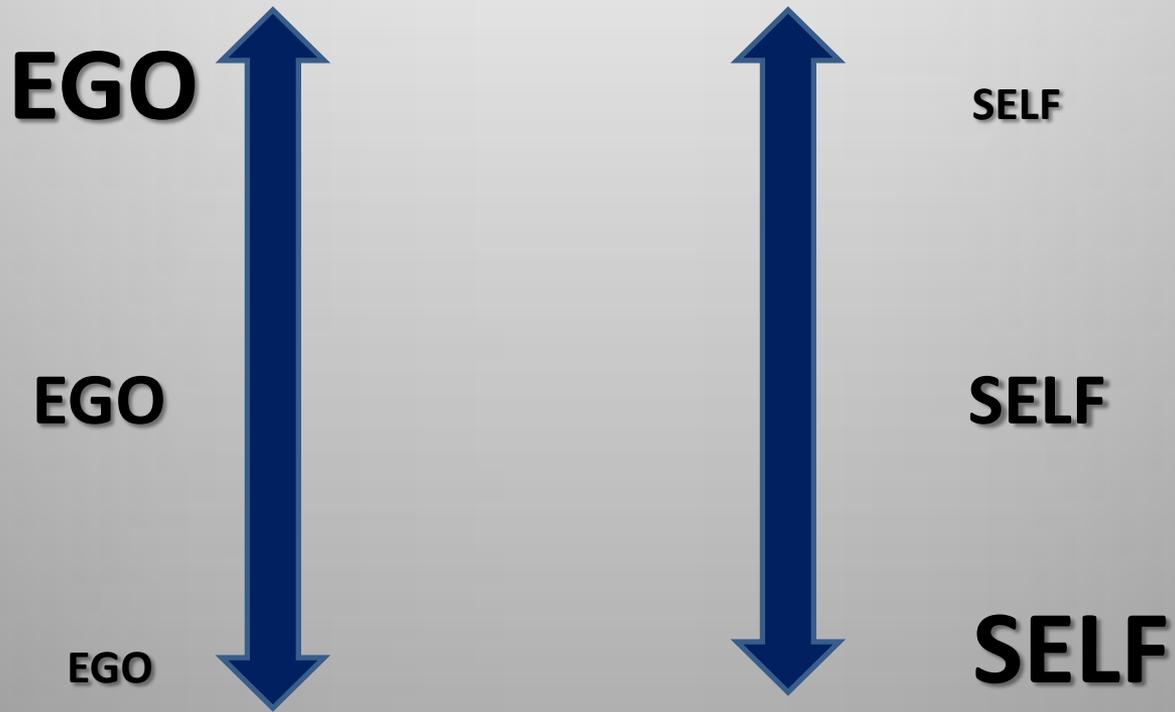


0-2: KINESTHETIC, NONLINEAR

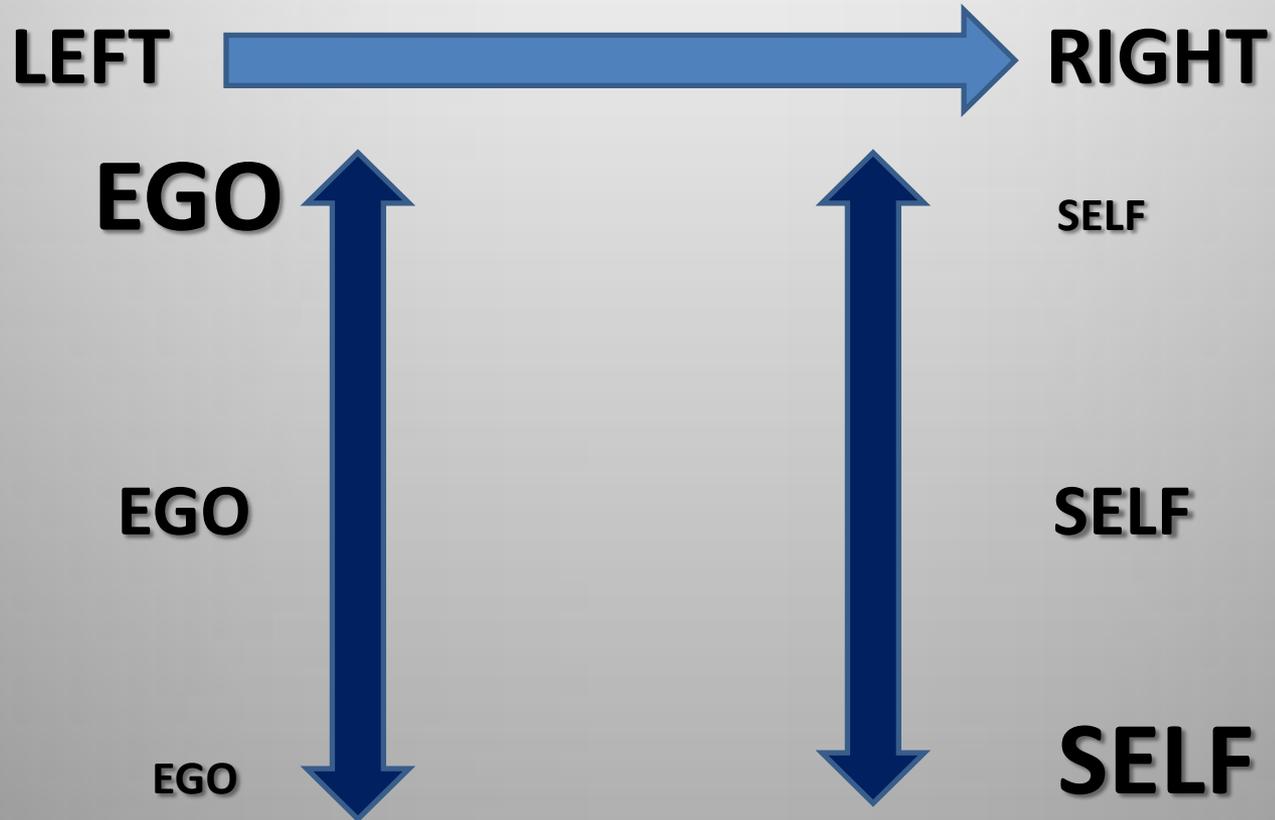
2-10: WONDERFUL RECEIVER

10-16: SELF-REFLECTIVE CONSCIOUSNESS

THE EGO AND SELF



THE EGO AND SELF



THE EGO

- **BETWEEN 18 MONTHS AND 2 YEARS OF AGE**
 - **LONG SUBCORTICAL ASSOCIATION PATHWAYS LINK ALL CORTICAL LOBES TOGETHER GIVING US A UNIFIED SENSE OF “ME” AND “MINE”**
 - **TEMPORAL LOBES AND THEIR CONNECTIONS ERECT A THIN CONCEPTUAL BARRIER-A SELF/OTHER INTERFACE**
 - **RELATIVE NOT ABSOLUTE-AN ARTIFICIAL, SELF-IMPOSED MENTAL CONSTRUCT**
 - **START PROJECTING OUR OWN MENTAL STATE**

THE EGO

- **EGO IS IMPERSONAL**
- **EVERYONE'S ACTS ABOUT THE SAME**
 - *SELF-SERVING*
 - *EGOTISTICAL*
 - *POSITIVE GAIN*
- **RESULTING IN**
 - *GUILT*
 - *GREED*
 - *RAGE*
 - *JEALOUSY*

**ENDLESS
SUFFERING**

THE EGO

HEINZ KOHUT-EGO PSYCHOLOGY

***GRANDIOSE SELF (EGO) IS FORMED BY
INTERNALIZING “ALL GOOD” AND
EXTERNALIZING “ALL BAD”
EXPERIENCES***

THE EGO

- **EGO**
 - **CULTURALLY CONDITIONED SELF**
 - **CONGLOMERATION OF CONSCIOUS AND UNCONSCIOUS IDEAS THAT REPRESENT THE WAY YOU ASSUME LIFE “IS SUPPOSED” TO BE**
 - **ALL “SHOULD’S” AND “SHOULDN’TS”**
 - **BECOMES A PROBLEM WHEN YOU DON’T KNOW HOW CONDITIONED YOU ARE**

THE EGO

- **EGO (continued)**
 - **THE MORE YOU CAN SHED LIGHT ON THIS CONDITIONING THE MORE SPACE YOU OPEN UP FOR FREE WILL (CHOICE)**
 - **CAN CHOOSE WHO YOU WANT TO BE AND WHAT YOU BELIEVE**

THE EGO

- **“I”**
 - The I is
 - It also acts
 - It is observed by others
 - Exists physically
 - Fault lies externally
 - Makes excuses and shifts the blame
 - Highly personal biases shape agenda
 - Self-righteous
 - Arrogant and belligerent

THE EGO

- ***“Me”***
 - The me reacts
 - Things happen to it, vulnerable
 - It is acted upon
 - Me suffers
 - On receiving end of self-inflicted psychic wounds generated by **“I”** and **“mine”**
 - Bothered by the hostile world it lives in

THE EGO

- ***“Mine”***
 - Mine is possessive
 - The grasping self, greedy and clinging
 - Has opinions, motives and positionalities
 - Winds up its own captive
 - Whatever is possessed also possesses
 - The more it gets the less satisfied it is so it covets more; possessing more it has more to lose
 - Attachments

THE EGO

- **“I”, “MY” AND “MINE”**
 - People who use these constructs a lot have an increased mortality due to myocardial infarcts
 - When one narrows their view to just themselves even small problems become unbearable
 - The ignorant mind does not question appearances, it just accepts them as real and correct
 - **INHERENT EXISTENCE**

THE EGO

- *MY PAST...*
 - *SHOULD HAVE...*
 - *COULD HAVE...*
 - *OUGHT TO BE...*
- *MY FUTURE...*
 - *WOULD BE DIFFERENT*

THE EGO

- **Hate is the Ego's “juice” (pay off)**
- **It loves suffering a perceived wrong, being the martyr, being misunderstood-the endless victim**
- **Stockpiles grievances and is full of self-pity**
 - **Pay off is “center stage” and sympathy**
- **Must choose forgiveness over hate**

THE EGO

“Reluctance to forgive is a consequence not only of the ego ‘juice’ of perceived injustice but also the illusion that others do not ‘deserve’ it. In reality, it is the forgiver not the forgiven who benefits the most.”

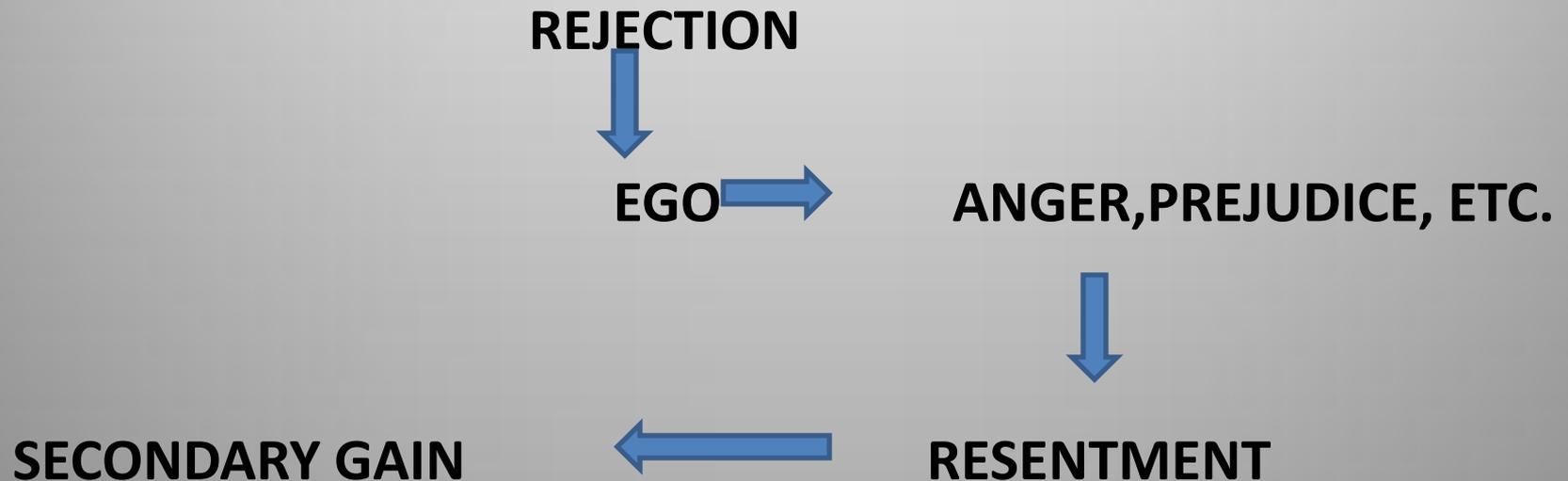
(Hawkins, David. Transformations, Veritas Publishing, pg 55.

SECONDARY GAIN

- **Unconscious appeasement of the Ego**
- **Secondary to a negative experience**
- **The negative emotions are the gain**
- **Precipitates reverberating and escalating cognitions and emotions**
 - **COGNITIONS**
 - **“They don’t know what they are doing.”**
 - **“People always do this to me.”**
 - **“Why can’t they see they are wrong.”**

THE EGO

- **EMOTION, ESPECIALLY NEGATIVE EMOTION ARE “TOOLS” OF THE EGO**



NEGATIVE EMOTIONS

- **Ego is not unconditionally attached to my happiness**
- **At 90 seconds can go into a spiraling negative interrelated thought and emotional loop or**
 - **Monitor body for signs of stress**
 - **Label feelings**
 - **Increase PFC**
 - **Reduce amygdala**
 - **Have PFC speak- “Really not interested in being angry right now.”**
 - **Change Behavior**

NEGATIVE EMOTIONS

- **If you approach me with anger and frustration the choices are**
 - **Can engage and reflect your anger in my obsessing left hemisphere**
 - **Can become empathic (right hemisphere) and approach you with compassion and a non-judgmental heart**

NEGATIVE EMOTIONS

- The important question becomes....

**DO I WANT TO TAKE
RESPONSIBILITY FOR WHAT I
ATTRACT IN MY LIFE?**

SURRENDERING SECONDARY GAIN OF THE EGO

- **IT IS IMPORTANT TO WATCH OUT FOR AND CHANGE PEOPLE, PLACES AND THINGS**
- **HOWEVER, A MORE PERSONALIZED STRATEGY IS BASED UPON A PERSON'S BELIEF SYSTEM**
 - **HOW WE PROCESS THE WORLD-BELIEFS, OPINIONS, POSITIONALITIES**
 - **EGO FUNCTIONS**

SURRENDERING SECONDARY GAIN OF THE EGO

- **EGO IS THE CULTURALLY CONDITIONED SELF**
 - **CONGLOMERATE OF CONSCIOUS AND UNCONSCIOUS IDEAS THAT REPRESENT THE WAY YOU ASSUME LIFE IS “SUPPOSED” TO BE**
 - **“SHOULD’S” AND “SHOULD NOTS”**
 - **BECOMES A PROBLEM WHEN WE DON’T KNOW HOW CONDITIONED WE ARE**
 - **MORE YOU SHED LIGHT ON THIS CONDITIONING, THE MORE FREE CHOICE YOU HAVE**

SURRENDERING SECONDARY GAIN OF THE EGO

- **INVOLVED IN MOST RELAPSE IS THE EMOTION OF ANGER FOLLOWED BY A COGNITIVE RESENTMENT LEADING TO RETURN OF USE**
 - **UNCONSCIOUS PROCESS**
 - **INVOLVES BELIEF THAT SOMETHING OUTSIDE OF US IS CAUSING US TO USE**
 - **CREATES MISERY AND SUFFERING**

SURRENDERING SECONDARY GAIN OF THE EGO

- **IT DOESN'T HAVE TO BE THIS WAY**
 - **ONE CAN BRING UNCONSCIOUS RESENTMENTS INTO CONSCIOUSNESS**
 - **THIS GIVES US CHOICE**
 - **ONE CAN ACCEPT, SURRENDER AND FORGIVE**
 - **ONE CAN CONSCIOUSLY CHOOSE TO TAKE RESPONSIBILITY FOR ONE'S ACTIONS**

GIVING UP SECONDARY GAIN

- **STEP ONE:**
 - Understanding that resistance is the cause of continuing problems (human property)
 - **HEALING** can take place utilizing both psychological and spiritual tools
 - **SPIRITUAL TOOLS INCLUDE...**

ACCEPTANCE

SURRENDER

GIVING UP SECONDARY GAIN

- **STEP TWO**
 - Bring secondary gain into conscious awareness
 - What do you say to yourself after a failure?
- **GOAL:**

ACCEPTANCE

GIVING UP SECONDARY GAIN

- **STEP TWO (CONTINUED)**
 - Look for the theme in the history of **RESULTS**
 - ***Explore Secondary Gain***
 - What is the Ego getting out of this?
 - What do you say to yourself after a results failure?
 - What do you do to self or others?
 - ***This probative process brings the information from right to left hemisphere where logic and order prevail. History and pattern should yield ACCEPTANCE***

GIVING UP SECONDARY GAIN

- **STEP THREE:**
 - ***ARE YOU WILLING TO GIVE UP THE SECONDARY GAIN?***
 - ***DO YOU UNDERSTAND THAT IT IS SOFTWARE INSTALLED DURING EARLY LIFE? IT IS NOT YOU!***
- **GOAL**

SURRENDER

EGO'S VALUE SYSTEMS FOR HAPPINESS

- ***SECURITY AND SURVIVAL***
- ***AFFECTION AND ESTEEM***
- ***POWER AND CONTROL***

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **SECURITY AND SURVIVAL**
 - Regular pay check and retirement plan as opposed to career risk taking
 - Looking for someone or something that makes you feel protected or secure
 - RELATIONSHIP
 - EMPLOYMENT
 - FEELING OF “SOMETHING MISSING”
 - A PERVASIVE EXISTENTIAL ANXIETY REGARDING LOSS, A KNOT IN CHEST OR ABDOMEN
 - A FEAR OF DISCONNECTION FROM OTHERS AND OURSELVES (OUR OWN HEART)

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **SECURITY AND SURVIVAL (continued)**
 - *Fear of Aloneness and Disconnection*
 - Fear of abandonment, loss or death
 - “Fundamental Aloneness” - “how to be at home with ourselves”
 - Affairs-often to avoid aloneness
 - Want others to take away our fears
 - “If someone will pay attention to me my loneliness will disappear.”
 - If partner is reading a book and you expect attention can experience abandonment
 - » Will demand or inappropriately try to attract attention

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **SECURITY AND SURVIVAL (continued)**
 - Only way to transcend is not to avoid the loneliness but to invite it in
 - Must feel these fears and take responsibility for the feelings
 - To develop genuine intimacy must first overcome our neediness and fear of aloneness

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

**THE NEXT FRONTIER:EMOTIONAL SOBRIETY,
BILL WILSON, JANUARY, 1958**

**“SUDDENLY I REALIZED WHAT THE MATTER WAS. MY
BASIC FLAW HAD ALWAYS BEEN DEPENDENCE-
ALMOST ABSOLUTE DEPENDENCE-ON PEOPLE OR
CIRCUMSTANCES TO SUPPLY ME WITH PRESTIGE,
SECURITY, AND THE LIKE. FAILING TO GET THESE
THINGS ACCORDING TO MY PERFECTIONISTIC
DREAMS AND SPECIFICATIONS, I HAD FOUGHT FOR
THEM. AND WHEN DEFEAT CAME SO DID MY
DEPRESSION.**

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **AFFECTION AND ESTEEM**

- Always looking for someone or something to make you feel good about yourself
- Join an organization or do volunteer work as a way to seek appreciation or to be seen as a “good person”
- Always telling others the good things we have done looking for admiration
- “Roller-Coaster”

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **AFFECTION AND ESTEEM (continued)**
 - *Basic Fear of Unworthiness*
 - Creates a narcissistic grandiosity
 - Live by comparison and contrast
 - “I’ll never measure up”
 - Generally inadequate and unworthy of love
 - “No matter what I do...”
 - Leads to forcefully proving ourselves
 - Self-critical and perfectionistic

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **AFFECTION AND ESTEEM (continued)**
 - Or giving up
 - Both means allow one to avoid the basic fear of unworthiness
 - **Merciless self-judgment**
 - Example-Fear of public speaking triggers dread and shame of public failure and humiliation
 - This threatens our projected self-image of who we are supposed to be and confirms our negative belief of unworthiness
 - » “Fear of failure feels fatal”
 - *The fear is the path*

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **POWER AND CONTROL**
 - **CONTROL IS A DUAL PROCESS, ONE THAT WISHES TO CONTROL AND THE OBJECT OF THAT CONTROL**
 - **WANT TO DICTATE WHAT IS GOING TO HAPPEN IN EVERY SITUATION, CANNOT BE HAPPY UNLESS YOU DO**
 - **WHEN FRUSTRATED EXPERIENCE GRIEF, ANGER, DESPAIR, ETC.**
 - **PROJECT PROBLEM ONTO ANOTHER**
 - **PUTS YOU INTO COMPETITION WITH MILLIONS OF OTHERS**
 - **Need to be in charge because “I Know Best”**

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **POWER AND CONTROL (continued)**
 - *Fear of Losing Safety and Control*
 - Like an anxiety disorder-if I don't control something bad will happen
 - These individuals tend to be very linear and rational and when you speak to them about nonlinear realities they often respond..
 - "I already know all of that" or
 - "It doesn't matter anyway"

Dr. Elizabeth Debold –Women's Liberation Movement

- *To find our way to a new moral ground, we need to question our compulsive choices—the desire for sexual power, the pull toward security—and to seek something new beyond woman as we have known her. Gloria Steinem has been speaking for a few years about moving “beyond gender,” yet what that means remains vague. No wonder. It demands an extraordinary effort to find out who we are, beyond the victim, the entitled narcissist, the sexual provocateur, or any of the many faces of Eve. The transformation of consciousness that would be unleashed by women making choices for something beyond either personal success/power or the security of the hearth could transform society “once and for all” in ways we cannot imagine now.*

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **POWER AND CONTROL (continued)**
 - **Nonlinear cannot be controlled**
 - Words like love and energy create a problem for someone in a rigid linear reality
 - Makes one feel uncertain and insecure
 - **Triggered by any sign of danger and insecurity (real or perceived)**
 - Limbic response
 - **Often imaginary fears that will lose control**
 - Be criticized
 - What I am doing is wrong

EGO'S UNCONSCIOUS VALUE SYSTEMS FOR HAPPINESS

- **POWER AND CONTROL (continued)**
 - In spiritual practice bring the fear and anxiety to the forefront and must “let go with both hands”
 - Brings us face to face with darkest emotion and unhealed pain
 - Fundamental security develops with willingness to work through the emotion and fear
 - May use rage to express inner feelings of powerlessness

Jesus Said....

“If you want to save your life, you will bring yourself to ruin. But if you bring yourself to nothing, you will find out who you are.”

(Matthew. 10:39)

CONTEMPLATIVE CHRISTIAN APPROACH

- **Contemplation is a more advanced spiritual practice (as compared to focused meditation). Focused meditation is a left brain dominant practice whereas contemplative prayer in the silence of God enlists the right hemisphere connected to all consciousness allowing for Divine insight.**
- **Detachment from the content of the ego leads to a sense of serenity. The more you relate to the subjective context (love, truth, caring, gratitude, acceptance, etc.) the greater the serenity.**

CONTEMPLATIVE APPROACH

- **CONCEPT OF A DIVINE THERAPIST**
 - LOOKS AT THE SPIRITUAL JOURNEY AS A FORM OF PSYCHOTHERAPY DESIGNED TO HEAL THE EMOTIONAL WOUNDS OF CHILDHOOD AND OUR MECHANISMS FOR COPING WITH THEM
(KEATING, *INVITATION TO LOVE*, PG 145)
- **CONTEMPLATIVE JOURNEY INVOLVES THE PURIFICATION OF THE UNCONSCIOUS**

CONTEMPLATIVE APPROACH

- **IN DEEP REST (USING CENTERING PRAYER) REPRESSED MATERIAL IS RELEASED AS IT IS EXPERIENCED AND SURRENDERED TO GOD**
- **YIELDS HUMAN GROWTH INTO A FULLY RESPONSIBLE, SELF-REFLECTIVE CONSCIOUSNESS**
- **THE MORE THAT IS RELEASED THE CLOSER TO SPIRITUAL MATURITY ONE BECOMES**

CONTEMPLATIVE APPROACH

- **STEP ONE: AFFIRMATION OF BASIC GOODNESS (SELF)**
 - **NOT YOUR PERSONALITY OR WHAT YOU HAVE BEEN TOLD YOU ARE**
 - **GOD DOESN'T ASK YOU TO EARN ANYTHING-JUST BECOME THAT WHICH YOU ARE**
 - **ILLUSION OF SIN**
 - **NO AMOUNT OF DISREGARD FOR OUR OWN CONSCIENCE AND THE NEEDS AND RIGHTS OF OTHERS CAN TAKE AWAY OUR CAPACITY TO RECOVER FROM THE WOUNDS OF THE HUMAN CONDITION**

CONTEMPLATIVE APPROACH

- **AFFIRMATION OF BASIC GOODNESS (SELF)-CONTINUED**
 - WE ACT BASED ON CHILDHOOD BELIEF SYSTEMS-TRUE OR FALSE, CONSCIOUS OR UNCONSCIOUS-WITHOUT REEVALUATING THEM
 - THE OVERIDENTIFICATION WITH THESE BELIEF SYSTEMS MAKE THEM ALMOST IMPOSSIBLE TO FULFILL
 - The idea that we are unlovable, unworthy, or a failure is an insult to God
 - Creates an inability for us to choose what we truly believe is right

CONTEMPLATIVE APPROACH

- **STEP TWO: BECOMING AWARE OVER TIME OF WHATEVER IN US IS OPPOSED TO THE IMAGE IN STEP ONE**
 - **USING LOSS, ADDICTION, TRAUMA OR OTHER FORMS OF TRAGEDY AS SPIRITUAL OPPORTUNITIES**
 - **TO TAKE AWAY SUPPORT SYSTEMS (BELIEFS) THAT KEEP THE FALSE SELF IN CONTROL**
 - **BY REDUCING ATTACHMENTS TO OUR EMOTIONAL PROGRAMS FOR HAPPINESS AND OUR OVER-IDENTIFICATION WITH THE GROUP**

CONTEMPLATIVE APPROACH

- **STEP THREE: DISMANTLE THE EMOTIONAL PROGRAM-HEALING THE PROBLEM AND NOT MANAGING SYMPTOMS**
 - First notice the emotion(s) that most disturb you and name it
 - Write down the particular event or memory that triggered the emotion
 - Identify the program(s) that is its source

CONTEMPLATIVE APPROACH

- **Deliberately let go of the desire to avoid something or to have something-this undermines the habitual response**
 - **“I give up my desire for (program).”**
- **May also develop an active prayer sentence such as “Oh Lord, come to my assistance!”**
- **Any contemplative prayer technique is helpful-CENTERING PRAYER or other TECHNIQUES (see TECHNIQUES section)**

CENTERING PRAYER

**“BUT AS FOR YOU, WHEN YOU PRAY,
ENTER INTO YOUR INNER CHAMBER
AND LOCK YOUR DOOR, AND PRAY TO
YOUR FATHER IN SECRET, AND YOUR
FATHER WHO SEES IN SECRET SHALL
REWARD YOU OPENLY.”**

MATTHEW 6:6

CENTERING PRAYER

- **Puts you in the presence of God and consenting to HIS practice and presence within us**
- **Commits us to the liberation of conscious and unconscious motivations**
- **Helps bind us to everyone else in the human community**
- **Meaningful because of one's intention to open oneself up to God**

CENTERING PRAYER

- **Prepares one for contemplation**
 - **Presence of God is true security-there is no other**
 - **Give control and power to God**
 - **By emptying oneself-BECOMING NOTHING-one receives LOVE (AFFECTION) and PERFECTION (ESTEEM)**
 - **LEADS TO FREEDOM AND HAPPINESS**

CENTERING PRAYER

***“Whoever would save his
life would lose it and
whoever loses his life
will find it”***

Matthew 16:25

CENTERING PRAYER

- Life as a continuous “dying to self”, giving up smaller self to discover SELF
- Christian moral theology- “dying of self”-will (ego) and its opinions, motives, etc.
 - Willing to let go of what “I” want to create a space for the Divine
- If latch on to a thought, feeling or revelation it is an attachment that will take you back to ego

CENTERING PRAYER

- **Core gesture of Jesus' life-KENOSIS (SELF-EMPTYING)**
 - Paul seems to see “self-emptying” as the core reality underlying every moment of Jesus' journey
- **Two types of love**
 - EROS-human love as mans way to God
 - AGAPE-Divine love as God's way to man
 - What if they are the same pathway?
 - HOLY SPIRIT

CENTERING PRAYER

- **Most believe the way to God is “up”-ascend**
- **To ascend requires energy (EROS)**
 - **Vast majority of worlds spiritual approaches work on basis of “conservation of energy”**
 - **Storing or attaining thru conservation (not spending on worldly pleasures) and concentration (chi or life force purified and concentrated by prayer, fasting and ascetic practices)**
 - **Works thru self-mastery**

CENTERING PRAYER

- **Another path is more in line with AGAPE**
 - Not thru storing but giving it all away
 - Energy of consciousness is infinite
 - Dissolution of the ego not achieved by renunciation and guarding the purity of being but thru radical giving of everything
 - Jesus gave himself fully into life and death-this is what he taught and what he did
 - A love that reaches “oneness” thru complete vulnerability

CENTERING PRAYER

- **VULNERABILITY**
 - LOVE OF CHRIST MANIFESTED BY COMPLETE VULNERABILITY
 - UNLIMITED READINESS TO FORGIVE
 - TO HURT OVER AND OVER AGAIN WITHOUT LOVING LESS BUT LOVING MORE
 - OPENESS TO GIVING USUALLY ENCOUNTERS PERSECUTION

CENTERING PRAYER

- **VULNERABILITY**

- BEST WAY TO RECEIVE DIVINE LOVE IS TO GIVE IT AWAY
- BEING VULNERABLE MEANS LOVING ONE ANOTHER AS JESUS LOVES US
- IF INJURED IN PROCESS CREATES GREAT OPPORTUNITY FOR FORGIVENESS AND MERCY

CENTERING PRAYER

- **Garden of Gethsemane**
 - Surrounded by fear, contradiction and betrayal he released everything including life itself
 - This connects one instantly to the wellspring (CONSCIOUSNESS)
 - JESUS WAS CALLED UPON “TO BE SIN” (2COR 5:21), TO TAKE UPON HIMSELF THE SINS OF ALL AND TO SENSE ALIENATION FOR GOD
- Self-emptying is not the means to something but is the full expression of the meaning

CENTERING PRAYER

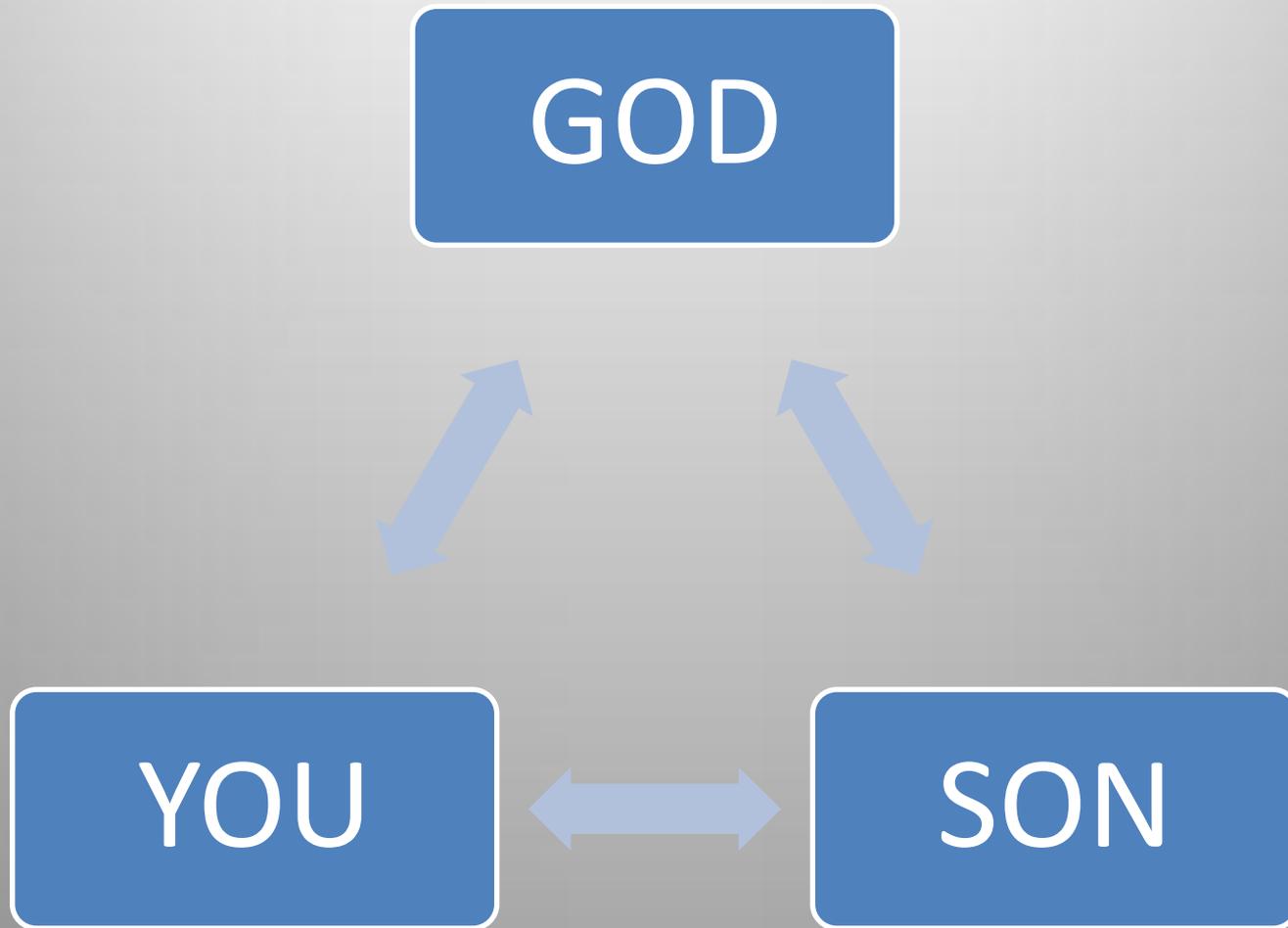
- **Pathway to happiness lies in and in fact is coextensive with the sacramental act of giving it all away making self-giving the core gesture through which meaning and purpose of our life is converged**
 - **KENOSIS-LOVE MADE FULL IN THE ACT OF GIVING ITSELF AWAY**
 - **SELF-GIVING**
 - **AIMS TO ATTAIN NOTHING**

CENTERING PRAYER

“THE HUMILITY OF GOD IS TO CEASE TO BE GOD. WITHIN THE TRINITY THERE IS THE TOTAL EMPTYING OF THE FATHER INTO THE SON AND THE SON INTO THE FATHER. WHAT BINDS THEM TOGETHER IS THE SPIRIT, THE MUTUAL LOVE OF THE FATHER AND THE SON. EACH MEMBER OF THE TRINITY LIVES IN THE OTHERS RATHER THAN IN ITSELF.”

KEATING, *THE MYSTERY OF CHRIST*, PG. 100

STAGE OF PERFECT WISDOM:CONNECTED BY HOLY SPIRIT ONE TO ANOTHER



STAGE OF PERFECT WISDOM:CONNECTED BY HOLY SPIRIT ONE TO ANOTHER

- **HEALING IS ON AN ENERGY LEVEL**
- **WHEN TENSION IS REDUCED THE BODY RELEASES UNCONSCIOUS PENT-UP ENERGY**
- **PAINFUL FORGOTTEN OR REPRESSED MEMORIES SURFACE**
- **FACE THESE EMOTIONAL MEMORIES AND FEEL THEM**
- **BY EMPTYING ONESELF OF NEGATIVE ENERGY (EMOTIONS), ONE CAN BE FILLED BY THE HOLY SPIRIT**
- **HOLY SPIRIT CAN BE EXPERIENCED ONLY WHEN INNER LIFE IS ATTUNED TO IT AND CONDITIONS ARE RIGHT**

CENTERING PRAYER

“THIS DISPOSITION OF GIVING EVERYTHING AWAY-ONE’S TIME, ENERGY, SPACE, VIRTUES, SPIRITUALITY, AND FINALLY ONESELF-IS NOT REALLY GIVING ANYTHING AWAY BECAUSE, IN THE TRUEST SENSE, WHATEVER WE GIVE AWAY, WE ARE GIVING TO OURSELVES. THE GESTURE OF OPENING ONE’S HAND IS THE SAME GESTURE AS RECEIVING.”

KEATING, *THE MYSTERY OF CHRIST*, PG 106

CENTERING PRAYER

- **Movement beyond conversation to communion with Christ**
- **Conversation or listening to the word of God in Scripture (Lectio Divina) gives way to communion**
- **Gregory the Great (sixth century) summarizes the Christian contemplative tradition as “resting in God”**

CENTERING PRAYER

- **“RESTING IN GOD”**
 - **“COME TO ME, ALL YOU WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST.”**
 - **MATTHEW 11:28**
 - **REST COMES FROM THE EARLY CONTEMPLATIVE MONKS OF THE EGYPTIAN DESERT AND MEANS “WANTING WHAT GOD WANTS” AND NOT WHAT THE EGO WANTS**

CONTEMPLATIVE APPROACH

- **STEP FOUR: THE NIGHT OF SENSE (JOHN OF THE CROSS)**
 - **AN INTUITIVE AWARENESS OF FACTS**
 - Cannot find happiness in the gratification of emotional programs
 - Cannot find happiness through the symbols of security and survival, power and control or affection and esteem
 - Once profoundly understood creates an internal freedom and opens up a space for the Holy Spirit to enter

CONTEMPLATIVE APPROACH

- **THE NIGHT OF SENSE (JOHN OF THE CROSS)**
 - **AN INTUITIVE AWARENESS OF FACTS-(continued)**
 - This awareness can create disillusionment, discouragement, depressive symptoms or period of mourning
 - Natural process of mourning is response to loss of something we loved
 - Possible feeling of loss of Grace (projection into God of our grief and belief He is displeased with us)

CONTEMPLATIVE APPROACH

- **THE NIGHT OF SENSE (JOHN OF THE CROSS)**
 - **AN INTUITIVE AWARENESS OF FACTS- (continued)**
 - **Don't be saddened by the fact that we could not live up to our idealized images of ourselves and how we should have or could have acted-EGO TRIP**

CONTEMPLATIVE APPROACH

- **STEP FIVE: THE NIGHT OF SPIRIT (JOHN OF THE CROSS)**
 - **MOVEMENT OF THE HOLY SPIRIT**
 - **DEEPENING OF THE RELATIONSHIP WITH THE DIVINE**
 - **WILLINGNESS TO HOLD DESIRES IN ABEYANCE AND SURRENDER PERSONAL WILL AT EVERY MOMENT**
 - **AS EACH THOUGHT, FEELING, DESIRE OR DEED IS SURRENDERED TO GOD THE MIND BECOMES INCREASINGLY SILENT**
 - **NO “IN HERE” OR “OUT THERE”- ALL IS ONE (NO PROJECTIONS-PROBLEM IS NOT “OUT THERE”)**

CONTEMPLATIVE APPROACH

– THE NIGHT OF SPIRIT (JOHN OF THE CROSS)- (continued)

- **MOVEMENT TOWARD UNITY-BECOMING THE PRAYER**

- **PICK A VIRTUE AND INITIATE IN ALL OF YOUR AFFAIRS WITH EVERYONE AND EVERYTHING INCLUDING YOURSELF ALL OF THE TIME**

- » **KINDNESS**

- » **FORGIVENESS**

- » **LOVE**

- » **UNDERSTANDING**

JOHN 18:21-23 (LAST SUPPER)

- **“SO THAT THEY ALL MAY BE ONE;JUST AS THOU, MY FATHER, ART WITH ME, AND I AM WITH THEE, THAT THEY ALSO MAY BE ONE WITH US: SO THAT THE WORLD MAY BELIEVE THAT THOU DIDST SEND ME. AND THE GLORY WHICH THOU GAVEST ME, I GAVE TO THEM; SO THAT THEY MAY BE ONE JUST AS WE ARE ONE. I WITH THEM AND THOU WITH ME, THAT THEY MAY BECOME PERFECTED IN ONE; SO THAT THE WORLD MAY KNOW THAT THOU DIDST SEND ME, AND THAT THOU DIDST LOVE THEM JUST AS THOU DIDST LOVE ME.”**

CONTEMPLATIVE APPROACH

TO BE NO ONE IS TO BE EVERYONE.

TO BE NO SELF IS TO BE THE TRUE SELF

TO BE NOTHING IS TO BE EVERYTHING.

***WHEN YOU HAVE BEEN LIBERATED FROM THEM
ALL (PROGRAMS FOR HAPPINESS), YOU ARE
IN A SPACE THAT IS BOTH EMPTY OF SELF
AND FULL OF GOD***

CONTEMPLATIVE APPROACH

“IF WE DON’T EXPERIENCE OURSELVES AS UNCONDITIONAL LOVE, WE HAVE MORE WORK TO DO, BECAUSE THAT IS WHO WE REALLY ARE.”

KEATING, *THE HUMAN CONDITION*, PG 45

TECHNIQUES

- **CENTERING PRAYER**
- **WELCOMING PRAYER**
- **GUARD OF THE HEART**
- **RIGHT BRAIN CONSCIOUSNESS**

CENTERING PRAYER

- **Methodology**

- **Choose a sacred word**

- **Ask the Holy Spirit to inspire you with a short word suitable to you**

- **Examples include God, Jesus, Mary, Mother, Abba, Amen, Love , Peace, Faith, Silence, Peace or Mercy**

- **For some noticing one's breath or an inward glance toward the Divine presence may be more suitable**

- **SACRED GAZE**

- **No visual image, turn inward as if to look at someone you love and recall that God is embracing you with a loving gaze**

CENTERING PRAYER

- **Methodology (continued)**
 - Sit comfortably and introduce the sacred word as consent to God's presence and action within
 - When engaged with your "thoughts" return ever so gently to the sacred word, breath or gaze
 - Thoughts include body sensations, feelings, images, concepts, insights and reflections
 - Various types of thoughts include ordinary wanderings of the imagination and memory, thoughts giving rise to attractions or aversions, insights, self-reflection like "Am I doing this right?" and thoughts and feelings arising from the unconscious

CENTERING PRAYER

- **Methodology (continued)**
 - “Thoughts” are inevitable and normal
 - By returning *ever so gently* a minimum of effort is indicated. This is the only activity involved
 - Usual period is 20 minutes twice per day
 - Physical sensations are normal and include slight pains, itches, twitches, lightness or heaviness. Tears are not uncommon

CENTERING PRAYER

- **Represents a deepening of faith in God's abiding presence**
- **Simply resting in God**
- **The principle benefits are experienced in daily life**
- **Familiarizes us with the language of God-SILENCE**

WELCOMING PRAYER

- **Surrender as an underlying attitude in daily life**
- **Used in a psychotherapeutic context to extend Centering Prayer to gain relief from afflictive emotions of the ego**
- **Enhances the quality and quantity of awakened consciousness**

WELCOMING PRAYER

- **Designed by Mary Mrozowski-a psychiatric hospital administrator and literacy volunteer in prisons**
- **Redirects the emotional energy so that it is liberated from the egoic system and recaptured as vital energy for inner transformation**
- **Can be used with negative emotions, pain and false positives achieved by appeasement of the ego**

WELCOMING PRAYER

- **Three-step Model**
 - *Focus and Sink In*
 - *Welcome*
 - *Let Go*

WELCOMING PRAYER

- ***Focus and Sink In***
 - Focus on the upset and feel the sensation in your body
 - Don't try to change anything just be *present*
 - *Don't psychoanalyze yourself*
 - *Tendency is strong in religious seekers to “make a religion out of the better moments” and repress the negative*
 - *This is counterproductive as energy stays trapped in the body*

WELCOMING PRAYER

- ***Welcome***

- Although it seems counterintuitive, while present in the sensation of your upset say ever so gently..
 - “Welcome anger, Welcome pain, etc.
- Don’t let the upset chase you from the presence of the moment
- By embracing what you once repressed you disarm it
 - Awareness and surrender converge

WELCOMING PRAYER

- ***Let Go***

- *Letting go is just for now*
- *Can say “I let go of my anger” or “I surrender my anger to God”*
- *Or a more complex version*
 - *“I let go of my desire for security and survival”*
 - *“I let go of my desire for esteem and affection”*
 - *I let go of my desire for power and control”*

WELCOMING PRAYER

“A false self system is a system working at a low level of being, which is why it remains so mechanical and viciously self-reinforcing. With its vital energy largely locked up in its defenses and neurotic programming, there is little left over to reach escape velocity into real awakened consciousness, which both requires and produces a higher level of spiritual vibrancy than we are used to.”

Bourgeault, *Centering Prayer and Inner Awakening*, pg.148

GUARD OF THE HEART

- **A watchfulness that notices when we lose our sense of peace**
- **Lose peace whenever one of our emotional programs for happiness is frustrated-anger, grief, discouraged, fearful, etc.**
- **This sets off prerecorded cognitive loops that reinforce the emotion**
- **Can go back and try to identify the emotional program that has been set into play**
- **Can also use ACTIVE PRAYER SENTENCE repeated over and over again**
 - **“Oh God, I surrender this to you.”**
 - **“Oh God, help me to forgive.”**

HOMING THOUGHT

- **DR. JOHN DIAMOND**
- **USE A HOMING THOUGHT LIKE “THY WILL BE DONE” TO OVERCOME ANY NEGATIVE INFLUENCE OR DEBILITATING IDEA OR SITUATION**

THE TOOLS

- ***HUMILITY***
- ***SURRENDER***
- ***FORGIVENESS***
- ***LOVE***
- ***HONESTY***
- ***GRATITUDE***
- ***APPRECIATION***
- ***KINDNESS***
- ***SELFLESS-SERVICE (ALTRUISM)***

BEING HUMAN

- Brain is limited by physiology and genetics. This understanding leads to ***HUMILITY, FORGIVENESS*** and ***SURRENDER***.
- ***Freud-out of guilt our animal nature is repressed and projected outward as CHARACTER DEFECTS***
- ***One must master the world before one can transcend it.***

LOVE

- **“AND NOW ABIDE FAITH, HOPE, LOVE, THESE THREE; BUT THE GREATEST OF THESE IS LOVE.”**
- **1 CORINTHIANS 14:13**
LAMSA TRANSLATION

LOVE IS NOT AN EMOTION BUT A WAY OF BEING IN THE WORLD

THANK YOU

- **IF YOU WANT TO BE ANYTHING OTHER THAN WHAT GOD INTENDED YOU TO BE, IT WILL NOT WORK. LIFE'S GREATEST ACCOMPLISHMENT IT TO BE THAT WHICH YOU ARE**
- **WE CANNOT ACHIEVE UNION WITH GOD ON DEMAND. IT IS A GIFT THAT IS FACILITATED BY BECOMING WHAT GOD INTENDED YOU TO BE**
 - **EGO-LESS**
 - **JUST TO BE**
 - **JUST TO DO**
- **“BE STILL AND YOU SHALL KNOW THAT I AM GOD”**

PSALM 46:11

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