

LIFE FROM A CERTAIN PERSPECTIVE

Marie Louise Bosin, MA

Psychoautobiography of a woman and how several people influenced her life

Her childhood is narrated by an Omniscient mo

Storyteller, EnfyS

Her physical manifest self is called Nalur

“Pratipaksha Bhavanam”

Sanskrit for “Change Your Mind”

Yoga Sutra 2:33

Dedication

This book is dedicated to people who have entered Nalur’s life. Many were family members, many were acquaintances, many were friends. Some of them were called by the names Mom, Pop, Grandpa, Grandma, Mom, Dad, Jayne, Kenna, Beth, Jay, Ruth, Charles, Nancy, Tom, Pam, Naomi, Joan, Jocie, Norma, Jean Ann, Virginia, Doug, Billy, Bobby, Jenna, Jane, Marcia, Margot, Mary, Joe Carl, Bobby, Imogene, Bill, Elizabeth, David, Sally, Erin, Paul, Sarah,, Troy, Brad, Tyson, Amber, Tim, Hazel (Sydney), Mason, Tony, Sharon, Kathy, Verna, Susan, Martha, Helen, Geraldine, Mary Ellen, Patsy, Janice, and Scott. She came into contact with these people physically, emotionally, psychologically, and/or spiritually, though at the time she may not have been aware of their impact. This book is dedicated to her daughter, Amber who entered her life on May 27, 1976 and immediately began to change the course of my life forever.

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ABSTRACT

Perception is a fascinating phenomenon. This life that is the subject of this book was fully lived and is narrated from Nolur's perspective of happenings. Since she did not live in other people's heads, she cannot say what are the perspectives of others and she can only guess about motivations and intentions. She forgives herself for harming others and she forgives every person who harmed her. Nolur is always quick to assume the best about those she encounters, always welcoming people back to try again. Nolur says at the beginning of her life, she was very preoccupied with what other people "thought" of her, always trying to gain approval. She believed that was the way one should live life. She thought if there were problems with others in relationships, she was to blame and she had to change something about herself.

At some point, she woke up to the fact that she had no knowledge of her own existence, did not know what she liked or disliked and had never asked herself what she wanted nor contemplated how to go about manifesting her dreams or goals. Therefore, she skipped from one "interest" to another, never reaching accomplishment in any endeavor. She also discovered that she tended to hold on to people and things way longer than it was useful or helpful for her to do so.

She did a good deal of work in a variety of "work" from the age of 35 to your reading of this book to rediscover herself. These were Nolur's "working years." During that time, she completed college to a master's degree, qualified for a license in Marriage and Family Therapy, studied Yoga and Ayurveda deeply until she achieved Certified Yoga Therapist and Teacher/Trainer, she developed a personal practice, and retired (several times) with a pension she paid into (like a 401K). Now, she has dreams and goals. She knows who she is and what she offers to others. She set out to accomplish those dreams and was she ever surprised at what she created. Read on to find out what happened.

ORIGINAL INTRODUCTION, MAY 2015

“Let me introduce myself. My name is Enfys. I am sent from the great beyond by the powers that be to make sure a small person named Nalur is never alone. Nalur has just been born into a very difficult karmic life. She senses the oncoming sorrow. No one seems to be present in the large bodies they inhabit. All of their eyes are vacant. Nalur is aware of me now, but as she grows she will forget me especially when life is difficult (which is nearly all of the time). She will eventually remember me again but she will be older by then. Once that happens and her physical body begins to die, she will not need me anymore so then I can return to the great beyond. The one thing she will know then is that I have been with her for her entire life.

As long as she is manifest, we are one. I connect her with every living creature on earth.

I energetically permeate her and we travel together. Because of her environment, she will seem dark and intense to others at times. She will have many hidden enemies and few true friends.

Those who are faint of heart will not want to hang with her. This fact saddens Nalur, but alienation is a natural and familiar state for her.

ENFYs: (The Welsh name Enfys means "rainbow". It is primarily a feminine name, pronounced "EN-vis". The name is rooted in Welsh culture and is associated with the beauty and symbolism of a rainbow, such as hope and transformation. It is that which electrifies Nalur's physical body and everything subtle that remains unknown beyond that.

NALUR:(a Turkish Contraction of Ne Olur, “what would happen?,” a sort of “pretty please, give her what she wants.” I use Nalur, she and her to identify her in this book because she spent her life unnoticed by those around her and was a stranger to her true self.

Allow me to clarify here how these two characters fit in with the context of this book. Later in life, when Nalur was done with her aimless, undirected life, she sought me out. She found me in her heart. My name is Enfys.

I am Marie Louise Trower Shields DeLaCruz Bosin's PURUSHA. I entered her body upon her first deep breath and I have been here with her through thick and thin. I will be embodied with her until Nalur takes her last breath. She did not know I existed until she woke up to her true self. It is not that I was not there. I was there with her, but because of her circumstances, she lost touch with me. Nalur forgot I existed.

In Ancient India, where she went to study Samkhya Philosophy, she began to believe I was there with her. She was Sixty years old at that time. She was always untimely, a little late to develop emotionally, morally and ethically. Her childhood was delayed by her early traumas delivered by her earthly Mother and Father who were not her protectors. They truly did the best they could considering their own lives full of trauma. Nalur did find a few alternative "Mothers and Fathers" throughout life but it was always hard for her to trust them.

In India the first time, she went intent to Study Ayurveda, Yoga and Samkhya Philosophy. She Studied ancient books and worked with doctors trained in Ayurveda for 500 hours over a three month period. She traveled and met some wonderful people as well. She spent too much money and brought back some interesting souvenirs but the primary purpose was to have a thorough understanding of how this philosophy compared to her religious teachings. She always found religion so dogmatic, rigid and punishing.. The primary purpose of her trip was to broaden her knowledge of a belief system and question.

She started her studies with the "Ashtanga Samgraha," an ancient Ayurveda Text. "The Ashtanga Samgraha, authored by Vagbhata, is a foundational text in Ayurveda, focusing on the eight branches of traditional Indian medicine. It's a comprehensive compilation, often considered part of the three great treatises of Ayurveda). The text is divided into six sections, covering various aspects of health and disease, from basic principles to specific treatments." (1)

HISTORICAL SIGNIFICANCE OF THIS BOOK

Along with Ashtanga Hridayam Samhita (treatment) (1) she reviewed the Ashtanga Samgraha (2), a core text in the Ayurvedic tradition studied and revered for centuries. The Sushutra Samhita (3) was also reviewed which discussed the various “surgeries” and “anatomical information”

While originally in Sanskrit (a spoken poetic language with its first written appearance in the VEDIC books of Hinduism) “the text has been translated into various languages now to make it accessible to a wider audience.” During the British Occupation, Sanskrit and Ayurvedic Treatment was banned from the history of India in order to establish Hinduism as the primary religion of India. But, people secretly continued to learn and practice Ayurveda as a “folk medicine.” The British also brought Christianity and Catholicism to India during the occupation. The British considered Sanskrit and Ayurveda as primitive practices and wrote about them as such.

Who was Vagbhata? “Vāgbhaṭa was one of the most influential writers of Ayurveda. Several works are associated with his name as author, principally the Ashtāṅgasaṅgraha,” around 600 AD (32). Keep in mind that ancient “scientists” worked in groups to STUDY the human body for hundreds of years prior to this time the information was passed word of mouth around the country. Vagbhata was one of those scientists who desired to document the great progress they made during those centuries in understanding the human condition.

“Persons who are desirous of a life which is the means to obtain Dharma (righteousness), Artha (wealth) and Sukha (happiness should bestow utmost faith in the teachings of Ayurveda.” Vagbhata 600AD (1).

The writings include the understandings of the human condition which are practical and applicable today. Nalur studied with Dr. Vasant Lad at the Ayurvedic Institute in Albuquerque, New Mexico when she could and with Dr. David Frawley’s online classes to complement her studies. She was eager to learn how to take care of her physical body, and was desperate to become acquainted with and understand her energetic body-Purusua (Envys) (which some people call the SOUL).

The book describes the three temperaments of the physical body and their variations. The Doshas Kapha, Pitta and Vata “destroy or sustain the physical body” depending on whether they are maintained in balance

or abnormal. “The three doshas, at the commencement of life depending on the strength of each dosha, to the human physical body in the form of temperament and constitution. This arises from all three doshas as Prakriti (manifest body and mind) and must be maintained for balance in the physical body. When out of balance (Vikruti), the body gravitates toward various diseases of the body and mind. The Anatomy and Physiology of Ayurveda are quite complex, similar to but very different from Western Anatomy and Physiology and psychology. They require years of study to perfect and implement. Many people study them around the World to become an Ayurvedic Medical Doctor or practitioner. As you know, and she knew, the Human Physical Body is constantly changing as is true with all things “manifest” into a physical form.

Now, let’s talk about me, “PURUSHA” or, “an Indian philosophy, particularly in Samkhya and Yoga, Purusha refers to pure consciousness, the self, or the ultimate, unchanging reality.” (1) It is often described as the observer or witness, distinct from Prakriti, which represents the dynamic, material world. Purusha is considered eternal, unchanging, and the source of awareness. I am Marie Louise Trower Shields DeLaCruz Bosin’s Purusha. My name is Enfys. Since I was with her, conscious every minute of every day, unchanging and steady, I can help her tell this story.

Nolur lived through World War II, the overthrow of the Nazi’s Europe, only to see them reinvent themselves in the Republican Party of the United States of America. She was very distressed by the political circumstance we lived under and researched carefully to better understand what was happening to our Nation from 2015 through 2025. Some of the Addenda (Chapter 15) are Political letters she wrote to democratic leaders during that time who did not seem to understand what was happening.

THIS WOMAN'S LETTER OF INTENT

How does one put into perspective a life of more than eighty years in short form? Her name in life was Marie Louise Shields (Mother) Trower (Father) DeLaCruz (Husband) Bosin (Husband) .

She begins:

It is difficult for women and children to live in our world today.

I was born into a Methodist family. Though each and every person was religious to the extreme and had a strong faith in God, to a person they doubted their faith in the end. Some doubled down and became extremists. Some took a different path. The extremist religious convictions and psychological damage created a sick alcoholic family filled with shame and fear. Our first "geographic cure" was in 1952, the summer between my kindergarten and first grade. We traveled in a 1952 Studebaker Champion Four Door Sedan. My father sold them in a dealership with his brother-in-law, my Mother's brother. Both families, by then five of us and four of them, lived above a bar in the little town of Louisiana, Missouri.

Too much boozing and womanizing by the men created tension in the families and my Mother decided that we needed to move to California to make a new start (that is called a geographic cure in recovery). Mother was angry and soon began to work outside the home which was new to us kids. Both of my parents were kind, generous, and well respected outside the home. They followed the rules most of the time. My Mother raised us according to Dr. Benjamin Spock, the parenting expert of the 1940's and 1950's, except mother spanked and used medical procedures like enemas to cope with out-of-sorts kids. Inside our home we lived like animals (my perspective). There was an external focus at all times to make sure "I" was safe, getting "my" share, not being taken advantage of and in general not being the one getting in trouble. Survival was a necessity. Everyone in the house, including my parents, was out for him or herself. We lived what I call a pseudo-mutual life (a family system where there is a superficial appearance of

openness and harmony that hides rigid, depersonalizing, and dysfunctional dynamics. One of my sisters remains alive at the time of this writing. Her position is that I am a raging bully, sick and a liar. Because I set limits with her around that my sister has chosen to shut me out of her life, or to “stonewall” (a communication pattern where an individual essentially withdraws from interaction, refusing to engage) me because I will not behave the way she wants me to behave.

I always knew I was a sensitive bulldog.

In this family, I was the “black sheep.” So, since that is what was expected of me, I became a very selfish, angry person, not caring what other people thought of me. I was the middle child. I was supposed to be a boy but was a disappointment (I was a girl). My father began to sexually abuse me as a baby with his mouth when drunk and continued that until he was caught by my mother when I was six or seven years old. There were two ways this came down. One is that my mother and older sister would “go shopping” before my younger sister was born. He would drink alcohol until he was drunk and act on his basest instincts. As I got older he would sneak into my bedroom (which I shared with my younger sister) and climb up from the bottom of the bed. I remember waking up in the middle of the night and thinking something felt good “down there.” Since I was out of my body and could not see my father under the covers, the story I told myself was that I was masturbating. I would find myself up on the ceiling in the south-east corner of my room looking down at my body. This is called dissociation in the Psychology field. I did not have a sense of myself into young adulthood. I was there in this family for the use and service of others only.

I don't remember much about my childhood. Eventually the memories came like a jig saw puzzle.

I grew into a very “good” child with a “bad” streak which came out larger than life as a teenager. I now name this split in me Nalur. As a family member I was always trying to keep a low profile, but I had a split inside me which craved attention and got me in trouble on a regular basis. The split was a deep wound that would ultimately take me half of a life-time to heal

which began five years after my daughter was born, starting at age 35. This is when I found Yoga and understood I was an Alcoholic like my father and became a lifetime student.

I had secrets. Once when I was about 13 with new boobies, I was babysitting a two year old boy who lived behind us. I tried to “nurse him” because I did not understand what that meant. He remembers, he told me so. At 14, I also allowed a married adult man to take me on a “photo shoot” and he talked me into lifting my shirt and bra up so he could take a picture of my boobies. I was well prepared for this by my parents inability to honor my “body boundaries.” These were dark secrets (in addition to the molestation (which I did not remember or call it that until I was in my Forties as I began to “observe” my inappropriate sexual behavior, both public and private). None of these things bothered me until I got sober.

About five years before I got sober I began to have panic attacks, shame attacks, and feel embarrassed about my dark side.

In 2008 when my second grandchild was born. My daughter lived 400 miles from us. In 2009, new baby in tow, she and I agreed to take a Yoga Teacher Training together. We found Scott Miller and Laura Cueva Miller near my daughter’s new residence and I traveled down from the North weekly to study Yoga for the first time formally. I have done Yoga since I was 29 (then on PBS with Liliias Folan). I felt better but I did not understand what was happening. Once the Yoga Teacher Training program was completed, I decided to move closer to my grandchildren.

I retired at 62 years old from a 15 year career as a bureaucrat managing seven alcohol and drug treatment programs. By then I had put together twenty years of sobriety from alcohol.

At age 62, Nalur started her healing process with Yoga and Ayurveda in earnest.

At age 35, I experienced what the medical community at the time called a “nervous breakdown.” I had not slept for forty days and forty nights (my dark night of the soul). The state of terror for months on end eventually became clear as the beginning of my awakening. I was having a

“break-through.” I went into a Psychiatric Hospital because I was concerned about my danger to myself and my daughter. For myself, I was afraid to live and afraid to die.

The day I got out of the hospital in 1979, I was sitting in the backyard on a patio chair sunning myself and trying to quiet my mind. My mind was spinning and my ears were buzzing all of the time. The words were “what the hell are you going to do now?” Sitting there in that chair, I heard a ruckus on the other side of the fence when I looked up and an entire flock of Mid-Western Canadian Geese in formation flew directly over my head at roof height. Since that day, the geese visited me several other times at important transitions in my recovery but at that moment I had no context. They were noisy enough to get my attention. Shiva visited me for the first time. I simply said, “thank you, God” out of habit to a punishing God.

I took a deep breath and I moved on with my day.

In the process of healing, I felt ready for a silent meditation retreat. I chose the Buddhist Vipassana Retreat Center in Joshua Tree because it was close to home and because there was no charge. It is a donation-based retreat program, I am poor and I could not afford a large fee.

I was at the retreat for twelve days (if you count the day I arrived and left). For the first seven days, I struggled and wanted to leave every day but I had signed a commitment sheet to stay the entire time. This might have been one of the first commitments I made where I did not cut and run. The retreat is very structured with no outside stimulation and professionals on site with which to process, if needed. I was able to meditate nine hours a day, eat a vegan breakfast/lunch and drink water.

At the end of the seventh day I had a breakthrough. My father became the focus of my meditation.

I did not go there with him in mind, but there he was. Day seven in my meditation

I watched my process as one lifetime after another flashed through me where I had been a

pleasure-seeker, often hurting others and losing my life because of my pleasure seeking.

I remember sobbing and shaking as the trauma of those lives and the karma in this life left my physical and subtle body. This process brought many jig saw puzzle pieces together for me.

Following the vipassana meditation process I walked on a footpath to calm myself. I was walking along in the middle of January in the Mojave Desert and two Mid-Western Canadian Geese flew directly over my head. I said quietly inside my head, "Gee, I wonder if these geese have anything to do with Father?" I heard a resounding "YES" come up from my tail bone, over my head and land in my Third Eye. When I recovered, I said "what do you want?" I heard the voice coming from my tailbone up along my spine, over my head and into my Third Eye. "Forgive me!" I said, quietly to myself again "What else?" I heard the voice coming from my tailbone, up my spine, over my head and into my Third Eye, "Let me go!" I said, quietly to myself again, "DONE!"

I felt so much peace after this as I walked on along the footpath without any further encounters.

I felt love and compassion for my father and understood that he was as broken as I was when he did what he did to me. I was relieved and comforted to have the context.

I married (for the second time) my soulmate at age 28. This man is very self-sufficient and responsible. My parents loved him. Our daughter was born on May 27, 1976. When my husband left for work after his week of paternity leave, I remember standing at the window watching him drive off holding my baby and crying, thinking, "what have I done?" This was a whole new life for a free spirit. It is a big commitment to raise a child and I have been a runner for 29 years.

Now, I could not run. I had to sit still, change myself and learn to love. For the next 6 years I was a Class A Control Freak attending meetings to help me understand the disease of alcoholism from the family members perspective. I had no coping skills, no ability to regulate my emotions and no way to keep myself away from falling in and out of a deep depression. Though I tried to ignore the fact that I was a mother now for FIVE long years after my breakthrough, I stayed and I stayed

and I stayed. I eventually sought help for myself and followed instructions, I finished my master's degree, obtained a professional license and managed to stay in a career job for fifteen years. I tried to be the best parent and partner I could but I had done too much damage to just move on. My family struggled to accept me and help me heal. My family is most important to me, but my recovery takes first priority now. Finally I started my recovery from Alcoholism in 1987. This year, I celebrated 38 years of sobriety. As I got healthier and more in touch with myself through Yoga and Ayurveda, I remembered how to love and taught myself how to love myself for the first time I could remember in a long time.

In 2011, I worked toward my vision of a non-profit Holistic Health Education and Treatment Center. As I began the process toward my vision, I was excited, grounded and centered. Quickly, obstacles began to appear. I did not have enough recovery to understand that obstacles are a sign one may not be ready to move forward. I went directly to the "hunker down" solution and began fighting for the life of the non-profit. This created more drama which just would not resolve itself and after several years of work it became clear that the non-profit was not going to live now. It took me more years to close it responsibly. I was exhausted. The grace of this time was that I completed Yoga and Ayurveda training which has personally healed me in a way I would never have expected.

In 2017, I took a trip to Carmel, California to visit with some of my support group for a retreat. I spent the four days of the retreat letting go of the non-profit. I sobbed and shook just like I did in Joshua Tree and I felt another big release. When I was done, my friend and I took a walk on the beachfront footpath. Suddenly, the Mid-Western Canadian Geese appeared again, flying directly over my head honking loudly. I think the message is, "Keep going, you are moving in the right direction."

Now, nearly forty years after my first visit from Mid-Western Canadian geese, I live a peaceful life with Sadhana and Dinacharya. I am strong now. I can only grow from here. But, I am not fully healed. I still have strong reactions to injustice and unkindness. The forces that be have not allowed me to get away with being angry about these things. Every day, I work to return to love. But, the world is full of injustice and unkindness now, which those of us who are awake and aware, must learn to cope with.

Yoga and Ayurveda are the original consciousness programs. Spread by word of mouth for thousands of years before being written around 1000 BC, it has a powerful place in my life. I continue to help others when possible, often at no charge. The thing I value most greatly is freedom. The freedom to make the right choices. I now know that freedom has nothing to do with where you are or who you are with. As Krishnamurti says, “Do you want to know what the secret is? You see, I don’t mind what happens.” (9) My study of Yoga and Ayurveda have helped me understand what is actually meant by this. I live my life in selfless service. Like many Yogis before me, my job is to take proper action and not be concerned about the results.

I would like to sincerely thank and appreciate all of the many people who have entered, stayed, left and are now gone forever through my life this time around. You have all been my teachers. You have all brought me where I am today by holding a mirror through which I can see myself more clearly. Given this opportunity, change becomes much smoother. Change is the rule in the manifest World in which we all live. There is only one unchanging, steady and stable relationship and that is the relationship between me and Purusa (the observer called Enfys). I did not recognize her until I was about 62 years old. She travels with me through lifetimes. She is the calm water that I rest in when there is a storm in my life. She is the warm blanket that I wrap around me when I am lost from her. She is the presence who will be with me and guide me when I pass from this Earth. She is the only consistent phenomenon and I am every day filled with

gratitude that I have been reintroduced to her in this lifetime. My hope is that Enfy's does an adequate job of honoring those I have learned most from in this book and that someone who reads it is able to have the courage to "live life from the best version of yourself." That is what I did, as best I could. And so, I can honestly say "I have had a life fully lived."

"Yes, this is my version of [my life]. If you wanted someone else's version, you should have [read their book.]"

Jennifer Lopez as Puchi in El Cantante.

"This mud, being like other mud, we may assume that other mud is like this mud, which is to say that one place is all places and all places are one.

**Thus, by staying here we are at the same time everywhere,
and there is obviously no place to go."**

Quote from Serpentina, the snapping turtle in "The Mouse and His Child,"

by Russel Hoban, Camelot Books, 1966

Orientation

This paper is redesigned by Marie Louise Bosin and reprinted here without permission.

All authors are dead. But thankfully, they left this document to the family as a gift before they departed!

TROWER FAMILY HISTORY (from arrival in the United States of America prior to 1732)

THE DESCENDANTS OF SOLOMON TROWER

Revolutionary Veteran, Slave Owner, Farmer, Patriarch

Edited by Wm. J. Carter 2719 Wooldridge Dr. Austin, Texas 78703

“Family histories can only be written where the descendants have continuously preserved the memories of their past. In the Trower family, an unusual number of this generation are active historians. The study of only official records which is necessary for a book such as this is fairly routine, but the bringing to life of the bare bones of fact requires that family members flesh out the narrative with personal remembrances.

The number of descendants of Solomon Trower alive today is surely many thousands. We have now accounted for a sizable number of them. The family structure in some cases now runs down to the ninth generation. The most graphic way in which to present this mass of information would be to arrange all persons, living and dead, into a "family tree". The difficulty with the tree approach for this huge family, is that it requires a sheet of paper several yards square. The only way out of this difficulty is to use a notation system which identifies relationships.

We have attempted to reproduce this script highlighting our branch of the family tree. Mr. Carter gave a complete list of all the family members who contributed to the research which was a considerable contribution. The text comes to A. J. Lonergan, courtesy of Donna Woodson, Bowling Green, Mo. For a complete copy of Mr. Carter's research you contact him at the address on the face sheet.

Forward

This is a story about people--Trower people-- a now vast family of persons all across America who descended from Solomon Trower. This remarkable man--slaveowner, planter, pioneer, patriot--was born in King William County, Virginia, on January 1, 1732. When he died in Mercer County, Kentucky, in September of 1838 he was well into his 106th year and was living with a second wife some forty years his junior.

In 1773 Solomon and his family had moved from King William County of Albemarle, Virginia. We don't know why they moved, but it was most likely the same reason that caused him and his growing family to later move on to Mercer County--the need for more land for an expanding family.

Albemarle is one of the Piedmont Counties, lying as it does just east of the Blue Ridge Mountains. In 1773 it was mostly a country of farmers. Although they did not know it at the time, the men of the Piedmont area were destined to play a major role in the Revolution.

Officers and men of Albemarle were heavily involved in many of the major battles of the war--Long Bridge, Trenton, Stony Point, Brandywine, German- town, Saratoga, Monmouth, Savannah, Charleston, Camden, King's Mountain, Cowpens, Guilford, Eutaw and Yorktown. We do not know which of these battles Solomon fought in but have reason to believe that he was among those at Valley Forge during the grim winter of 1777-1778. We do know that he was discharged from his last period of service three weeks before the surrender of Lord Cornwallis at Yorktown.

Solomon was 43 years old in April of 1775 when he volunteered as a Private for service in the Virginia Militia. By the time the Revolution was over, Solomon had served six periods of duty each three or more months in length. Men of the Continental Armies had to farm as well as fight and enlisted men generally served numerous short periods of duty.

During the last years of the War, Solomon was overage for combat service. This is indicated by the fact that during his last service he was on guard duty at Albemarle Barracks which was a prisoner of

war camp. It is likely that he could have avoided service during the last years of the war, but that was not the choice he made. We must presume that his continued service stemmed from his deep commitment to the American cause. Men from his part of Virginia felt that way. In fact, both Thomas Jefferson and James Madison also came from Albemarle.

We are fortunate to know as much about Solomon Trower as we do. During his very long life he owned lands and slaves in Virginia, Tennessee and Kentucky. Records are found of marriages, deeds, wills, lawsuits, depositions and he is listed in various tax lists and numerous census records.

Additionally, several family letters written during the 19th Century contain information about him.

We know where he is buried and are able to read almost all of the inscription on his tombstone.

Altogether, we know quite a bit about Solomon Trower, and we know something about the men who were his close friends.

One of the richest sources of information about Solomon is the application he filed for pensions due him for his Revolutionary service. It took some doing just to live long enough to draw a Revolutionary pension. Somehow the young republic did not get around to rewarding its soldiers, except for those who were disabled, until some fifty years after the end of the conflict. The Pension Act was passed June 7, 1832. By that time most veterans were dead of old age. But Solomon was still alive and made his application at the Mercer County Courthouse on August 10, 1832. It was approved and payments began in September of that year.

Such prompt action was probably due to the fact that records keeping during the Revolution was spotty and incomplete except for commissioned officers. About all that could be done in investigating a pension claim was to check the applicant's memory as to names of officers under whom he had served, places of service and dates. The judgement of truth of the applicant's account seems to have been made at the local level, based on his reputation for truthfulness as attested by character witnesses. Obviously, it would be the advantage of the alleged veteran if his witnesses

were the advantage of the alleged veteran if his witnesses were men of local prominence. We know the names of those who appeared with Solomon: Jesse Head, neighbor and Methodist preacher (Jesse Head is the preacher who married the parents of Abraham Lincoln), Mark McGohon, Revolutionary veteran and neighbor; A. H. Alexander; John B. Thompson; and Christopher Chinn, who was the County Judge.

Solomon seems to have been a "self made" man. There is no surviving record of his owning any land or anything else before the Revolution. It is likely his war experiences served to broaden his perspective of the world and enabled him to utilize what he had learned for the well being of himself and his family. By 1787 we found land records in his name in Louisa Co., Virginia which adjoined Albemarle Co.

Solomon's first wife, and the mother of his children, was named Sarah. This is proved by her signature Sarah Trower and deed records. According to family legend, her maiden name was Givens.

We are able to identify six of the children of Solomon and Sarah:

1. Thomas born 1750-1760
2. John (Dr. John Wesley Trower, Sr.) born about 1772
3. Henry T. Born about 1776
4. Solomon, Jr. - born about 1782
5. Caty (Catherine) - born about 1784
6. Samuel born 1775-1794

In his pension application of 1832, Solomon stated that he had been a Methodist for 61 years. Those who appeared for him as character witnesses affirmed their belief of this and also stated that they believed Solomon to be as old as he said he was. An interesting bit of speculation can be constructed around Solomon's very early Methodist membership. His testimony places him in the Methodist

movement in 1771. At that early date the Methodist movement was just beginning its growth in the Colonies. At most, its total membership was only a few hundred. At the beginning of the Revolution the total Methodist membership in all of the Colonies was only a bit more than 3,000.

The very early Methodist membership of Solomon and presumably also his family is most revealing. It may well be true that he was converted to Methodism by Robert Williams, who was one of the first four missionaries sent to the Colonies by John Wesley. It is known that Williams evangelized in Virginia and that King William County was a part of the area he covered.

Solomon's early association with Methodism can be employed to give a plausible argument for dating the birth of his son John. The argument is that Solomon and Sarah would likely not have named a son John Wesley if he was born before 1771 and would likely not have given this name to a son if he was born in 1775 or during the next few years after 1775. This requires some understanding of the early history of the Methodist movement in America.

Taking these speculations for whatever they are worth, we arrive at a birth year of 1772 for John which would have made him about 21 years old when he married Nancy Robinson in Albemarle County, December 19, 1793. This sounds about right.

Henry Trower married some four years later so we might assign a birth year of 1776 for him.

Working backward from the known dates of their marriages we can assign a probable birth year of 1782 for Solomon, Jr., and perhaps 1784 for Caty.

The first of the family to leave Virginia and migrate to Kentucky appears to have been John Trower and his wife and children. They arrived in Harrodsburg perhaps as early as 1809. John and his family appear in the 1810 Census records of Mercer County, Kentucky. The families of Solomon and Henry came to Mercer County about 1812. The tax lists of Mercer County for the year 1813

list Solomon, John and Henry. John owned 110 acres on the Salt River. By 1820 the families of Samuel Trower, Solomon, Jr., and Caty Patterson were in the county.

In making the trip from Virginia to Kentucky it is likely that all of them took the wagon trail down the Cumberland Valley and crossed over the Cumberland Gap into Sullivan County, Tennessee.

From there the route to Mercer County was likely through the Pennington Gap into Harlan County, Kentucky, and northwest to Harrodsburg.

The Mercer County Trowers were the first family of that name to settle in Kentucky. Solomon, Sr., and those of his children who came to Mercer County lived out the remainder of their respective lives there. By the 1830's though many of Solomon's grandchildren were moving on to the newer frontiers. So far as is known to the editor, all of the Trower families who were in the midwest by 1850 were descendant from Solomon Trower, Sr.

In the course of several years of correspondence with others, the editor has several times encountered the story that the John and Henry Trower of Mercer County, Kentucky, descend from the Trowers of Princess Anne County, Virginia. Apparently this story is based on information contained in a deed which is recorded in Princess Anne County.

An abstract of this conveyance is given in Virginia Wills and Administrations

1632 18001 1800. The abstract of the deed in question is as follows:

Princess Anne Co.--Deed Book 13, p. 18: Henry Trower mentions Wife Elizabeth and sons, Henry, Thomas, John and Robert. Daughters Elizabeth and Clear (or Clare) Ownes. Dated March 17, 1772 and proved July 9, 1772.

It is possible that all of the Trowers in early Virginia descend from a single immigrant ancestor but this cannot be proven. There is a legend in this Trower family that Solomon descends from a Welch sea captain who plied trade between the West Indies and Jamestown in Virginia. This legend comes down through the family of one of Solomon's grandchildren who spent many years back in Albemarle County, Dr. John Wesley Trower, Jr. The editor puts some faith in this story.

We know that the Trower name is found in quite early Welch records. Possibly the immigrant of this Trower family was Samuel Trowers (Trower), 15, who immigrated from London to Jamestown on the ship Concord, October 4, 1677. Solomon could have been a grandson of Samuel, from the ship, Concord.

As noted earlier, Solomon was an old man when he came to Mercer County. Even so he lived many years in that community. There is little doubt that he was well known there. sons were successful and his grandchildren married into a number of the families of the area. He surely was one of the last of the Revolutionary veterans who sat on the speakers' platform at a 4th of July celebration. The little farm he bought was very near Harrodsburg, and it is easy to imagine him spending many afternoons sitting and talking with friends on the village square.

In 1821 old Solomon married a second wife. She was some forty years his junior and was an "old maid", which may have had some bearing on events which led up to a full scale family squabble. Much detail of this conflict appears in Mercer County Court Records as given in the Records Section of this book. It is a bit unusual in that so much of what seems to have been purely a family disagreement should find its way into legal records. Perhaps it means that strong families can sometimes have bitter controversies. As cousin Rachel Trower Hill puts it "Trowers are stubborn." It is a fact that Solomon did take Mary Bingham to wife on the 23rd of May, 1821, at which time he was 89 years old. There is good evidence that her maiden name was Bingham. She was an "old maid" and some forty years younger than Solomon. Some continuing connection seems to have existed between the Trower and Bingham families. (We note that Henry Trower's first son was named Wesley Bingham Trower. He was born January 5, 1801.

The first volley in this family legal battle was fired June 25, 1821. In brief what this agreement says is that son Henry agrees to go as Solomon's agent to Solomon's son Thomas in Tennessee and seek to recover money due Solomon and also to try to recover a Negro girl named Lotty. All was to be

undertaken at Henry's own expense and in consideration whereof, the said Solomon agreed to give Henry the said Negro girl if he is able to recover her. Henry went to Tennessee forthwith and presumably tried to carry out all of Solomon's requests. The receipt dated August 16, 1821 shows that Henry returned with the money but without the Negro girl, Lotty.

The only word we have from Thomas about all of this is contained in his deposition which is given verbatim below:

DEPOSITION OF THOMAS TROWER

Taken in Sullivan County, Tenn.

August 13, 1825.

"Some years ago, the particular time not recollected, my father Solomon Trower, sold me several negroes and at the same time gave a little negro girl to my daughter, Edna A. Trower, a minor.

Consequently I received the child for her and kept her upwards of three years and I believe between four and five years before my father made any claim to said negro girl, which he had given as above stated, during which time my father married his second wife. Some time after this event took place, my father then set up a claim to the said negro girl whose name was Charlotte.

"My father had become dissatisfied with me and he gave my brother Henry Trower, a power of attorney to do his business with me. He came to me and made a demand of the negro girl and believing it was the effect of old age and of his late marriage, I did not think it my duty to give the negroe girl up, upon which refusal, my brother Henry Trower sued me in the Federal Court at Knoxville in this state, in defence of which I produced a number of my father's letters which he had written to me on the subject, by which letters I have not been able to get since. I also proved by the depositions of Thomas Morrison and Ambrose Gaines the gift of the said girl from my father to the said Edna, my daughter and I do firmly believe that my brother, the said Henry, did everything in his power to recover said girl." Signed: THOMAS TROWER

It is easy to imagine that Thomas might have said more about the matter of the Negro girl had he chosen to do so. It is easy for all of us now living to condemn the institution of human slavery. Even old Solomon eventually came to doubt its justice. But mutual loyalty and affection was often a part of master-slave relationships. By 1821 the Negro girl had been with Thomas and his family for many years. Quite likely they felt that Lotty-Charlotte was a part of their family. They were not about to give her up. Thomas might even have believed the whole thing a plot to take Lotty and sell her away for whatever money she might bring.

By 1825 the controversy had caused differences in the Mercer County front. On May 25, of that year Solomon appeared as plaintiff against his son Henry. Finally, during April of 1826, the court appointed referees "to arbitrate, settle and determine this matter of controversy. No report of settlement appears in the records so we are left to make our own judgment.

Finally, something should be said about Solomon Trower and the question of the abolition of human slavery. Solomon was born into a society which had known and practiced human slavery as long as Virginia had existed. Solomon owned slaves and as we have seen took slaves with him when he moved to Kentucky. But Solomon was also a devout Methodist. Early 1830's voices were being raised in sadness and anger against human bondage. Many of those who spoke out were Methodist clergymen. Eventually the conflict was to tear apart even the Methodist Episcopal Church in America. Solomon heard all of this. We do not know what opinions he may have voiced, but do know what he did. In 1836 he emancipated his remaining slaves, Viney, Mary, Nancy and Hannah. Viney was to be given her freedom at Solomon's death, and the others were to be freed as they reached age 21.

In July of 1838, Solomon seems to have sensed that his long life was coming to its end and that death was reaching out for him. On the 15th day of July of that year, Solomon wrote his will and

named as his executors: John B. Thompson, Jr., Christopher Chinn and his wife, Mary. In September of 1838 his life finally ended.

Solomon is buried in an old cemetery located in the countryside about 4 miles north of Harrodsburg. It is more than a mile from the main highway. The gently rolling farm- land of which the old cemetery is a part is now owned by a Mr. Elmer Wiley. The last burial there was some 75 years ago. It is said that the old cemetery was once the burial ground for a nearby Methodist Church. It has the same sort of pastoral look that it must have had when Solomon was buried. One can see trees and grass, grazing cattle and fields of tobacco. We know beyond a shadow of doubt that it is Solomon's grave. He wanted it that way. He requested in his will that a stone be placed at his head and his feet. The footstone is clearly marked with the initials S.T. The grave is in the extreme northwest corner of the old burial ground beneath a large cedar that could have been planted more than a century ago. At the top of the headstone is engraved--SOLOMON TROWER. The headstone is now fallen and broken across the date lines. We do not know who selected the epitaph which appears on the bottom portion of the stone but it is appropriate:

"The hoary head is a crown of glory if it be found in the way of righteousness."

The First Generation

SOLOMON TROWER - b Jan. 1, 1732 in King William Co., Va. d. Sept, 1838 in Mercer Co., Ky., and is buried in what is now called the Dean Family Cemetery a few miles north of Harrodsburg. m (1) Sarah Givens about 1755 probably in King William Co., Va. It is assumed that Sarah was the first wife and the mother of all of Solomon's Children. Sarah d sometime before the family left Va. m(2) Mary Bingham May 23, 1821 in Mercer Co. Ky. Mary d 1847. Six of Solomon's Children have been identified. They are listed below in what is the most probable order of their birth:

Thomas Trower b 1750-1760 probably in King William Co. Thomas is said to have been a Methodist preacher. In 1830 he was living in Sullivan County., Tennessee, and had two sons and two daughters

living with him. One of his daughters was named Edna. There was a John T. Trower, b 1799 in Va., with eight children living in Sullivan County, Tennessee, in 1850 who was likely one of Thomas' sons. No further information was found.

Dr. John Wesley Trower, Sr. born about 1772, most likely in Albemarle County, Virginia. died 1818 in Mercer County, Kentucky. and probably is buried in the Dean Family Cemetery. John is the first of this Trower family known to have practiced medicine. Henry T. Trower, born about 1781 probably in Albemarle County, Virginia and. died 1826 or early 1827 in Mercer County, Kentucky, and probably is buried in the Dean Family Cemetery.

Catherine "Caty" Trower, born about 1783 probably in Albemarle County married William Patterson. Solomon Trower, Jr. born about 1783 probably in Albemarle County, Virginia and. died about 1827 in Mercer County, Kentucky, and probably is buried in the Dean Family Cemetery.

Samuel Trower, born about 1785 in Virginia. A letter written in 1880 by W. R. Trower of Maynesville, Missouri to W. A. "Ad" Trower of Shelbyville, Ill, identifies Samuel as one of the children and reports that he was drowned. He was living in Mercer County, Kentucky in 1820 and had 12 children living with him. Likely he died before 1830 and he probably is buried in the Dean Family Cemetery.

The Second Generation

Henry T. Trower married Martha Anderson July 9 1798 in Louisa County, Virginia. His wife Martha was born 1777 in Virginia and died 1845 in Mercer County, Kentucky. Henry was a farmer (planter). He is the only one of Solomon's children that is known to have owned slaves. Henry died in Mercer Co., Ky., in 1826 or early 1827. Martha died in 1847. She left a will naming the children. Both Henry and Martha are probably buried in what is now known as the Dean Family Cemetery.

Sarah Dickerson "Sally" Trower m Levi Long born Aug. 7, 1799

Wesley Bingham Trower born Jan 6, 1801 died Sept. 30, 1858 in Pike County, Missouri. married Elizabeth Jones. Mary Ann Trower born October 10, 1802. Louisa Fitzallen Trower born Sept. 10, 1904, married Eyre Askew died May 24, 1878. Janetta Beveridge Trower born Jan 15, 1806. Permelia Caroline Trower born December. 22, 1808 married Samuel Hogue in Mercer County March 24, 1830. Martha Abbot Trower married Henry Canada. born Mar. 5, 1810 in Kentucky. Virginia Cosby Trower born August 13, 1812. Never married. Henry Anderson Trower born Sept 17, 1814 and died March 1, 1877, married Matilda Keith. Maria Pauline H. Trower born March 22, 1816 in Kentucky. married Andrew J. Bradley in Mercer County Feb. 24, 1836. Lucy Marion Trower born December 1819 in Mercer County married George A. A. Riggs in Pike County, Missouri, Nov 17, 1842.

The Third Generation

Wesley Bingham Trower married Elizabeth Jones May 14, 1822, born June 21, 1806 died September 12, 1867. This family came to Pike County, Missouri shortly after 1830. The 1850 Census shows them living in Hartford Township of that County. Capt. John Trower born October 2, 1824 in Kentucky, married Mary Elizabeth Evalyn Greenway. It is said that Capt. John operated boats on the Mississippi River (probably steamboats) hauling logs from St. Paul, Minnesota, to Davenport, Iowa. Capt. Henry Anderson Trower born May 22, 1825 in Mercer County, Kentucky. Martha Ann Trower born February 15, 1827 in Kentucky married David Hinton. Andrew Jackson Trower born October 10, 1828 in Kentucky died October 30, 1896, married Sarah Ann Butler born Sept 28, 1827 died Oct. 20 1914. Sarah "Sally" Trower born June 6, 1830 in Kentucky, died July 4, 1872, married Robert J. King July 6, 1825. James D. Trower born Sept. 3, 1832 in Pike County died May 25, 1907. Robert J. Trower, born Sept 12, 1834 in Pike County, married Mary Chamberlain. Robert was a veteran of the Civil War, fighting on the Union side. Julia Ann Trower born October 5, 1837 in Pike County, married Joe Kilby.

George Washington Trower born March 31, 1839, died August 28, 1862. George was killed during the Civil War. It is said that he lost his life while attempting to save a Negro. Twin to Benjamin.

Benjamin Franklin Trower, twin to George. Jessie S. Trower. married Eliza Crouch, died June 26, 1839. This is surely the in the "History of Pike

1842 in Pike Co. 1929. Janetta Trower b Sept. 26, 1844 in Pike Co., Mo. m William S. Kilby Dec 17,

1868. Mary Elizabeth Trower - b Feb. 14, 1847 in Pike Co. Mo. m Richard Lafferty. d March 3,

1913. Lucy J. Trower b June 25, 1849 in Pike Co. m (1) George Riggs m (2) Edward Hutchins.

The Fourth Generation

Benjamin Franklin Trower born March 31, 1839, died Mar. 30, 1900. Married Lydia E. Lafferty January 18, 1863 in Pike County, Missouri. Lydia born September 8, 1845, died November 12, 1899.

Clementine P. Trower born 1865 in Mo. Abraham Linclon Trower born December, 1865 died October 29, 1944. married Cora Kilby Jan. 3, 1885. Cora Kilby born June 5, 1868 died January 8, 1953. I remember meeting Great Grandmother Cora Kilby once at my grandparents farm.

Loretta "Rettie" Trower born 1870 in Missouri, married J. D. Glover August 12, 1899. Decorda R. B.

Trower, born 1872 in Missouri, married Sam Kilby. James J. Trower born 1877 in Missouri.

Jacob W. Trower born Aug. 4, 1874 died Aug. 11, 1875.

OBITUARY OF ABE L. TROWER

Another good, dependable citizen passed away. Abe L. Trower had been Resident here 50 years, His funeral service held from Baptist Church This Afternoon. In the death of Abe L. Trower, whose passing occurred at 1:00 o'clock Sunday afternoon at the home, No. 500 Douglas Street, the community has lost a good dependable citizen. Mr. Trower had been in failing health for several months, but his condition became worse about five weeks ago. He was a sufferer from bronchial asthma. Mr. and Mrs. Trower spent 50 of almost 59 years of a happy married life in Louisiana, Missouri and had a splendid family of ten sons and daughters, all but one of whom, with the widow,

the former Cora C. Kilby, survive. He served the city as city marshal and as street commissioner and was an efficient official in both positions. He was a member of the Baptist Church. His last employment the past few years was at the Ray & Son gravel plant, where he was employed as watchman. Mr. & Mrs. Trower observed their 58th wedding anniversary last January.

Abe L. Trower was born at Gazette, Pike County, Missouri. December 20, 1865, a son of Frank (Benjamin Franklin) and Lydia Lafferty Trower. He is survived by his wife and nine sons and daughters, Hurley, Everett and Tony Trower, Louisiana, Marvin Trower, Portland, Ore., Lloyd Trower, Moline, Ill. Mrs. Fred Howden, Mrs. Ed Strube, St. Louis; Mrs. Elizabeth Bass, Mrs. Ireta De Weese, Louisiana. He leaves 14 grandchildren and four great grandchildren. Also one brother, Nord Trower, Louisiana and a sister Mrs. Lovetta Glover, of Kansas City.

Attendance at the service in the First Baptist Church at 3:30 o'clock this afternoon with Rev. J. E. Chappell in charge was large and there was a magnificent display of fall flowers, attesting the high esteem in which he was held by the people of the community.

Interment was in Riverview cemetery.

Pallbearers were Earl Kilby, Ivan Kilby, Ray Kilby, Harry Kilby, Tom Sallings.

Taken from the Louisiana Press Journal.

The Fifth Generation

Abraham Lincoln Trower born December 20, 1865 died October 29, 1944, married Cora Kilby Jan 3, 1885. Cora Kilby born June 5, 1868 died Jan 8, 1953. Hurley Luther Trower born Oct. 12, 1886 died May 12, 1967, married Iva Lee True August 15, 1909. Iva Lee True born September 29, 1884 died March 4, 1976. Everett Edward Trower born March 24, 1888 died Nov. 26, 1978, married Clara Shull born Jan 17, 1889. Ellen Nora Trower born March 28, 1890 died June, 1976 married Frederick P. Howden. Jessie Marvin Trower born August 3, 1892 died Sept. 28, 1951 never married. Emery Lloyd Trower born January 22, 1895 died July 30, 1964. Callie May Trower born February 26, 1897

died June 21, 1981 married Edward Amber Strub. Ernest Edward Trower born June 27, 1899 died January 4, 1920 never married. Tony Franklin Trower born June 20, 1901 died June 4, 1945, married Jessie Rule. Elizabeth Catherine Trower born November 26, 1903, married Francis Patrick Lonergan born March 29, 1901 died Sept. 21, 1958. Ireta Lois Trower born September 26, 1907 died September 29, 1984, married Raymond De Weese. Beatrice Trower born April 4, 1911 died June 16, 1911.

The Sixth Generation

Hurley Luther Trower b-Oct. 12, 1886 d- May 12, 1967 Married Iva Lee True Aug. 15, 1909 Iva Lee True born September 29, 1894 died March 4, 1976. Mary Catherine Trower born April 5, 1911, married James Gamble Jordan May 15, 1935 born July 20, 1906 died Aug 15, 1961 Child: James Hurley Jordan born February 5, 1949 Married Diane Lynn Evans June, 1976.

James Hurley Jordan-Deane Lynn Evans Children: Monte born September 26, 1966, Kelly born Jane 6, 1969 (Stepchildren) Jessica Catherine born August 20, 1977,

Margaret Pearl Trower married Joseph Cannon Ison January 23, 1943, Divorced 1952, Married Leo D. Swarnes February 18, 1956 born April 19, 1921 died August 22, 1977; Stepchildren Linda Kaye Swarnes born Sept. 29, 1947 Brenda Sue Swarnes born September 14, 1948.

Linda Kaye Swarnes married James J. Koester February 4, 1966 born November 22, 1942 Children: Kimberly Kaye Koester August 6, 1966, James Joseph Koester, Jr. August 1, 1970.

Darin Edward Koester June 6, 1974, Cindy Renee Koester November 14, 1977, Brenda Sue Swarnes married John R. Koester September 26, 1966 Children: Stefanie Rae Koester February 25. 1967, John Raymond Koester December 30, 1969, Jerry Wayne Koester July 16, 1974. Kimberly Kaye Koester married Douglas L. Powell May 7, 1983 Children; Brooke Renee Powell September 18, 1983, Jennifer Lynn Powell November 11, 1984. Everett Edward Trower (my Grandfather) born

March 24, 1888, Married Clara Shull born Jan. 17, 1889, Daughter of Dora Loveless born Sept. 27, 1868 in Legatee, Illinois. died October 31, 1954 and Henry J. Shull b March 18, 1886

died December 21, 1932. Naomi Aletha Trower b July 28, 1910 Married Russell Weekley

Children: Joan Lee Weekley born Dec 6, married Rex Duane Miller April 30, Children: Joclyn

Miller b May 2, Married Kevin Lowe, Jennifer Ann Miller born March 29, 1968

Kenneth Everett Trower (my Father) born October 26, 1912 married Marie Louise Shields (My

Mother) June 16, 1934. Children: Jayne Ruth Trower born August 23, 1943, married George Paul

Marler April 1, 1967. Children: Erin Leslie Marler born September 21, 1969. George Paul Marler,

Jr. born March 27, 1973. Sarah Anne Marler born June 22, 1978.

Marie Louise Trower born August 27, 1947, married Dennis Lee DeLaCruz April 1966, divorced

September 1986, No Children, married Kenneth Henry Bosin Oct. 17, 1986 Children: Amber Marie

Bosin born May 27, 1976.

Kenna Lee Trower born October 8, 1949, married twice, son Troy Bates Smith born July 16, 1969

Married Alan Quiller March 13, 1983 Children: Bradford Alan Quiller born March 11, 1985 Tyson

Quiller, born

Ruth Clarita Trower born March 15, 1915 married Charles Thomas Sisson III February 14, 1953

Step Children: Nancy Sisson b Nov. 26, Married Tom Jenkins March 28, 1967 Children: Brad

Jenkins b Oct. 5, 1972 Bryan Jenkins born May 5, Charles Thomas Sisson IV, married to Patty,

Christopher Sisson born March 4, 1979, Kelly Sisson

Children: Pamela Sisson born March 6, 1954. Children: Juan Thomas

Notes from the organizer and typist:

We hope you receive as much pleasure from reading over our family tree as we have putting it together. It has been a labor of love and although there were times when we gave up hope that it would ever be finished, we persisted and some of us (like Jay) never gave up hope. Please excuse

any typos or errors in dates. When we come to the 7th, 8th and 9th generations there will be much you will have to complete. Love Jayne and Jay”

I am forever indebted to my ancestry and my family for every ounce of love they could muster to propel my life forward. My sister Jayne and my second cousin Jay put time and effort into putting this ancestry together. It makes a difference to know where you come from.

CHAPTER ONE: Nolur's Early Years

When Nolur entered the World this time around, she was expected to be a boy. The name was already decided; she was to be named after her Father. It is hard to think that a baby entering a delivery room can feel the energy of disappointment, but she swore, she felt it that day.

Nolur's next earliest memory came to her in a meditation. She remembers being in a swinging bassinet on the "farm" outside hanging under a tree. Nolur is still connected to Enfys. Nolur is warm. She feels cool on her skin from the breeze. The sun is sparkling through the tree branches and leaves as they move with the breeze. Nolur is captivated, completely free and one with all. Everything is as it should be. She is completely peaceful. This, Nolur understood later in her life as a state of Samadhi (Sanskrit for bliss). There were no seeds of thought of any kind to interrupt her reverie. She thinks she must have fallen asleep eventually as babies do on a regular basis. She could not have been much older than a month or two. She does not remember having that feeling again until much later in life.

Then, her sister was born (a third and final attempt of her parents at having a boy which also failed) but there was no disappointment there. Her mother had her baby girl that she could protect from evil! Nolur was told by her mother that she would become so angry and filled with rage that her mother's lap was not available to her that she would run into the kitchen and grab as many knives and forks as she could carry, then run to her baby sister's bassinet and throw them on her baby sister (or at least try to; Nolur believes her Mother probably stopped her before she could do any real damage). Nolur thinks she was murderous at the time, having felt abandoned by her mother at age one year and two months. She has not resolved this relationship to this day but she keeps healing. This same level of feeling comes up every time Nolur is with her sister, the baby who took her place. She is hopeful for resolution but doubtful it will happen, as every single time Nolur visits her sister, she becomes her sister's problem to fix. Nolur is not interested in being anyone's problem anymore.

She hasn't been interested in that for a very long time; yet she does become someone else's problem to fix quite frequently, still to this day. And this is a source of great distress. It often sends her reeling for days. It used to send her reeling for months.

By the third grade, Nolur was flirtatious with any boy who would pay attention to her, curious about any girl who would pay attention to her and completely baffled by every adult in her life. Nolur sat in class from first to third grade looking out the window wishing she was somewhere other than where she was, wanting something other than what she had.

Once after church Nolur was playing in front of the sanctuary with a little boy from her church school class. The adults were visiting and drinking coffee. Nolur and the little boy went to church every Sunday. This is just what Christians did. Nolur's Mother had so much faith in religion, until she did not. Some of her last conscious words were "what kind of a god would do this to someone?" She had Alzheimer's disease and was sick for 20 years with it. Nolur comforted her mother by telling her that she had a purpose on this earth even if she did not know what it was. She did know that her mother knew how to love. She suggested to her mother that she just concentrate on love for the rest of her life and not think too much about anything else. This seemed helpful to her mother at the time.

Anyway, Nolur and the little boy were wrestling and playing in front of the sanctuary after church (as her Father did with her all the time), and the little boy fell to the ground on his back and put his arms out. She straddled him, one foot on each side of his body, and slowly walked up from his feet over his head dancing and wiggling the entire way. She always wore a frilly dress to church.

Oh, my Gosh!! Nolur did not know what she had done for sure, but whatever it was, she was never to do it again! Her mother spanked her and pulled on her arm and told her she was nasty. Nolur remembers the shame she felt that day. I have heard that shame is something you feel when who you are is seen by someone as different than who you think you are. She remembers thinking she must

be so evil to do such a horrible thing that would make her Mother feel so embarrassed about her.

Her mother was never reserved about putting Nalur in her place in public. Normally, her mother was a very reserved woman. In addition to the enemas, which her mother began applying quite young for discipline, I am sure this scene played out over and over again.

Nalur recently met a man who held himself as an expert on the Yoga Sutras of Patanjali (a wonderful ancient text about how to obtain Yoga (union with the Divine). He told her that time is mentioned as important in this order in the Yoga Sutras: Present, Future, Past. Not the way she reads them. What she knows as an adult is that The Buddha sat under the Bodhi Tree and meditated for SIX years, until he became entirely clear about the nature of his past, what the past had to do with his own suffering and what he had become because of his past. (The advice I have gotten from many caring loving people to forget the past was not good advice. I was on a healing path and the only way for me to walk through it was to examine my past. This process took me twenty years. The Buddha was able to see himself through life times of Avidya (misapprehension) and he meditated until he reached Vairagya (freedom from misapprehension). He did this with a sensory exploration meditation technique called Vipassana. Nalur's interpretation of this story is that humans are incapable of ending their suffering until they have made a complete and thorough examination of their unconscious mind and how experiences stored from the past lead them to keep making the same mistakes into the future.

Nalur experienced the intense Kundalini release of this meditation technique for 10 days at a retreat a few years ago during January in the Mojave Desert. More about that later.

At Nalur's Father's funeral, her Father's best friend quietly came up behind her and whispered in her ear that he had "witnessed for" her Father before he died. Nalur asked other family members if his friend said this to them and they all said "No" with a confused look on their faces. So, she figured her Father had a message for her on his deathbed that she was not able to receive before he

died. Her older sister was quite upset by that. She was newly sober and did not have the courage to come to him as he requested. She has made up for that missive in spades.

It was not very long before Nalur's mother took drastic action to prevent Nalur from killing her sister. Nalur was about two when her Mother decided that the best way to deal with Nalur's temper tantrums was to give her enemas. So, on a regular basis when she was in a bad disposition, her Mother forced her into the bathroom and set up the red enema bag on a hanger above her head. She would lay Nalur across her thighs belly first, pull her pants down and stick that plastic, adult sized enema thing into her rectum. Her lower belly would fill up with warm salt water in a very uncomfortable way and then her mother would set Nalur on the toilet and leave her there angrily, alone to contemplate her tantrums. Alone, uncomfortable, isolated from family, everyone else out there doing something fun, Nalur emptied her rectum and her heart. Nalur believes her mother broke her spirit.

She became compliant. She lost her voice. Nalur tried very hard to be a good girl but could never manage it well. The split was already growing inside her. She lived two lives. The one she showed to the World was obedient, cautious, vigilant, secretive, and sang Jesus hymns loudly in church (so that everyone could hear how pious she was). And, she developed a concern about what other people thought about her at a very early age. Nalur had absolutely no friends. She was so very lonely all of the time. She knew there were other children around but everyone seemed so distant from her, made fun of her, called her mean names, accused her of things she did not do. She felt that there was a canyon between her and everyone else. She would lay on her back on the front lawn at night and look up at the stars twinkling, hoping that she would be picked up by the aliens who accidently left her here at birth.

Then there was the dark side of Nalur that she tried desperately to hide from everyone so that bad things did not happen to her anymore.

That is until Nolur met her sixth grade girlfriend. This young woman set free the dark and desperate side of her and it felt perfectly great. Nolur and her girlfriend would act out in every way possible. They passed notes in the back of class until the teacher sent a note home to their parents. They forged the note with their parent's signature thinking the teacher would never find out. They got to school the next day and the teacher, at the very beginning of class, said to her friend that he knew what she did and had called her parents to tell them. He told her she was in big trouble and she better get straight home after school. Nolur was so worried about her friend that she walked her home to comfort her. When they got to her friend's house, her friend's Mother said to Nolur, "you better get home too because he called your Mother as well!!" Nolur had to walk the entire NINE blocks home, down the Esplanade and up Avenue E two blocks all by herself. Nolur wondered if she was going to get an enema. She hoped not. Her Mother was in the kitchen doing dishes and looked at her with disgust and contempt. Her mother told her she was on restriction and that her Father was waiting for her in the garage. Nolur walked out to the garage thinking her father had probably set up a torture chamber out there, but when she got there, her father was up on a ladder and said to her, "well, I think you have punished yourself enough already. Go to your room."

In a way, she was relieved, but then there she was again, in her room alone, sad, worried, completely isolated from her family. This was a familiar place by now. She had come to know the structure of her family as an autocracy, a monarchy. Her Mother thought she was in charge. When she was not, there was hell to pay for everyone. In the end it was so sad to see her mother so powerless and small. She seemed so large and powerful all of my life.

Things got so bad in the sixth grade that Nolur's Mother asked her sister's husband if she could "borrow" his Masonic connections to get Nolur into "Job's Daughters." Of course, if Nolur was going to be a "Job's Daughter," her baby sister had to become one too. So off she and her sister

went to Job's Daughters meetings once a week and church once a week in her Mother's attempt to "save" the children from themselves.

In middle school she danced with a few boys. "Pinky" claimed Nalur's first kiss. She doesn't remember this, but at the twenty-fifth high school reunion, Pinky reminded her. Nalur's sixth grade girlfriend got pregnant in eighth grade and disappeared from school. She found her again when she was in her early forties. Tony looked beautiful as always, but worn from the five children she had running around her. She was a single mother at the time.

As soon as Nalur got to Job's Daughters, a young man who was four years older than her claimed her as his "woman." He was a senior in high school and a surfer. Nalur was thirteen years old. She can clearly remember when he would come to her parent's home after surfing and sit on the Naugahyde sofa with her. He would kiss her and she would notice something moving in his lap. He would say to her, "see what you do to me?" She did not fully understand at that time. Her "boyfriend" who claimed Nalur in Job's Daughters, left for college and asked her to wait for him, saying that he wanted to marry her. He wrote her love letters for two years. Then, Nalur guessed, she got too old for him because he abandoned her when she was fifteen. This left Nalur entering her Junior year in high school with no friends, no dates and no acquaintances. On Nalur's first date (out cruising with the Girls) she got drunk. Soon, she had sex with a boy a year older than her. Nalur was so afraid she was going to end up with a horrible venereal disease or pregnant (but secretly it would have been a relief-more drama to get attention). In health class, they showed shaming, scary movies about venereal disease to "encourage you" not to have sex. It sure did not work for me. She remembers this boy visiting her when she was sick in bed at her parent's home and she told him she thought she was pregnant. He seemed so excited. But it was not to be, so Nalur moved on to the next boyfriend, one year older than she, moving into his Senior Year in High School. He was a

baseball player and Nolur went to every game to root for him. Brian went away to college and indicated he wanted Nolur to wait for him, that he loved her.

Nolur broke up with him immediately, and insensitively. She still feels bad about how she treated him. But he got even. He visited her at her parent's house when she was getting a divorce from her first husband and taunted her about what a mistake she made. Boy I am relieved I did not wait for that man.

Nolur lost herself during her senior year in high school. She dated but infrequently, usually with boys from DeMolay (the boy's masonic club). After she graduated, she attempted to enter college briefly, art school. Her parents said they would pay her tuition. She was in college, as messed up as she had always been, found a girl friend, Kathy and they started kicking up trouble in the dorms.

DeMolay boys would drive to Los Angeles to take her out on a date. One Senior at college asked her out on a date once and took her to his apartment. She had sex with him and then he shamed her for not being a virgin. He gave her his "letter jacket" and told her to wear it to school the next day, so she did. This was the way he identified the young women he slept with in his group of friends.

I will never forget the "walk of shame across a crowded cafeteria to return that jacket. How humiliating. Shamed again.

Sharon, Nolur's Job's Daughter girlfriend, introduced her to her first husband. She started having sex with him right away. She told him she did not get her period and he and his friend decided they were going to Baja California to get married. She did not love him, he loved HER and so she decided, "oh, what the heck." She needed to get away from her parents. A trip to Tijuana, Baja would be exciting and fun. Nolur's parents were devastated when she told them. They insisted she have a real wedding in the family church and invite everyone they knew. This first wedding was not her wedding, it was her Mother's wedding. She and her mother were in the dressing room above the sanctuary and her mother said, "you know, you don't have to do this." But Nolur was not going back now.

Then shortly after the wedding, her first husband, Dennis, went to Vietnam. None of the men who returned from Vietnam were ever the same after they returned from that horrible war.

It was during this first marriage she learned how to have “affairs.” That makes it sound so sophisticated. She had unprotected stranger sex with anyone who paid attention to her for the next seven years of the marriage and another ten years after that. She remembers Nalur and her first husband went out drinking (as usual). She drank to black out as usual. She woke up in the morning in her bed alone, no husband. Nalur went looking for her husband and he was nowhere to be found. She went down to the carport and there was the car, a 1966 Volkswagen Square Back. It was yellow and all four doors were standing wide open. Her husband was still nowhere to be found. After he was gone for the second day, she called the police to report her husband missing. For all she knew, she had killed him. The police officer who came to take the report was a young man from her childhood church, the son of the man who whispered to her that he had “witnessed for” her father. He took the report and reassured her that in these cases, angry husbands leave and stay away for a while but he was sure her husband was fine and that she had not killed him as there were no bodies reported at the morgue.

Nalur’s husband came back a week later because she found him on the boat where he worked and begged him to come back. Selflessly, she would not be left again. It was the very day that he came back that she began to plan her separation and eventual divorce. That was Nalur’s life as a young person. Ignorant, Confused, Lonely, Sexy (apparently), Stupid, errant Christian and WEIRD.

As of April 1, 2026, this chapter is all water under bridges, forgiven and healed from my perspective.

I hold no one accountable except for me.

CHAPTER TWO: Nolur's Middle Years

Nolur and her daughter are standing in the Taco Bell just near the Gym. Her daughter is 9 years old and her heart's desire is to become an Olympic Gymnast. As her Mother, Nolur attends every practice and carefully watches how those coaches treat her daughter. She is filled with pride when she watches her daughter "make" a trick, but recently she has "lost" her "flip flops." This is a disaster because it means that all of the coaches who previously saw her as "Olympic" hopeful are heavily in doubt. Her daughter is devastated. Nolur feels responsible.

The coaches have turned her daughter over to a "minor" male Asian coach who we formerly loved, but her daughter spends the entire practice working on her 'flip flops' week after week. When Nolur and her daughter leave the Gym, her daughter is in tears and so frustrated. This 'flip flop' crisis has become the single most important and critical issue in her daughter's life and her daughter is acting like she feels like a failure. The sad part is that neither her daughter nor she understands the insignificance of the 'flip flop' in her actual life. But, a pattern is set in motion for her daughter. They are experiencing Dvesa, a Sanskrit word, one of the five veils of suffering. Her daughter is wondering "what could have caused such a dramatic change in her ability to perform," as she seemed to lose 'flip flop's' overnight. Her daughter doesn't know it now, but she lost 'flip flops' in order to avoid the extreme pressure being placed on her to become something other than who she was to be.. Nolur is late for her class at the University. Though she was told at age 16 that she was not college material by her high school counselor (following a terrible score on her practice SAT's), she managed to finish Junior College and an undergraduate degree. Doubt haunted her throughout the programs. She chose the easiest possible programs. She would not have to take any difficult classes, she thought. But, alas, Language, Chemistry, Anatomy and Physiology were all part of the programs. It is necessary to complete mathematical equations in those classes. Math was her worst subject! The horror of discovering and then walking through the fear to complete each and every one

of those classes (most with an A) was an amazing experience. But her self confidence was low and her self hatred was high by adulthood.

Back at Taco Bell, Nolur orders dinner for herself and her daughter and while paying for the tacos, the kid making them picks up cheese from the container, puts it into the taco, licks his fingers, picks up more cheese and puts it in the taco. She screams, "AHHHHHH, he just licked his fingers and picked up more cheese and put it in our taco!!!!!!!!!" in a very loud voice (she became her mother, publicly shaming someone for making a mistake). Her daughter, as usual when stuck in an experience of these reactive brain tirades her mother had frequently, fades back into the corner of the dine-in area, allows her mother to finish her tirade, and then reluctantly follows her out to the car to move on to the Gym. We never talked about these things afterward. There was no time. Drama, Drama, Drama. That is what her daughter experiences constantly.

Nolur started going to Alanon, a program for family members of Alcoholics. Her emotions were on edge all the time. She was piecing her life back together after her first mental collapse where she ended up in a Psych Ward for a week, afraid she was going to harm herself, her daughter and/or her husband. She thought she had acquired AIDS. She took her Mickey Mouse Aerobic Exercise Tape to the hospital with her and worked out every day. After she was released from the hospital, she was sitting in her backyard in San Jose, California feeling as crazy as a loon, having panic attacks like birthing contractions, every 10 minutes. She looked up, as if to talk to a GOD she did not believe in and said, "Now what am I going to do?" A few minutes later, she heard a rustling noise above and behind her head and she looked up again. A full flock of Mid-Western Canadian Geese flew directly over her head, roof high, honking loudly as if to say, "We are here to help." Not a single goose pooped on her head. She said "thank you" to a GOD she did not believe in and went about her crazy day.

The geese came back later on. We will talk about that later. Her Father used to hunt Mid-Western Canadian Geese in Missouri before the Geographic cure (moving to California).

Her Daughter's life had been filled with episodes of Nalur's drunkenness, rage and emotional episodes. When her daughter was almost 10 years old, she was working at a Counseling Center for Children of Alcoholics. She thought maybe her daughter would benefit from some counseling so she took her daughter in one evening for an interview. The staff interviewed her daughter and then sent the daughter to play and invited Nalur in for a conference. The staff said "you cannot work here anymore, your daughter says you might be an alcoholic!" She could no longer deny the fact she had been raising her daughter in the same environment she was raised in, but much worse (she thought). She started regular recovery meetings soon after and tried to "white knuckle" it on her own for an entire year. After a year, Nalur surrendered to her innermost self that she could not drink alcohol and that she needed help and started crying, grieving for her lost childhood. She cried for five years. Nalur's daughter finished elementary, middle and entered high school, having changed her focus from gymnastics to dance. She also played soccer in high school and took up diving. One of Nalur's fondest memories is one day after soccer practice she picked up her daughter from high school and the entire soccer team finished practice by rolling and wrestling in the mud. Nalur watched thinking, "Oh Gosh, the laundry is going to be a disaster." But she also watched her daughter in a state of unrestricted bliss, in the moment, feeling no pain and completely happy and that made Nalur very happy.

The time between the Gym experience and rolling in the mud was not an easy time. It was Nalur's first five years as a mentally ill person trying to live her life completely void of mind altering substances. There was much conflict on the home front, stress at school and in her daughter's dance program and struggle with friends and foes, but Father, Mother and Daughter eventually grew up into Human Beings who are brilliant, athletic, spontaneous and happy. What a blessing this

experience is, to have been fortunate enough to have a loving husband, to be a parent, to watch a child grow up.

As of April 1, 2026 this is all water under the bridge. All if forgiven and I have forgiven myself for being less than perfect. I hold no resentments and am at peace with my past.

CHAPTER THREE: **Nolur's Sobriety and Beyond**

Nolur worked at the YMCA as an Associate Director of Fitness from 1977 through 1985, when she started her masters degree Program at Santa Clara University. At the YMCA, she was elevated to a Spa Director, Fitness Instructor and Facility Manager. Nolur was a very selfish, self centered, demanding and terrible person while working at the YMCA. Sex, drinking and drugs were top most in her mind. Nolur had a lovely baby girl, but tried to maintain her addictive lifestyle. The YMCA had a pre-school, but she insisted on sending her daughter to a local neighborhood preschool from age two to three. Nolur's husband dropped the child off every morning and said she would scream and cry as he dropped her off and left her there. Nolur would come pick her up after school.

She was getting her bachelors degree from San Jose State University at the time so her schedule was unpredictable. She was very into EXERCISE. Often, she rode her bike to work with her baby in her bike seat hanging off the back of the bike, sleeping. It was dangerous. When her baby was four, she and her husband took the baby skiing (without instructions) and the baby got a spiral fracture on her tibia getting off the lift, before she had even tried to ski. She was always pushing her baby beyond her capabilities. Her main concern during this period of time was to continue the lifestyle she created before the baby was born. She found it unsustainable, but FIVE years had already gone by in her baby's life. It was pure abandonment much of the time. She was mostly a pleasure seeker, addicted to pleasure of any kind at any opportunity.

At some point, we were convinced to move the child to the YMCA preschool. While her daughter attended the preschool at the YMCA (lead by a Christian woman), Nolur was invited to attend a church service at the Christian church the woman's husband pastored. The sermon was directed at Nolur, with the pastor often looking directly into her eyes as he shamed and judged her about her lifestyle. Gee, she thought it was all a secret. More and more Nolur's self hatred showed through as her lifestyle became crazier and crazier and she was not there for her husband and her baby girl.

Nolur regrets these ten years of her life, has made living and direct amends to many involved and wishes, at times, she could go back and do this part over again at times.

Nolur left that church service vowing never to enter another church as long as she lived. That softened later on once recovery was healthy and balanced. But to this very day, every church she enters is filled with hypocrisy. By the end of her employment at the YMCA years later, she was burnt out and broken. She had watched a child choke to death while working at the YMCA, trying to save him from the candy and marshmallow stuck in his throat. Her nephew was visiting her and witnessed the event.

At age thirtyfive, after twenty years of drinking, sexing and playing hard. She was a married woman with an elementary school age child. She knew there were problems, because she was having rolling panic attacks every day. None of her coping strategies worked to soothe her suffering: Not GOD, not mindfulness, not meditation, not yoga. Nothing. She started having unprotected sex with strangers at around age twenty four years old when her first marriage was ending. If you recall, she was born in 1947. At thirty five years old, this would put her smack dab in the middle of the Ronald Reagan/George HW Bush War on Gays and AIDS campaign which had a huge shameing effect on her. AIDS was first discovered in 1981 when five previously young healthy gay men in Los Angeles began to have pneumonia and immune problems. In 1987, Ronald Reagan made his first public speech about HIV and added it to the immigration exclusion list and the FEAR campaign began. We already know that starting with the end of Eisenhower's term after World War II, Doug Coe and The Fellowship (also called The Family) created (and Eisenhower and a republican congress approved) The National Prayer Breakfast. This family, over many decades, proceeded to radicalize Christian religious conservatives in the USA and the Republican Party.

Nolur was very confused, very vulnerable, very lost. The fear mongering worked on her to deepen her already existing depression and she became convinced at age 35 that some time in the casual sex

escapades, she had acquired AIDS and the disease would ultimately kill her, her Husband and her Daughter, possibly friends and other relatives. She was filled with shame and delusion about this for several years. She had an AIDS test early on, the test came back negative, but she was not convinced. The panic attacks continued for several years, through completion of her Masters Degree and into her professional life. Every time she had a task that seemed too big for her (working as a professional, being a wife and mother, pleasing her family of origin, getting along with others) she would doubt herself as a fraud and believe she was not up to the task. They call this imposter syndrome and she will be the first to tell you, it is a living HELL.

Her depressive illness was finally diagnosed at age 35 and she was prescribed antidepressant medication. It was recommended that she attend a recovery program for family members of alcoholics. She worried about what happened to her daughter in her absence all of the time. She worried that her daughter was not the daughter of her husband, that her husband was abusing her daughter, that her daughter was broken, and that her daughter would end up making the same mistakes she made or that her daughter was going to end up crazy and in a mental hospital like she had.

The family recovery program was good for her. She met some brilliant people and started socializing with them, but she was still drinking and struggling with her drinking. She would plan not to drink, but would end up drinking, sometimes to black out. Nalur started going to Alcoholics Anonymous in July of 1987 and stopped drinking, but her main program was still Alanon, because for another year, attending one AA meeting a week, not really admitting she was an alcoholic until she was ready to suicidal, again. She also continued to doubt that she really needed her psychiatric medications and would go on and off of them periodically, become very depressed and anxious soon, and get back on them where she would stabilize. She joined a recovery program for alcoholics at

age forty, July 9, 1987. At one year sober, her father died. I have anonymously used the principles of these programs to become a better person.

Nolur had memories bubbling up of being molested by her father at an early age. She tried to put the puzzle pieces together. Nolur had problems changing diapers for her baby when she was little. Once, she left her father alone with her daughter for a period of time while she and her mother went shopping and when she returned the baby was screaming uncontrollably. The words out of Nolur's mouth were, "what did you do to her?" to which her father smiled an evil smile. Nolur went to comfort her baby. This was the arrangement when she was a baby, too. Her mother and sisters would go shopping and leave her alone with her father. Nolur's father would get drunk and put his mouth on Nolur's genitals.

Slowly, Nolur ticked off days and months and years of sobriety. Slowly, like a jigsaw puzzle, more of the pieces of her life were revealed to her. She developed a good social network, or so she thought, in San Jose where she got sober and lived. Then she moved to Southern California to be closer to her daughter and grandchildren. She continued with her sobriety but this town was not as welcoming to her as was San Jose. The gist of this period was she had a very difficult time with her abandonment issues, was rejected by the business community and AA community alike and ended up maintaining her sobriety by attending club meetings when she needed to remind herself she was an alcoholic.

Lately, things are much better. She now lives in New Mexico, has a regular group of friendly people and is glad she never gave up her seat in the social network of recovery.. She has had amazing sponsors, especially Geri, her third sponsor. Nolur has tried to sponsor others and always volunteers. However, she has not been a very successful sponsor. Still, she goes on volunteering. The rest of this book is devoted to the MENTORS and famous people who influenced her belief system, health and healing. The summary of this time of life is she was successful at staying in a marriage she was

frequently too afraid to be in for nearly 50 years. She raised a beautiful, healthy, well grounded and successful child. She now celebrates two grandchildren who are entering the world at a very fraught time in our Nation. She maintained her sobriety for longer than she drank now. She became a Professional, had a career and stayed in that career when she was so afraid to take many actions. She kept on following directions and became a valued employee. All that work Nolor applied to herself, which was incredibly painful at times, paid off! She was often suicidal, self hatred was a central theme in her life and recovery, but she kept learning more and more about herself until she could love and believe in herself.

From this point forward, I will turn this book over to Marie Louise Bosin, who will describe what happened during her life from 35 years old to 80, and how the lives of others impacted her so that she would ultimately live a long, full life.

As of April 2, 2026, I have learned a new way of living, in the moment, letting go of the past but not forgetting what I learned. I did this by working the 12 Steps, Traditions and Principles of Alcoholics Anonymous diligently for the first twenty years of my sobriety with sponsors until that way of living was set in my bones. Ultimately, my last and most dramatic addiction is to DRAMA. At 38 years of sobriety I am still working on it.

Addicted to Drama

"The spiritual life is not a theory, We have to LIVE it. Unless one's family expresses a desire to live upon spiritual principles, we think we ought not to urge them. We should not talk incessantly to them about spiritual matters. They will change in time. Our behavior will convince them more than our words. We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone. If we are painstaking about this phase of our sobriety (Steps One though Nine) we will be amazed before we are half way through. that GOD (as I understand GOD) is doing for me what I could not do for myself."

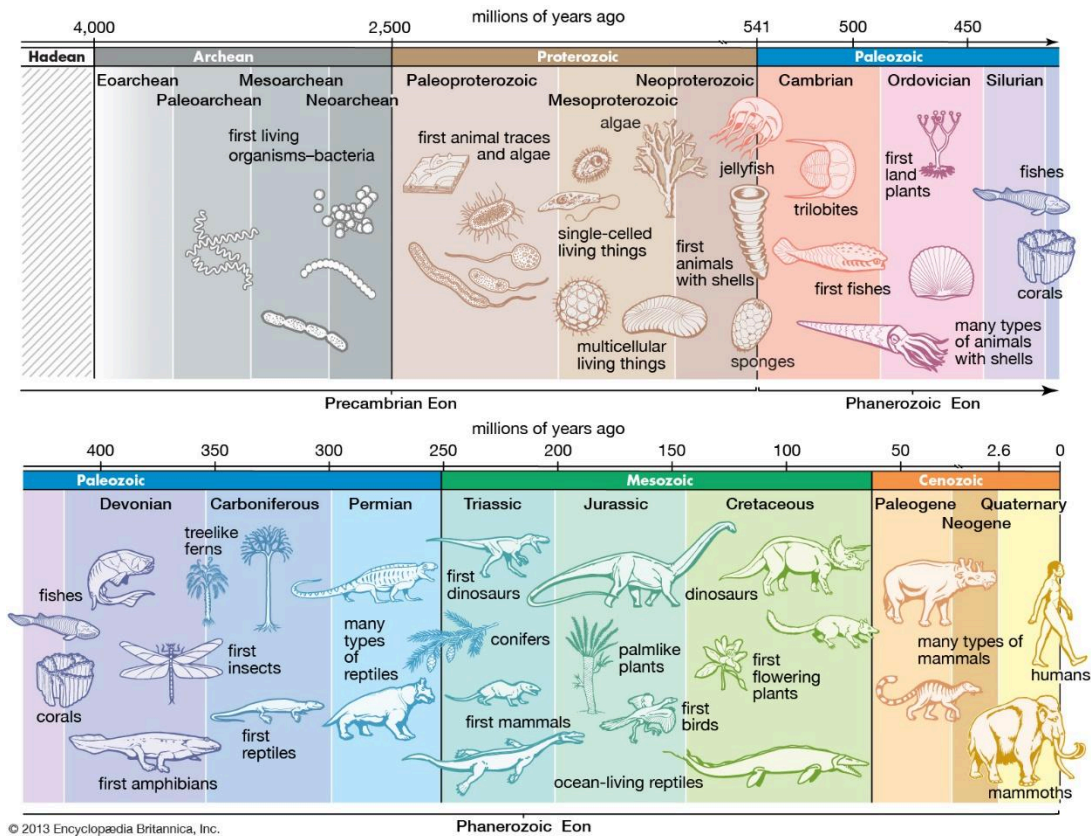
Chapter Four: Human Evolution

I include this section of the book because there has been some confusion about how long human beings have been on earth. Biblically, I guess, they can find predictions for 2000 years. That is ridiculous. Here is my research and evidence.

A. Evolutionary History

Earth and Creatures of Earth during this era. The ERA began millions of years ago.

The biblical version of life where life begins with the Dinosaurs and Humans on Earth together is not scientifically possible, so I do not believe in that version. This diagram is more accurate from my perspective. I traveled to see some of these Artifacts, Objects and Ancient Structures with my own eyes in this lifetime. Of course, time is relative.



<http://media.web.britannica.com/eb-media/26/93626-050-119AE084.jpg>

I studied ancient history all the way back to 4,000,000 BCE: Beginning of “Satya Yuga” - Golden Age in our Galaxy {described in Sanskrit Literature} and found that one philosophy, Samkhya Philosophy, which predates any other philosophy available, predicts that every 250,000 years Mother Earth cleanses herself.

Long ago, in a Satya Yuga, 65,000,000 BCE: End of Cretaceous Period, beginning Cenozoic/Paleogene: All dinosaurs, flying reptiles and sea serpents became extinct except crocodiles, lizards, snakes and turtles.

Around 6,000,000 BCE: Cenozoic/Neogene Period: Oceans were full, large mammals (elephants, rhinoceros, saber tooth tiger and horses survive, chimpanzees appear.

Around 4,000,000 BCE: Australopithecus (small brain) sapiens evolve from chimpanzees in South Africa (Tanzania to Ethiopia, Africa).

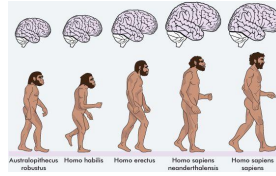
Around 2,000,000 BCE: Homo Habilis (slightly larger brain) evolve from Australopithecus in South Africa (Tanzania and Kenya).

Around 1,600,000 BCE: Homo Erectus evolve from Homo Habilis (much larger brain) and spread from Africa to Asia and Europe.

1,500,000 BCE: End of an Ice Age of 100,000 years kills most inhabitants of Earth but many animals and Homo Erectus survive.

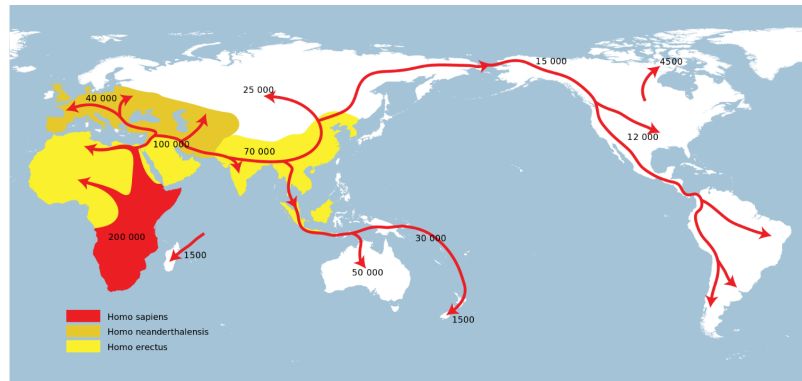
400,000 BCE: Neanderthals and Homo Sapiens evolved from Homo Erectus and spread to all areas of the Earth by land and sea, Humans begin to make things with purpose. Homo Neanderthals became extinct around 120,000 to 40,000 BCE. As Homo Sapiens migrated from Africa around the globe, they found some Homo Sapiens Neanderthalensis in Eurasia and interbred with them leaving all Homo Sapiens Sapiens but Africans with 20% Neanderthal DNA,

Brain Growth in Modern Human



<https://s-media-cache-ak0.pinimg.com/736x/e6/b9/24/e6b9247a7ff1a6b1293921c8891de622.jpg>

Migrations of Modern Human



<http://i0.wp.com/matterundermind.com/wp-content/uploads/2016/04/Mankind-Migration.png>

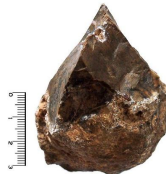
Dates are scientifically determined using carbon dating, dated by micromorphological analysis and Fourier Transform Infrared Microspectroscopy (mFTIR).

Art Example ONE: Primitive Stone Tool Location: Tanzania, Africa

Political Context: Survival of species, evolution toward consciousness

Historical Context: 2,000,000 BCE found with Homo Habilis Jaw Bone

Interpretation: Early Art was designed to help upright creatures solve problems, create solutions.



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Art Example TWO: First controlled use of FIRE 400,000 BCE Political Context: Survival and comfort are now assisted by Chemistry

Location: Africa, Asia and Europe

Historical Context: Evolution of better use of larger brain to solve problems and create;

Kill or be killed is addressed by creative avoidance using larger brain functions

Interpretation: As brain function improves with evolution, elements challenge upright creatures to use their environment to solve, comfort, survive concerns.



<http://www.crystalinks.com/firstfires114.jpg>

Art Example THREE: Four Wooden Spears (weighted and tapered for throwing)

Political Context: Homo Sapiens begins Ascent and dominance over all other creatures on Earth

Location: Schoningen, Germany

Historical Context: 400,000 BCE. Found with stone tools and slaughtered horse carcass.

Use of a larger brain to gain dominance over other living creatures sets Homo Sapiens on a path to “separation” and “alienation” from other creatures. Man “demonizes” other creatures and activates justification for controlled and systematic urge to “kill” Interpretation



<http://1.bp.blogspot.com/-DcUO8DoAwPs/VAZ7zGMxgsI/AAAAAAAAAio/HN-mM0BR4-Y/s1600/Schoningen%2Bspear,%2Bjavelin%2Bused%2Bby%2Bhomo%2Bheidelbergensis,%2B380-400k%2Bbce.jpg>

Art Example FOUR: Petroglyph of Bimbhetka

Location: Madhya Pradesh, India

Political Context: Some of the most ancient rock art

Historical Context: 290,000 BCE

Interpretation: Paintings depict hunting and gathering and up through transition to settlements.



<http://www.visual-arts-cork.com/images/prehistoric-bhimbetka3.jpg>

Art Example FIVE: Blombos Cave CrossHatch Petroglyph

Location: Blombos Cave, South Africa

Political Context: Cross Hatch drawing is an expressive symbol of symbolic thought

Historical Context: 77,000 BCE

Interpretation: Indicates early artistic expression.



https://en.wikipedia.org/wiki/Blombos_Cave

Art Example SIX: Venus of Willendorf Stone Sculpture

Location: Krems near Vienna Austria

Political Context: Paleolithic stone sculpture of a female figure, discovered in Austria in 1908

Historical Context: 28,000 BCE

Interpretation: Possible fertility symbol, Early Feminine Goddess worship and sign of abundance



https://en.wikipedia.org/wiki/Venus_of_Willendorf

Art Example SEVEN: Mohenjo Daro (Dholavria and Harappa) Complex

Location: Indus Valley near Pakistan/India Border

Political Context: advanced urban planning, with grid-like street patterns, standardized brick sizes, and complex drainage systems.

Historical Context: 3500 BCE to 1900 BCE when some say Great Earth Rupture occurred and made the fertile valley impossible to inhabit.



<https://en.wikipedia.org/wiki/Mohenjo-daro#/media/File:Mohenjo-daro-2010.jpg>

Art Example EIGHT: Caral Pyramid

Location: Near Lima, Peru

Political Context: Earliest pyramid, even earlier than Egyptian Pyramids

Historical Context: 2600 BCE dirt is considered unstable, therefore the structure fell. Considered the oldest City discovered in the Western Hemisphere.



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:Piramide_de_Caral.jpg

Art Example NINE: Pyramid of Sneferu Meidum

Location: Near Cairo, Egypt

Political Context: The pyramid was Egypt's first straight-sided one, but it partially collapsed in ancient times. The structure was said to be unstable, leading to partial collapse.

Historical Context: 2580 BCE



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:Pyramid_of_sneferu_Meidum_01.jpg

Art Example TEN: Knossos, Greek Palace

Location: Heraclion, Creta, Greece

Political Context: Strongly linked to Greek Mythology, Center of Minoan Civilization.

Historical Context: 1800 BCE, the labyrinth is connected with this ancient culture.



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:Minoan_Palace_of_Knossos.jpg

Art Example ELEVEN: Poetic Rig Veda

Location: Northern India

Political Context: a collection of over a thousand hymns composed in Vedic Sanskrit, dedicated to various deities and considered the oldest text in the Indo-European language family.

Historical Context: First a spoken language, literature was transferred from generation to generation verbally until about 1,500 BCE.

Interpretation: Profound impact on the East Indian culture and the basis for Hinduism and the creation of Samkhya Philosophy.



<http://www.shraddhananda.com/images/Rig-Veda.jpg>

Art Example TWELVE: Abydos Kings List Scroll

Location: The Abydos King List is a crucial historical document from ancient Egypt, found on the walls of the Temple of Seti I at Abydos.

Political Context: It's a list of 76 kings, presented in cartouches, believed to be ancestors of Seti I, and used in rituals to invoke their spirits.

Historical Context: 1200 BCE

Interpretation: Used to cast into permanent posterity the list of legitimate Kings.



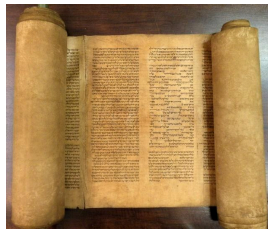
<http://www.ancient-origins.net/sites/default/files/field/image/Abydos-King-List.jpg>

Art Example THIRTEEN: Torah

Location: University of Bologna, Italy Political Context: encompasses the first five books of the Hebrew Bible

Historical Context: 1500 BCE presented on Mt. Sinai

Interpretation: While older fragments of the Torah exist, such as those found among the Dead Sea Scrolls, the Bologna scroll is the oldest complete and kosher (written according to Jewish law) version. Jewish Religion is based on this document.



<http://news.nationalgeographic.com/content/dam/news/photos/000/679/67952.jpg>

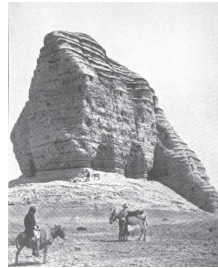
Art Example FOURTEEN: The Ziggurat of Dur-Kurigatzu

Location: Near Baghdad, Iraq built in the early 14th century BC by Kurigalzu I, is located in the city's western area and is devoted to the chief Babylonian God Enlil.

Political Context: Sumerians believed to govern over wind, air, earth, and storm.

Historical Context: 1400 BCE

Interpretation: Devoted to the chief Babylonian God, Enlil



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:%E2%80%98Aqar_Q%C5%ABf.jp

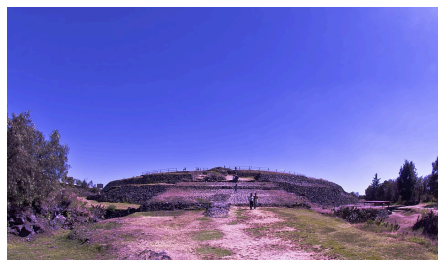
Art Example FIFTEEN: Cuicuilco Pyramid

Location: Lake Texcoco, Valley of Mexico, borough of Tlalpan, Mexico.

Political Context: Construction of the Cuicuilco pyramid began a few centuries BCE, during the Late Preclassic period of Mesoamerican history.

Historical Context: 800 BCE

Interpretation: The first important civic center in Mexico. There is evidence of a four tier settlement hierarchy as well as having made investments in architectural projects.



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:Leading2PyramidCuicuilcoDF.JPG

Art Example SIXTEEN: Yeha Temple Ruins

Location: Ethiopia, Africa

Political Context: oldest standing building in Ethiopia

Historical Context: 500 BCE

Interpretation: The temple was built in honour of the moon god Almoughah in the Sabean style, which was common across sub-Saharan Africa.



https://en.wikipedia.org/wiki/List_of_oldest_buildings#/media/File:Yeha_Ruins.jpg

Art Example SEVENTEEN: Quran

Location: Cadbury, England, U of Birmingham, Quran is considered the oldest copy of Quran.

Political Context: Messages to the Prophet Muhammad toward the end of Divine Intervention.

Historical Context: 645 AD

Interpretation: the holy book, considered the literal word of God (Allah) as revealed to the Prophet Muhammad through the angel Gabriel.



<http://www.smithsonianmag.com/smart-news/might-be-oldest-copy-quran-180956036/>

Art Example EIGHTEEN: Songyue Buddhist Temple Pagoda.

Location: Dengfeng County, Henan Province, China south of Beijing.

Political Context: First Buddhist brick pagoda Temple in China

Historical Context: 523 CE

Interpretation: Buddhism spread rapidly through China in the 6th Century CE.



<http://www.chinawhisper.com/the-greatest-ancient-china-buildings/>

B. Considering Extraterrestrials

The author of this book cannot personally attest to these “facts.” They do appear in the public record as a part of the history of our world. Based on claims and theories about alleged extraterrestrial life on Earth, here are five notable objects or events often discussed in the context of such speculation:

1. The Roswell Incident (1947): This event involved the alleged crash of an extraterrestrial spacecraft and the recovery of its debris in Roswell, New Mexico.
2. The Phoenix Lights Incident (1997): Witnesses reported seeing a massive, triangular object with lights hovering over Phoenix, Arizona..
3. The Rendlesham Forest Incident (1980): Near a US-UK military base in England, military personnel encountered an unidentified glowing object described as metallic with strange symbols.
4. The Baigong Pipes (1996): Metal pipes found in a cave and nearby lake in remote Mount Baigong, China, were considered evidence of extraterrestrial visitors by ancient astronaut theorists.

5. Ancient Megalithic Structures: Structures like the pyramids of Giza and Stonehenge are often cited by ancient astronaut theorists as evidence of alien influence, arguing they couldn't have been built by ancient humans alone. Mainstream archaeology.

Important Note: The ancient astronaut theory, which suggests extraterrestrial beings visited Earth in ancient times, is considered pseudoscientific by mainstream academics and archaeologists, who argue that the evidence presented is often misinterpreted or fabricated.

The best arguments supporting the possibility of Extraterrestrials visiting Earth

Top Eight Alien Artifacts of All Time-Video

<https://www.youtube.com/watch?v=1cu7Guhwg6k>

Top Ten Controversial Pieces of Evidence For Alien Life on Earth

<https://www.newscientist.com/article/dn9943-top-10-controversial-pieces-of-evidence-for-alien-life/>

1. 1976, The Viking Mars landers detect chemical signatures indicative of life. Tests performed on Martian soil samples by NASA's Viking landers hinted at chemical evidence of life. One experiment mixed soil with radioactive-carbon-labelled nutrients and then tested for the production of radioactive methane gas. The test reported a positive result. The production of radioactive methane suggested that something in the soil was metabolising the nutrients and producing radioactive gas. But other experiments on board failed to find any evidence of life, so NASA declared the result a false positive. Despite that, one of the original scientists – and others who have since re-analysed the data – still stand by the finding. They argue that the other experiments on board were ill-equipped to search for evidence of the organic molecules – a key indicator of life.
2. 1977, An unexplained extraterrestrial signal was detected in August 1977 by an Ohio State University radio telescope detected an unusual pulse of radiation from somewhere near the constellation Sagittarius. The 37-second-long signal was so startling that an astronomer monitoring the data scrawled “Wow!” on the telescope's printout. The signal was within the band of radio

frequencies where transmissions are internationally banned on Earth. Furthermore, natural sources of radiation from space usually cover a wider range of frequencies.

As the nearest star in that direction is 220 million light years away, either a massive astronomical event – or intelligent aliens with a very powerful transmitter would have had to have created it. The signal remains unexplained.

3. 1996, Martian “fossils” are discovered in meteorite ALH84001 from Antarctica

NASA scientists controversially announced in 1996 that they had found what appeared to be fossilised microbes in a potato-shaped lump of Martian rock. The meteorite was probably blasted off the surface of Mars in a collision, and wandered the solar system for some 15 million years, before plummeting to Antarctica, where it was discovered in 1984. Careful analysis revealed that the rock contained organic molecules and tiny specs of the mineral magnetite, sometimes found in Earth bacteria. Under the electron microscope, NASA researchers also claimed to have spotted signs of “nanobacteria”. But since then much of the evidence has been challenged. Other experts have suggested that the particles of magnetite were not so similar to those found in bacteria after all, and that contaminants from Earth are the source of the organic molecules. A 2003 study also showed how crystals that resemble nanobacteria could be grown in the laboratory by chemical processes.

4. 2001, More rigorous calculations connected to the 1960s “Drake equation” suggests that our galaxy may contain hundreds of thousands of life-bearing planets, In 1961 US radio astronomer Frank Drake developed an equation to help estimate the number of planets hosting intelligent life – and capable of communicating with us – in the galaxy. The Drake equation multiplies together seven factors including: the formation rate of stars like our Sun, the fraction of Earth-like planets and the fraction of those on which life develops. Many of these figures are open to wide debate, but Drake himself estimates the final number of communicating civilisations in the galaxy to be about 10,000. In 2001, a more rigorous estimate of the number of life-bearing planets in the galaxy – using

new data and theories – came up with a figure of hundreds of thousands. For the first time, the researchers estimated how many planets might lie in the “habitable zone” around stars, where water is liquid and photosynthesis possible. The results suggest that an inhabited Earth-like planet could be as little as a few hundred light years away.

5. 2001, The red tinge of Jupiter’s moon Europa proposed to be due to frozen bits of bacteria, which also helps explain the mysterious infrared signal it gives off. Alien microbes might be behind Europa’s red tinge, suggested NASA researchers in 2001. Though the surface is mostly ice, data shows it reflects infrared radiation in an odd manner. That suggests that something – magnesium salts perhaps – are binding it together. But no one has been able to come up with the right combination of compounds to make sense of the data. Intriguingly, the infrared spectra of some Earthly bacteria – those that thrive in extreme conditions – fits the data at least as well as magnesium salts. Plus, some are red and brown in colour, perhaps explaining the moon’s ruddy complexion. Though bacteria might find it difficult to survive in the scant atmosphere and -170°C surface temperature of Europa, they might survive in the warmer liquid interior. Geological activity could then spew them out periodically to be flash frozen on the surface.

6. 2002, Russian scientists argued that a mysterious radiation-proof species of microbe may have evolved on Mars. In 2002 Russian astrobiologists claimed that super-hardy *Deinococcus radiourans* evolved on Mars. The microbe can survive several thousand times the radiation dose that would kill a human. Per report, The Russians zapped a population of the bacteria with enough radiation to kill 99.9%, allowing the survivors to repopulate, before repeating the cycle. After 44 rounds it took 50 times the original dose of radiation. They calculated that it would take many thousands of these cycles to make common *E.coli* as resilient microbes *Deinococcus*. And on Earth it takes between a million and 100 million years to encounter each dose of radiation. Therefore there just has not been enough time in life’s 3.8 billion year history on Earth for such resistance to have evolved, they claim.

By contrast, the surface of Mars, unprotected by a dense atmosphere, is bombarded with so much radiation that the bugs could receive the same dose in just a few hundred thousand years. The researchers argue that *Deinococcus*'s ancestors were flung off of Mars by an asteroid and fell to Earth on meteorites. Other experts remain sceptical.

7. 2002, Chemical hints of life are found in old data from Venus probes and landers. Could microbes exist in Venusian clouds? Life in Venus' clouds may be the best way to explain some curious anomalies in the composition of its atmosphere, claimed University of Texas astrobiologists in 2002. They scoured data from NASA's Pioneer and Magellan space probes and from Russia's Venera Venus-lander missions of the 1970s. Solar radiation and lightning should be generating masses of carbon monoxide on Venus, yet it is rare, as though something is removing it. Hydrogen sulphide and sulphur dioxide are both present too. These readily react together, and are not usually found co-existing, unless some process constantly is churning them out. Most mysterious is the presence of carbonyl sulphide. This is only produced by microbes or catalysts on Earth, and not by any other known inorganic process. The researchers' suggested solution to this conundrum is that microbes live in the Venusian atmosphere. Venus's searing hot, acidic surface may be prohibitive to life, but conditions 50 kilometres up in the atmosphere are more hospitable and moist, with a temperature of 70°C and a pressure similar to Earth.

8. 2003, Sulphur traces on Jupiter's moon Europa may be the waste products of underground bacterial colonies. In 2003, Italian scientists hypothesised that sulphur traces on Europa might be a sign of alien life. The compounds were first detected by the Galileo space probe, along with evidence for a volcanically-warmed ocean beneath the moon's icy crust. The sulphur signatures look similar to the waste-products of bacteria, which get locked into the surface ice of lakes in Antarctica on earth. The bacteria survive in the water below, and similar bacteria might also thrive below Europa's

surface, the researchers suggest. Other experts rejected the idea, suggesting that the sulphur somehow originates from the neighbouring moon Io, where it is found in abundance.

9. 2004, Methane in the Martian atmosphere hints at microbial metabolism In 2004 three groups – using telescopes on Earth and the European Space Agency’s Mars Express orbiting space probe – independently turned up evidence of methane in the atmosphere. Nearly all methane in our own atmosphere is produced by bacteria and other life. Methane could also be generated by volcanism, the thawing of frozen underground deposits, or delivered by comet impacts. However, the source has to be recent, as the gas is rapidly destroyed on Mars or escapes into space. In January 2005, an ESA scientist controversially announced that he had also found evidence of formaldehyde, produced by the oxidation of methane. If this is proved it will strengthen the case for microbes, as a whopping 2.5 million tonnes of methane per year would be required to create the quantity of formaldehyde postulated to exist. There are ways to confirm the presence of the gas, but scientists will need to get the equipment to Mars first.

10. 2004, A mysterious radio signal is received by the SETI project on three occasions – from the same region of space In February 2003, astronomers with the search for extraterrestrial intelligence (SETI) project, used a massive telescope in Puerto Rico to re-examine 200 sections of the sky which had all previously yielded unexplained radio signals. These signals had all disappeared, except for one which had become stronger. The signal – widely thought to be the best candidate yet for an alien contact – comes from a spot between the constellations Pisces and Aries, where there are no obvious stars or planets. Curiously, the signal is at one of the frequencies that hydrogen, the most common element, absorbs and emits energy. Some astronomers believe that this is a very likely frequency at which aliens wishing to be noticed would transmit.

Nevertheless, there is also a good chance the signal is from a never-seen-before natural phenomenon. For example, an unexplained pulsed radio signal, thought to be artificial in 1967, turned out to be the first ever sighting of a pulsar.

Full Bibliography for this section is on page *********

Chapter Five: A Place for Feminism

In my research, I have found that from the inception and creation of Patriarchy, Judaism and Christianity, the earth became a much less safe place in which women and children could live. Allow me to begin with some important quotations I found as I studied the beginnings of the feminist movement.

“Sappho (d. c. 570 BCE), or the medieval world with Hildegard of Bingen (d. 1179) or Christine de Pisan (d. 1434). Olympe de Gouge (d. 1791), Mary Wollstonecraft (d. 1797) and Jane Austen (d. 1817) are ancestors of the modern women's movement.”

“The first wave began with Elizabeth Cady Stanton (d.1902) drafting the Seneca Falls Declaration outlining the new movement's ideology and political strategies. In its early stages, feminism was interrelated with the temperance and abolitionist movements and gave voice to now-famous activists like the African American Sojourner Truth (d. 1883), who demanded: "Ain't I a woman?"

“Victorian America saw women acting in very "un-ladylike" ways (public speaking, demonstrating, stints in jail), which challenged the "cult of domesticity." Discussions about the vote and women's participation in politics led to an examination of the differences between men and women as they were then viewed. Some claimed that women were morally superior to men, and so their present behaviors in the civic sphere would improve public and the political process.”

“The second wave began in the 1960s and continued into the 90s. This wave unfolded in the context of the anti-war and civil rights movements and the growing self-consciousness of a variety of minority groups around the world. [Liberalism] was on the rise, and the voice of the second wave was increasingly radical. In this phase, sexuality and reproductive rights were dominant issues, and much of the movement's energy was focused on passing the Equal Rights

Amendment to the Constitution guaranteeing social equality regardless of sex.”

“The third wave of feminism began in the mid-90's and was informed by post-colonial and post-modern thinking. In this phase many constructs were destabilized, including the notions of "universal womanhood," body, gender, sexuality, and heteronormativity. An aspect of third wave feminism that mystified the mothers of the earlier feminist movement was the readoption by young feminists of the very lipstick, high-heels, and cleavage proudly exposed by low cut necklines that the first two phases of the movement identified with male oppression.”

“The fourth wave of feminism is still a captivating silhouette. A writer for Elle Magazine recently interviewed me about the waves of feminism and asked if the second and third waves may have “failed or dialed down” because the social and economic gains had been mostly sparkle, little substance, and whether at some point women substituted equal rights for career and the atomic self. I replied that the second wave of feminism ought not be characterized as having failed, nor was glitter all that it generated. Quite the contrary; many goals of the second wave were met: more women in positions of leadership in higher education, business and politics; abortion rights; access to the pill that increased women’s control over their bodies; more expression and acceptance of female sexuality; general public awareness of the concept of and need for the “rights of women” (though never fully achieved); a solid academic field in feminism, gender and sexuality studies; greater access to education; organizations and legislation for the protection of battered women; women’s support groups and organizations (like NOW and AAUW); an industry in the publication of books by and about women/feminism; public forums for the discussion of women’s rights; and a societal discourse at the popular level about women’s suppression, efforts for reform, and a critique of patriarchy. So, in a sense, if the second wave seemed to have “dialed down,” the lull was in many ways due more to the success of the movement than to any ineffectiveness. In addition to the sense that many women’s needs had

been met, feminism's perceived silence in the 1990s was a response to the successful backlash

(<https://www.pacificu.edu/magazine/four-waves->

[feminism#:~:text=The%20first%20wave%20of%20feminism,with%20a%20focus%20on%20suffrage.">feminism#:~:text=The%20first%20wave%20of%20feminism,with%20a%20focus%20on%20suffrage.](#))

campaign by the conservative press and media, especially against the word feminism and its purported association with male-bashing and extremism.”

This article deals with the most recent history of feminism, mostly in western nations. As always, there is a forgotten history pre-patriarchy and in pre-religion that must be accounted for as it was written out of history upon the arrival of Patriarchy and Religion. Women have been written out of history or placed in a subordinate position. This is the action that, over time, brainwashed women into believing what they believe about themselves today; That they are adjunct to man, born of his rib, enabling and supporting masculine endeavors and that is their most important role. Anyone who suggests otherwise is heretic (which means chooser in Greek,. In context, Patriarchy was the invention of Solomon and Abraham. Solomon, king of Israel, 970-931 BC built the first Jewish temple in Jerusalem, dedicating it to Yahweh (GOD in Hebrew). The Queen of Sheba (an African Territory) made a transaction with Solomon. This probably was not the first transaction in history, as transactions are common in business history. However, this transaction left the realm of business and entered into the personal realm. Transactional Relationships are deadly in personal relationships. There is no love. This author assumes that Patriarchy had long been common Worldwide because the word “Patriarch” has history going back as far as the Greeks with “Biblical personages regarded as the fathers of the human race, comprising those from Adam to Noah (antediluvian patriarchs) and those between the Deluge and the birth of Abraham.” Testament to that is how violent the World has become the face of Liberalism. This is Patriarchy showing its violent power because of the threat of Liberalism, Equanimity and Peace.

I have read many religious books cover to cover many times. The Bible is one of them.

These Religious books were all written after the Birth of Christ and are suspect to me as tools of the patriarchy to strengthen its hold on humankind.

One book shows us a history beyond the invention of religion. That book is the “Mahabharata” which is filled with ancient stories from a time of strong spirituality with ethics and morals written into the stories. They are metaphors for battles that individuals must journey through in order to remember who they truly are and not simply living life as the version of yourself you have become because of bigotry.

Two stories from the Ancient East are exceptionally valuable in life.

Bhagavad Gita (/ˌbʌgəvəd ˈɡɪːtɑː/; Sanskrit: 'The Song by God' a 700-verse scripture that is part of the epic Mahabharata (chapters 23–40 of book 6 of the Mahabharata called the Bhishma Parva (30). This history tells the story of an epic battle around 3000 BC which occurred in Ayodhya and includes a “dialogue between Pandava prince Arjuna and his guide and charioteer Krishna [thought to be a reincarnation of Vishnu-the ruler of maintenance here on Earth] at the start of the Dharma Yuddha (righteous war) between Pandavas and Kauravas (all one big family of aunt, uncle, cousins, brothers and sisters. Arjuna is preoccupied by a moral and emotional dilemma and despair about the violence and death the war will cause in the battle against his kin. Krishna counsels Arjuna to fulfill his ‘Kshatrya’ (warrior) duty to uphold the ‘Dharma’ [life of peace and love] through ‘Karma’ [actions] of ‘selfless service.’ Krishna teaches Arjuna important principles of Union with the Divine. The Krishna–Arjuna dialogues covers a broad range of spiritual topics, touching upon ethical dilemmas and philosophical issues that go far beyond the war Arjuna faces” (30).

Rāmāyana (/rɑ: 'mɑ: jənə/ Sanskrit) is a Sanskrit epic from ancient India.

Ramayana is one of the two important legends of [the development of Hinduism and the Holy Vedas] known as the Itihasas.

“The epic Poem, traditionally ascribed to the Maharishi Valmiki, narrates the life of Rama, a legendary prince of Ayodhya city in the kingdom of Kosala. The epic follows his fourteen-year exile to the forest urged by his father King Dasharatha, on the request of Rama's stepmother Kaikeyi; his travels across forests in the Indian subcontinent with his wife Sita and brother Lakshmana, the kidnapping of Sita by Ravana – the king of Lanka, that resulted in war; and Rama's eventual return to Ayodhya to be crowned king amidst jubilation and celebration. The Ramayana is one of the largest ancient epics in world literature. It consists of nearly 24,000 verses (mostly set in the Shloka/Anustubh meter), divided into seven kāṇḍas, the first and the seventh being later additions. It belongs to the genre of Itihasa, narratives of past events (purāvṛtta), interspersed with teachings on the goals of human life. Scholars' estimate for the earliest stage of the text ranges from the 7th to 4th centuries BC.” In this poem, the animals and humans can communicate, and Rama seeks aid from Hanuman, a monkey/man with many special skills. The entire animal kingdom aids in Rama retrieving Sita from Ravana.

The first question Rama asks Sita after rescue is “how can I know you have been faithful?” Sita “sets herself on fire to prove to Rama that she has been faithful.” The only way to read this is through a Samkhya Philosophy filter where “Agni” and “Fire” are equal. When Agni is high, it is said that there is too much fire in the body.

These stories set up a peaceful, loving existence with violence and battles only when necessary to preserve the ‘Dharma’ of Peace and Love on Earth.. Some lessons which are to be learned from

these epic stories in history follow.

1. Concentrate on your work and don't worry about the outcome or the reward.
2. Fear is not necessary because we only fight to preserve the Balance.
3. Anger is a deceptive emotion that uses up the life force.
4. Think carefully about your actions, and then go ahead without doubt.
5. Manage thoughts, feelings, emotions and senses, or they will interfere with your Dharma.
6. To want an outcome or a reward from actions compromises your ability to see clearly.
7. Do not cower from your responsibilities.
8. Greed and arrogance are undesirable qualities and will never take you anywhere desirable.
9. It is necessary to fight until you defeat negativity and negative forces.
10. It is desirable to love and respect everyone on Earth as your family.
11. It is desirable to help others who are not as far along on their spiritual path as you.
12. It is desirable to keep your promises. If you can not keep a promise, don't make it.
13. What matters is spirit of service, not how much money you make or how high your position is.
14. Tell the truth because it always prevails.
15. Value your support system.
16. Plant seeds of spiritual faith in yourself to overcome obstacles.
17. Separate self (purusha) from ego (mind) to prevent animal tendencies of mind guiding life.

It is from here that we must explore the origins of the 'God' idea. Many of us have difficulty 'praying' to a white God with a long beard that is 'up there' managing everyone's life with a strong disciplinary hand and gives very few instructions. As I said, transactional relationships are business relationships and should be seen as such. They don't work in personal relationships unless you want a transaction instead of LOVE.

Chapter Six: **Mentoring as a child, Confusion** as a Child in Prayer:

Having grown from a baby in a religious family with a long history of Christianity, I was taught this prayer as a child. I said it “religiously” every night at bedtime, a mindless repetition, trying very hard to be a pious person. I knew at a very early age, if I did not measure up to be pious enough, I was not going to heaven. I realized as my childhood went on that what I was taught and how adults behaved as a comparison were two very different conditions.

“Now I lay me down to sleep,

I pray to the Lord for my soul to keep.

If I should die before I wake,

I pray to the Lord for my soul to take.”

Transactional as this prayer was, it seemed if I just said enough prayers things would turn out how I desired, if I begged enough, honored my ancestors enough, and worshiped a God I did not understand.

The Lord’s Prayer, Christian prayer. It is most famously found in the Bible in the New Testament, specifically in the Gospels of Matthew (6:9-13) and Luke.

“Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, they will be done, on Earth as it is in Heaven. Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil for Thine is the kingdom, the power and the glory forever, Amen.

This prayer is present to a masculine entity that lives in heaven who is “hallowed” (made holy).

Apparently, he has a kingdom which everyone should want to go to, but only few will be admitted if they behave properly and have belief in a religion created by men.

The Serenity Prayer, associated with the theologian Reinhold Niebuhr

“God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

This is the closest thing to a perfect prayer. It helped me understand that in order to accept my life, I first must have serenity. I must forgive myself and others for our mistakes. Then, it reminds me to change anything she finds she can change. She found courage to change herself. The prayer asks for that courage. Only then, does it ask for the Wisdom to know the difference.

Seventh Step Prayer, Alcoholics Anonymous

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.”

This prayer reminds Nalur she is not perfect and probably never will be perfect. It reminds her that she has a Dharma (purpose) to live the very best life she can live in the state of serenity and peace with others. It reminds her there is a process in ending habitual, ineffective actions. Then, it asks for strength to do the right thing.

Saint Francis Prayer

“Lord, make me a channel of thy peace—that where there is hatred, I may bring love—that where there is wrong, I may bring the spirit of forgiveness—that where there is discord, I may bring harmony—that where there is error, I may bring truth—that where there is doubt, I may bring faith—that where there is despair, I may bring hope—that where there are shadows, I may bring light—that where there is sadness, I may bring joy. Lord, grant that I may look rather to comfort than to be comforted—to understand than to be understood—to love, than to be loved.

For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.”

This prayer helps me remember that for a peaceful, serene and loving existence, there are certain habits that must be observed that serve a higher calling. It gives me instructions exactly with what to replace my childish habits of selfishness, discord, hatred, despair, and darkness. It tells me why I should want these things and it tells me what I seek. "Eternal Life" means the lack of fear, compulsion and obsession with death. It is living forever during life on earth and forever, regardless of what exists after life, in peace, harmony, serenity, and love.

In studying for this book, since Feminism was a topic, the study of the "Goddess" provided me with critical information. This study included a deep dive into the study of Mother Kali, considered Mother of the Universe, both Masculine and Feminine in nature, omniscient and omnipresent. When I was a young adult, someone described GOD this way. She has not heard this description of GOD for decades, but she returns to it direction.

The images of this Goddess, mostly Hindu in origin, shows just what patriarchy and religion has done to the Mother.

Chapter Seven: **Mentors in Early Adulthood**

What I learned, who I learned it from and how I applied it to my life is the topic to which the rest of this book is dedicated.

First let me say that I had a wonderful Sunday School Teacher who introduced me to “Jesus” in the beginning of my life. I have maintained that relationship with Jesus as a mentor for love and peace throughout my life while at the same time rejecting Patriarchy, religion and dogmatic religious beliefs.

A next door neighbor, Mrs. Mayer was very loving toward me as a child. My neighbor had a granddaughter who got married when I was about 8 years old and invited me to be her flower girl. The woman had her wedding at the “Glass Church” in Palos Verdes. I felt like a princess for once in my life, noticed as a human being who had friends who were not members of my family. This was a memorable event.

My Aunts in Missouri would pinch me on the cheek and tell me they loved me so much on a regular basis when my family took me to visit them every summer. I was definitely lost in terms of my place in the World so visiting with Aunts who said they loved me dearly was special.

I had a memorable Civics Teacher in 12th grade who taught me what it meant to be a citizen and to vote. I have never forgotten this conservative man and how kind he was to me as I enthusiastically learned about elections, politics and political parties.

I had many boyfriends throughout her life. I preferred boys because I was adored and loved by most after a certain age. Sex was a part of that for many years. I thought I was being a “free spirit” having sex with as many people as possible but I was devaluing myself and others. I was giving away my personal power and using other people to satisfy my sensory addictions. In the end, I understood I used men and as soon as I began to question the “devotion” to men for sex, I was not as attractive to men. The first man I worshiped was my Father.

The few girlfriends my mother allowed me to have were extremely special people. There was Tony in the sixth grade, Sharon as a Freshman and Linda as a young adult. None of these relationships were lasting. They were all based on my neediness for Motherly attention and therefore I was using the women also.

The Recovery group for family of alcoholics and recovery groups for alcoholics I became aligned with were special and taught me so much. I have wonderful memories about how I was loved through many difficult times. Jerry C. and Geri M. are two of the most remarkable people I learned from.

I had many great teachers in College, both at San Jose State and Santa Clara University.

I had very special professional supervisors along the way who educated me in proper etiquette as a professional. I am grateful for this sponsorship and mentorship.

When I worked in my career job, I had one special ally, Cheryl B., who mentored me despite my anxiety disorder and depression. The remarkable thing about that relationship was Cheryl always told me the truth.

In my Yoga education, I had some advocates, Scott M., Laura M., Amy W., Vasant L., Jeffrey K., and others who eventually wore out and became distant from me. At this point in my life, I was looking for a life long guru like so many others are able to find. This was not going to work for me. I have a very intense personality developed as a child for protection and a mental health disorder which makes me a bit bizarre and unusual at times. I don't blame anyone for distancing themselves. But while they allowed me in their lives, I learned a great deal from them.

I was disappointed I could make no lasting relationships in my spiritual and professional life while developing my non-profit or in my Sobriety. My ability to make and maintain meaningful relationships is broken somehow. I have yet to figure out how that might be healed. I am determined to keep working for that.

I am looking forward to being mentored by other kind and generous people for the rest of my life. I make myself available to mentor others whenever possible. This poem by Portia Nelson most accurately describes my process in finding my true self and learning to love myself again. It accurately reflects the process of healing that happens when traumatized as a child during your healing using the very important tool of SELF ENQUIREY.

Autobiography in Five Short Chapters

By Portia Nelson

Chapter One

I walk down the street.
 There is a deep hole in the sidewalk.
 I fell in.
 I am lost... I am helpless.
 It isn't my fault.
 It takes forever to find a way out.

Chapter Two

I walk down the same street.
 There is a deep hole in the sidewalk.
 I pretend I don't see it.
 I fell in again.
 I can't believe I am in this same place.
 But, it isn't my fault.
 It still takes a long time to get out.

Chapter Three

I walk down the same street.
 There is a deep hole in the sidewalk.
 I *see* it is there.
 I still fall in... it's a habit... but,
 my eyes are open.
 I know where I am.
 It is *my* fault.
 I get out immediately.

Chapter Four

I walk down the same street.
 There is a deep hole in the sidewalk.
 I walk around it.

Chapter Five

I walk down another street.

When speaking to some people about God, ask questions rather than state my positions. This way I will know whether the person has graduated to a loving God and a flexible belief system or still worships a mean, transactional biblical God who punishes people for making mistakes, men and transactional relationships.. In today's world, this is an important skill.

I share this story with you as an example. Speaking to a friend about God (Anonymous):

“She is what she calls a "real" Christian. I asked her what that meant, and she said that the bible tells us that we (humans) are sinners and that is proven by the story of original sin and the fall of man. She said that humans made a mess of the World and that God was super angry about that. She said that Jesus (who is God as represented by the trinity, father, son and holy spirit) was sent to earth by God to save us as one last ditch effort to get us straightened out. She said that real Christians understand this which is why they don't support any activity that the bible says is a sin. She said when she was baptized, her pastor asked her if she was ready. “Ready for what?” she asks. From now on you have a target on your back and the devil is after you. I asked her about gays and she said they are sinners and that is proven because in one of God's angry tirades he destroyed two cities where people were sodomizing each other. I thought and thought about this God that she described to me. I finally told her that I had recently read some literature that tells another story about human presence on planet earth. In this literature people learned that they had a larger brain for a reason. They learned that it was possible to live life in peace and harmony with others by learning how to quiet the noisy mind where our brain is taken over by our basest instincts, terror, rage, despair and hysteria and spends most of its time in the past or future. These people learned how to focus on themselves, examine their own behavior and clean up their own messes rather than to judge others. These people developed simple guidance in the way to relate to themselves, others and to the divine (that is what they called their God which is also a trinity - Creator, Maintainer and Transformer). I said that this new information has solidified a notion that I had been struggling with for most of my

life. I do not believe that humans are flawed to the core. I believe that we come into this World perfect in every way and totally connected with divine presence, but we carry a possibility of repeating inhumane, unhealthy, hateful behaviors if we lose ourselves in rigid beliefs. I also believe in the idea of many lifetimes and the concept of Karma. I call this “my karmic life.” I believe we lose our way as we create our time bound, structured ego which takes us down a path away from our connection to ourselves, others and the divine. I believe that at some point in life, those of us who are lucky come to a place where all of those time bound structures collapse and we begin a sacred journey back to innocence, connection with ourselves, others, the divine. I finally understood what I believe and what I do not believe (which I had known at some level during all of those shame filled years). I do not believe in an angry, hateful God who has tirades. I do not believe in original sin. I do not believe in the fall of man. I believe in the spirit and healing abilities of humans to find our way back to a God of our understanding. It is a personal journey, everyone has to take it if they are to be at peace and live harmoniously. There isn't a one-size-fits-all answer. I am blessed and filled with gratitude that I came to this through my own personal journey. I have had many teachers along the way. Some of my most difficult relationships have been my strongest teachers. And I am not done. I don't think we are ever finished. I asked my friend if she would be interested in reading any of this literature. She said she was. I sent her the English translation and interpretation by Ecknath Eswaren of the Dhamapada, the Upanishads, and the Bhagavad Gita (which eventually became the basis of Hinduism and the English translation of the Yoga Sutras by Patangali.)

Chapter Eight: Mentors in Late Adulthood

Vasant Lad (8) and David Frawley (6)

These quotations by well known people are in this writing for you to use as meditation prompts. It is useful to be with yourself while you examine these ways of thinking about things. It is also helpful for you to discuss these quotes with other people on the same spiritual path with you;

“Ayurveda is the science of manifest life - the physical body.. Yoga is the science of manifest mind - the thinking created as you grow in order to survive your life..”

“Ayurveda and Yoga have been practiced by human beings for several thousand years.”

“Ayurveda and Yoga are science-based practices despite mythology (mostly by Westerners) that they are mystical.” I consider all of these people PROPHETS. PROPHETS all give the same message.

“Every aspect of Ayurveda and Yoga practice has a scientific explanation.”

“In order to know one’s true self one’s life must be disciplined and balanced.”

“Ayurveda and Yoga are not religious practices (but at the inception of Hinduism, were claimed as Hindu).”

“The language of Yoga and Ayurveda is Sanskrit, a language first used as a poetic “word of mouth” communication between people, and later a written language.”

“Arogya is a Sanskrit word meaning Health and Freedom from disease of Mind and Body.”

“Mind is Matter and can be observed as memory, emotions, thoughts and perceptions.”

“Perceptions are colored by attachments and aversions to satisfy a need to make objects “seem” a certain way.”

“One goal of Yoga is to gain mastery of Self-Enquiry (Svadyaya) where one can “Observe” how attachments and aversions color perceptions” (Veil of Maya).

“Elements of reality are present in four levels, consciousness (Purusa) also called the observer, Matter (Prakruti) also called nature, Intelligence (Mahat) also called Ego/Mind, and Changes of Matter (Vikruti) also called transient products of nature.”

“Purusa (observer self) is also called Atman (higher self) because it requires your brain to move into the neocortex and middle brain for function (and away from the animal brain-fight, flight, freeze, fold).”

“Elements of reality create themselves in nature in five forms (PanchaMahaBhuta), Ether when moved becomes air, air in movement becomes fire, fire in densification becomes water, and water in coagulation becomes earth. Ether-space, Air-gas, Fire-radiance, Water-liquid and Earth-solid.”

“From these elements of reality the entire physical body is created.”

“The primal measures or the basis for sensory experiences of sound (ether), touch (air), sight (fire), taste (water) and odor (earth) through the sensory organs; ears, skin, eyes, tongue and nose.”

“These structures become the basis for organs of action; mouth (expression), hands/arms (grasping), feet/legs (walking), urinogenital (emission) and anal (elimination).”

“The natural physical body then becomes a basis for the subtle body in what is called the Chakra System (plexus of tissues in the physical body that have powerful vibrations).”

“Ether is connected to the pharyngeal plexus at the throat (Vishuddha chakra) where sound is the potentiality.”

“Air is connected to the pulmonary and cardiac plexus just behind the heart (Anahata chakra) where touch is the potentiality.”

Fire is connected to the splenic plexus above the belly button at the diaphragm (Manipura chakra) where sight and movement are the potentialities.”

“Water is connected to the hypogastric or solar plexus below the belly button (Svadhista chakra) where sex and reproduction are the potentialities.”

“Earth is connected to the Pelvic and Coccygeal Plexus (Muladhara chakra) where elimination is the potentiality.”

Juddhi Krishnamurti (9)

This man became a source of peace and love for me for ten years, listening carefully to his wisdom about Samkhya Philosophy and realizing that my reality aligns with his, the following quotations became critical to my growth.

“Do you want to know what my secret is? I don’t mind what happens.” This is the message of Bhagavad Gita: speak with no preference for winning or losing, with no expectation of reward and no regard for outcome of any kind. These are the conditions for selfless service.

“If you begin to understand what you are without trying to change it, then what you are undergoes a transformation.” If I loosen my self-hatred and allow myself to be broken or imperfect, make mistakes, hurt others and be sincerely regretful about it, my power to change is enhanced.

“It is beautiful to be alone. To be alone does not mean to be lonely. It means the mind is not influenced and contaminated by society.” I found myself in rooms of 100 people in early sobriety feeling alone, awkward and disconnected. I found safety in being alone with myself to ground and examine my life and choices.

“Human beings are conditioned by propaganda, by the society in which they have been brought up. Each religion asserts that its own path is the best. And there are a thousand gurus who maintain that their method, their system, their way of meditation is the ONLY path that leads to truth. And, if you observe, each group tolerates, condescendingly, the disciples of the other gurus. Tolerance is the civilized acceptant of a division between people-Politically, religiously and socially. Man has invented many paths, giving comfort to each believer, and so the world is broken up.”

Unfortunately, I have lived during the attempted fascist nationalist invasion of our world which seems to be based on power, greed and lust and appears to be led by the malignant narcissists of the

World who have organized and are demanding division based on religious beliefs, race, gender and sexuality. I have come to believe Krishnamurti had a good bead on how that destroys our life on Earth.

“As long as we are thinking in terms of duality, opposition, opposites, then violence and cruelty will go on. All one has to do is not to think in opposites.”

This fact has been born out over the period that Patriarchy and religion has led the world. I have observed it many times.

“Evil is evil; it cannot bring about good. War is not a means to peace.”

EVIL is a word I struggle with because it usually has a religious context. Evil is Wrong-Doing.

“Evil as a concept is usually defined as profoundly immoral behavior, and it is related to acts that cause unnecessary pain and suffering to others. In many Abrahamic religions, demons are considered to be evil beings and are contrasted with angels, who are their good contemporaries.” Wikipedia. From my non-religious perspective, most people project evil as something that exists in OTHERS rather than a potentiality in all of us.

“Books are important but what is far more important is to learn the book, the story yourself (by living it), because you are all mankind. To read that book is the art of learning.”

I have found that three studies inform my life: I have to hear it, I have to live it, I have to teach it.

“You must stand alone without any support, without friends, without guru, without hope, completely and inwardly naked and empty. Then only, as the cup which is empty can be filled up, so the emptiness within can be filled up with that which is everlasting.”

I have “felt” alone in my professional work, my personal political activities and my volunteer work for the last two decades. I have understood that lack of support may mean I am going in the wrong direction. I have taken action on that in giving up my dream to run a non-profit organization to heal trauma and to provide a safe space so that people can tell their truth. Recently, I was juried for and

joined a local art market. I have produced art for FORTY Years and have now organized it, catalogued it and am willing to sell it. I made the mistake of volunteering for a simple task, to list our market in on-line free listings to invite more people to enjoy our space. Very shortly, I was in conflict with another vendor who volunteers to do marketing and stated that I have patience but cannot tolerate conflict in my life anymore. This other vendor made me her enemy, refused to talk to me, shut me out, glowered at me and turned her back on me when I passed her station. This is the last time I allow myself to be treated like this. I was offered to stay and “work on things.” but was perceived as the problem and stuck in a drama triangle in which I am no longer willing to participate. I chose to leave, I left kindly saying that they would be better off without me and that I wish them all success in their endeavors. This is not the first time something like this has occurred. Since I accept responsibility for my part in things, I could have done a few things differently, be more a part of the community, etc. I no longer am willing to hate myself for the mistakes I make, but rather see them, see my part and try to take a different path next time.

“The constant assertion of belief is an indication of FEAR.”

I believe this is self explanatory. I know that the more I resist change, hold onto my perception and want to have things my way, FEAR is the driver of those states of consciousness.

“Nature is busy creating absolutely unique individuals, whereas culture has invented a single mold to which all must conform. It is grotesque.”

In a way we all come from one big family of humanity, but we are all unique in our composition and how we express ourselves.

“The ideology of nationality and religion and the obstinacy of his own vanity is destroying man.”

Exactly!

Jane Goodall (31) (<https://www.biography.com/scientists/jane-goodall>)

“I believed in the power of all living things, the power of individual action, and in hope in the face of political, societal and environmental issues. Here are some of her quotes that had an impact on my life.”

"What you do makes a difference, and you have to decide what kind of difference you want to make."

I have found there are consequences for high minded decisions and low minded decisions. I am willing to learn from the consequences.

"Every individual matters. Every individual has a role to play. Every individual makes a difference." Everyone has been born. In that birth, they are given a life to live and may choose how and where to live it. I am interested in living a “Life Well Lived.” This is how I have named some of my classes I teach online.

"You cannot get through a single day without having an impact on the world around you."

Even if you succumb to the sometimes incredible force of entropy which tells you to remain motionless and silent, without moving or making any noise, you still have an impact on the World

"Only if we understand, can we care. Only if we care, can we help. Only if we help, can we be saved."

This quote is understandable but from a religious perspective. From a non-religious perspective, it I truly have unconditional love for every living creature on this planet, understanding and help are not the point. Empathy is the point. It is believing I live whatever another person is going through that allows me to feel empathy.

"We have the choice to use the gift of our life to make the world a better place — or not to bother."

In our actions, we do have a choice. I believe our choices fall into three categories: We can want more than what we have, we can embrace what we have or we can reject what we have. There are justifications in given moments for all three of these choices.

"Lasting change is a series of compromises. And compromise is all right, as long your values don't change."

Lasting change is very difficult to achieve. Habits are difficult to break. Compromise is not the word I would use for the process of change. Often, I am so broken down by compromises I make that I can hardly get myself out of bed in the morning. There is loss in every compromise. Loss must be acknowledged, felt and owned in order to move through it. I would say that lasting change for me is learning to let go of the struggle before I am broken down.

"It's knowing what can be done that gives people the courage to fight."

Yes, as I said earlier, I need to learn it, live it and then teach it before I have disgusted a truth.

“Insist on being yourself; never imitate.”

I learned early in my forties that Ralph Waldo Emerson, an American writer once said To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment. At forty years old, I had no idea who I was or how I operated.

Ralph Waldo Emerson (31) (<https://www.biography.com/authors-writers/ralph-waldo-emerson>)

Love and Thought

Two well-assorted travellers use

The highway, Eros and the Muse.

From the twins in nothing hidden,

To the paid is naught forbidden.

Hand in hand the comrades go

Every nook of nature through

Each for other they were born,
 Each can other best adorn
 They know one only mortal grief
 When, by false companions crossed
 The pilgrims have each other lost.

This poem tells me that Ralph Waldo Emerson heard the alternative origin story to Adam and Eve, children born in sin and patriarchy. That is a person I want to know more about.

His true love and first wife died early in his life. He walked and felt and observed and learned about himself because of that loss.

Henry David Thoreau (31) (<https://thoreausociety.org/life-legacy/>)

This man is primarily known for his transcendentalist philosophy, particularly his book *Walden* and his essay *Civil Disobedience*. *Walden* documents his experiences living simply in a cabin at Walden Pond, while *Civil Disobedience* advocates for individual resistance to an unjust state. He was also a key figure in the American Transcendentalism movement and a strong advocate for nature and environmentalism. Nolor read and absorbed his wisdom.

“It’s not what you look at that matters, it’s what you see.”

Perception colors everything. Perception lives in the past, not the now.

“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

Everyone does not have to agree. We all have different paths to travel and we are all on our way.

“I went to the woods because I wished to live deliberately, to face only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

I am determined to experience life. I used to be afraid of death. Then I wanted to die every day.

Now, I am not afraid of death, I am looking forward to the experience,

Viktor E. Frankl (31) (<https://viktorfranklamerica.com/viktor-frankl-bio/>)

This man was an Austrian neurologist, psychologist, philosopher, and Holocaust survivor, who describes a search for a life's meaning as a central human motivational force. He experienced his own transformation living in a Nazi Concentration Camp.

“Everything can be taken from a man but one thing: the last of the human freedoms, to choose one's attitude in any given set of circumstances, to choose one's own way.”

If I can hold onto this truth, I can never experience slavery. I can be free..

“When we are no longer able to change a situation, we are challenged to change ourselves.”

Mostly, people turn outward to learn when all the answers live inside yourself. Your resistance to learning, your stubbornness holding onto old ideas and your tendency to self sabotage all must be overcome.

"It is a peculiarity of man that he can only live by looking to the future."

It is my truth now that hope (looking to the future for comfort) and faith (looking to the past for comfort) are no place to live a Life Well Lived.

"A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life."

For me, It was when my daughter was born. I was 29 years old, I had developed very bad, self hating habits, and my defense was I had a right to continue that way of living despite being married to a wonderful, innocent man and having a small child. It took me five years to come to the understanding that my way of living was harming my loved ones. It took me another five years to STOP BEING A VICTIM AND CHANGE YOUR THINKING..

Paramahansa Yogananda (31) (<https://yogananda.org/paramahansa-yogananda>)

“Autobiography of a Yogi” helped transform my life when I began studying Yoga and Ayurveda.

“Live quietly in the moment and see the beauty of all before you. The future will take care of itself.”

“The more noisy my life, the more complicated things are. I dig holes in the dirt I don’t need to dig.”

“Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.”

The more simple my life, the less I fill my time up with activities that do not serve anyone, the more complicated things become for me. The longer I hold onto something which does not seem to be working out of me or others, the less complicated my life./

“The power of unfulfilled desires is the root of all man's slavery”

This, I can say, is the truth for me.

“There is a magnet in your heart that will attract true friends. That magnet is unselfishness, thinking of others first; when you learn to live for others, they will live for you.”

This quote encouraged me to become involved in simple selfless service. I wear a flower crown and when people notice and mention it, I say, “I wear it for smiles. Thank you for your kind smile today.”

“Kindness is the light that dissolves all walls between souls, families, and nations.”

And yet it seems so difficult for Human Kind to just be KIND to one another.

Babaji Bob Kindler (31) (<https://srv.org/babajibobkindler/>)

This man stopped by my shop at a Yoga Festival a while back. The two of us had a discussion about men and women. He said he was terrified of women, Awake and aware, I told him that there was no reason to fear women.

“The Divine Creator of the Universe is the essence of all gods and goddesses.”

I am a spiritual being. Everything is born, transcends and dies. I believe the Divine exists.

“The creator and the destroyer of the Universe in formless reality is the TRUTH.”

The TRUTH and The Divine are interchangeable realities.

What feeds this concept honors TRUTH. What does not feed this concept is an illusion.

“The Divine is incomprehensible because she cannot be grasped by the mind or intellect.”

Stop looking for a definition of GOD.

“The triad of knowledge, knower and the act of knowing occurs only in relativity, does not exist in Truth.”

There are not conflicts or divisions in TRUTH, only love.

“The Divine is indestructible due to her eternal nature and her complete independence from the realm of name and form.”

The Divine does not exist on the manifest realm. She is an ocean we all swim in and are of which we are part..

“Truth reveals death, disease and suffering as an illusion and a purifying experience.”

Every natural death is a purifying opportunity. Unnatural deaths can be turned into purifying experiences by simply letting go.

“The Divine is wonderful because all negativities are destroyed in her all powerful presence.”

Pure, Unconditional LOVE

“The bliss of Truth which blends the love and devotion of the heart with the purity and perception of consciousness is formed into one beatific expression.”

What BEAUTY!

“The divine is unfathomable since she contains no limitations and defies all attempts to plumb her infinite depths.”

“The divine, or Truth remains infinitely expansive while continuing to support all of her profound yet subtle qualities.”

“A blazing radiance of realization is Truth’s perpetual condition, perfect, omniscient and fully spontaneous.”

“The Divine is indivisible due to her homogeneous and seamless nature that is impossible to fragment, distill, dilute or separate.”

“The truth is imperishable, for its nature is stainless, pure, undecaying and eternal.”

“The Divine pre-exists the manifestation and appearance of the universe and is the very basis for its existence,”

“The truth is undecaying, defined by eternity, which allows the mind to transcend doubts, perceiving its true nondual nature as limitless.”

The Divine is pure and stainless, without impurity, all enduring. The ideal of Absolute Truth, stable and consonant, captures the faith and devotion of all who comprehend her.”

“The truth is without beginning or end, beyond the limits of time, space, causality and temporality.”

“The Divine is completely indescribable, beyond description, can be discussed and analyzed only from the standpoint of relativity.”

“The Divine is grace. As a person has rest and security in his home, so the universe has a foundation.”

“The Divine is changeless. These expressions permeate the fabric of relative existence and fill it with vibration and animating life force.”

“The Divine is immediate and direct and brings the seer face to face with absolute reality.”

“The Divine is immeasurable for it always remains simultaneously unified and infinite.”

“The Divine is extraordinary and incomprehensible, for there is nothing equal to (her).”

“The Divine is formless because she epitomizes all that is subtle, unseen and imperceptible.”

“The Divine is subtle, she does not get reflected in dark, gross or limited confines.”

“The Divine is perfect, needing nothing, lacking nothing, authentic perfection.”

“The Divine is inexhaustible, for her strength is all inherent within herself.”

Bessel van der Kolk (31) (<https://www.besselvanderkolk.com/>)

I had the privilege of meeting Bessel A. van der Kolk, MD at Esalen for a retreat one year. He wrote the book “The Body Keeps the Score,” a landmark scientific book on the nature of trauma on the body, mind and spirit. These are some of the things she learned from him.

“The way medicine approaches human suffering has always been determined by the technology available at any given time.”

“Preoccupied with so many lingering questions about traumatic stress, I became intrigued with the idea that the nascent field of neuroscience could provide some answers.”

“We concluded that speculation about the idea that “strong emotions can block pain was the result of the release of morphinelike substances manufactured in the brain.”

“The most important job of the brain is to ensure survival, even under the most miserable conditions.”

“Well functioning frontal lobes are crucial for harmonious relationships with our fellow humans.”

“Our experience is the product of the balance between our rational and our emotional (primitive) brain.”

“The autonomic nervous system (The autonomic nervous system (ANS) controls involuntary bodily functions, such as heart rate, digestion, and breathing, without conscious effort. It's a crucial part of the peripheral nervous system, composed of two main subsystems: the sympathetic nervous system (responsible for "fight or flight" responses) and the parasympathetic nervous system

(responsible for "rest and digest" AI) regulates three fundamental psychological states and the vagus nerve serves as feedback to the autonomic nervous system.”

“People who cannot comfortably notice what is going on inside become vulnerable to respond to any sensory shift either by shutting down or by going into a panic.”

“Panic symptoms are maintained largely because the individual develops a fear of the bodily sensations associated with panic attacks.”

Joseph Campbell (31) (<https://www.jcf.org/learn/joseph-campbell-biography>)

“We must be willing to let go of the life we planned so as to have the life that is waiting for us.”

“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”

“If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path.”

“We're not on our journey to save the world but to save ourselves. But in doing that you save the world. The influence of a vital person vitalizes.”

“All religions are true but none are literal.”

“We're so engaged in doing things to achieve purposes of outer value that we forget the inner value, the rapture that is associated with being alive, is what it is all about.”

“Your life is the fruit of your own doing. You have no one to blame but yourself.”

“When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.”

Chapter Nine: **Professional Mentors and Influences**

In this chapter, I recognize the many women and men who professionally mentored me from a black out drunk ready for the Psych Ward to a successful woman who assisted many people with their own healing as an observer. The helping people started before I obtained any professional training and I was mentored by a man named Jerry at the San Jose YMCA. He saw potential in me that I did not see in myself. He helped me get the training I needed to eventually be promoted to Associate Physical Director where I ran programs, trained others and supervised people.

In my Masters Degree Program, there were many professors who saw potential in me, encouraged me and wrote letters of recommendation for me. I will be forever grateful for these kindnesses.

When I entered the “supervised” part of my practice, my supervisors were amazing. They helped me understand my roles in “helping” others solve their mental health problems.

Specifically, Judy, Larry, and others associated at the Institute for Process Therapy, with Don and Carol Hadlock. I was with them for the last few years of my supervised time and they helped to elevate my consciousness as a stellar professional. It was also during this time that I began my “awakening” as a human being and my departure was sudden and sad. For that I am regretful.

My years in 12 step recovery introduced me to many fine men and women who helped level by ego and find my true self. Jerry C., Marty, Marian, Geri, and all those men and women who mentored me were volunteering their time, one sick, recovered person helping another. My twenty years in San Jose left me with a wonderful group of men and women I knew on a personal basis and recovered with. I have been incapable of experiencing another group like that in Southern California or New Mexico, but I am always working on becoming one of the HERD, as we say.

During that time, I was in College, getting my Education, much delayed because of my diversion into darkness. Here are the papers I wrote during that time.

First Scholarly Paper written for Santa Clara University Master Degree Program, 1984

Being a woman on Earth has not been easy for me. As a child, I struggled with my Father's attitude toward women which was poor. As my Mother struggled to raise three daughters in an alcoholic Fundamentalist Christian home, my father felt people should feel sorry for him because he was surrounded by women. I lived as a Christian for 16 years of my life, being manipulated and abused by men through childhood. At 16, I started drinking alcohol and smoking cigarettes.

These were both habits I learned from my parents. I figured they couldn't say much since they engaged in these habits regularly. For 26 years, I became a "walking dead" woman, trying to figure out how to satisfy my many urges and preferences, through one marriage and into full blown black out addiction.. Then, I met my life partner, and we drifted off into the sunset. But I still had my old habits of satisfying my every urge. By the time my daughter was five, I had become convinced I had contracted AIDS and was going to die and kill my husband and daughter. I now understand this as a story I told myself to disguise my more drastic urges, to kill my family and commit suicide. At this point, I entered my Graduate program and one of the first classes I took was to "discuss" the nature of Man." Here is that paper.

THE NATURE OF MAN

"This mud being like other mud, we may assume that other mud is like this mud, which is to say that one place is all places and all places are one. Thus, by staying here we are at the same time everywhere, and there is obviously no place to go. Quote from Serpentina, the snapping turtle in *The Mouse and His Child*, by Russell Hoban, Camelot Books, 1967.

The preface to this paper must contain a disclaimer. Inside my heart I believe that all theorists probably have stumbled upon some part of the nature of humans and in truth all of us are somewhat "right" and somewhat "wrong" in our beliefs about humankind. Much of my developing theory about humankind has come from my reading certain selections and "feeling"

the message is the truth (not thinking). Therefore, this paper will be an attempt to put into writing a brief synopsis of those thoughts and perceptions which have seemed to "feel" like reality to me.

Carl Whitaker (5, pg. 318-319) has said, and I agree that "the chilling effect theory has on intuition and creativity in general is highlighted by the fact that it tends to make symptom relief the objective of psychotherapy with the goal of adaptation to culture, to family, to situational stress."

Theory is important for humankind to develop a reality perspective, but so often therapists adopt a theory as truth which then may actually interfere with the evolution of a client/patient as an individual.

"Theory is the effort to make the unknowable knowable. It's trying to work out a method for forcing the left brain to control the right brain. The process was defined many, many years ago: It is not given to man to see the face of God except through a glass darkly." Peter Selgin, Author and teacher said something like "The process was defined many, many years ago: It is not given to man to see the face of God except through a glass darkly." The final portion cites a slightly varied version of the passage from the New Testament (1 Corinthians 13:12), which in the King James Version reads: "For now we see through a glass darkly; but then face to face." This passage implies that human understanding in this life is imperfect and obscure, which aligns with the overall sentiment of the quote regarding the limits of theory in knowing the "unknowable."

Theory is also, of course, one of the ways of trying to understand the impossible. It's been theorized, for instance, that we are all conceived in sin. It has also been hypothesized that we are all born innocent. Tillich said "being is becoming, and that we avoid being by trying. We keep "doing" to avoid "being." My theory is that all theories are bad except for the beginner's game playing, until he gets the courage to give up theories and just live, because it has been known for many generations that any addiction, any indoctrination, tends to be constrictive and constipating," (5, pg. 318).

Now with all of that said, allow me to attempt to associate myself with those who feel the "realest" in terms of their philosophy on humankind. Academics often focus on the differences of people. Carl Jung was frequently ostracised by his colleagues for adopting the opposite view. Anthony Stevens said "For Jung, a science of psychology could not be founded on the study of a seemingly infinite variety of individual differences: it was necessary, first of all, to establish the ways in which human beings are similar." (9, pg. 21).

The ego which represents a majority of our "differences" is only the tip of the iceberg in the vast sea of the self. The ego represents consciousness, a very small part of our whole psyche. Just below the surface of that is the personal unconscious which holds in part those memories of one's current life which has escaped consciousness; been repressed. The personal unconscious also holds some of what Jung describes as the collective unconscious. Larger yet a part of humankind is the remainder of the collective unconscious. This infinite volume contains information from the universe; universal images, tendencies which are not from an individual but from universal experience.

"The collective unconscious contains the whole spiritual heritage of (humankind's) evolution, born anew in the (psyche) of every individual. His conscious mind is an ephemeral phenomenon that accomplishes all provisional adaptations and orientations..... The unconscious, on the other hand, is the source of the instinctual forces of the psyche and of the forms or categories that regulate them, namely the archetypes (carriers of energy within us which exist in us as potentialities)" (2, pg. 45).

The personal unconscious can further be distinguished from the collective unconscious in that for the most part the personal unconscious owes its existence to personal experience, is a result of personal acquisition. of what is there has at one time been a part of consciousness but has disappeared into unconsciousness through ego defense mechanisms. The collective unconscious has never been a part of consciousness and was never individually acquired. The ego, being the smallest

construct, is never more than what is conscious. Even though humans tend to believe that what is conscious is reality, according to Jung "clearly, the ego (consciousness) is, by definition, subordinate to the self and is related to the self like a part to the whole" (2, pg. 142). This is not to say that the function of the ego is not crucial to human existence in the world. The ego is responsible for willful adaptation to the environment which is a critical function.

Within this larger structure of the human are complexes, or bundles of psychic energy acting in an autonomous way. The following diagram displays the structure of these complexes in Jung's theory. The persona is largely a The persona represents roles required by society. function of consciousness and displays in the world what our ego, or consciousness is. Converse in the diagram is the shadow, representing all the opposites that our ego identifies with. These we tend to project into our world, not recognizing that they are a part of us. A part of this shadow complex is the concept of Anima/Animus. Jung contends that we are all bisexual, or of both sexes. One emerges as a result of maturation; Anima represents all feminine qualities of the male, Animus represents all masculine qualities of the female. The Self, at the center of the human complex, is, according to Jung, the goal of life and may or may not emerge. The objective of life, a la Jung, is to take the opposites and make them come together within you. This integration process is called individuation.

All humans have potential to be all things. And at the same time we humans tend to restrict our potentialities. Jung said "The (human) who has attained consciousness of the present is solitary. The "modern" man has at all times been so, for every step towards fuller consciousness removes him further from his original, purely animal participation mystique with the herd, from submersion in a common unconsciousness" (2, pg 457).

"I have an American Indian friend who is a Pueblo chieftain. Once when we were talking confidentially about the white man, he said to me: 'we don't understand the whites. They are always wanting something, always restless, always looking for something. What is it? We don't know. We

can't understand them. They have such sharp noses, such thin, cruel lips, such lines in their faces. We think they are all crazy" (2, pg. 473).

According to Louise Kaplan, "All human love and dialogue is a striving to reconcile our longings to restore the lost bliss of oneness with our equally intense need to separateness (a journey toward emotional acceptance that we are neither saints or demons but whole persons who are capable of ordinary love and ordinary hatred" (thus the process of individuation) (3, pg. 27, 30).

In the process of maturation, we learn to put away the childish things, the foolishness of uncertainty.

We are ashamed to admit that we feel insecure, helpless, needy, dependent. We tend to defend against these human conditions and begin to split our experiences and our selves. The persona becomes a collective truth which Jung describes as the beginning of the end. "The individual distinguishes himself by his deeds, the many by their renunciation of power.

So long as this attitude needs to be fought for and defended against hostile influences, the achievement remains positive (hence, aggression), but as soon as there are no more obstacles and universal recognition is attained, prestige loses its positive value and becomes a dead letter" (2, pg.98).

Stevens said, "At a time when behaviourism held undisputed sway in university departments of psychology, and effectively banished the mind from the curriculum, Jung stressed the primacy of the psyche in human affairs, affirming the truism that, as the very basis of our experience of existence, our minds are our most precious possession. And the strength of Jungs' appeal lies essentially in the simple fact that alone among modern psychologists he put the human spirit first" (9, pg. 32).

This is Jung's appeal for me as well. I feel deep in my heart that the human spirit is all so often ignored and even denied, and that it holds the key to a fulfilling life.

Personality Development

"There are no devils but those in our hearts. And that is where all of our battles must be fought"

Mahatma Gandhi (<https://www.biography.com/political-figures/mahatma-gandhi>).

For the purposes of this paper, we will assume Jung's model of a Phylogenetic (collective) structure being filled out in the course of Ontogenetic (personal) development. The path toward archetypal actualization and personality development, then, will be called individuation, that being the ideal.

Stevens described the process as "a psychophysical system with a built-in biological clock': its structure and life-cycle is predetermined by the evolutionary history of its genes. As the biological clock ticks away and the life-cycle unfolds, so the system accepts and incorporates into itself the life experience of the individual. But what you and I experience as the whole process is only the end result. We are aware only of the ontogenetic aspects of our own maturation, being largely unconscious of the phylogenetic blueprint on whose basis it proceeds,"

According to Jung, humans have a capacity which is most detrimental to individuation; that of imitation. "We see every day how people use, or rather abuse, the mechanism of imitation.....they are content to ape some eminent personality, some striking characteristic or mode of behaviour, thereby achieving an outward distinction from the circle in which they move" (2. pg. 103).

Stevens says that because personality is so critical for the life of the modern community, anything which might disturb its "development" is perceived as danger (including the invasion of the collective unconscious).

The personality, being only a part of the ego (or the conscious personality) is influenced by those closest relations who mold that "individual" in their image to which the "individual" reacts to from his or her deeper (collective) experiences. "The simple soul believes that his (relations) are as he sees them. The image is unconsciously projected, and when the (relations) die, the projected image goes on working as though it were a spirit existing on its own," according to Jung (2, pg. 137).

Whitaker in his search for access to disturbed individuals quotes Freud as saying that "the most active determinants of personality are active during childhood" (4, pg. 39). He suggested that the concealed and defended against sexual drives and emotions can cause much psychological torment in later life. So, then the possibility of people becoming stuck in their road toward individuation grows. In the unremitting endeavor toward individuation (maturation) humans can "lose the way" because of the absence of facilitating experiences most often provided by parents or culture.

Kaplan suggests "In (his/her) first partnership outside the womb, the infant is filled up with the bliss of unconditional love--the bliss of oneness with his/ her mother. This is the basic dialogue of human love. The next series of mother-infant dialogues concern the way the infant separates from the state of oneness with the mother (or any of his/her relations). As he separates he will learn the conditions of actual love and acquire a sense that he is himself and nobody else. All later human love and dialogue is a striving to reconcile our longings to restore the lost bliss of oneness with our equally intense need for separateness and individual selfhood" (3, pg. 27).

If this unconditional love exists, that child learns the capacity for empathy, devotion, loyalty, camaraderie and a tolerance for disappointment and grief (and other emotions). The child then learns to unconditionally love him/herself.

Conversely, if the relations have low self-esteem and little trust in fellow humankind, this also extends to the child. Virginia Satir suggests that a child needs certain things in life in order to allow him/her to develop in a natural way toward individuation. She suggests a child needs "to be physically comfortable, a continuity in relationships, to learn how to influence and predict the responses of others, to learn how to structure the world, and to develop esteem for himself in two areas: as a masterful person and as a sexual person" (7, pg. 58-59).

Virginia Satir believes that a child will develop esteem for him/herself only if he/she is validated by important others. Jung also believes that in that childish stage of consciousness there are

as yet no problems. "It is as though (the child) were not yet completely born, but were still enclosed in the psychic atmosphere of (his/her) parents." (2, pg. 7).

As the child grows, he/she experiences rebirthing processes. If these are facilitated, the child will continue toward individuation. That is not to say that a life without struggle is the road to maturation. The problems exist when an outer limitation becomes an inner one, thereby inducing inner tension. Jung postulates that "It even seems as if young people who have had a hard struggle for existence are spared inner problems, while those who for some reason or other have no difficulty with adaptation run into problems of sex or conflicts arising from a sense of inferiority" (2, Pg. 9).

This adaptation that Jung refers to, which at one time might have been useful in protecting a person from his/her environment can then become an ingrained way of being in the World, a style or mode of functioning which is identifiable through specific acts. David Shapiro describes these "neurotic styles" as "ways of thinking--ordinarily used to identify defense mechanisms, traits and diagnostic syndromes" which enable us to draw a picture of psychological makeup (8, Pg. 2).

Whitaker also suggests that the person who displays these syndromes is elected by relations, much in the same way that a town drunk might be elected (i.e., the group agrees and the individual accepts the role). Since the individual perceives this way of being in the World as life-saving, his/her "attitudes and interests will be of a sort that guarantees the next (dysfunctional) act--which from an objective standpoint may sustain and continue the (dysfunctional) process" thereby appearing to be the only plausible thing to do (8, pg. 19). Not only does the individual continue this process in this way, but the people in his/her environment also encourage the process.

Jung professes that this personality (persona) is only a mask that "feigns individuality."

"The term persona is really a very appropriate expression for this, for originally it meant the mask once worn by actors to indicate the role they played. If we endeavour to draw a precise distinction between what psychic material should be considered personal, and what impersonal, we soon find ourselves in the greatest dilemma, for by definition we have to say of the persona's contents what we have said of the impersonal unconscious, namely, that it is collective. It is only because the persona represents a more or less arbitrary and fortuitous segment of the collective psyche that we can make the mistake of regarding it in toto as something individual" (2, pg. 105).

Becoming an individual "embraces our innermost, last and incomparable uniqueness". If we choose external roles, as social ideals would have it, we alienate from the self. "Individuation...aims at a living cooperation of all factors,' " said Jung (2).

Therapeutic Practices:

Faust (2, pg. 115-116)

This quote from Goethe's Faust expresses the protagonist's profound dissatisfaction with his life.

“This earthly circle I know well enough.

Towards the Beyond the view has been cut off;

Fool--who directs the way his dazzled eye.

Contrives himself a double in the sky!

Let him look round him here, not stray beyond;

To a sound man this world must needs respond.

To roam into eternity is vain!

What he perceives, he can attain.

Thus let him walk along his earthlong day;

Though phantoms haunt him, let him go his way.”

The story of Faust is a classic legend about a scholar who, dissatisfied with his life, makes a pact with the devil, Mephistopheles, in exchange for unlimited knowledge and worldly pleasures. The most famous versions are Christopher Marlowe's play *The Tragical History of Doctor Faustus* and Johann Wolfgang von Goethe's two-part drama, *Faust*. While Marlowe's version ends with Faust being dragged to hell, Goethe's version concludes with Faust's salvation due to his unending striving.

(30)

The concept of reenactment within a therapy session has always been intriguing for me. I believe that, if given the space, people will become themselves in relationship to the therapist.

I see my role as therapist as one of giving people the opportunity to do just that, the opportunity to interact with me as a person, and the opportunity to allow our unconscious material to interact and react, always with the goal of client self-exploration in mind.

Carl Whitaker's concept seems to sum up my feelings about therapeutic interaction.

He said "the ultimate goal of family treatment is to increase the members' sense of belonging....and simultaneously to increase the members' freedom to individuate" (5, Pg. 210).

There are 10 cited mediating goals for family therapy:

1. Increase the interpersonal stress
2. Development of a family nationalism
3. Expand the family's relationship with the extended family
4. Expand the family's relationship to the culture and community members
5. Development of the family boundaries
6. Separation of the generations
7. The family learning how to play
8. Development of a cycle of separation and rejoining

9. Expulsion of the myth of individuality

10. Each family member becoming more of whom he or she is (5, pg. 210)

Within these constructive goals, the process of therapy takes place: battle for structure, initiative and motivation for change. Whitaker and Napier say that "while insight was very helpful to Freud, the scientist (and thus informs us all), the patient needs more" (4, Pg. 43).

Therapeutic moments are powerful - and typically hold a significant and personal meaning for the therapist. They believe that in the beginning, a therapist must hold fast to his/her technical skills to "avoid becoming entrapped in the family," watching the family establish rules, their initiative, communication, definition of the problem. All the while, the techniques offer the therapist a way to help the family look for alternatives to current patterns. However, Whitaker believes that "the most powerful moments in therapy are when the family's unconscious process mingles with the therapists' unconscious thoughts" (4, Pg. 144).

This philosophy is more risky than some other more structured philosophies because the therapist is confronted with personally impactful material constantly. "This is simply one of the hazards of being a family therapist, however; the family is so powerful and so involving' that it sets off reverberations that go deep into the therapist's own life. The family you are treating suddenly becomes a version of the family you grew up in, and you become a 'patient,' struggling with your own feelings" (4, Pg. 128). This is one reason why Whitaker and others will only see families with a co-therapist. The co-therapy team offers time for each therapist to dive deep into the family system and alternately withdraw to observe and sort through his/her own feelings. Another good reason for co-therapy is that the co-therapy team can then model relationship interactions for the family. Whitaker and Napier say that "Whatever we say about relationships, the one we live before them (the family) is the one from which they learn the most" (4, Pg. 190).

Whitaker also says "A good surgeon can do a routine appendectomy, but even a good surgeon

wouldn't attempt a major abdominal operation without a colleague of equal adequacy across the table" (5, Pg. 252).

I believe that family therapy is like a major operation. The family in its struggle for health will have a "tendency to demand that the therapist give rules for life, take over the family, say what's right and what's wrong..... (if an inexperienced therapist falls into that trap), once that is imposed, no matter how subtly and no matter how carefully, the patient or family becomes dependent and rebellious" (5, Pg. 323). One alternative to this feeding of information is to point out the families strengths which would allow them to find solutions on their own. Simply because families seek help, declare themselves incompetent, does not imply weakness. To recognize dysfunction and seek help is, in itself, a strength. The therapist's job is to find a balance of "pushing" and "waiting" which allows the family to experience themselves, the roles they have accepted, and their impact on the World.

I believe that the family "scapegoat" has picked up some family tension, some aspect of the family which is dysfunctional, and having adopted a certain persona (personality), is elected and agrees to play out this tension. Even if the tension is unspoken, especially children pick up on these tensions. Some possible tensions might be a "too richly cross-joined system (for example, a Mother overinvolved with her child so as to avoid involvement with her husband), an absent father (so that a child must become the man of the house), a family so loosely structured as not to provide a base for members, a "double-bind" communication between either parent and a child where the child is unable to do the 'right' thing. In fact, Lynn Hoffman states that (Jay) Haley observed that in families with a symptomatic member, (a dysfunctional triad existed, and) the triad that surfaced most frequently was a coalition between two people, usually of different generations, at the expense of the third" (1, Pg. 106).

Therapy begins successfully only if the therapists can fully join with each member of the family. The joining process is important as the therapist can only make changes within a system.

The therapist who stands outside and attempts to direct and inform will remain an outsider, often untrusted and distant from the problems of the family. The joining makes possible the beginning of the reframing of the family's reality. "The family's framing is relevant for the continuity and maintenance of the organism more or less as it is; the therapeutic framing is related to the goal of moving the family toward a more differentiated and competent dealing with their dysfunction," according to Minuchin (6, Pg. 74).

From that point on any of a variety of "techniques" can be used to encourage self observation by the family. As the self-observation continues, the therapist can continue to reframe reality, thereby challenging the family system and structure gently toward the ultimate well-functioning family. It is critical for the therapist not to get hung up in the content of the sessions, but to remain focused on the process the family goes through to make decisions, interact, develop rules, etc. It is wise to remember that since the livelihood of the family seems to rely on the current functioning, oftentimes direct therapeutic interventions will come up against resistance. This is why dealing with the unconscious can be an easier access into the systems and as an agent for change. An example of this would be a paradox, where the family believes consciously that the therapist is saying one thing, but typically the opposite message is intended.

As mentioned earlier, I believe that the therapist is simply a facilitator, not from the outside in, but as a part of the system. Lynn Hoffman said "The therapist is not an agent and the client is not a subject. Both are part of a larger field in which the therapist, family and any number of other elements act and react upon each other in unpredictable ways" (1, Pg. 8). She also believes that the best measure of a family functioning well is their flexibility in roles. Can they go toward either pole? Can they make decisions about their process depending upon what seems useful at the time?

Finally, Whitaker describes a healthy family as follows: "A healthy family is one that maintains a high degree of inner unity and a high degree of individuation. It simultaneously fosters a freedom for regrouping and a relative freedom for the development of sub-groups and triangles and teams and the functioning of mediators. This includes the freedom to leave and return without family dissension and a comfort in belonging to intimate subgroups outside the family and, on occasion, including outside intimates in the family. Involved in the definition also is the assumption that individuating in a healthy family makes possible such mobility that any member can function in any role" (5, Pg. 284).

In my search to find how to be helpful as a therapist, I have come to question myself more with some of Carl Whitaker's statements than with anyone else I have read. I believe that this process of self-evaluation is crucial in becoming real (alive) with my clients. He suggests a set of rules for therapists to live by in order to keep themselves alive:

1. Relegate every significant other to second place.
2. Learn how to love.
3. Flirt with any infant available.
4. Develop a reverence for your own impulses, and be suspicious of your behavior sequences.
5. Develop a reverence for your own impulses
6. Enjoy your mate more than your kids, and be childish with your mate.
7. Fracture role structures at will and repeatedly.
8. Learn to retreat and advance from every position you take.
9. Guard your impotence as one of your most valuable weapons.
10. Build long-term relations so you can be free to hate safely.
9. Face the fact that you must grow until you die.

10. Develop your primary process of living.

11. Evolve a joint craziness with someone you are safe with.

As Plato said, "Practice dying." (5, Pg. 329).

The Bibliography for this paper is on page ****

Second Scholarly Paper written for Loyola Marymount University, Certificate in Yoga Therapy Program, July 2016

This section is a reprint of my second Research Paper to complete a certificate in Yoga Therapy from the Loyola Marymount University Continuing Education Program.

I am a Bhakti Yogi, among other things. I love this about my physical form. I am creative and I look for workable solutions to sufferings.

BHAKTI YOGA

“VIBRATIONAL SOUND MOVING THROUGH BODY”

Embodying Vibration

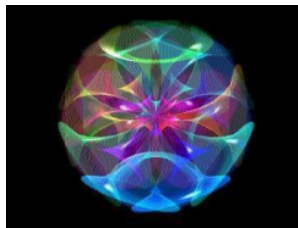


Image used with permission from David Gibson, #SoundHealingCenter

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What a Friend We Have in Jesus

Buddhist Precepts

Honest Songs, Noah Gundersen

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(SmaranaBhakti - remembering the ancestors and principles throughout the day)

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(Padasevana Bhakti - remembering the importance of service)

Hanuman Gayatri (enlightenment)

Aum Aanjaneyaaya Vidmahe

Vayu, Puthraaya Dhimahee Thanho

Hanuman Prachodayatha

(Translation: Let us meditate on the joyful spirit of service as told in the

Ramayana which Hanuman {child of the earth, sea, wind, fire and space}

e. Chanting for an adversary

(ArchanaBhakti - Musical perfection)

Om Shantih Shantih Shantih - the Sanskrit peace chant

f. Chanting while practicing Asana (exercising)

(VandanaBhakti - Counting reverence while exercising)

(Counting in Sanskrit: ekam, dve, treeni, chatvaari, pancha, shat, sapta, ashta, nava, dasa with breath)

g. Chanting while doing mundane work

(Dasya Bhakti - chanting when not in a good mood) Om

Gam Ganapataye Namaha

Translation: Remove these obstacles from my path

h. Chanting to reunite Siva and Shakti (integrate the masculine and feminine)

Ham Sa So Hum - the Electrical System (Chakra) alignment chant

i. Chanting while walking through a difficult time in life

(Atma NivedanaBhakti)

Ra Ma Da Sa Sa Say So Hum

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l. Meditating with beautiful, healing, vibrational music (Indian Flute or Mozart)

6. Conclusions

1. Introduction: A scholarly paper with some narrative

This paper is a scholarly paper and it is different from most scholarly papers. There will be some narrative personal stories in this introduction section. These are designed to illustrate a personally experienced point that sound changes body and mind. Yoga Sutra 2.54: **svavishaya asamprayoge chittasya svarupanukara eva indriyanam prayaharaha** (sounded phonetically for chanting purposes) means, “Once concentration has been achieved, the senses pull inward and it is possible to explore the inner sensory experience and reach Samadhi.” (24) This is what I have experienced on occasions in my life. I will describe them here. My hope for you is that you find or create an experience for yourself as you read this paper.



Picture taken by Marie Louise Bosin **YOGA DAS 108 PIECE BAND**

Early in my process of recovery of true self, I attended an AA meeting at the Kingdome in Seattle. This football stadium holds 66,000 people. This Alcoholics Anonymous World Convention was held in 1990. I was just 3 years sober, had finally surrendered to my inner-most self that I had become an alcoholic, I was 43 years young and my sponsor took me to the convention so that I could see the miracle of Alcoholics Anonymous and the spiritual community. At the end of this meeting with 66,000 recovering alcoholics and their family members, we joined hands and chanted “Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on Earth as it is in Heaven, give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory forever, Amen.” Again, I am praying to a God I do not believe in, but I wasn’t sure of that at the time yet. This was a turning point for me in awakening to the miracle of self-realization. The vibration that my body received from this chant changed me forever. You will not find me in a cave, isolated from people, finding Moksha (liberation) all by myself. You will find me out and among people who are experiencing life at all different levels. You will find me telling and hearing hard truths sometimes and hoping people stay to get to know me. You will find me loving in the face of conflict and you will find me loving more because of conflict. You will find me hurt and angry for a minute and then quickly moving back to love. Let’s discuss Yoga for a moment. How does Yoga fit into this article for psychotherapists? The Yoga Sutras describe Eight (Ashtanga) areas required for practice in order for a human to be healthy. Yama: Social Observations; Niyama: Personal Observations; Asana: Exercise; Pranayama: Conscious Breathing; Dharana: concentration; Dhyana: Meditation. The Promise given in the Yoga Sutras (commonly called the very first Psychology Text Book - passed on by word-of-mouth for thousands of years and first written in Sanskrit in 200AD) is serenity, freedom from bondage to selfishness,

good health and a full life. Sometimes when I see the positioning of people in psychology it amuses me. Don't you know that EVERYTHING is borrowed from our ancestors?

Yoga Sutra II.33 says, “**vitarka badhane pratipaksha bhavanam,**” which translates as “We have the ability to change our mind and the course of our day by choosing the opposite of the old, historical habits in thought, word and action.” (24) Yoga Sutra II.34 says, “**vitarkaha**

himsadayaha krita karika anumoditaha lobha krodha moha purvakaha mrudhu madya adimatraha dukha ajnana anantaphalaha iti pratipaksha bhavanam,” which translates as “Take time to reflect on the course of action, the thoughts and feelings that may be driving them and the consequences they may have. Don't drive others toward unwholesome actions either.” (24)

When we are healthy enough, we can find a different way of thinking about and looking at something disquieting. Bhakti Yoga makes us healthy. It vibrates the body so that all the systems begin to work together as they were meant to do.

I visited India for several months a few years ago and went to Daramshala (McLeod Gang where the Dali Lama lives), in the Indian Himalayas to see Krishna Das in a benefit concert. The day before the concert I was walking along in the village and there was Krishna Das and his friends walking along as well. I asked if I could take my picture with him and he said “Well, first I need to know your name.” I told him my name and said, “your music changed my life.” He said, “My music changed my life too.” The next day while waiting for the concert to start, Krishna Das passed me at the entry door. He said “Hello Marie Louise.” This was a special moment. I felt the light of his attention. I felt he heard me. But it was not really him or me, the physical body, it was the spirit of Love and his devotion to his guru (teacher) Neem Karoli Baba that I felt in that moment. Bhakti (devotional love) in action.



Photo taken by Marie Louise Bosin

When I was a child, according to stories my family told me, I was always about talking to people, always finding myself in others, always curious about everything. I asked difficult questions, I told difficult truths. I told them until someone listened or until they left. I believe this is what I was born to do since I have been doing it since I was old enough to talk. When we traveled, according to my family, I knew every one of the maintenance people at every single hotel before the rest of my family got out of bed in the morning. We traveled Route 66 every summer from 1953 until I became a teenager (and too old to sit in the back seat with my two sisters), probably around 1963. What glorious Bhakti these trips held, fighting with my sisters, worrying when my Father would become Dr. Jekyll and wondering how to soothe Mother when she was angry and sad. I took responsibility for these things for as long as I can remember. I did develop some bad attachment habits along the way which I am busy disabling and undoing now with Psychotherapy, Yoga and Ayurveda. However, what a glorious time in my life this was for me. This is Family Bhakti Yoga in all of its glory. This is devotion to human kind. I still feel it now with my small family here in Redlands, California.

2. Benefits of Vibrational Healing - The Krishna DasStory

To illustrate the benefits of Bhakti, the story of Krishna Das as told in “One Track Heart” and in a New York City Times Blog in 2012 serves the purpose well. Krishna Das (original name Jeff) was lost in the World. He did not connect well with others and he was longing for attachment. He found Cocaine which temporarily gave him a sense of attachment, but as we all know the attachment to drugs is quite temporary. He “found” Ram Das (Dr. Richard Alpert, the famous

boss of Dr. Timothy Leary from Harvard). Ram Das had just returned from India studying with Neem Karoli Baba. He took his LSD experiments to India to “see if there was anything to this experience” he had when he was under the influence. He gave Neem Karoli Baba a horse-size dose of LSD and watched as nothing happened. Neem Karoli Baba told him that LSD gave a “temporary entry into Krishna Consciousness but you could not stay there.” He said, “to stay requires LOVE.” Ram Das returned to the United States as a follower of Neem Karoli Baba and began his teachings. There is where Jeff found Richard and both of them were transformed. Eventually, Krishna Das would go to India to meet Neem Karoli Baba and fall deeply in love with him (attachment). Krishna Das was guided to return to the U. S. of America and Sing to Guruji (teacher) from home, which he did. Alas, Guruji left his body before Krishna Das could return to India. Krishna Das went into deep despair, got lost in the World again and stopped singing to Guruji. He then got addicted to Free Base but his Indian “father” visited and pointedly said “promise me you will never use cocaine again!” He stopped using and started singing again at Jivamukti Yoga in New York where he met his manager Nina Rao. But success and fame became obstacles to his success. He was still lost in his samskara (suffering) now. He quit singing again and went back to India where he was instructed to stay until the annual celebration for Neem Karoli Baba’s ashram had passed. On that day, he awoke feeling a sense of peacefulness (a very unfamiliar experience for him). Ultimately he sat near the temple and meditated. Unsure how long he was there, he “awoke” and was no longer disturbed by his samskara. He was at peace with himself and connected to his Guruji again. He returned home and has been singing to Guruji ever since. When he sings, the Bhakti experience happens because there is no personal investment or attachment in his devotion. Everyone in the audience feels the Bhakti and transcends the suffering. Everyone vibrates together as one Ocean of bliss.

3. Integration of the systems of the body in Psychotherapy and Yoga Therapy

The experience described above usually requires time on a spiritual path in order to reach this Moksha. Meanwhile, we still live in a human, physical body. We must follow the guidelines in the Yoga Sutras and continue our Bhakti (whatever direction that takes us) day in and day out just as Krishna Das did, in order to ultimately be free. What is the best way to do this in the U.S. of America? In western medicine we have broken our body into compartments. That is how we are forced to get help for ourselves, in compartments. This compartmentalizing is a good skill, but not in the area of health care. This doctor tells us to do this thing, that doctor tells us to do that thing, this doctor prescribes this medicine, that doctor performs this surgery.

Not many of these doctors ever speak to one another. There is not much coordination of care and the patient gets lost in the confusing set of instructions given by many different medical and health care professionals. Ultimately in the west, a person must become his/her own health care advocate. We must learn to put a Dincharya (daily routine) together that is going to lead us to a healthy body and healthy habits. We have created an unhealthy attachment to a broken system. As Krishnamurti says, “it is no measure of health to be well adjusted to a sick society.”

a. Design of the Human Body

The human body is a system, every cell, every part working together to guarantee and enhance life. In Ayurveda, this fact is clear. We are what we eat, think, say and do. The very tissues of our body (Dahtus) are built from what we eat, think, say and do.

b. Systemic Nature of the Organism (and “system”)

The body is a system (now there is western scientific evidence to prove what the Rishis knew thousands of years ago). From the very tiniest cell in the body, the system coordinates and navigates the project of living. When a doctor says “high blood pressure, pre-diabetic, depression, and obesity,” in the west we tend to think of these as four separate issues that need four separate solutions. But in reality, all of these “symptoms” can be explained by one thing. The way you

think about life and the circumstances of life can create stress which will ultimately cause these medical symptoms.

c. When a “part” stops working properly

When one part stops working properly in a system, according to western medicine it is helpful to introduce a pill or shot, to cut the part out, or to tell the patient there is nothing you can do to help him/her. Gather your resources and find a way to help. Don't work in isolation. Reach out to other professionals who can help you solve the problem. There is nothing that cannot be addressed using Yoga and Ayurveda in conjunction with medical care like Psychotherapy. Awakening the allopathic mind set will be like awakening to Bhakti for the individual. Systemically, we need Bhakti to repair our broken system in the West.

d. How to repair damage from chronic maladaptation (personally and systemically)

The Yoga Sutra “**1.13 tatra sthitau yatno bhyasaha**” tells us to pick a path and stay on it for a long time (24). We are also instructed that in Yoga Sutra “**1.14 sa tu dirgha kala nairantarya satkara adara asevito dridhabhumih**” that it is only when we stay on the path for a long time, practicing with a positive attitude, without giving up hope that we will see the lasting benefits (24). So, let's begin by understanding the Western body as a system and how Yoga Therapy believes it can help. The body, being a system of integrated parts, cannot be healed part by part. The entire body, mind and spirit must be addressed in a healing process that works. If we approach a body by compartmentalizing, then narcotic drugs for pain, cutting a healthy uterus out of a woman to prevent disease and fusing spines seems like a good idea. In other words, if I take care of this part (symptom) then everything will be OK. After all, this is my specialty and it is what I have been trained to do. Unfortunately, time and again I hear stories from otherwise perfectly healthy people who have good health habits that one spinal surgery leads to another and that despite their uterus being removed they still entered full-blown menopause.

See the Table below for a demonstration of how integrated the human body's healing.

CHART ONE System	Functions	System Connects	Diseases	Yoga Solutions
Integumentary	Containing, protecting, cooling, sensing	Immune, digestive, circulatory, nervous	Carcinoma, eczema, acne, burns, lacerations	Yama, niyama, asana, pranayama dharana, dhyana
Skeletal	Support, move, produce, store, regulate	Muscular, integumentary, endocrine	Arthritis, osteoporosis, osteomalacia, tendonitis, bursitis, leukemia	Yama, niyama, asana, pranayama dharana, dhyana
Muscular	Contract, relax, move, hold, stabilize, produce	Nervous digestive cardiovascular, skeletal, integumentary	Trauma, infection, sprain, pain, weakness	Yama, niyama, asana, pranayama dharana, dhyana
Nervous	Stimulate communicate, innervate, reason, perceive	Skeletal, respiratory, immune, endocrine, urinary,digestive	Epilepsy, M and AL sclerosis, dementia, stroke nerve damage	Yama, niyama, asana pranayama dharana, dhyana
Circulatory	Transport, transfer, deliver, cleanse	Muscular, nervous, urinary, respiratory	CAD, arthero- and arteriosclerosis stroke, hypertension, aneurism, myo- and pericarditis	Yama, niyama, asana, pranayama dharana, dhyana
Lymphatic	Extract, transport, metabolize, generate, drain, eliminate	Immune, circulatory	Asthma, ataxia, autoimmune lymphoma, diabetes, leukemia	Yama, niyama asana, pranayama dharana, dhyana
Endocrine	Regulate, stimulate, secrete, communicate, coordinate	Nervous, digestive, circulatory	Hypothyroidism, osteoporosis prediabetes, thyroid cancer, hyperglycemia, obesity	Yama, niyama, asana, pranayama dharana, dhyana
Digestive	Convert, eliminate, nourish, process, deliver	Integumentary, muscular, nervous, endocrine, circulatory Respiratory endocrine, lymphatic, reproductive	Abdominal pain, diarrhea, constipation, nausea, vomiting, cancer, acid reflux, Crohn's	Yama, niyama, asana, pranayama dharana, dhyana
Renal	Balance, produce, store, eliminate	Circulatory, endocrine, lymph, reproductive	Infections, cysts, stones, cancer	Yama, niyama, asana, pranayama dharana, dhyana
Reproductive	Produce, transport, deposit	Endocrine, circulatory, nervous	PID, cancer, cramping, infertility	Yama, niyama, asana, pranayama, dharana, dhyana

You can imagine the physical body with its 40 trillion microscopic cells, each one carefully specialized and working in concert with every other one. This simple “work” would create quite a vibration. Why not use that natural vibration for healing the human body?

e. Suksma - Chakra System - The parts and associate samskara (suffering)

Now let’s look at the connections in the subtle body, the body's electrical (NERVOUS) system

CHART TWO Chakra Task	Physical Manifestation	Astral Emotions	Causal Thoughts	Spiritual Discipline	Awakened Qualities
Muladhara Out of darkness	Urogenital	Anger, Strength	Existence	Study of ancient texts	Energy Endurance
Svadhithana Break habits down create new ones	Urogenital	Fear and Lust	Justification	Companions Honesty and Loyalty	Ability to regenerate body and mind with new habits
Manipura Neutrality Connection with Purusa	Digestive System	Worry and Contentment	Fear Hope for future	Suspend like and dislike	True empathy Abilities
Anahata Value me only as much as I value others	Circulatory System	Joy and Jealousy	Right/ Wrong (personal) Win/Lose (social)	Selflessly serve, accept karma	True compassion Healing Power
Vishuddha Selfless listening	Respiratory System	Grief and Poignancy	Attention Reflection	Listen, Chant Meditate uninterrupted	Objects are empty, changing Non-attachment Alone/not lonely
Ajna Connection with higher self/great Purusa	Central Nervous System	Transcend ental Bliss	Reason without prejudice	Wisdom and understanding of Others, Bigger Picture	Emptiness of small self
Sahasrara Sat Chit Ananda	Central Nervous System	Transcend ental Bliss	Conscious-ness	Unattached to “me” as physical, causal astral	Pure Conscious-ness Essence-Rasa

The Subtle Body, connections, symptoms, solutions

4. How does sound vibration integrate systemic homeostasis

There are six major ways that vibrations integrate systemic homeostasis. They are listed below.

- a. Brain wave ascension - brain waves which are out of sync in trauma and stress are re-aligned and move in synchrony and rhythm. (12)
- b. Alignment with universal frequency - we become aligned with the rhythm of the divine or the universal frequency. (1, 4, 20)
- c. Chakra blooming - the electrical, energetic system of our body blooms into synchrony with the divine or the universal frequency. (1, 20)
- d. Geometric affiliation - we experience a geometric affiliation physically with the divine or the universal frequency. (15, 6, 7)
- e. Vagal nerve toning - our vagal nervous system becomes toned and begins to function connecting systems for better body function. (2, 3, 15)
- f. The meditational effect of rhythmic sound helps us to achieve moksha by stimulating our mirror neurons to “connect with the ocean of wisdom rather than believing we are a wave.” Rumi(16)

5. Methods of Bhakti Yoga - Practice

It is suggested that the reader stop at each practice strategy and watch/listen to the example given to experience the effect.

- a. Chanting Sanskrit texts (Bhagavad Gita - [iTunes: The Bhagavad Gita:An essential Yoga Text, Vol I and II - music for deep meditation, 2009](#) or [Yoga Sutra - iTunes: Yoga Sutra Chanting, Ante, Felicia, Saraswati and Sundry 2014](#)) (Sravana Bhakti)
- b. Chanting Devotion - Hanuman Chalisa (Kirtana Bhakti)
<https://www.youtube.com/watch?v=IJGV9h2AZ0s>, (KrishnaDas)

c. Chanting throughout the day - Bija Mantra (Smarana Bhakti)

<https://www.youtube.com/watch?v=eZULCgCoOjw>, (Caroline Carrington)

d. Selflessly service Joyful chanting: Hanuman Gayatri (Padasevana Bhakti) e.

https://www.youtube.com/watch?v=OV3W6Uo_rZU, Klankinspiratie Aum

Aanjaneyaaya Vidmahe Vayu-puthraaya Dhimahee Thanno Hanuman

Prachodayath

f. Chanting for an adversary: OM Shantih Shantih Shantih OM, (Archana Bhakti)

<https://www.youtube.com/watch?v=BR2ymecu368>, Tina Lynn

g. Chanting while practicing asana, <https://www.youtube.com/watch?v=JtwXL-25pCo>,

(Counting in Sanskrit: ekam, dve, treeni, chatvaari, pancha, shat, sapta, ashta, nava, dasa with breath) (Vandana Bhakti)

h. Chanting while doing mundane work (Dasya Bhakti)

<https://www.youtube.com/watch?v=Vk5fHyEQJr0>, Om Gam GanapatayeNamaha,

i. Chanting to reunite Siva and Shakti (Sakhya Bhakti)

<https://www.youtube.com/watch?v=b4JnKS8WmbA>, So Ham Shiva Ham Sam

j. Chanting while walking through a difficult time in life (Atma Nivedana

Bhakti) <https://www.youtube.com/watch?v=YQrs9zLOW1U>, Ra Ma Da Sa Say

So Hum

k. Singing Bowl humming, <https://www.youtube.com/watch?v=ws775LzyqDc> l.

Tabla Drums (learning the Raga by taping while meditating)

<https://www.youtube.com/watch?v=SSl03oOe1Pk>

m. Meditating with Ohm to beautiful healing music like NativeAmerican Flute

<https://www.youtube.com/watch?v=Icw6hky4wvo> or Mozart

https://www.youtube.com/watch?v=nY_9732unbo

6. Conclusion

How does sound apply to a specific illness studied during Yoga Therapy Rx II? Let's look at Multiple Sclerosis, a Vata (air and space) oriented illness. In this illness in western description, the body's immune system turns against it and begins to demyelinate the brain and parts of the central nervous system causing severe physical, psychological and spiritual suffering. In an Ayurvedic sense, the intensity of Pitta (fire and oil - transformation) has settled in Vata (air residing in space - movement) and is destroying a protective layer of the body creating chaos in the movement of nerve impulses. The physical symptoms include discoordination, loss of strength, loss of sensation and in some cases loss of vision. The psychological symptoms are anxiety, depression, extended grief and damage to primary relationships. The spiritual symptoms include identity confusion, redirection of life and loss of confidence all of which lead a person to a "dark night of the soul" experience. The intensity with which the person has conducted life up to this point is no longer working. Identity is closely connected to those Samskaras (or habits that cause suffering). If the person can see this illness as an opportunity for spiritual growth, this provides an opening for Yoga and Ayurveda interventions. The typical personality of a Multiple Sclerosis sufferer is hard driving, risk taking, and conflict ridden. In addition to repairing the body, these Samskaras must be addressed ultimately in addressing MS with Yoga Therapy.

The Yoga Therapist who is not qualified as psychotherapist will rely on the Yoga Sutras, the very first Psychology textbook, to address these psychological Samskaras. Specifically, YS I.2-11 which describes how Yoga explains how the unmanaged fluctuations of the mind drive one to a misperception of life experience and overload in the nervous system. The Yoga Sutras go on to say that a life driven by fluctuations of the mind create illness in the body and are often driven by historical experiences which strengthen the "I" sense and separate Prakruti (the physical body and its operation) from Purusa (the idea that there is something larger than "I" that can support life). In

YS I.28 it is suggested that repetition of a chant (OM) and meditation on its meaning is a way of remembering that there is a connection to something larger than “I” and that connection is the way to health and beyond suffering. The Yoga Sutras give specific instructions on how to put together a dinacharya (daily schedule of practice) where the body, mind and spirit are all addressed, how to vary that practice day to day and throughout a lifetime and how to connect with a larger sense of self. It describes the idea of Prana as the life force within that feeds life. It also suggests that the manifest world is a place created to serve the human experience so we are free to find our larger connection with a Great Purusa. The Yoga Sutras lay out a program of practice in addressing our dinacharya for daily practice. When we get to the "Sati Mula" or root cause of our habits, understand how they prevent us from freedom and joy and then step by step over a long period of time set our practice in motion using the Ashtanga (eight phase) Yoga played out in YS II.27-54. Chanting these Yoga Sutras daily will assist the sufferer in integrating the principles while at the same time providing the vibrational and musical qualities described in this paper.

In addressing Multiple Sclerosis, the Ashtanga Yoga dinacharya must address the following symptoms, issues or conditions that result from the onset of the illness. The patient is coping with inflammation systemically due to the body's immune system being on high alert. There may be neuro-sensitivity around the body due to axon exposure and they have an illness prone to relapse which means that dramatic changes must be made in order to assist the healing process. Re-myelination is the cure for the illness, but medical treatments alone often cause scarring and incomplete healing so that the body is left with resulting limitations and disabilities. The most likely trigger of the illness is a viral infection which takes hold in the body due to stress. The illness most often occurs during the productive phase of life (child bearing, career developing). An examination by a neurologist and medical treatment for the

illness is critical. Once that has been established, then a Yoga Therapy program can be helpful in the following ways. A Yoga Therapy solution will be three-phased and include careful instructions about the importance of avoiding over-working and fatigue.

During an attack, the physical body must rest. Any restorative yoga position or comfortable body position will produce good effects. Most of the day, the patient must be resting. This means that during an attack, life as the patient knows it stops. The patient must seek assistance from loved ones and ask for help with obligations when necessary. While resting, this is the perfect time to apply the Bhakti Yoga principles discussed earlier in this paper. A soft, cooling chant with full breath will be calming and soothing to the mind and body. Gentle, repetitive music such as the Hanuman Chalisa or Mozart for Healing will be helpful in encouraging the central nervous system to calm down and heal itself. During the chanting, Sankalpa practice and visualization of healing is also indicated to keep the mind focused in a positive direction. Application of oil to the body is also indicated. This application can be consistent throughout the day with the patient applying the oil systemically in a soothing, massage-like fashion to reconnect the sensory experience.

During remission, the Yoga solution must be a Langhana (gentle, slow and cool) solution. This will include a strengthening practice of Chandra Namaskara (moon salutation or cooling movement) with focus on full breath with awareness at the pause between inhale and exhale in the morning repeated five times. The introduction of Ujjayi (Fire breath using glottal restriction) with long exhales to address any stressful situations that may arise plus a regular morning pranayama practice that includes ten Bramhari (bumble bee breath) for elevating consciousness, ten Utgeet (inhale to Hari, exhale to OM) in order to direct the mind and two sets of ten Bastrika (bellows breath) with Gyana Mudra (index finger to thumb with palms up) to combat depression. A restorative practice in the evening before bed will include five asana

held five minutes each with support as needed and breath. Asana indicated will be asymmetrical and cross-lateral. Bed time prior to 10:00pm with no electronics past 9:00pm will be encouraged. Once in bed, a conscious belly breath awareness will assist in sound and restful sleep. Dietary changes will include education about the Ayurvedic effects of food on the body and information about how to adjust the diet daily, monthly, seasonally and in the course of life. Also, continued application of oil especially after showering in the morning is indicated. Since Castor Oil has analgesic properties, mouth pooling with a high quality Castor Oil for a few minutes and then swallowing the Oil may help with pain.

The third phase of treatment will address ongoing issues specifically. For example, discoordination and balance can be improved using a slow-walking virabhadraana (warrior pose) and a supported vrkasana (tree pose). Discomfort in the hands and feet can be treated with articulate arm, leg and hand movements with breath, oil massage of the hands and feet with attention and breath and finger niyam (movement - slide each finger along the palm) for counting pranayama. Addressing attention deficits may include audio taping your practice and then using the audio to assist you, practicing with a family member or friend or finding a sangha where you can chant and do your chandra namasakara (sun salutation - a warming moving practice) and restorative (meditational poses) practice a few times a week. Sound vibration will be an important factor in all of the above practices. The patient can direct sound internally or externally generated in and around the body and this will lead to a more complete and successful recovery.

According to the literature listed in my bibliography, the guarantee is that if you create vibrations with your mouth, your hands, your body and your heart, your body will heal. What is so wonderful about Yoga is the simplicity. The hard part is the samskaras (suffering). Because they are habits, they are difficult to address. We stubbornly hold on to them as if we would

disappear if we let go. As a Yoga Therapist, we must inhabit the following qualities when working with distressed people. If you cannot embody these attitudes while working with sick and suffering people, you are probably burnt out and need to take a break to take care of yourself.

Safe: Safety is the basis of a loving relationship. This means I have freedom to be myself and freedom from abuse.

The Knowing is “I will not be hurt here.”

Defended: Agree or disagree, you will not turn against me or side with others in a disrespectful way.

The Knowing is “I am not alone and you will stand by me.”

Supported: Agree to offer encouragement during the hard times and the easy times, during the growth times and the dreamy times.

The Knowing is “I count as a person, I am valued.”

Belonging: The other is given admission to your inner World where you can share dreams, feelings, thoughts and hurts without fear of betrayal.

The Knowing is “I am included and a part of a team.”

Nurtured: Tell me I occupy an important place in your life. This requires a willingness to sometimes move beyond your comfort zone.

The Knowing is “I matter to you and I can tell that through your actions and words.”

Accepted: No one is perfect and everyone is perfect. Instead of prodding me to be other than I am, welcome me into your life knowing that we will both grow and change in our life together.

The Knowing is “I am greeted with hospitality and exactly as I am.”

Special: Your commitment to me is important to you. You chose to have faith in me and be faithful to me because you want to. You surrender to the commitment.

The Knowing is “I am special to you. I am prized by you.” (11)

If we are able to give these things to our patients/clients, we “Hold a Space” (18) for them to do the difficult work that must be done to dismantle the samskaras (suffering) and replace them with healthy habits. Bhakti is an important factor in this process. The meditational effects of sound on the human body are well documented and have a lengthy history in culture. The ultimate goal of Yoga is to manage the fluctuations of the mind so that the practitioner may find Moksha through Samadhi. Ultimately, all practice leads us to this freedom or Moksha.

SUPERVISORY PHILOSOPHY for AAMFT Supervisor Training, paper written in 2016

Integrity, compassion, creativity, spontaneity, friendly and naïve: These are all words that people who know me have recently used to describe me in my professional life. These words have not always described me, however. I grew up in a pseudo-mutual family with alcoholism and abuse hidden in the home. We all put on a good face for the public and we all did what we needed to do to survive the secrets. Needless to say, I came out of that family with lots of secrets and a very distorted perception of people and life. At age thirty five when I entered graduate school and started recovery in earnest, I was unemployable and searching outside myself for solutions. I was terrified to be a counselor but I was also drawn to it as I had strong skills in encouraging others to be their best person. I joined a recovery program and it was there that I learned how to live among others peacefully and examine myself, two skills that a supervisor must have in order to be effective.

As I came to myself during graduate school, I was exposed to the teachings of Carl Whitaker. It was during my first Family Therapy class that I learned his approach and philosophy about the family and family therapy. His approach terrified me as I did not trust myself or know myself well at the time. But, what I was drawn to was the creative, intuitive, humorous, direct and joining the nature of his work. I thought to myself, “some day I want to be just like him.” Today at age sixty five, thirty years later, I am my own version of Carl Whitaker. I do experience the creative, intuitive, humorous, direct and joining nature of psychotherapy today, and I also have amassed a large number of skills from various other philosophies of psychotherapy which I am able to draw on any time I believe a client or supervisee will benefit from the use of said skill.

My Philosophy of Supervision

The Symbolic-Experiential model of supervision is the philosophy that fits best with my World view and life experience. I am a Jungian at heart. I believe in symbolic archetypes and the collective unconscious. I believe that the human brain keeps reliving the same stories over and over again until we discover ourselves and our connection with others and something much larger than self. Joseph Campbell's series, "The Power of Myth," with Bill Moyers is one of my favorite teachings on this philosophy. Essentially, Joseph Campbell, in his story telling tradition, returns to ancient antiquity to uncover the cultural and social stories of ancient people and brings them alive by relating them to present time. He helps us see how we continue to recreate these archetypal myths in the context of our own history. He believes Humans are social creatures even when we are alone. As Carl Whitaker says, "I am always doing family therapy no matter how many people are in the room."

I believe that supervision, like psychotherapy, is a social, interpersonal experience where the supervisee and supervisor develop a learning alliance which is colored by the myths of the history of each individual. My role as supervisor is to know myself and my own historical myths, examine myself for projection of these myths, keep the focus of learning on the empowerment of the supervisee through his/her own self examination and to facilitate the supervisee's learning process. The context of the supervisory experience that I offer includes the fact that the agency I founded is a non-profit educational institution in a small city in the Inland Empire where we are interested in helping people learn to be a therapist to themselves by learning to examine them selves and quiet their mind. We offer our counseling services on a sliding scale fee basis because we believe that even people with limited resources have a right to enjoy life and experience a sense

of well being. We are affiliated with AAMFT, CAMFT and the Board of Behavioral Sciences of the State of California and we closely adhere to and teach our supervisees all of the legal and ethical standards related to each one of these organizations. Our clinic is set up for family therapy and we work with many young children and teens which requires learning about the social, interpersonal, family context of the issues they bring to us. Often we will see children in play therapy, the parental sub-group for marital therapy and individuals within the family for mindfulness and awareness training all during the same episode of treatment. This approach fits nicely with Carl Whitaker's philosophy of varying who is in the counseling room periodically to work with sub systems within the family.

My teaching style, although flexible enough to address the style of the supervisee, tends to be experiential and didactic. We address counter-transference regularly in supervision which I invite as an integral part of the supervisory experience. I believe, as Carl Whitaker did, that the therapist must bring him/herself into the experience, join with the family or supervisory group and muck around with them, while at the same time knowing him/herself well enough to maintain a sense of individuation. Many of the supervisees I have worked with have been schooled that Counter-transference is something to be ashamed of and must be avoided. In that kind of environment, how does one safely look at the ways one might harm a family by unwittingly imposing some personal mandate on them that has nothing to do with the family and everything to do with the psychotherapist's unconscious material. I want to create an environment where supervisees may talk freely about and explore openly their counter-transference issues so they become an expert on their own unconscious material. When I am teaching and mentoring supervisees, I model open admission of my own counter-transference and then

demonstrate working through it in a healthy manner. I encourage consultation with other professionals any time a supervisee has any strong feelings of any kind toward a patient. I carefully evaluate supervisees to make sure they are not playing out some unconscious story of their own with a client and if I find signs of that, directly and humorously advise, confront and support my supervisees using affirmative feedback as well as confrontation of what may be limiting them in some way.

I do not expect my supervisees to become “just like me” in their work with patients. I work with supervisees who adhere to many different philosophies of psychotherapy and I am able to be flexible with my approach to fit it nicely to their learning style so that they can begin to conceptualize their own approach to psychotherapy with a sense of emotional and historical awareness of themselves. I encourage self evaluation by teaching them therapeutic techniques in an experiential way without crossing the boundary of engaging in psychotherapy, yet at the same time encouraging them to self-examine. If I am concerned that psychotherapy is advisable, I make a referral to psychotherapy. Relationships are everything. My supervisees know that I am 100% on their team, that we are going to learn together and that I am there for them and to support them. This was true for the people Carl Whitaker taught as well.

Clinical Implications of my Supervision Philosophy

Since my teaching philosophy and my supervision philosophy are aligned, my supervisees have the opportunity to experience supervision with integrity. My walk and My Talk is the same. My supervisees watch me on a daily basis applying the principles I teach them with my own patients. They watch how I translate those principles into the supervisory experience so that learning becomes circular; patient, therapist, supervisor, patient, and therapist. I talk about how my philosophy continues to grow and

develop after 30 years of practice and 20 years of supervising thereby modeling for them to keep their own growth alive so they don't become stagnant in their own philosophy and professional growth. I regularly model self-examination and I allow myself to speak about my mistakes freely and how I corrected them. By doing this, I am creating a culture of feedback and honesty in practice. I freely share my philosophy of psychotherapy and supervision and encourage my supervisees to discuss how their philosophy might be different from mine. All of this is done in the context of compassion, generosity and sincerity. This creates a healthy learning environment where people are allowed to be themselves, grow at their own pace and pass through the developmental stages of becoming skilled and responsive psychotherapists.

The Family is at the Center of my Supervision

As a "learning family," often supervision groups must address some of the same dynamics we see playing out with our patients. There is stress when something moves from unconscious to conscious. Self examination invites this movement. This stress is considered productive, and emotional conflict (while monitored to eliminate hostility) is considered healthy. We can agree to disagree and still have a healthy discussion about our differences. We can support one another in our mutual learning. We can respect each other and the reality that all of us do not think the same way. We can confront our own "learning family" myths kept alive by the history of each individual within the "learning family" and we can effectively confront those myths with humor and purpose so that our unconscious processes become known to us and do not become fixed patterns of relating. We can see when our supervision group has created sub groups and address any triangulation which may be diverting the healthy stress of conflict. The supervisor can enter into the "learning family" in an affective relational manner in order to

encourage belonging and at the same time individuation of each individual within the “learning family.”

Chapter Nine: The Significance of 1947- Significant Influences

The year 1947 was a tumultuous year. “1947 was a year of significant global and domestic events. Key highlights include the independence of India and Pakistan from British rule, the launch of the Marshall Plan to aid post-WWII Europe, the beginning of the Cold War with the Truman Doctrine, and pivotal moments in sports and civil rights with Jackie Robinson breaking baseball's color barrier.” (30)

I was born into a divided World. I felt the tension in the division by developing a dual personality to cope with my surroundings. My family lived in a little town in Missouri when, but by age five I had an affinity for boys. My favorite cousin who I spent most of my time with was Bobby Paul. Bobby Paul and I became great friends early on, climbing, challenging each other, causing problems for others. Worrying our parents later on. Bobby was born in April of 1947. He was 4 months older than me. We were buddies in the beginning of our lives.

Famous people in 1947 were mostly outside my awareness from birth to five years old. My family moved to California when I was five and had just finished kindergarten. I remember being mostly absent as you can tell on my face in the pictures taken of me then.



My Father's Mother had a 45RPM record player and I remember the song “Cocktails for Two” by Spike Jones. We were not aware of different cultures or different races of people. We were all WHITE.

At an early age, I was left with my father who frightened me. I was told I walked from my apartment to my Mother's Mother's home across busy traffic streets when I was less than five years old. Grandma took me in and laid me down in her front bedroom. I still remember the wall paper. Moving forward, the rest of this book is about those people who influenced my life the most. They were not family members because I did not trust them. I looked outside myself and outside my family for direction. Church is not included as an influence, except for Sunday School where I was kindly introduced to Jesus in the usual christian way and the one memorable time when I was singing a hymn and the adult women around me looked at me smiling, as if to say "you are signing your heart out, aren't you deary." Let me just say here that PITY is not an expression I invite or by which I feel healed. Pity was common in my religious circles, yet I do recall we were never considered as part of the "congregation" for many reasons, all of which I cannot delineate here. I did not find a home at church like some of my girl friends.

When we moved to California, I felt "different" than others. At the time I did not believe I was better or worse, just different. But I love the Beach, I love my neighbor, Mrs. Mayer and her family and I love my Aunt Bebe who lived near the boardwalk in Manhattan Beach.

Memorable people make a difference even after they are gone. Aunt Bebe had a son named Jay Longeron. He was my dance teacher from age five to 14 when my sister got to go on point and I gave up dancing for the time. As I tell this story I can certainly see how jealousy was one of the things that I struggled with. My sister was the favored one. My parents wanted me to be more like her. I could not. I had to be me. So, she got lots of favors I did not get and I was jealous. I believe I gave that up many years ago, but she still thinks I am jealous of her. I am not

I have dealt with the past up to this point and I have given you some things to think about that helped me as I woke up to myself, learned to love myself and take care of myself.

Now I am going to talk about those famous people who influenced me in a positive and thoughtful way. In a way, these examples became my parents as I reparented myself and became a grown woman.

Chapter Ten: **The Story of 1955-1963**

Wizard of Oz and Alfred Hitchcock

We got our first TV after we moved to California. KTLA was a well established station by then. Others came along soon. We watched Lawrence Welk with my parents every night and my older sister liked to turn on Alfred Hitchcock after that. The episodes were creepy and frightening but I had a strong attraction to Alfred Hitchcock's horror flicks. The episode that sticks out in my memory was the one about a man, completely paralyzed, presumed dead, laying in the morgue trying to figure out how to get the attention of the attendants. The whole episode was about the drama he experienced, and how at the very last minute when they came to get him to preserve his body for burial, the only thing that saved him was that he began to cry. A tear ran down his cheek and the attendant saw the tear.

I never understood our fascination with death. We spend so much time killing each other, honoring the dead, preserving the body for burial, etc. As a young girl, we frequently visited burial grounds to visit those who passed before us. I remember a regular trip was to Forest Lawn to visit some people who migrated from Missouri to California earlier and died before we arrived. My parents had known them in Missouri, though. It was a family outing to Forest Lawn. It colored how I think of death for most of my life. I went to Forest Lawn BEFORE I went to Disneyland. I found out later in life that Walt Disney was not the genius he was made out to be. He took his daughter to Tivoli Gardens in Copenhagen, Denmark and loved it so much he decided to create a park just like it in Los Angeles, California. It was a trip to Disneyland near Paris as an adult that helped me understand that Disneyland is about fantasy and that everything is a facade. Tivoli Gardens is similar but much less enormous..

These fascinations with Alfred Hitchcock and Disney led me to the movies. I loved the movies. I learned every song from every musical I saw. South Pacific was one of my favorites. The movies

provided me with fantasy and a way to focus on the fantastical possibilities and forget about the terror I felt constantly as a young child. The Wizard of Oz was one of my favorite movies.

I admired the actress Judy Garland for her courage, her strength, her empathy and her ability to be surprised. Judy Garland was born in June of 1922 in Grand Rapids, Michigan. A child of a Vaudeville family, her ambitious Mother pushed for her to act at a very young age. By age 13, Judy had amassed so much talent, she was signed by MGM for the movie "The Wizard of Oz." From the start, Judy was mistreated by MGM, they insisted she take amphetamines to keep her weight under control, there were safety issues on set and she was surrounded by "show business" adults. They can be cagey.

Judy's talent was amazing and was exploited by her Mother and MGM. She was made to feel worthless and unimportant as a human being. She went on into adulthood to develop Alcoholism and repeated some of the same "parenting" tactics her Mother used on her. Judy was first married to David Rose, 12 years her senior. You have to wonder about pedophilia. They became engaged when Judy was 18 but waited until she was 19 to get married. This marriage lasted 3 years and ended in a divorce. She had already met her second husband, Vincent Minelli less than one year after her divorce at age 23. This history sounds a good deal like my history. I was quite an actress when I was young, but never discovered. I married a rebound boy and the marriage lasted only 7 years with no children. I was not divorced yet when I met the love of my life, married him and birthed his baby. I identify with Judy Garland because of her search for love and the struggles in her life. It is an example of a woman lost in someone else's world trying to find true love and self love.

I closely followed her life as she aged and performed. I watched her succeed and I watched her fail. I watched her never give up on herself. She became best friends with her middle daughter and considered Marilyn Monroe a confidant and friend. Other than that, she had no women friends to speak of. Support was difficult for her to obtain. She had to work things out on her own and she

alienated many people through her life. (Or this is the way I perceived Judy and what I learned from her.) She was different, I am different, she makes mistakes, I make mistakes, she is not perfect, I am not perfect. We were companions of identification though I did not even know Judy Garland.

I loved that woman. She reminded me a bit of my Mother in terms of her determination.

(<https://www.biography.com/actors/judy-garland>).

Speaking of Marilyn Monroe, it was her life, her history, her Fathers abuse and manipulation of her, which set her life on a certain course.”Charles Stanley Gifford had a brief affair with Norma’s (her real name) mother, Gladys, and when he found out she was pregnant, he rejected her. Later, he would do the same to Marilyn Monroe.“Norma Jeane would spend a lifetime looking for this man in others, wanting to know him, loving him, passionately wanting him to love her back.” Larry Getlin on Marilyn Monroe’s early childhood abuse. This amazingly talented and beautiful woman’s life ended far too soon and her death relates exactly to how she was taught to live her life by her abusive parents. (<https://www.biography.com/actors/marilyn-monroe>)

This leads me to John Fitzgerald Kennedy, Born in May 1917 into a wealthy Roman Catholic family in Brookline, Massachusetts. JFK went on to graduate from Harvard, serve in the US Navy, become a hero for rescuing his fellow sailors, and that was just his young life.

He started his political career in 1947, the year I was born and for the next 13 years served as Congressman and Senator and wrote his book, “Profiles in Courage” winning a Pulitzer Prize.

In this book he says, “I am not so sure, after nearly ten years of living and working in the midst of “successful democratic politicians,”” that they are all “insecure and intimidated men.”

It is my understanding that the “demonization” of Liberal Beliefs and Politics by conservatives had already begun before the end of the Eisenhower Administration. Every liberal political hero suffered some conservation-driven scandal and many were murdered in the prime of their career.

In his book, he struggles to reckon a life as a Senator representing a State, yet working for the United States of America, with a multitude of other pressures of obligation. with an oath of office administered by the Vice President of the United States. He reports that he was told as he entered Congress, some thirteen years prior that “the way to get along is to go along. He came to an understanding that “go along” means to practice the art of compromise, hold the sense of possibilities, and to watch out for the extremists who “seem to be consciously devoted to opposition and rigidity. (16)

In his short stint as President of the United States, John F. Kennedy forwarded liberal ideals. Kennedy had won the trust of liberals by quickly responding to requests from his constituents, co-sponsoring liberal legislation and providing assistance to help build communities. According to historian Robert Dallek, Kennedy called being a Senator “the most corrupting job in the World.” Majority Leader Lyndon Johnson at the time reviewed Kennedy’s performance as a congressman and senator as pathetic, said he was not smart enough, that he did not like the “grunt” work and that he was a “playboy.” Still, Kennedy drafted more than 300 bills to assist the New England States. His Presidential run against Richard Nixon must have been a shock to Conservatives. Those worried about his Catholic status he answered by saying he promised to respect the separation of church and state. Nixon performed poorly in the campaign and was overcome by Kennedy’s popularity. Conservatives must have felt robbed.

Kennedy’s time in office was fraught with World Crises following republican rule (as usual).. Kennedy dealt with the spread of communism using containment strategies and encouraging mutual deterrence while at home he focused on re-armament. Kennedy engaged the leaders of the 24 new independent nations by expanding economic aid and appointing knowledgeable ambassadors. Kennedy presided over the establishment of the Peace Corps. He brokered treaties with nations around the World. Kennedy dealt with Eisenhower’s Cuban Missile Crisis. Though Kennedy

campaign against Castro, he had no choice but to embrace the final invasion plan. The Americans sent to Bay of Pigs did not receive air support and were defeated quickly. 114 were killed in combat and Kennedy was forced to negotiate release of 1,189 prisoners of war. After over a year, Cuba released the prisoner in exchange for a \$53million settlement of food and medicine. Later, Kennedy along with his brother in office, Robert tried again to overthrow Castro with espionage and found that hundreds of Soviet Missiles were being constructed in Cuba. This crisis improved the image of USA will-power. The World came close to a nuclear crisis but the HUMANITY of Kennedy and Kruschev prevailed. Kennedy lowered the priority of communism in South East Asia and assisted the nations in recovering from the Vietnam war, but toward the end of his tenure, Kennedy began to have problems with the president of South Vietnam. By November of 1963 there were 16,000 American troops in South Vietnam (up from Eisenhower's 900).

Kennedy was preparing for re-election in 1964 and determined that the "training program" for South Vietnam military had progressed sufficiently to justify partial withdrawal of the United States military.

Truman and Eisenhower had stoked an Arms Embargo on the Middle East and began the propaganda that a "special relationship existed between American and Israel. Iraq began to control partially American-controlled Petroleum companies which foretold the problems of the future. During his last few months, Kennedy visited his home country of Ireland where he was honored. Due to the Nuclear Test Contamination, Kennedy reconstituted a nuclear non-proliferation treaty first proposed by Adlai Stevenson and the US, UK and Soviet Union were the first to sign it.

Kennedy's accomplishments of the home front were equally remarkable. He prioritized education, medical insurance, house legislation, federal aid to struggling areas and an increase in the minimum wage. Kennedy was swayed by Keynesian tax cuts to spur economic growth, which eased unemployment and improved the stock market. Civil Rights was a priority for Kennedy but he did

not introduce legislation immediately, but he did appoint Thurgood Marshall to the US Supreme Court. But wary of angering Southern White Supremacists, Kennedy did tread lightly on civil rights issues. But in June of 1963, Kennedy intervened in Alabama Governor's block to stop black students from attending. He federalized the National Guard to protect the black students. Ultimately, Kennedy did participate actively in bringing together the Civil Rights law which was signed into law by Lyndon Johnson.

On November 22, 1963 when families were preparing for the Holiday celebration, Kennedy was shot and murdered in Dallas, Texas. To date, we still have no idea who killed Kennedy or why.

“While JFK and Marilyn Monroe are widely rumored to have had an affair, there is no definitive evidence to prove it. Accounts from biographers suggest they met a few times and may have had a single sexual encounter in March 1962 at Bing Crosby's house, but this remains unsubstantiated. The rumors have persisted for decades, largely fueled by Monroe's famous "Happy Birthday" performance for the president in May 1962. But then Rich and Famous People live by Different Standards and Different Rules in America.

I was in high school during this phase of history. I was not a good, focused student as there was always a good deal of trauma around my home. But I do remember Kennedy being a special figure in my mind, especially his personal life. I consider him a man of courage who lived his life in maximum public exposure and managed to still become a great liberal hero. BRAVO!

Chapter Eleven: **The Lost Years, 1963 - 1987**

The Magical Mystery Tour and The Seven Dirty Words

I heard my first Rolling Stones song in my fathers car on the way to the Los Angeles River to Water Ski. My Mother invited boys from a family whose mother she worked with at the bank. The older boy was GORGEOUS. I was probably sixteen. Here were the lyrics I was listening to and the looks the boy gave me from inside the car were very sexually stimulating.

I can't get no satisfaction

I can't get no satisfaction

Gonna try and I try and I try and I try

I can't get no -

I can't get no -

When I'm driving in my car

And the man comes on the radio

And he's tellin' me more and more

'Bout some useless information

Supposed to fire my imagination

I can't get no -

No, no, no

Hey, hey, hey

That's what I say

I can't get no satisfaction

I can't get no satisfaction

Gonna I try and I try and I try and I try

I can't get no -

I can't get no -

When I'm watchin' my TV

And a man comes on to tell me

How white my shirts should be

But he can't be a man 'cause he doesn't smoke

The same cigarettes as me

I can't get no -

No, no, no

Hey, hey, hey

That's what I say

I can't get no satisfaction

I can't get no girl reaction

Gonna I try and I try and I try and I try

I can't get no -

I can't get no -

Songwriters: Mick Jagger / Keith Richards

I was so turned on! It was about that time that my college boyfriend broke up with me and I was feeling pretty useless. I think I made some decisions about how I was going to live my life right there and then. My Favorite Rock and Roll influence was John Lennon.

My Boyfriend during my Junior year of high school took me to concerts like “Peter, Paul and Mary” in downtown Los Angeles. I felt grown up and important during that time. In his book, “John Lennon, The Life,” Philip Norman (19) breaks up John Lennon’s life into historical significant periods, much like I do here with my life. The true Psychobiography does just that. Who was there, what happened and what did we learn?

John's musical talents were passed on to him from his grandfather, Jack. His mother, Julia married her husband Alf, John's father during a tumultuous time in England. On October 9, the bombing waned unaccountably and John was born. His father was absent and his mother was elated. Early in his life, John lost a young half sister to adoption (long story), and his life with his mum was interrupted during Julia's pregnancy and the separation from her young daughter to a Norwegian couple. As we all know, early interruptions with the primary care taker can be devastating for a child. John's father was a seaman, gone often for a good part of a few years before he checked in with Julia and John.

Another common fact is that British Life tends to go on as it always has regardless of the World's circumstances, or so it seems to some of us.

John, having been separated from his mum, settled into a "stable" life with relatives. He loved to draw and paint, and once as a child made a painting of Jesus Christ which some called a prediction of his own image many years later. John was with his aunts and uncles and cousins and received a great deal of love and attention. He adored cats, and at one time returned to his relatives carrying a brown and white persian. No owner came forward, so John had a kitten to love, too.

Remembering that in John's early life television and radio were new, expensive and largely unattainable, John would find music on the streets in the Salvation Army Band. There was one person in John's young life who kept her musical skills attuned. Julia, John's mother, practiced and played banjo, piano, and accordion she learned as a girl. "From John's earliest childhood, his response was instant and visceral." (19 p, 42) John learned to play the harmonica at age seven which revealed his natural musical tonal talent.

In John's early encounters with the church, one Sunday School Teacher got into an argument with John when she was describing the Scribes and Pharisees and John said "Christ's persecutors must have been Fascists." The Sunday School Teacher quickly tried to correct John's impression, but

John remained unconvinced. This sounds like something I would have done. John was labeled a trouble maker by the Sunday School Teacher thereafter.

John had an “insatiable hunger” for reading (48). Early in life, John read Children’s Literature and would often get lost in the symbolic fantasy of the writings. In the future he would use his memory of some of those phrases as stimulus for his song writing. John became quite an exhibitionist in his “rehearsals” for later public performances. He became a loud, obnoxious presence, using scorn, sarcasm and lies, playing loud music and using a loud voice. I remember my family accused me of similar things when I was young. I think I did it to get attention.

In Grammar school, he was known to fight a lot rather than seek good grammar. Remembering that at Boy’s Schools in England, Corporal punishment was liberally delivered, he was again labeled a troublemaker. As he grew, he became aware of the difference between American teenagers and British teenagers and was envious of our “freedom.” His role model, Uncle George, died when John was fourteen years old. This was a serious loss for John. His only masculine role model, kind and generous to a fault, was gone. John felt the loss right at the same time he began to have sexual awareness. John’s magnanimous personality overruled his odd facial features, and he and his young mates began to have “petting sessions” on the church grounds.

John became interested in Bill Haley and the Comets and their fabulous success in Rock and Roll with Rock Around the Clock.” But his association with Jazz and classical found that Bill Hayley had largely been a failure. He approached support of Elvis Presley with caution, but on first hearing Heartbreak Hotel, John became a fan. “Rock and Roll had no fiercer enemy in Britain than the followers of traditional Jazz.” (19, p,85) John, who had now entered Quarry Bank school by 1956, found another boy, not particularly a friend, but someone who also wanted to learn to play guitar. His name was Paul McCartney. Ultimately John and George attended the Liverpool College of Art. where John was known to be the most problematic student. John had developed a facade to

allow him to be a public figure, but inside he was filled with self doubt and self hatred. Just like me, John had reached adulthood not knowing who he was. (19)

John began to drink and use drugs and reports that for two years he was either drunk or fighting. His first wife Cynthia described John as having a great need to shock and disgust people. Cynthia also had been physically abused by John for jealousy when they were dating and she danced with another young man. The band schoolmates John, George and Paul organized struggled with conflict. Ultimately, they found drummer Stu to join and began to draw attention for their performances around town. Yet they still struggled. They had success as performers in Hamburg and began to draw bigger crowds. But problems arose due to John's behavior and when he was at risk, he headed straight home to Aunt Mimi's. All of this life prior to twenty one years of age, John had learned many lessons. Stu's departure happened soon after and The Beatles began to hang out with other young bands trying to break into stardom.

As time went on, The Beatles got a new manager. To connect to time in this time in this story, it was about the same time as the Cuban Missile Crisis. The Abbey Road record, "Love Me Do" came out, and the rest of the story is history.

I was enthralled with The Beatles, but they seemed so clean. Then when The Rolling Stones came out with Satisfaction and there was controversy about their "unclean" sound and style, I was addicted to the new Rock and Roll. Still a Jazz lover, I lived near a Jazz Bar and as my first marriage was falling apart, I would go down to the Jazz club and listen and drink. I never met any lovers in the jazz bar, we were all too busy rolling with the beautiful music.

Still having that "good girl" complex, I kept my "dirty girl" side far away and hidden from my family. It was getting harder and harder to live with this split, but the family required it. So, I got a divorce, got an apartment and let my "dirty girl" reign out of sight from my sisters, my mother and my father. When they would briefly enter the arena, to a person they would say they were worried

about me. I would reassure them I was the same beautiful girl I had always been, but they were not convinced.

That is when I became aware of Comedy and George Carlin. George Carlin was funny and profane. I loved his complete disregard for “proper” and his questioning and examination of everything that seemed sacred to our broken society. Honestly, it is exactly how I felt betrayed by my religion, by politics, by society, by my family, by everyone and everything in my life. I loved being able to laugh about that, normalize it a bit with a famous comedian. George grew up in New York’s Morningside Heights, which he and his friend call “White Harlem” because it sounded tougher. His father was an alcoholic and left his mother when George was 2 months old. He was raised by his mother who had a great influence on George’s fascination with the English language. He had a stint in the Air Force where he was able to start a radio program, but in their infinite wisdom, George was dismissed in a year for being an unproductive airman.

For ten years, he worked with Jack Burns and formed a comedy team. After success in Texas, they headed for California. In the first ten years George had appearances on The Tonight Show with both Jack Paar and Johnny Carson. George was present at the arrest of Lenny Bruce for indecency, where he was arrested as an audience member and taken to jail with Lenny Bruce because he would not produce a “government issued ID.” (26)

The partnership broke up and George began to rethink his career and his style. One of the things I love about George Carlin is how he reinvented his performing personality again and again, therefore never becoming a stale comedian. I could always count on laughing my ass off at George’s take on things. Any controversy he created somehow increased his popularity. George hosted the premier broadcast of Saturday Night Live, but asked not to be put into sketches.

For five years, George stopped performing starting in 1976. He later revealed that he had suffered

three heart attacks during that time. It was from 1980 forward when HBO aired comedy specials that I became interested in George Carlin's comedy. The first program, "A place for my stuff," was hysterical and I could relate. I think that is what made the difference for me. I could relate. I have not missed a George Carlin HBO Special done by George Carlin. This was the era of suppression by Republican Doug Ose to introduce a congressional law outlawing the use of "Dirty words" in one of his presentations. He is still at it, good old Doug, now 70 and a MAGA. Anyway, Doug wanted to outlaw the broadcast of George's "Seven Dirty Words" comedy special. In the book, "Seven Dirty Words," by James Sullivan, James writes "George Carlin was a natural born transgressor." Although I do not agree with this characterization, but it probably sold books. I think George was born innocent and in love, just like the rest of us. He became a transgressor when things that were happening did not make sense to him. He explains his thought process in the Filthy Words transcript. <https://katherinehelps.com/wp-content/uploads/2013/05/filthy-words-transcript.pdf>. If you want to get to know the loving, kind, generous man I know as George Carlin, be sure to read "Last Words" by George Carlin with Tony Hendra. In a few words, here is the text of George's last HBO Special.

"Life is worth losing

I'm a modern man.

A man for the millennium.

Digital and smoke free.

A diversified, multi-cultural, post-modern deconstructionist. Politically, anatomically and ecologically incorrect.

I've been up-linked and downloaded.

I've been inputted and outsourced.

I know the upside of downsizing.

I know the downside of upgrading.

I'm a high-tech low life.

A cutting edge, state of the art, bi-coastal multi-tasker, and I can give you a gigabyte in a nanosecond.

I'm new wave, but I'm old school.

And my inner child is outward bound.

I'm a hot-wired, heat seeking, warm-hearted cool customer.

Voice-activated and biodegradable.

I interface from a database, my database is in cyberspace.

So I'm interactive, I'm hyperactive and from time to time, I'm radioactive.

Behind the eight ball, ahead of the curve, riding the wave, dodging the bullet, pushing the envelope.

I'm on point, on task, on message and off drugs.

I got no need for coke and speed.

I got no urge to binge and purge.

I'm in the moment, on the edge, over the top but under the radar.

A high concept, low profile, medium range ballistic missionary.

A streetwise smart bomb. A top gun bottom feeder.

I wear power ties.

I tell power lies.

I take power naps.

I run victory laps.

I'm a totally ongoing big foot, slam-dunk rainmaker with a proactive outreach.

A raging workaholic.

A working rageaholic. Out of rehab and in denial.

I got a personal trainer, a personal shopper, a personal assistant and a personal agenda.

You can't shut me up.

You can't dumb me down. Because I'm tireless and I'm wireless.

I'm an alpha male on beta blockers.

I'm a non-believer and an overachiever.

Laid back but fashion forward.

Up front, down home, low rent, high maintenance.

Super size, long lasting, high definition, fast-acting, oven-ready and built to last.

I'm a hands-on, footloose, knee jerk head case.

Prematurely post-traumatic,

and I have a love child who sends me hate mail.”

https://www.reddit.com/r/Blink182/comments/1jxw7nj/george_carlin_7_dirty_words_best_part/?utm_source=share&utm_medium=web3x&utm_name=web3xcss&utm_term=1&utm_content=share_but_ton

<https://youtu.be/UOTAdvclMjM?si=c-O4ekOf83kD92j>

George knew who he was and he lived a life of integrity.

I hope I was able to do the same thing. I am pleasantly surprised I survived this phase of my life,

simply because I had a Death Wish. But here I am at almost 80 still kicking and screaming about life

on EARTH. (26)

Chapter Twelve: **Baby Steps, 1987 - 1997**

AIDS and the art of living

Now it is 1982. I have been living the high life (in secret from my family, of course) for the last TWENTY YEARS. I had been working at the YMCA after finishing my Bachelors Degree in Human Performance (PE), I married the love of my life but I still had a sex addiction, and in addition I had become a black out drunk. The friends I had made up until this point were all drinkers and partiers. I was in crisis, believing I had contracted AIDS somewhere along the way, but I was too embarrassed to talk about it. My daughter was suffering because of the way I was living my life. I was beginning to get ready for a change.

In the business we call this pre-contemplation. I knew there was a problem, I did not know I created the problem. I believed I was an innocent victim or unfortunate circumstances.

The day before I asked the psychiatrist to put me into the psych ward, I rode to school with my daughter on our bikes, dropped her off, and did not remember how I got home. I was not drinking but I had taken a dose of the Ativan my doctor gave me to relieve some of the anxiety. I came to lie sideways on my bed. I walked out to the front door which was standing open and there was my bicycle laying on the lawn. I was terrified that I had left my daughter somewhere unsafe and rushed to make sure she was at school.

I told my Psychiatrist this story and he agreed to admit me. I was there for a week until I got used to my medication, then he agreed to send me home. I was like a new born baby in an adult body. I did not know what happened to me, but I could not organize myself to do anything for myself or for others. I remember nearly catching my kitchen on fire one day while my husband and daughter were gone to work and school. I need help with everything. I made a commitment to attend Alanon meetings because my father was an alcoholic. I attended one meeting a week for five years, getting drunk, blacking out and wondering how I could possibly be in the same position again. I quite the

YMCA because I could no longer function. A child died at the YMCA by choking to death on candy and marshmallows and a coworker and I were called to “save him.” We could not. By the time we were called, he was already gone. My young nephew was visiting from Colorado for the first time. He wanted to go home. So I sent him home. I had made several enemies at the YMCA by the bad habits I had created to survive. I did not know what to do so I quit work and decided to get my Masters Degree at Santa Clara University. I managed to apply and get accepted and enrolled in classes. This is where I began to be exposed to some rather amazing people. Experts in their field, they were healers who understood the healing process. One of them stood out to me as an example of the type of counselor I wanted to be. That was Carl Whitaker.

Carl Whitaker was one of the founding generations of Psychotherapists who broke with the current orthodoxies in traditional psychotherapy to invent “Family Therapy.” He is described as charming, charismatic, powerful and kind. “Often provocative in his teaching, he told one interviewer, “Every marriage is a battle between two families struggling to reproduce themselves.” (NYT Obit 1995) Whitaker also described health as "a process of perpetual becoming" and defined healthy families as "longitudinally integrated" with the ability to handle both constructive input and negative feedback with power and comfort.

Whitaker and Napier’s work is rooted in Freud’s theory of the unconscious mind. The idea that most people's actions and emotions are motivated by underlying processes carried over into family therapy, where it was applied to the whole family as one unified unconscious. (30, pg6)

That final experience of shame was carefully explained by Carl Whitaker, “Shame occurs when you haven't been able to get away with the 'who' you want people to think you are.” I could relate. I wanted to learn more from this man.

Also, I was struggling with religion and God. I need to learn from people who had made the same journey as I had and left crumbs along the way. Carl Whitaker said, ” If we can abandon our

missionary zeal we have less chance of being eaten by cannibals. This was informative for me because I had recently been lectured about my lifestyle from the podium of a church by someone who called himself a Pastor. I believed I found an ally in the field who lived a real life of discovery and was sharing just exactly how he sorted things out. He was not teaching dogmatic rules. He was teaching from experience. This was what I needed to survive.

In the process of self discovery I engaged in I was required to obtain 3,000 hours of experience practicing being a counselor under supervision of a licensed counselor. Some of my experiences were better than others, but I threw myself into the learning with full intentions and integrity. One of my experiences was with an agency who provided groups for children of alcoholics. I was a counselor under supervision at that agency. I thought it would be a good idea, even though I had not admitted I was an alcoholic yet, to take my nine year old daughter in for an interview. The interview resulted in me losing my job and being told that I need to attend Alcoholics Anonymous meetings. What a blessing this has become considering I am now 38 + years sober from being a black out drunk.

Also during this period of my life, I was interested in the concept of Aliens and wanted to expose myself to people who researched the prospect and wrote about it scientifically. That is when I happened on Carl Sagan. (18) The TV Series “Cosmos: A personal voyage” from 1980 attracted me. “The cosmos is full beyond measure of elegant truths of exquisite interrelationships of the awesome machinery of nature.” Carl Sagan, Cosmos. (<https://cosmicperspective.com/carl-sagan-cosmos/>). According to the first chapter of “Cosmos,” the TV series, all of what we have done here on Earth has taken place in the last few seconds of a time frame that goes back to the beginning of our Cosmos. It is probably “woke” for me to address this issue now in this book, but how can we squander our heritage by getting involved in more petty grievances, wars, battles and conflicts which

cause damage to the continuation of the existence of our species in this cosmos. We have finally made it this far only to be broken by ignorance.

Carl Sagan was born into this World on November 9, 1934. He studied at the University of Chicago to achieve a BA, BS, MS and PhD. In addition to his formal education, he studied and worked at Cornell University, Harvard University, Smithsonian Astrophysics Observatory and University of Berkeley in California. His specialties are Astronomy, Astrophysics, Cosmology, Astrobiology, Space Science and Planetary Science.

He was born in the Bensonhurst neighborhood of the Brooklyn Borough of New York City. His family was not wealthy as they were immigrants. They were reformed Jews and the family was very aware of what was happening to their relatives during World War II. My favorite of Carl Sagan's books is "The Demon Haunted World," written at a time of great discovery and doubt about religious beliefs.(16) Carl was an intelligent and devoted student who decided on Astronomy as a profession his Junior year in high school. He said, "that was a splendid day - when I began to suspect that if I tried hard, I could do Astronomy full time, not just part time." (18, p25.)

In "The Demon Haunted World," Carl said, "Science is more than a body of knowledge; it is a way of thinking. I have a foreboding of an America in my children's or grandchildren's time - when the United States is a service and information economy; when nearly all the key manufacturing industries have slipped away to other countries; when awesome technological powers are in the hands of very few, and no one representing the public interest can even grasp the issues; when people have lost the ability to set their own agendas or knowledgeably question those in authority; when, clutching our crystals and nervously consulting our horoscopes, our critical faculties are in decline, unable to distinguish between what feels good and what is true, we slide, almost without noticing, back into superstition and darkness. The dumbing down of America is most evident in the slow decay of substantive content in the enormously influential media, the 30 second sound bites (now

down to ten seconds or less), lowest common denominator programming, credulous presentations on pseudoscience and superstition, but especially a kind of celebration of ignorance.” (17, p.25)

<https://cosmicperspective.com/carl-sagan-cosmos/>

https://www.goodreads.com/book/show/17349.The_Demon_Haunted_World

Carl Sagan was so brilliant and got so much attention for his work that the old timer scientists grew quite jealous of the time devoted to his teachings on public media. Carl Sagan was demonized by the scientific establishment, turned away by Harvard University as not serious enough and criticised by many. He did, however, make great contributions to science and life. He was an advocate for non-nuclear proliferation. According to Sagan's first wife, Carl could be physically abusive, demanding she keep up with her wifely “duties.” On atheism, Carl Sagan said this:

“An atheist is someone who is certain that God does not exist, someone who has compelling evidence against the existence of God.” As I have always say, in the manifest World, Humans have to make divisions. This is one of the divisions. Some people can not allow others who disagree to exist. Carl goes on to say “I know of no such compelling evidence. Because God can be relegated to remote times and places and to ultimate causes, we would have to know a great deal more about the universe than we know now to be sure that no such God exists. To be certain of the existence of God and to be certain of the nonexistence of God seems to be two consistent extremes in a subject so riddled with doubt and uncertainty as to inspire very little confidence indeed.”

(Cosmos, the book, P. 70 and spoken in Cosmos, the Series).

Sagan also wrote, “The idea that God is an oversized white male with a flowing beard who sits in the sky and tallies the fall of every sparrow is ludicrous. But if by God one means a set of physical laws that govern the universe, then clearly there is such a God. This God is unsatisfying - it does not make much sense to pray to the law of gravity.” (Cosmos, the book, P. 200 and spoken in Cosmos, the Series).

My favorite quote by Carl Sagan is “In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves. It is up to us.” (PBD speech 1990 (https://youtu.be/GO5FwsblpT8?si=5AqPa8Sz_BUDm8Py,).

Chapter Thirteen: **The Big Move**

Black lives matter and the fierce Supreme Court Justice

During this period in my life, I went from living in San Jose, California, where we raised our daughter and I became a full fledged Marriage Counselor and Professional Bureaucrat to a small town in Redlands, California. I retired from my career job at age sixty two, started taking Yoga Teacher Training classes and readied myself to carry out my life long dream of founding and running a non-profit fee for service (with a sliding scale) counseling center and meditation center.

Man, did I not expect the welcome I got in the conservative town of Redlands, California.

My daughter and her family lived there, so we believed it was where we were going to spend the rest of our lives. First let me tell you the wonderful things that happened.

I founded a non profit, I hired twenty people to help provide services, we served hundreds of marginalized people at the agency, we started a Yoga Teacher Training program, we successfully supervised fifteen people to professional licensing, and we had fun while we did all of that.

My family did not support my endeavor. So when the troubles began they were mad at me. I bought a house and was working with the City of Redlands to zone it so that I could run the non-profit. The neighbor was upset that on a public corner with a market across the street and a school on the other corner, I was asking to run a non-profit. I spoke with him on several occasions, but he had made up his mind. He did not want me doing what I was proposing to do in his town, in his neighborhood, next door to his house. I kept asking him what he thought I was going to do. He thought I was going to bring unsafe people into the neighborhood, he was upset because we were working on days he considered to be religious days of rest, and he had conjured up all sorts of demonizing information about me from my web site. He sent a three page letter to every citizen of Redlands lying about my intentions and lying about how I was going to use the space. He got the city of Redlands so stirred up by going to City Council meetings, lying about my work there and threatening

to sue me that the city started to believe him. No matter what I said, I had been identified as a liar and a sinner. I was going to do awful things to the reputation of Redlands. Now the City threatened to sue me. My attorney (which I could not afford and should not have had to engage) wrote a letter to the man and the city and essentially told them if they did not stop harassing me, I was going to file a lawsuit against them for harassment. This worked but years had gone by, the city did not trust me, the residents did not trust me and the non-profit eventually became too much for me to carry. It took me another four years to “go out of business” making sure that all of my trainees and customers had a safe alternative. During this time, MAGA conservatives vandalized my property, called the police to come out and invade my space because they thought they hear screaming, continued to harass me for my liberal political signs and targeted me in the community and started rumors about me.

I thought to myself, “I must be living a Karmic Life,” and so I dealt with it and grew as a human being into someone I thought of as a genuinely good and unselfish person.

Also during this time, my communication with my family of origin began to suffer as they were all republicans pushing for fascism. I tried to warn them what was happening and how it was going to change our nation for the worse. They demanded I stop sending them information, blocked me on social media and eventually my only living sister decided she was going to extricate me for raging, just like my father used to do.

In 2019, I was ready to move out of a toxic location for me, but my husband and daughter were not on board with this plan. Five years later, I went shopping for a new home. We could no longer afford our mortgage as we had both lost our livelihood as a result of COVID and the time was right. I was never able to gain a community of people who were willing to support me in Redlands. I would say the same about my history with the Yoga Community in Southern California. It is a primarily financially driven business in Southern California. I guess I was too ambitious (I was told once) or asked too many questions (I was told once) or too emotional (I was told once) or too

something for the cult that was the Yoga community in Southern California. I never fit in, I never found a space for my learning and practice but tolerated the administrators of those places warning their teachers about me before they came to class, just so they all had the same bias against me.

It was a very painful time.

The end of my time in Redlands was difficult. We had 20 years of collected treasure to cast off.

We packed fifty boxes, coordinated with the movers and off we went to Mariposa, Rio Rancho, New Mexico. I was excited about a new chapter of my life.

My two primary teachers of this time were both in politics. The first was Barack Obama.

My husband and I went on a trip to Australia and New Zealand (the most beautiful place on Earth).

We voted, of course, and then headed off to our trip. We had a wonderful time and were at the airport headed home when Barack Obama (24) was announced as having won the election. The cheers and celebration at that airport were something to witness. Shortly after, we were visiting my sister (who doesn't speak to me) in Colorado. Her husband was grinding his teeth and spitting fire for most of the trip. I asked my sister what was wrong and she said that her husband had worked very hard to get Mitt Romney elected and was riddled with resentments as to why Mitt lost the election. Now I know this was a precursor to what was about to come from my family as they organized with their political leaders to never lose another election again.

I was active in social media from the first presence of the Trump Family entering politics. Their reputation was horrible as business people and they were also thought to have been working with foreign countries to undermine our democracy. The entire time Barack Obama was president, I could relax a bit knowing that our nation was safe with a moral, ethical and smart man and his beautiful family. He won for a second term and you would have thought that liberals in the nation had conspired to make sure a republican was not elected (which was not true). As I became aware as I began to research the topic, that is exactly what the Republicans were doing. Corrupt politicians

have brainwashed their constituents into believing that everyone else is corrupt except Republicans. Their constituents are some combination of extremists including Neo-Nazis, John Birch Society Members, Libertarians, federalists, Ku Klux Klan, Religious Fascists, and greedy Billionaires who are trying to overthrow our Democracy, Rule of Law and Constitution. They have furtively planned in secret for years and present themselves as a violent group of hateful bigots and racists who believe that America belongs to the White Man. I beg to disagree. Our historical documents make it quite clear what America and who Americans are to become. Trump entered the arena when they could not win elections any longer under the current rules. So now, they break the law maliciously, they murder women, children and people of color in large numbers using the National Rifle Association and they have very weird ideas as to what this nation is built on and who built the United States of America. All hard labor was not done by rich white men, it was done by immigrants. Immigrants are the largest majority of our population. White Men are a very small minority. We are uncertain where we are going to end up in the end, but this chaos caused by resentful, hateful, conservatives who pity the rest of us at the same time they hate us have been dogged in their pursuit of minority permanent control in a Fascist style, corporatist oligarchy to take over our nation. We have only just begun to fight. I have been fighting daily since 2016 and I will fight to my death for what is right, just and moral. I have learned this as I have recovered from my “christian stupor.”

And so I say that one of my greatest influences in the last 20 years has been the very moral and ethical Barack Obama. He began writing a book as he and Michelle left what used to be the White House on Air Force One for the last time, on the very dreadful day that the most corrupt malignant narcissistic pathological liar entered his first term. It had to happen that way because that is the way it was always done.

YES WE CAN was Barack Obama’s campaign slogan. (24) I love that. Barack was an eloquent speaker yet in the highly contested critical environment he couldn’t help but be called out for the

most insignificant “mistakes.” Being concerned with gaffes, his staff pointed out that the press concerns themselves with “maladroit” phrases that seem to display contradictory or hypocritical implications. In one of his first speeches on the campaign trail, Barack used the term “wasted” troops because of a poorly thought out decision. “The second I uttered the word, I regretted it. I had always been careful to distinguish between my views on the war and my appreciation for the sacrifices of our troops and their families.” (24, p.83) This is a man who could not wear a beige suite without criticism from some of the more corrupt, politically biased press. Yet he is sensitive enough to realize his words might have seemed harsh to the troops and their families. I wish I could be so sensitive about my words.

He talks about Lessons from Voters. “In the interest of being deemed sufficiently ‘serious’ or ‘presidential,’ I had become stiff and self conscious undermining the very rationale that had led me to run in the first place.” (24, p 98). After one debate, all of the other candidates running called him naive because he said “I will meet with any World leader if I thought it would advance U.S. interests.” (24, p 98). All of these experiences “taught” him how to set himself apart from the other candidates, how to trust himself and move forward to win the election. I love that about Barack Obama. He is nothing is not adaptable and he has integrity in his adaptability/

In dealing with his opposition, Barack Obama had grace and dignity. He was never mean or hateful despite the fact he was often treated with disrespect. After consulting with his staff, Barack supposed that most often then not opposition tactics were nothing more than political “stunts,” and often in a badly propagandized nation, they worked. Barack was careful not to react to these stunts. He gathered his staff, discussed the matter and then decided what was the next right thing to do. (24, p.185).

Obvious in the pictures of Barack and his staff, he truly cared about those with whom he worked.

In his book, “A Promised Land” there is one picture of Barack Obama and David Axelrod and on the

faces of both men is an instantly obvious Mutual Admiration Society, a great deal of love. He describes multiple attempts to pass the DREAM Act. This is an act of congress where young people who are born in the U.S. but their parents are not citizens can engage in productive activities to earn citizenship and join the amazing multi-nation, multi-cultural mass as a citizen of the United States of America. But Republicans would sabotage the bill by running ads saying democrats were “soft on immigration,” having added nothing positive to the immigration concerns over the years. This bill was an example of why I became a democrat and why I remain a democrat today. I did vote for a republican once. I feel that I was shamed into that vote and I immediately regretted it.

The Equal Rights Amendment (ERA) has not been fully ratified or added to the U.S. Constitution due to legal questions about its ratification process, specifically the expired deadline. Although 38 states have ratified the amendment, which is the constitutional requirement, many of those states did so after the 1982 deadline set by Congress, making the validity of the later ratifications contested.

Finally, Barack Obama appointed and seated two women to the United States Supreme Court.

We can now see what a compromised Court looks like, how they make decisions from distortions of the law based on biased and inconceivable interpretations of the constitution. It is compromised because Trump and Republicans made it so by allowing the Heritage Foundation and Federalist Society to choose their Justices. Speaking of Justices, I lived in awe of Ruth Bader Ginsburg. I was told by a friend that Ruth Bader Ginsburg (29) does Yoga Planks every day to strengthen her core. I believe it. That woman had a fierce and foreboding presence.

In Ruth Bader Ginsburg arguments in favor of the Equal Rights Amendment she quoted Thomas Jefferson: “Were our state a pure democracy there would still be excluded from our deliberation women, who, to prevent deprivation of morals and ambiguity of issues should not mix promiscuously in gatherings of men.” She thought this patriarchal idea was as ridiculous as I think it is ridiculous. (29)

In this book, I devote an entire chapter to the progress made by the Feminist movement and toward equal rights with me. It turns out that white men get quite frightened when we talk about this topic. It threatens their ability to use, abuse and maltreat women as they wish. They are protected under the law and constitution to use, abuse and maltreat women and children. “The Equal Rights Amendment (ERA) has not been fully ratified or added to the U.S. Constitution due to legal questions about its ratification process, specifically the expired deadline. Although 38 states have ratified the amendment, which is the constitutional requirement, many of those states did so after the 1982 deadline set by Congress, making the validity of the later ratifications contested.” Wikipedia I admired the dedication of Ruth Bader Ginsburg to proving that women are as capable, if not more capable, of rendering smart, lawful, moral and ethical supreme court decisions. (The backlash to the women’s movement has been stark, devastating and cruel. I understand that oftentimes women justices (now there are four, three liberal and one conservative) go home crying at the end of a day because of the words that were said by the white (and one token black) men, all corrupt, who sit on the highest of courts.

Let me just say that earlier in my life, before I was awake and aware of the damage being done by inconsiderate, uncaring and corrupt men, I did not care much for politics. I have awakened at the end of my life to realize who leads us is important. I can’t think of one Republican I would not call corrupt. I can only think of a few Democrats I would call corrupt. Public servants must not be able to set their only salary and raise it whenever they want to raise it. They should not be able to enrich themselves while in office. They should be accountable to their constituents and the constitution. They should be moral, ethical and law abiding citizens who rarely prevaricate.

Chapter 15: Women of the Feminist Persuasion

Writers and Artists

In this section of the book, I want to write about the Feminists who had a great influence over my decision making through the years. You had an opportunity to read my chapter on feminism previously, so the background of feminism should not be a mystery to you. Feminism is not a new thing. Women have been fighting for our rights from the gaslighting and abuse of patriarchy and religion for thousands of years, likely starting with the Queen of Sheba who was duped by a patriarch and then raped.

My first exposure to a feminist was in college during my Masters Degree. I admit, I was 40 years old when I was introduced to her as one of the references in my class, but remember, I was a late bloomer.

Carol Gilligan who is a feminist, ethicist, psychologist and college professor whose book “In A Different Voice,” (23) was assigned during one of my courses at Santa Clara University. This book is described as the psychology theory and development of Women. I was definitely interested, having had some interest in this prior to my Masters Degree with no exposure whatsoever.

Gilligan writes, “At a time when efforts are being made to eradicate discrimination...in the search for social equality and justice, the differences...are being rediscovered in social sciences.” (22, p.6) She uses the example of “The Elements of Style” written by William Strunk and E. B. White.

“A supreme court ruling on the subject of sex discrimination led one English teacher to notice that the elementary rules of English usage we were being taught through the examples which counter posed the lives of Napoleon and Coleridge” and statements of men were compared with statements of women in a negative light. (22, p.94) This is pointed out in an effort to bring to light how Systemic Bias is literally written into our instructions on how to do things in life.

Carol Gilligan defines this bias as a moral concern harming the agency of women in general, and she suggests that “release from the intimidation of inequality finally allows women to express a judgement that had previously been withheld.” (22, p.95)

She goes on to say that a nihilistic force driven by fear has HELD women in a certain light and insists we STAY right there so that men can go on with their important duties. I have actually had men say this to me in my life.

It is my belief that the health and life of our species is dependent on aggressively addressing this bias that still exists and has now reached a fever pitch. Men in 2025 have lost sense of their commitment to women in the world. They have lost sense of their relationship with women and they demonize women cause varying immoral crimes against women include murder, rape, child abuse and others. Now, having abused a little boy as a young girl by trying to make him suckle my breast to see if milk would come out (for which I am forever sorry), it may be difficult for you, the reader, to consider me an expert on this topic. I have seen and experienced with my own eyes the damage done to Women and Girls by the patriarchy and religion. Carol Gilligan goes on to discuss the landmarks and turning points of women and girls lives in her book, “Meeting at the Crossroads” which she wrote with Lyn Mikel Brown.

In this book, the two writers break a girl's life into Discover, Harmonics, Relational World, Approaching the Wall, Rivers into the Sea and Dancing at the Crossroads. “For over a century the edge of adolescence has been identified as a stone of heightened psychological risk for girls” (22, p.3). Girls ask questions. “Why am I here? What do we hope to learn? What do we hope to get out of this?” In the study of pre-adolescent girls we found that a central theme of their lives is interconnectedness.” While differences and disconnectedness tends to be the theme in life, an “underground” current tends to strengthen the disconnection. So the object of girls was “to get to

Listening to the way girls speak about themselves is critical in understanding the undercurrent of comparison.

Pre-Adolescent girls “emotionally” understand rules of engagement for relationships. “By eight years old they have a clear understanding about what happens in a relationship and how they feel about it.” (22. p.51) The expectation of girls to be “nice and kind” is debilitating. It is tyranny to the self. Even in older women, sometimes it feels like self-tyranny to always be nice and kind as expected. Speaking about concerns may upset some people, but in “real life” how are we going to learn what is true about us if we are never able to hear a correction from another person.

Ten and Eleven year old girls are incredibly astute in terms of relationships. They know clearly when an adult or another girl is expecting them to be the “perfect girls” as opposed to the “real girl.” For me, I did not know who the real girl was in myself at age twelve. I mimicked others to try things out and see how they felt and what others would say.

Later, during adolescence, perfection sets in for many girls. They feel overwhelmed with the tasks at hand and feel that too much is expected of them. Their learning environment is male oriented and competition oriented. The shields they built as children against others who treat them poorly are fully active now in their defense mechanisms. Mostly, they are secretive and defensive against authority but they also have the ability to manipulate as well. They are becoming aware of hypocrisy and duplicity in their parents and are confused by the “rules” which seem to be different for adults and boys than they are for girls.

For their book, they followed several girls through the different stages of development and were in a relationship with them. This served to reveal some interesting information contrary to the assumptions we make about girls.

In my sixties and seventies I have been highly engaged as a resistor to Fascism in the United States. My hopes and dreams of founding a long-lasting non-profit were dashed because I did not

have the stamina to stand up against the fascist resistance to what I believe would be helpful for women. Carol Gilligan also writes about “The Deepening Darkness,” (22) what she calls Patriarchy, Resistance and Democracy’s future. A precursor to this newer book is called “joining the resistance.” I have found myself torn in several directions, angry sometimes, sad sometimes, and not understanding why I am unable to find a group of like minded women with whom to be in a relationship. Relationships are frightening for us right now. We don’t know who to trust. Carol Gilligan says “Jesus teaches and ministers to women in ways that speak to their subjective experience, including their suffering as women.” (22, p. 123) I have always found that to be so, which is why Jesus' teachings, some of my earliest learnings, have also sustained the serious deduction process of becoming who I believe I am supposed to be.

My male friends are confused about my belief system. “So, what are you, christian or not?” one male friend asked me recently after we had several previous discussions about belief. I said “No, I do not identify with religion. My GOD is “Good Orderly Direction” which I receive and embrace from where it comes to me. Sometimes that is another person, sometimes it climbs up my spine over my head and out my third eye, sometimes it comes from writings from the past. But I have said to a man that if there is a GOD she is a woman, because women are intimately engaged in creation.

From Carol Gilligan we now move to Margaret Atwood and her book “The Handmaid's Tail.” (21) I must admit I have never read the book, however I have watched the series start to finish and I am convinced this society created by religious men is exactly what religion is ultimately trying to turn the world into for women. If you have not seen the series or read the book, please do. It is very revealing. Essentially, the book describes a society where women live completely in service to men in every way, include sexually and can be raped or murdered whenever men was to rape or murder them. If this is sounding familiar it is because we are headed in this direction now.

Sylvia Plath, (20) the confessional poet inspired me to write what I call “Stream of Consciousness” Journals” so that I could be more honest with myself about what I was thinking and feeling when I was going through a trauma as an adult. In the book, “The Unabridged Journals of Sylvia Plath,” we get a taste of this type of self enquiry. (I have come to know it as incredible healing and revealing) Sylvia suffered with life-long depression just as I have. Sylvia was often furious about men receiving privileges that she was not given. She did say that during her marriage and travels she did learn how to be true to her own weirdness. I will say that I have learned the same. Between 1952 and 1963, she tried to commit suicide a few times, then she succeeded. She spoke with her doctor to describe her current episode of depression that had been active for six months “marked by constant agitation, suicidal thoughts and an inability to cope with daily life.” The doctor prescribed her a monoamine oxidase inhibitor a few days before her suicide and made every effort to admit her to the hospital. Sylvia had a live in nurse who came to the home every day and the day of the suicide she came to the house to find Sylvia dead with her head in the oven, having sealed the rooms between her and her sleeping children with tape, towels and clothing. She was 30 years old. (Feinmann, Jane 1993, Rhyme, Reason and Depression, The Guardian, London). I can relate having been suicidal most of my years of sobriety since 1987. I felt I had an obligation to stay here and live for my family which is why I never took any action, but until I learned about suffering with circumstances and how suffering is optional, I felt like I lived in hell. I discovered that I must live a karmic life. This is a better description for the experience of self hatred the level of which I had. Once I became conscious at sixty, I felt like I must have lived several lives previously.

I have done two sessions of hypnosis with past life regressions. In the first one, I was a black african male warrior with a spear running in the desert from the men of my tribe. I was in trouble because I had raped a woman who “belonged” to another warrior and tribe was chasing me to kill

me. In the other, I was a woman during the civil war in a long dress carrying a baby running from the men in the army who was raping and murdering all the women of my village. I dropped the baby in a shallow river bed and kept running. I was told that in past life regressions, we always come back at the time of death. I figure I have lived many lives harming others without thinking and in this life I was given the opportunity to be harmed by others and learn to have empathy.

When the geese visited me in the Mojave Desert as my father told me that I needed to forgive him and let him go, this was what I was thinking about. All of us are doing the best we can given who we have become and what we are going through.

One of my art pieces is called “Wall Art a la Diego Rivera.” You can see it if you want at this link: <https://www.artworkarchive.com/profile/marie-louise-bosin>, search by name of piece.

While in my undergrad work when we first moved to San Jose, I took a lot of art classes. In one of them, we had to study Diego Rivera and his murals. This piece was my work around that assignment. I also discovered Frida Kahlo, as she was the lover of Diego Rivera. I began to search out her work and fell in love with the intensity of the personalized nature of many of her paintings. A book called “The diary of Frida Kahlo, an intimate self-portrait” Carlos Fuentes gives an intimate understanding of what this woman was about. I watched the Miramax movie about her life and fell in love with her. She wrote in her diary, “Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light. Tragedy is the most ridiculous thing.” (29, 188).

“When Frida Kahlo and Georgia O’Keeffe first crossed paths in New York in the early 1930s, the connection between them was immediate. Kahlo was still on the cusp of being recognized as an artist in her own right, while O’Keeffe had already established herself as a force in modern American painting. Despite the differences in their careers, they saw in each other something familiar: bold women navigating art, love, and illness with uncompromising honesty.

Their time together was marked by warmth, humor, and a touch of mischief. Stories survive of them going out drinking with friends, laughing and singing together into the night. Kahlo's affection for O'Keeffe was more than casual; she admired her strength, her work, and the way she carved out independence in a world that demanded conformity from women. In letters, Kahlo's tone carried both tenderness and longing, suggesting that her feelings may have run deeper than friendship, though how far it went is left to interpretation.

Both women endured fragile health at different points, and here their bond became even clearer.

When O'Keeffe suffered a breakdown and spent time recovering, Kahlo reached out with concern and gestures of kindness. Years later, when Kahlo was bedridden and in pain, O'Keeffe made the journey to Mexico to visit her. These acts of care reflected the rare kind of intimacy they shared—one grounded not only in admiration, but in the recognition of struggle.

Kahlo (28) also left traces of O'Keeffe in her art. Certain flowers that O'Keeffe (27) had painted obsessively appeared in Kahlo's canvases, but reimagined through her own lens, layered with personal and cultural meaning. It was as though Kahlo was entering into a conversation with O'Keeffe on the canvas, acknowledging her influence while transforming it into something distinctly her own.

Their friendship was never documented in great detail, which makes the glimpses we do have feel almost like fragments of a larger story. Kahlo seemed to hold on to it with deep sentiment, writing openly about her feelings and remembering their encounters with intensity. O'Keeffe, more private, left fewer traces, but her visits and presence in key moments speak just as loudly." Wikipedia

When I began visiting New Mexico, I was introduced to Georgia O'Keeffe's art. It was Georgia who finally allowed me to call myself an Artist and put my work up for public view online. Until I had become intimate with her work by repeatedly visiting her museum in Santa Fe, I did not

have the courage to call myself an artist. Georgia was such a beautiful, natural woman who loved the outdoors. She was also a feminist who believed women are different but equal. Her life, like the other women I have mentioned above, was a living example of feminism. The qualities in these women who I admire are as follows:

1. They lived life fully
2. They lived with courage
3. They were creative and produced miracles
4. They had men in their lives and they lived their own life anyway
5. They are admired by many for their creative endeavors,

I will be forever thankful that I was exposed to each and every one of these women even though I never directly and personally met any of them. The influence their lives had over my life has been additive and positive. Do I want to be any of them? No, I am me. I want to be me. I want to know myself.

Speaking of strong women, in Donald J Trump's first term, he and Jeff Session arrested a woman named Reality Winner. Here I am protesting for her to be released from prison. They tried her for espionage, did not cooperate with discovery, railroaded her into a prison not near her home and treated her very badly. I heard she was depressed so I started writing to her. I would send her an addressed card with a stamp and she did write me back three times. We discussed the Bhagavad Gita, talked about how she was taking care of herself, and one of the letters I sent had glitter inside. She and her pals in prison were excited about it. She was enjoying cross fit and her morning Iced Coffee. She understood Viktor Frankl's advice and said "I live here now." She said it helped her relax and not be so afraid. She said she appreciated the support. Eventually, she was moved to prison closer to home and received some treatment for her depression. But I would just like to state this right here and right. Reality Winner was a political prisoner. If we had been able

to listen to Reality Winner, perhaps we would not have had to elect the monster for a second term and watch he and his conspirators, Stephen Miller and Russel Vought, the instigators of Project2025 for Heritage Foundation take our nation, its values, morals, ethics and rule of law apart in what I call a Chinese Torture. At any rate, “we live here now.”

Chapter Sixteen: **Addenda demonstrating steady learning and growing**

Although some of these journal notes may seem like random rants, each and every one of them were learning experiences.

A Beauty to Behold

THE ESSENCE OF HEALING

“Aggregate of qualities that gives pleasure to the senses or pleasurably exalts the mind or spirit.”

Webster. Qualities:

HEAVY – LIGHT

- heavy (guru): growth, sleep, nourishment, grounded, stability, centered, dullness, slow digestion, stubborn
- light (laghu): alert, attentive, spaciness, ungrounded, insecurity, fear, anxiety, reduces bulk

COLD – HOT

- cold (śīta): numbness, unconsciousness, contraction, stagnation, fear, insensitivity, mucus, slows digestion, reduces immunity, sore throat, congestion
- hot (uṣṇa): gastric fire, improves circulation, digestion, absorption, assimilation, liquifies kapha (like wax), cleansing, irritable, anger, ulcers, quick to criticize, inflammation

OILY – DRY

- oily (snigdha): relaxation, smoothness, moisture, lubrication, vigor, compassion, love, nourishing, manipulation
- dry (rūkṣa): dehydration, constipation, stimulates fire, choking, constriction, spasm, pain, dry rough skin, fear, nervousness, loneliness, isolation, separation, rejection, independence

DULL – SHARP

- dull (manda): sluggish, relaxation, dull, calm, quiet, silence, rich & fatty foods, thoughtful

- sharp (tīkṣṇa): spicy foods, fire, improves learning, concentration, understanding, appreciation, comprehension, ulcers, think too much, penetrates, loudness, keen intellect

SMOOTH – ROUGH

- smooth (ślakṣṇa): cheese, oils, avocado, ghee, lubricates, flexible, prevents osteoporosis & arthritis, caring, discrimination
- rough (khara): dryness, absorption, constipation, raw vegetables, many beans, rigidity, cracking, carelessness

DENSE – LIQUID

- dense (sāndra): meat, cheese, compactness, grounded, stability, solid, density, strength, firmness of healthy muscle, highly concentrated
- liquid (drava): diluted, water, salivation, compassion, cohesiveness, water retention, flexibility

SOFT – HARD

- soft (mṛdu): delicacy, relaxation, tenderness, love, care, mucous
- hard (kaṭhina): tumor, strength, rigidity, selfishness, callousness, insensitivity, callouses

STABLE – MOBILE

- static (sthira): stability, support, sitting quietly, healing, obstruction, faith
- mobile (cala): motion, shakiness, restlessness, thoughts, , feelings, emotions, insecurity, jogging, jumping, physical activity, instability

GROSS – SUBTLE

- subtle (sūkṣma): drugs and herbs, spacey, alcohol, aspirin, emotional, penetrates subtle tissues •
- *gross (sthūla): obstruction, obesity, meat, cheese, excessiveness

CLOUDY – CLEAR

- clear (viśada): isolation diversion, purification, too much cleansing, pacification
- cloudy (picchila): cohesiveness, attachment, lack of perception, dairy, confusion

Preferences are the reason an object of one's desire or aversion seems pleasurable or painful.

Pleasure is sought and pain is avoided. Every object can be defined in these 20 qualities.

Let's take a perfectly put together gem stone, for example. The amethyst can range in color from dark purple to slightly pink.

Here we have two examples of an amethyst crystal. One is smooth, clear and dull. The other is sharp, cloudy and light. Which one do you think is more beautiful?

The answer is both are beautiful but one is preferred to the other depending on your preferences.

This is true about every object. The yogic/Ayurvedic goal is to find what balances you rather than what you prefer.

For example, foods have six tastes. Sweet, sour, astringent, bitter, salty or pungent. Depending on body type, you may be drawn to sweet, salty and sour. But if you eat too much of these foods you will become imbalanced in body, mind and spirit. Therefore the medicine to bring back a healthy balance will be bitter, pungent and astringent.

“But I do not like those tastes” you say. Well, how do you like always being unstable, never being able to concentrate, being so sluggish you can not move? Not much, right?

When you feel physically bad or your mind is lost in some obsession, you are out of balance.

Take opposite action to rebalance body, mind, and spirit. This will lead to serenity, satisfaction, resilience, and health. This requires insight and self-discipline. I believe in you.

More on the Bhagavad Gita

To want to live in a more peaceful world does not devalue any person who has sacrificed his or her life to protect us in war. It devalues wars that are fought for nonsensical purposes, the ones that are fought over belief, property, and religion.

When we look at the history of the World as a battlefield and war as a solution for conflict, it doesn't work. Mostly, this is because we have taken an internal process and translated it to the external world. The internal process is the battle between a selfish, ego-driven life and one of love.

The Bhagavad Gita tells the story of an epic battle which took place in 3000 BC, the advice given by Krishna to Arjuna who awakens to his fear and doubt on the battlefield. It is there that he learns the lessons of life and how to conquer his fears and doubts. A greater gift could not be given to those who serve than to conquer their own fear and doubt.

Unfortunately, we misplace value on winning or losing the battle itself as if we should always win.

“You have a right to engage in actions, but never engage in actions for the fruit of the reward.” Karm karo, phal ki chinta mat karo,” is the Sanskrit phrase that suggests a misplaced, selfish motive will lead to suffering.

Change is the standard. Change is constant in the universe. There is nothing but change in the world.

The more we resist change and attach ourselves to outcomes and rewards, the more we suffer. “You can be a rich man or a pauper in an instant,” by fate of change. Change is not something to control.

Trying to control it will only cause suffering.

Holding onto things is a misapprehension. “You came to this world empty-handed, you will leave empty-handed. What is yours today belonged to someone else yesterday and will belong to someone else tomorrow.” Ownership is a misplaced “belief.” Nothing is new in this world. Everything recycles itself including Mother Earth.

We only confuse ourselves with attachment to “beliefs.” We are always on a path somewhere. “We are kept from a goal not by obstacles but by creating a clear path to a lesser goal.” Success occurs when everything aligns for the good of all. When selfish motives are eliminated, the path is clear. Success is not just the accumulation of wealth and power. Success is realized when attachment to success is gone.

When you live in a world where thoughts, words, and actions all work together to create reality, these are the things that need to be aligned for success. If you want more of something in life, eliminate selfish motives and align thoughts, words and actions in a direction for the good of all. Success is the result as long as your path is free from selfish motives and attachment to outcome. “Whatever happens, happens for the good.”

Compulsions

Iteratively, urges to behave a certain way which is usually humiliating.

Vomiting is a compulsion.

Talking is a compulsion. Irresistible, thoughtless, soulless, covers up the real you.

Coercion-An authoritarian standing over with intimidation and menace, that is the problem.

Internalized bully using it to force something. Intimidation always makes things take longer. Snubs out the creativity completely.

Urgency-With compulsion comes urgency. Have to finish before I Just this much more to do.

Won't they be impressed! Perfection is the goal, but perfection is impossible due to the urgency.

They never are impressed.

Constraint

Immense pressure countered by overwhelming constraint because of the known humiliation afterward. It is a double bind, pleasure/pain.

Engrossment-while under the spell, rapt attention to the sought object, the (compulsion), as if enthralled, fascinated, under a spell.

Exigency-the hardship is almost unbearable, the urgency is acute, the demand is compelling, the need is overwhelming. It is a predicament of demand.

Monkey- There is a monkey behind playing antics of fear driving to some temporary pleasure, un-enduring and quickly passing into a rascal, a scamp, a yelling baboon. The higher wisdom is completely lost.

Tiger by the tail-Sit silently and watch to see a bee buzzing around your head, you seem to be in delirium, lunacy, a frenzy of mental action is going on while the brain is paralyzed.

Childhood Trips Home

Driving to Louisiana and Bowling Green for vacation annually from 1953 to 1963 became a cruel ritual for the family. The parents were critical, assaultive, and impatient. As young children, they tried to “be good,” but succeeded in upsetting the parents. The girls fit into the back seat of the Studebaker without problems when they were young. As they grew larger, the space was taken up by sweaty, competitive teenagers. The last time they made the trip, she was sixteen, her younger sister was fourteen, and her older sister was already gone. Teenagers left this violent family as soon as they were old enough.

As a child, with everyone poking at her physical body, she learned quickly “not to be where she was.” The rhetoric was constant in the back seat. “Are we there yet?” This question was asked every twenty minutes or so. When the family arrived after driving for three days, early morning until late at night, the girls would enter one of their competitions. This one was called “I See the Farm,” as if the first person who saw it won an elusive prize. The prize, unfortunately, was positive recognition. As a child, she received little positive recognition which left her feeling like she did not exist.

Cause and Effect were at work here. If she constantly gave herself over to negative impressions of her, then that would become her reality. Misunderstanding her habits became the rule of her life, as if trapped in a small box in which someone else put her. This is the way she conducted her life from beginning into middle age. Being too afraid to change anything became her living rule. She had no idea that everything she knew was a memory stored in her brain. She never had an original thought. She never responded to anything, she reacted instead. Later she realized her sisters still had her in that box, even though she escaped long ago.

Discipline, Or How to be a life-long learner

A branch of knowledge, typically one studied in higher education, self-discipline can be taught starting early in life. Never having been highly rule bound people, most women want to learn how to discipline themselves. What others believe is best is best for women is of no concern to the educated woman. No one knows what is best for another.

Motivation is the key to self-discipline, Motivation and Self-Enquiry. Once a deep motivation is identified, actions will come soon. What exactly is a deep motivation? This is revealed by sitting quietly, breathing into the body, and listening carefully.

Like an ocean wave, the motivation sweeps up the spine, over the top of the head and comes clearly into sight of the third eye, where wisdom is settled and knowing is active.

Waiting quietly reveals answers as clear as the moon sweeps the tide in and out. Quietly listening allows the tide of wisdom to sweep in over the head, into the vision of the third eye and then move into the heart to create the passion to act.

Heart-felt self-discipline is far superior to any other form of discipline because it is personal and travels through the heart.

The empowering limbs of Yoga are Pratyahara (sensory scan) and Svadyaya (self-enquiry). In my Yoga Training and CEU classes, we spend time practicing these two important skills.

Entitlement

My spouse and I are baby-boomers. We live in a mortgaged home (picture below). My spouse and I both work so we can pay our bills. We never worried where our next meal would come from. Our children were fortunate enough to be raised safely by a village. Our grandchildren have great parents who assisted them in their horror while experiencing this time of chaos created by #conservatives and #ReligiousFascists. My grandchildren's parents and grandparents are devoted to them.

I never had an abortion but when I was young and men were planting unwanted seeds without taking responsibility, I was thankful I was given a choice. U.S. Supreme Court

For my spouse and I, our #wealth has gone up and down over the years because we were blessed enough to be able to take risks. No one ever guaranteed us anything. We worked hard for everything that came to us and I know some of that was a given because we are Caucasian. My spouse and I have finally worked out our differences.

There is one thing we have in common and this has never wavered. From our earliest political memory, when Democrats were at the head of our federal, state, and local government, things always got better for everyone. #Democrats are people who aren't perfect. They have faults and get into trouble sometimes. Those troubles are always magnified by the most corrupt people in our nation. My family is blessed. Many in our nation are less fortunate, more targeted their entire life, and under attack now because of their race, gender, sexuality, belief system, age, skin color, religion, etc. I am old enough to remember when this was illegal.

I could close my eyes to the inequities and pretend they do not exist like I did when I was younger. I cannot any longer.

Mother's Death

I have been obese since my Mother died in 1997. Before that I was a gorgeous, curvy hard body; muscular, seductive and sleek. She died of Alzheimer's after completely losing her brain over a twenty-year period. It was a grueling and despicable way to die. She doubted her solid faith in GOD and was terrified most of the time. In the end she hallucinated, she was paranoid, and she did not know us. The last time I saw her alive was the night she died. My sister called and said she was not sure how much longer Mother was going to make it. I got in the car and drove four hundred and fifty miles as quickly as I could. I arrived at the nursing home at around eleven PM. Mother was on her back, unconscious and breathing very deeply. "HEAVE HO, HEAVE HO HEAVE HO" went to her chest. I talked to her. I said "I love you Mother." I sang her favorite hymn, "Go Tell It On the Mountain." I read her favorite Psalm to her, the twenty-third psalm. The "heave ho" subsided a bit. I massaged her hands and feet with lotion. She was still breathing heavily but without the "heave ho" and still unconscious. I did not expect her to wake up.

I wondered what she was holding on to that she was still here after twenty years of terror. Finally, I was deciding what to say and whether to leave for the night and get a hotel room or not. I lay my head down on her belly and I said, "don't worry Mother, everything will be fine here. We will all get along OK." Within 30 seconds, my Mother stopped breathing. She took no breath for 30 seconds then she began her death rattle. SCHU GAGAGA, SCHU GAGAGA, SCHU GAGAGA. On and off for about ten more minutes she rattled away. Three times she stopped breathing. I cheered for her like a cheerleader, encouraging her to move toward the light, giving her support and telling her it was time to go. She died shortly, just stopped her death rattle. Silence. Silence. Silence. She died that night and for some reason I felt happy and joyful for her. The attendant called my older, more responsible sister to come. The next twenty years, however, were very rough. It was then, after she was gone that I was free to begin my recovery from incest. Of course, my sisters told me I was

making it up. They said, “that was not my experience.” “I cannot validate your experience.” Was it my fault that I chose to ruin my life? At my Father’s funeral a few years earlier, his friend Lloyd quietly came up behind me at the Wake and whispered “I witnessed for your Father before he died.” I looked back as he was walking away. I never saw him again.

“Mandan Indian young men were hung by spikes from the ceiling and spun around until they collapsed as a right-of-passage into manhood. They did this because they watched their women suffer as they made the passage into womanhood and began menstruation. ‘Our women suffer, and we must learn to suffer too.’ That was very interesting to me, women suffer, there is nothing they can do to avoid it.” Joseph Campbell

Phobia

Confusion abounds!

Islamophobia

Antisemitism

AntiChristianism

I hate what Putin Puppets around the World like Netanyahu & Trump are doing to our world, this time not to Jews, but to Muslims, Gaza, Ukrainians, Kashmiris, Uyghurs, Africans, Asians. I get why people are frightened.

Fascist leaders use these words to justify their crimes against humanity, to silence voices of people protesting a genocidal World Wide assault.

It is confusing for those of us who don't have a stake in the belief system war going on since WWII.

We do not judge others' belief systems but get caught in the cross hairs of rampant appropriation of billionaires and Fascist/Socialist patriarchal cults leaders! We are watching them take over our World using religions and beliefs to divide us as human beings. Collective fright is useless.

Each of us MUST provide for our own safety. NO ONE IS SAFE FROM THE Fascist/Socialist patriarchal cults THIS TIME EXCEPT THE PEOPLE WHO AGREE AND WHO BOW DOWN TO THEIR LEADER'S DEMANDS.

I am not afraid to exist exactly as I am. I am not afraid to die to try to reestablish peace and balance on Earth and escape the hostile hold of Fascist/Socialist patriarchal cults ruling in our World today.

Every Religious Text describes this as a noble cause for which to fight!

I don't mind what happens to me, but my grandchildren do not deserve to live their lives fighting for their rights like I have had to as a Woman in this World!

Chaos is never resolved by dividing people, pitting them against one another. Grievance and demonization are tools of the Fascist/Socialist patriarchal cults leaders! They should not be used by people who have not joined a cult. Hatred is not the natural state of any human, Humans learn to hate and then use it against one another. We are the only species who does this.

Viktor Frankl who survived a concentration camp in Nazi Germany tells us how to manage this experience.

1. Stay in the moment where you live and say to yourself, "I live here now."
2. Comfort others when they are afraid or dying.
3. Give away something that "belongs" to you to another who seems to need it.

Empathy is the most important thing a person can hold for another, even your enemies!

We have several political cults & TWO major political parties.

Democrats/Republicans. This keeps us balanced usually, until 2016.

Liberal Democracy requires balance in political decisions.

Putin and the Anarchists in cults of both right and left extremists want to destroy both parties because they can't get elected as anarchists.

Democracy is bound by rule of law, people are accountable for crimes. Lawfulness and Crimes are published in the constitution.

Several political cults have taken over ONE of our political parties and they are now identified with treason, fascism, racism, lawlessness & bigotry. All elected officials have joined the cult in that party. Their tactics are blame shifting, overwhelming opposition, demonizing opposition, justifying crimes!

Another cult which has also been working for a long time has surfaced to take over the other party.

They use the same tactics as the other party's cult & they are mean as hell! They call resistance

against the new Democrats primary winner, a progressive, Islamophobia rather than resistance to socialism.

So my QUESTION to you is this?

Do you love Liberal Democracy which, up until Anarchists started sabotaging it, was working very well for you?

The sabotage began just after World War II, when Eisenhower hired a Russian asset religious man to begin the conversion of Americans into CULTS of belief by assigning him the National Prayer Breakfast.

Nixon and his vice president, Spiro Agnew were first after WWII to challenge the rule of law. Gerald Ford pardoned Nixon, setting the stage for dictatorship. Kennedy, King, Kennedy, and Lennon (and others) were assassinated by right wing religious terrorists. Reagan gave Fox News owner Rupert Murdoch Dual Citizenship to found the right wing propaganda channel, then others followed.

Trump gave Elon Musk Dual Citizenship during his first term! All of these men ended up helping Republicans gaslight, lie to, and brainwash conservative constituents.

Around the same time, Bernie Sanders began his socialist Campaign in the USA. He didn't call it that, because he knew it would be difficult for Americans to vote for self-professed socialists when they were used to a Liberal Democratic Constitutional Republic. So, he claimed to be an independent and asked Democrats if he could caucus with them. Since then, he has breached the voter data of Hillary Clinton, sued the Party for suspended access to voter data, accused democrats of abandoning working class people, accused democrats of betraying him, accused democrats of being a THREAT to DEMOCRACY, declared war on Democratic National Convention, and more. Progressives, as he calls them, and they call themselves (as represented by their Political PAC, Indivisible) present on social Media as angry, hostile men and women who constantly sidelining democrats with their angry

rhetoric, name calling and demeaning anyone who disagrees with them. IF THIS IS NOT A CULT, just like MAGA, then, someone prove me wrong!

The latest slur used against Democrats from #MAGA is Antisemitic

The latest SLUR from U.S. Senator Bernie Sanders AOC 2020 Zohran Kwame Mamdani cult is Islamophobic. Defending yourself for five decades when you have done nothing wrong is debilitating and exhausting!

Choices

Give me a head with hair.

Long beautiful hair.

Hair over here.

Hair over there.

The more it grows the longer it gets.

The longer it gets, the more it grows.

Natural principle, keep doing what you are doing, you keep getting what you are getting.

Opposite action requires change. Opposite action requires motivation. Opposite action requires overcoming inertia. It is so much easier to get comfortable in a rut and continue in a predictable channel of life.

Three speeds in life.

Stuck

Steady

Scattershot

Think of it as a continuum

Stuck. Steady. Scattershot.

←—————→

There is constant movement, but the idea is to keep movement from anxiety, worry and fear, living at either end of the spectrum. It's called balance, harmony, health and life. This is our birthright. We have a birth right to keep ourselves balanced or to experiment with extremes.

Cows represent a good example. Cows are a short haired animal. Except, on the tail where the hair is long. A cow's tail swishes back and forth and swishing flies away.

A cow leaves the barn in the morning to feed. She can either stand in one place exhausting the resources available. She can move around gently finding new resources as she moves. Or she can run around like a maniac and exhaust herself in a fearful rendition of herself.

How will you use your hair? What kind of life will you choose? Will you settle yourself and move steady, isolate yourself and save things you cannot use or run around crazy like a frightened animal?

Harmony and Balance

The "nutrition" we provide our brain in the form of sensory input (or vibrations) makes all the difference in terms of Harmony.

Everything is brand new every minute. Rather than adopt a practice or philosophy that becomes a way of separation (a way to strengthen differences between me and others) search for similarities and search inside when finding no similarities.

I was recently returning from India following a trip in the planning for many years.

So, there I was entering the airplane and seat number 39A on a 747 and there was a beautiful Indian young man (raised in a Western culture) seated in 39C. As I approached my seat and he jumped up to allow my entry, he started a conversation immediately. I was still finding my bearings and my seat, so I said, "I am not in great shape right now and it may not be the best time to start a conversation with me." He continued the "conversation" despite my request and began to spout his beliefs and ask me questions about the US election, about Gen X and Millennials and about religion, barely allowing me to politely answer while he interjected his beliefs. His final comment to me was that Judaism, Christianity and Islam are responsible for all of the destruction in the World, that Hinduism is not a religion, and the Hinduists are THE peaceful people.

On a previous visit to India, I attended a retreat at an Sivananda ashram in Rishikesh on the Ganga River. Hindu couples visited the river, but not together. Every afternoon the women would go to the Ganga at around 4pm to commune with Nature. They sat together and meditated on Nature. At 5pm promptly, the Hindu men would arrive at the same spot on the river. At that moment, the women were expected to stop communing and make room for the Hindu men to carry out their religious rituals. I asked one woman about this and she said, "It's an agreement we made with them."

Ultimately between seat 39A and 39 C voices raised, people from seats around looked to see what was happening and sided up and the conversation ended abruptly when he (this beautiful Indian

young man raised as a Westerner) demanded I stop interrupting him and listen to his views. When I pushed back he said, "you are just like my Mother, you Baby-Boomers are all alike, you don't listen and then you get angry to get your point across." To which I replied, "I was angry when I sat down here, I warned you it was not a good idea to start a conversation with me and I have a responsibility to myself to end a conversation so that I am not surrounded by ignorance." That young man proceeded to ignore my requests to move for the remainder of the flight. At first, he sat in his seat with his arms crossed and forced me to climb over him when I needed to go to the toilet. When I started to "climb" again (it was a 15-hour flight), he quickly jumped out of his seat with disgust and turned his back to me until I moved toward the bathroom. I used all of my recently acquired Yoga skills to remain kind and loving toward this young man. This represented the beginning of my exhausting 30-hour reentry into the Western world while I examined my part in this conflict.

A farmer I know described freedom of choice to me before I left India. He said, "every morning I tie my cow to the tree on the grass area outside the barn. The cow has choices. The cow can pull and pull on the rope to try to get to nourishment outside the area of the rope finishing the day exhausted and un-nourished; or the cow can lay down near the tree downcast because he is tied up, refusing the nourishment at hand and sleep all day finishing the day depressed and un-nourished, or the cow can LIVE inside the confines of the rope and be truly serene and nourished at the end of the day. If we insist on living either ignorantly asleep (Tamas) or unhappily restless (Rajas) either way, we are un-nourished. There is no nourishment in either of these polarized positions. True harmony does not come at the expense of others. Harmony is only achieved when we are satisfied (Sattva).

The Universal Laws of Nature, if we remember the science, will nourish us best in living in harmony.

The law of Oneness: We are all one energetically.

- So Ham is a meditation that reminds us what we see is what we are.
- Acceptance of yourself as all you see aids forgiveness.

The law of Vibration: Everything in the universe vibrates.

- Sight, Smell, Taste, Touch and Sound all have vibrations.
- These impulses are constantly coming and going.

The law of Action: All motion requires an impulse to action.

- A still body does not move without an impulse.
- Life is a constant balance of resting and motion.

The law of Correspondence: As above (Universe) so below (Earth)

- Everything in the Universe is also in the human body.
- It is not so hard to imagine a universe in a drop.

The law of Cause/Effect: Every action has a reaction.

- Watch to observe action and reaction.
- Decide if giving results in receiving satisfaction.

The law of Compensation: Consequences compensate for actions.

- When watching, consequences of action are revealed.
- Consequences are not positive/negative, they are neutral.

The law of Attraction: Like attracts like.

- Keep doing the same to attract the same.
- Or watch and see what happens when something changes.

The law of Transmutation: Change is constant.

- The reality is change is the only given.
- Resisting change is futile. Adaptation is a strength.

The law of Relativity: Challenges become opportunities.

- Obstacles are learning opportunities
- Learning opportunities grow Harmony and Balance.

The law of Polarity: Opposite action moves toward the middle.

- When stuck, try the opposite of the impulse.
- Permission to break the rule is granted.

The law of Rhythm: All things move in cycles.

- Think about it, summer, fall, winter, spring, etc.
- Life is a series of building, birth, living and death.

The law of Yin Yang: All is masculine and feminine.

- Balancing yin (feminine) & yang (masculine) = Harmony.
- Acceptance and nurturance of both equals Balance.

Harmony can be thought of as alignment. If I am aligned with Universal Laws of Nature, I am not likely to have the desire to create other, less stable vibrations in my surroundings and my life. I am likely to desire to correct toward harmony rather than to drive myself deeper into unconsciousness or hyper-consciousness extremes in order to maintain my point of view. If I do feed the unstable slower or faster vibrations of unconsciousness or hyper-consciousness, then the law of equilibrium will ultimately make a correction for me. This is called Karma or cause and effect. Ignore the effects or pay attention to them, either way they will eventually cycle back and present themselves again. Each and every living creature on Earth is living this same life informed by the Laws of Nature.

Self-Enquiry assists in awareness and acceptance.

How to attract emotionally healthy women

Getting into a relationship with unhealthy men or women can lead to a life filled with drama. If you find yourself with an emotionally unhealthy person, it is best not to "try to work it out." You are likely wasting your time - **unless** both of you are willing to self-inquire, self-soothe and be self-responsible. If you or the other person cannot do this, the drama cycle ensues and you are both stuck playing a role (victim, aggressor, rescuer). You go around and around on the Ferris wheel of drama in these roles believing the drama is a sign of something good happening. However, you feel exhausted and hopeless. In order to protect yourself and justify your irresponsibility, you blame and label others.

This exhaustion and hopelessness is a sign that your glasses are on backwards. You are looking outside yourself to solve a problem rather than looking in to see who you are and discover your contribution. A speedy and low profile exit works, but this is the coward's way. If you find yourself in a situation where you are responsible for others when you are "stuck" with an emotionally unhealthy person, this complicates the cowardly exit. Make sure the people you are responsible for are taken care of, do not put them in the middle of your conflict with the other person, then exit gracefully and with kindness. This way there will be less for you to clean up afterward.

Or, you can decide to stay and get emotionally healthy yourself. But the only way to do that is to stop focusing on the 10% of the iceberg you are aware of and start taking a look at what is hidden under water in the dark. This is what you are afraid of, not the other person. This is what needs to be investigated, the 90% of you that you have been keeping at bay and have possibly never been introduced to by anyone in your life. Taking a look at this is what sets you free. It happens slowly over time with a great deal of hard work; self-inquiry, self-soothing and self-responsibility. This gets resolved and let go only by being seen by you. Once you shine the light of your consciousness on

this underwater stuff, grieve (the loss that occurred as things were sent under water into the darkness) and release your attachment and avoidance of what lies there - then you are free.

If you are in relationships with emotionally unhealthy people, you are attracting them. This 90% of you under water is attracting unhealthy people. At least 50% of the problem lies within you. If you leave before you find yourself, you take 50% of the problem with you. Wherever you go, there you are with all of your 90% of dark, unknown, unresolved stuff. You will attract people to help you find yourself again and again.

How do you tell when you are about ready to enter a relationship with an emotionally healthy person? Here are a few tips from the Los Angeles City School District. This list is 25 years old. It is simple and straightforward. The emotionally healthy person will display the things on this list.

Listen for these things in yourself and others to see if you are healthy enough to attract a healthy person: The person you are with accepts feedback gracefully, accepts the uncertainty of life and life's outcomes, gives without expecting something in return, manages emotions (feels them without judgment or value and allows them to move through), meets difficulty with poise, acts as a mirror for others, accepts responsibility for him/herself, self-soothes when worried or afraid, endures disappointment, keeps a low profile most of the time, experiences joy when another succeeds, remains open-minded when disagreeing, focuses on the good in people and circumstance, plans in advance and then lets go of the outcome, understands that something larger than "self" is the decider, remains spontaneous, makes a contribution for the good of the larger whole, cleans up his/her own messes, can resolve resentments and get back to love quickly and experiences a good deal of serenity in day-to-day life.

When discussing relationships, we must be able to step out of our old, historical, socially-bound roles (the unconscious ones that exist below the surface of the water) and move into a place of self-responsibility. First, stop rescuing anyone unless they are literally drowning in real water. To

rescue, trying to fix or gossip about another sends the message that you do not trust the other's ability to make good personal choices. Keep rescuing and those people will never learn to be self-responsible and make good choices. Rescuing is typically the entry place into the Drama Cycle that Stephen Karpman, MD described many years ago. As a student of Eric Berne, MD and Transactional Analysis, he simplified the difficulty in relationships to a good working model. Any time there is difficulty, there is projection. Any time there is projection, one or both of the persons involved in the difficulty have stopped behaving in a self-responsible manner.

Whenever you are disturbed, there is something wrong with you. If someone else is disturbed in relationship to you, inquire to discover what is your part in that disturbance (your part will be 50%).

Once the drama cycle is entered by blaming, rescuing or self-pity, you are back in the historical pattern. The only way out is to refuse to play any one of the three roles. Habit makes this challenging. Habit is historical and goes way back, sometimes to even before you were born.

Never-the-less, it is your responsibility to break the cycle.

It is a given, we have all been hurt by people, male and female. If we move beyond the "thinking" which keeps us in our above the water 10% illusion that "I am safe here on the tip of this iceberg, he/she has the problem," we have a chance at improving our relationships. The scenario where we look like we come from different planets (Venus and Mars) is a "thinking" brain issue. Connecting with others is not a head-oriented, thinking brain activity.

Connection comes from the heart. Think with your heart to connect. Open your heart every day and breath through your nose to tone your Vagus Nerve and you will live longer and have better relationships. When the Vagus Nerve is not toned every day, the parasympathetic nervous system goes off-line most of the time and you live in your brain. The 10% of you that you are aware of is the critical, evaluatory, judging, analyzing, ego-bound part of you. This part of you is in charge all of the time and does not function well in relationships.

Your Vagus Nerve innervates all of your organs. It is an afferent nerve (impulses moving away from the brain). When it is not toned, the parasympathetic impulses which reset the organs and immune system after fight or flight cease to operate involuntarily. Hence, chronic HPA axis stimulation at varying levels creates many absorption problems at the cellular level. Close off your heart brain and your sympathetic nervous system takes over. You become a reactive, aggressive or passive aggressive automaton. Finally, you develop cardio-vascular disease, chronic digestive problems or chronic inflammation.

It is never too late to change this pattern. There is a simple solution. I did not say it is an easy solution. It is not easy because of habits. And, so we are back to the historical habits that may be older than your own age. Do you have the courage to turn your life around or are you going to settle for drama? If you settle for drama, you are part of the problem. Actions have consequences. Your actions should be carefully considered so they take you where you want to go in your life. Do not allow fear (false evidence appearing real) to prevent you from claiming your freedom.

How to spot a liar

I never was a good liar. Never-the-less, I lied a good deal of the time. From as early as I can remember, my mother had the ability to spot a lie from me every time. My sisters, not so much. Though they lied as much or more than I did, they rarely got caught. Despite this fact, I became a pathological liar. I lied even when it was easier to tell the truth. Partly my lying was motivated by the fact that I had no sense of self. I had no idea who I was except to be a tool for those larger than me. I was never encouraged to find myself. So, I spent the first 35 years of my life making it up as I went along. Lying just seemed easier than admitting I did not have a clue. But the person I lied to the most was myself.

The methods I used are listed here in order of severity with examples:

1) Rationalization: This is the ability to take an action that hurts myself and/or someone else and continue taking that action by saying to myself, “I have the best interest of others in mind when I am engaging in this action.” A recent example of this method is found in our current Federal Administration deconstructing every advance made in the interest of the citizens of the USA while telling themselves the best thing for everyone is “small federal government.”

2) Justification: This is the act of describing something as right or correct (even when it appears to be doing harm to myself or someone else). One example is when our elected representatives tell us you are losing your health care but this step is required to make things work again.

3) Projection: This is the act of taking something I am doing and shifting it to another. If I have a belief system that says the problem always lies outside myself, I am going to find something wrong with you in every relational aspect of my life. When our current President says publicly that the media is the enemy, he is busy shifting blame from himself to the media. This is a projection.

4) Compensation: This is finding a distraction from a problem so I do not have to deal with the consequences. The situation we find ourselves in today is that some of our citizens and representatives find ways to distract us from the concern that our country and our elections have been compromised by a foreign hostile government.

5) Daydreaming: This strategy allows me to pretend that a problem does not exist by entering a fantasy reality. A recent twitter post from @wernertwertzog says “You are waking up to the awareness that 1/3 of your people would kill another 1/3 while the other 1/3 watch.” This is in reference to our current Federal Government in comparison to Hilter’s Regime. The implication is that 1/3 of the US Citizens still support a person they elected despite multiple constitutional, civil and legal crimes committed by that person in the last nine months. This fantasy in this case is driven

by the foreign hostile government who invaded our Country and elections continuing to spread propaganda through several compromised media outlets.

6) Grandiosity: This refers to the belief that I am the most important person in the entirety of humanity. For example, our current Federal Government leader uses Twitter to post self-centered, self-aggrandizing messages to his followers, misdirecting them and building himself up at the same time.

7) Gas lighting: This refers to my ability to convince a group of people that something that actually happened did not happen. For example, despite the evidence that a foreign hostile government invaded our Country and elections, the current Federal Administration continued to tell us, “that did not happen.” “I know nothing about that.” “I have no dealings with that foreign hostile government.”

8) Nonsensical Monologue: In this method, I fill others with so much information they end up experiencing exhaustion and confusion. The use of Twitter by our current Federal Leader is a good example of this. The constant monologue streaming every day from Twitter tends to desensitize a large group of people to the insensitivity of the monologue.

9) Generalization: This dishonest tactic allows me to place a large group of people into one group and label them as “bad” or “fake” so that others turn against the group. Our current Federal Leader has done this to the media, our judicial branch of government, our legislative branch of government and a majority of the citizens of the USA.

10) Misrepresenting to absurdity: In this dishonest tactic, something I say or believe turns it into a character flaw or evidence of your irrationality. For example, the implication that 2/3 of the USA population’s beliefs that “the left” is driving the World into chaos is simply not true.

11) Nitpicking and moving the goalposts: In a relational process, I may constantly criticize my “enemies” and constantly shift the reality so that it is impossible to meet the goal I have set for you. We experience this in the manner in which the escalation of decisions made by our current Federal

Administration gets more and more draconian while we make an unconscious adjustment to the new level of corruption.

12) Changing the subject to avoid accountability: The title explains my actions in this example. It is a primary technique used by our current Federal Administration. This last week, a compromised legislator brought propaganda obtained from the foreign hostile government who invaded our Country to legislative leaders. The legislative leaders then brought the distracting propaganda to the Federal Leader and Viola! A tweet appeared this very morning presenting a new angle which could be used as a way to obstruct the investigation of the invasion of a foreign hostile government.

11) Covert and overt threats: This lying tactic is sometimes subtle but never-the-less effective. To keep a group of people off balance, I used threats of loss to disturb the group and make them rise up in opposition. This often causes violence and hatred among the people being affected. It is a divisive strategy. Our Federal Administration uses this tactic regularly as they engage in deconstruction of the representative government of the USA.

12) Name Calling: This dishonest strategy causes me to divide people into two groups, those for me and those against me. Those against me are called names like “deep state,” “people who did not vote,” “cities in carnage,” “ungrateful traitor,” “Country has taken advantage of us,” “failing @nytimes,” “Fake News,” “a horrible mess,” “weak on immigration,” “airport malfunction caused by airline,” “a lot of bad dudes out there,” “Fake Tears,” “the opposition party (referring to the media),” “when will the DEMS give us our AG?,” “Iran should have been grateful for the terrible deal we gave them,” “Obama made a dumb deal,” “Iran is playing with fire,” “Berkeley practices violence,” “Apprentice did a bad job,” “professional anarchists,” “so-called-judge.” These are all actual examples of our Federal Leader's use of name calling.

13) Destructive conditioning: This is my peak tactic of dishonesty. I fill you with memories of abuse, frustration and disrespect while preventing you from enjoying or celebrating strengths and rituals. I

think we can say that our Liar-In-Chief engages in this habitual lie on a daily basis by flooding us with negativity.

Since I have used all of these tactics myself, have spent 35 years coming to terms with my use of said tactics and no longer use them, I am in a special position. I can see them clearly. I must say, until I learned to self-inquire and look carefully at my own behavior, these tactics remained unknown to me. I was unaware of the fact that I used them.

Hypocrisy

"I am very wary of people whose actions do not match their words." Alexandra Elle

Hypocrisy: the practice of claiming to have moral standards or beliefs to which one's own behavior does not conform. Wikipedia

Growing up in an alcoholic, abusive family was challenging for this super sensitive, highly aware individual. In our house, we lived like animals. It was every person out for him or herself. The adults who were supposed to be caring for their children drank, partied, fought and beat, molested and berated their children with their narcissistic rage and entitlement. In some abusive families, the children draw together for survival. Not in my family. We followed in my parents footsteps, hunkering down behind our bunkers each in own reality right into adulthood. My older sister chose to die alone rather than talk to her sisters about her out of control drinking and illness (people had been telling her for months that she looked unwell, so I heard). My younger sister and I cannot be cordial to one another and we absolutely cannot talk about our childhood, politics or spirituality without quickly moving behind our childhood bunkers. She is Conservative and I am Moderately Liberal.

Both of my parents are now dead and my sister is my only living FOO relative. Outside of our home our parents were part of a Christian community, we attended church every Sunday in our beautiful dresses, shoes and hats and we made a showing for the community by carefully following my mother's "outdoor" rules, suffering shame and indignation if we ever broke one (like never sitting in the car in front of the house talking with our boyfriend and never talking about anything that went on in the house to anyone outside the house).

So, hypocrisy and chaos were the name of the game in my growing years. Because of that and the fact that I truly believed by the age of 15 that I was on my own, there was going to be no help from anyone who claimed to love me and I would have to find my own way, I vowed never to step foot

into a church again; I was polarized. That is the age I started drinking and having unprotected sex. My self-destructive tendencies were active, alive and living in my unwell mind. There were two of me. One was the aggressive, independent, narcissistic, addict (sex and alcohol) where life was about doing more of anything that pleased my senses. The other was an ashamed, remorseful, dependent waif who did not believe in myself and had no wind under my wings. This is the way I lived my life for 20 years, from age 15 to 35 years old.

I suffered from depression and anxiety on several occasions during that time, but at age 35 the depression and anxiety hit an all-time low. At that time I joined Alanon and Alcoholics Anonymous (both 12 step programs for alcoholism) and went to therapy twice a week for years to undo the damage done by my upbringing. I learned how to self-inquire and tell myself the truth about what I had done rather than focus on my parent's bad behavior. I learned to surrender and make amends for my own bad behavior. I learned to set boundaries and let go of toxic people so I could take care of myself. I learned to love and heal my own relationships and help others do the same. As an adult, I am still very sensitive to hypocrisy but now rather than confusion, I feel angry and afraid when confronted with hypocrisy.

In my opinion, our country is under the charge of some of the most hypocritical people who currently walk the Earth. They are just like my parents. I believe that anyone who is awake, anyone who has a conscience is feeling angry and afraid about the situation. I believe our constitution and our democracy are under siege by enemies of the foundations upon which our Country was built. I am not the only person who believes this. Garret Epps in his article in *The Atlantic*, November 2016 reports, "Donald Trump ran on a platform of relentless, thoroughgoing rejection of the Constitution itself, and its underlying principle of democratic self-government and individual rights. True, he never endorsed quartering of troops in private homes in time of peace, but aside from that there is hardly a provision of the Bill of Rights or later amendments he did not explicitly promise to override

(and has since overridden), from First Amendment freedom of the press and of religion to Fourth Amendment freedom from 'unreasonable searches and seizures' to Sixth Amendment right to counsel to Fourteenth Amendment birthright citizenship and Equal Protection and Fifteenth Amendment voting rights."

The above is a Liberal-leaning argument, so let me reference a Conservative leaning article as well.

When I read through the National Review article by Ilya Shapiro from December 2015, the 10 listed ways Obama violated the Constitution are all Conservative political talking points that are debatable.

None of these items are beyond a moderate compromise if the Conservatives had been willing to work with Obama on anything during his 8 years as President. Rather they obstructed his agenda and spread lies and rumors about him to create Conservative hysteria. This Conservative hysteria (lead by Steve Bannon and other alt-right Conservatives including Vladimir Putin) is partly what drove Donald J. Trump into the White House. There were other factors of course, but the defamation and abuse Obama suffered during his presidency which continues now is and has been nothing short of ridiculous, absurd and divisive.

In my own life, here are some examples of the hypocrisy to which I have been exposed as an adult.

During a discussion about reproductive rights, the argument forwarded by a Conservative is, "what about the babies, who is going to protect the babies?" And yet, in a following discussion about a health insurance guarantee for underprivileged families the argument forwarded by the conservative is, "I don't want my tax money being used to provide health insurance for the underprivileged." To this I say, "What about the children? Who is going to protect the children?"

If there is insurance for the underprivileged (as with the Affordable Care Act) and Conservative employers refuse to pay for birth control citing religious freedom, then how are we going to prevent unwanted babies? (The Conservative answer is stop having sex.) It seems to me that most Conservatives are privileged people who have forgotten that all beings of all skin shades on this

planet are one body under their "God." Their "God" expects us to take care of one another. I have never had an abortion, but if I had to decide whether to have an abortion, I want my doctor and I to make that decision based on medical criteria rather than be forced to follow someone else's religious beliefs.

In a discussion about gender identity, the argument forwarded by a Conservative is, "God burnt down entire towns because of gay sex. It is a sin." Wikipedia says, "Sodom and Gomorrah have been used as metaphors (speech applied to an action which is not meant to be literally applicable) for vice and homosexuality viewed as a deviation. The story has therefore given rise to words in several languages. These include the English word sodomy, used in sodomy laws to describe sexual 'crime against natures,' namely anal and oral sex-particularly for homosexuals." David E. Newton, author of *Gay and Lesbian Rights: A World Perspective* says, "For most Americans, the principle that all people are equal under the law is one of the cornerstones of our society. Yet for most of history, (and I would say because of religious hysteria and Conservative beliefs) the United States has not followed this principle in practice."

When a moderate Liberal like myself confronts a Conservative on these issues of hypocrisy we are told (in a hateful manner) that we are hateful and rage filled and we are labeled Alt-Liberal, the enemy, the anti-Christ. Really? If we agree to abide by the Constitution of the United States of America, then we should not be making decisions for an entire population of the United States of America based on the Religious beliefs of less than half of the population.

According to reliable sources, Donald Trump's initiation into Vladimir Putin's World began in 2013. Vladimir Putin is Russian Orthodox Christian and has banned Evangelical Christians (among other religions) from proselytizing outside their church. But he has made a pact with the American Evangelicals. These are the people involved in the "Conservative Revolution" as Steve Bannon calls it. Currently, we are experiencing the silencing of over half of the population of the United States of

America. The Bannon/Trump/Putin pact is to break down our current form of government, leave us in chaos and set up a paternalistic patriarchy such as they have in Russia. Vladimir Putin is interfering with elections in Europe as well to separate and divide the European Union.

I don't agree with the premise of these Conservatives that Liberals failed to adopt their parent's Conservative and religious views therefore we have devolved into a Liberal-driven Chaos. I believe that religious Christian views made my parents the way they were. It was impossible for them to get help for themselves because of the shame they experienced due to their upbringing. I believe the Trump/Bannon/Putin agenda is to create the "Global War" that they predict, separating factions of people into groups based on race, ethnicity, gender identity and age. I think the beliefs of these Conservatives are a projection of their internal world of shame and chaos and are a part of their distorted belief system.

I do not agree that Barack Obama left a mess for the Conservatives to clean up. Barack Obama was a kind, moderate Liberal who tried in every way to forge relationships with Conservatives but was rebuked at every try largely because of his race. I don't agree that "Obamacare" (a phrase likely coined by Conservative writer Gary A. Beckman) is a "disaster." And, can we start calling it the Affordable Care Act now, please, rather than Obamacare?

I have not had to use the Affordable Care Act because my retirement included health care coverage. Recovery of myself has been a step-wise process for the last 35 years. Most of my recovery is not something my insurance covered. Most recently I am dealing with the ways I communicate which sabotage my success. I am learning to correct my distorted sense of reality, to stop projecting my reality on others, to be more accountable for myself, to stop setting boundaries I don't intend to keep, to never use sarcasm, to manage my rage better and to understand that I am responsible for myself. I have been at this nearly thirty-five years and I am still working on it. I will never be perfect and I am

good with that fact. But I am not your enemy. I am not hateful, I am full of love. The fact that you see me that way is a projection of your reality.

Conservatives and Liberals are driven by a different World View in my opinion. We see the World differently. Most Liberals don't expect that someone else will clean things up for us. Most Liberals understand we are responsible to clean up our own messes. Most Liberals understand we must stop blaming others for the problems we see in our own distorted reality.

Recently Trevor Noah sent his correspondent out to see if Liberals are busing in paid protesters to the town hall meetings as Conservatives are claiming. Desi Lydic did a great job of interviewing people in line for the town hall. She also interviewed a large, well dressed group of supporters of Donald J Trump. Everyone she interviewed who was seriously waiting to attend the town hall was a resident of the district where the town hall was being held. They were in a state of panic about what was about to happen with their health care. None of them were paid protesters. Some of them showed evidence of their zip code.

However, while interviewing the supporters of Donald J. Trump, Desi found many of them were not from the district where the town hall was being held. Most of the supporters of Donald J. Trump got on buses following the town hall and were bused back to their own district. None of them would admit they were paid to be there, but I imagine if that is what they were accusing others of doing they were paid. This is called projection (see your worst qualities and behavior in others and blame them for what you are doing).

The concept of Pathological Lying is an important concept to consider here. "A Pathological Liar is someone who compulsively tells lies or fabricates information. They may not be completely rooted in reality, believing the lies they tell," says "WikiHow." Juddi Krishnamurti, an Indian Philosopher of the 20th Century says, "The worst kind of liar is the liar who thinks he is telling the truth." At the PsychCentral Blog they describe six subtle characteristics of the Pathological Liar. They are:

1. They study the people they want to take advantage of so they know your weaknesses.
2. They lack empathy or the ability to consider your feelings or your point of view.
3. They show no emotion while lying. They are not fazed by continued questioning and can continue indefinitely to lie to your face without any emotion.
4. They are very good at telling lies and have no “tells” while they are lying right to your face.
5. They stimulate you to arouse you psychologically, emotionally or sexually so that you are distracted from holding them accountable.
6. They show no emotion when confronted or may become aggressive or rage filled when confronted.

When dealing with a Pathological Liar, one must pay attention to themselves. If you feel guilty, sad or afraid of being rejected, there is a chance that you have encountered a Pathological Liar. Pay attention to your instincts, trust yourself, defend yourself if necessary, but mostly distance yourself and move away from the Pathological Liar as soon as possible.

It is likely that your Pathological Liar also has a deep-seated character disorder like Psychopathy (unstable and aggressive behavior likely stimulated by violently abuse from a very early age), Sociopathy (a lack of attachment to a primary care taker which leaves a child deceitful with no conscience) or Narcissism (a failure to distinguish the self from external objects so that all you see is yourself). It is unlikely people with these disorders can improve. From an early age, often as a baby, they are taught how to be in the World by often-times very sick parents who abuse, neglect and abandon them. They literally grow up learning how to survive in the World without the help of a loving primary care taker.

When we look at our current Administration of public servants in and around the White House, we see these characteristics displayed often. For this reason, a good portion of the public has been very

concerned about our safety, especially those of us who grew up in this kind of environment.

Something seems very familiar to the chaos we experienced as children. In my case, there was no help for me until I became an adult and began raising my own daughter. I do have a conscience and was completely unable to raise her in the same environment in which I grew up. But the only way out is to refuse to watch the unfolding crisis. However, to do so takes your freedom of choice completely away. I chose the non-violent resistance of Gandhi as my method of approaching our Country's current crisis.

It took me a long time to learn this coping skill. I started my process of recovering my relationship with myself at age thirty-five, in 1982. I had just finished my Bachelor Degree at San Jose State University and was entering a Master Degree Program at Santa Clara University. In my very first class on meditation and mindfulness my instructor asked for a volunteer to do a past-life regression. I volunteered. He began to take me on a journey and suddenly my breath became rapid and ragged. He asked me to look down at my body and tell him what I saw. "I see a black man running through the jungle," I said. He asked me what I was running from. I said "I have raped another man's woman and the tribe is chasing me. They are going to kill me."

Many years later at age sixty-seven after years of work in recovery, I attended a Silent Meditation Retreat. On the sixth day of meditation, I entered a homicidal rage toward my father who had sexually abused me as a baby and until I was around 7 years old. I violently killed off the memory of my father as a monster over a two-hour period and then began to relive one life time after another where I was a conscious-less pleasure seeker who abused many people and my life was taken each time because of that abuse. Next, in my mind all the pieces of the puzzle from my first experience as a student through the twenty-two years of recovery fell into place. I was released from a prison I had been in for sixty-seven years.

I chose not to decide whether there is a God, whether we have many lives on this planet or other planets or whether there is a thing called Karma. All I know is that around the time of my first experience at age thirty-five I was resting in the back yard trying to quiet my mind and an entire flock of Midwestern Canadian Geese flew roof high over my head honking very loudly. My father used to hunt these geese in Missouri. Over the next several years I had four other experiences where I became aware of geese flying over my head as the years unfolded but the flock kept getting smaller.

After my silent meditation at age sixty-seven, I went outside to walk on the foot path and breathe fresh air. Suddenly two Midwestern Canadian Geese flew directly over my head honking loudly. I said to myself, “gosh, I wonder if these geese have anything to do with my father.” Then I stopped to listen. I heard “yes.” Then I said to myself, “I wonder what I am supposed to do.” I heard “you need to forgive me and let me go.” I immediately agreed to the proposal and a great sense of peace washed over me. Since that time, I have not had a single hateful thought or feeling toward my Earthly father. I will be seventy years old on August 27, 2017 and I will be thirty years without alcohol on July 9, 2017. Lately, I have been working on my relationship with my abusive Earthly Mother.

I met a man I disagreed with

My journey is an ongoing series of learning experiences. Having experienced that my voice would be met with silencing no matter where I traveled, I have been schooled once again on reaching dogmatic conclusions.

Albuquerque, May 18 through May 22, I had the opportunity to study with one teacher who blesses my life. Dr. Vasant Lad presented the principles of Samkhya Philosophy Shakti Yoga (the Ayurveda of the Subtle Body-the electrical system that innervates life). I love the way Dr. Lad takes my fifteen years of study and integrates my learning. I will write a blog on this soon.

I had my annual physical with my Ayurvedist, Dr. Ed and we agreed my practice is “on the right track.” Dr. Ed and I talked briefly about my upcoming trip to Washington DC to protest for election security at the “Kremlin Annex” where a number of us who are very concerned about the direction of our Nation gather to “speak” in peaceful, celebratory opposition. Dr. Ed suggested I do this with the attitude of meditation.

My dear Christian friend, Janice and her husband are in Albuquerque temporarily. She is a pediatrician who travels with “Doctors Without Borders,” and often does contract work for communities compromised by the current administration’s draconian agenda. We had a wonderful time together, laughed, teased each other and shared wisdom. These two are people with whom I can be myself 100% and be loved exactly for who I have become. I love them deeply.

I drove to Taos (two hours one way) to visit the Neem Karoli Baba Hanuman Temple, thanked Hanuman for his gift and broke bread with a lovely Indian woman, Shobhaa, We hit it off immediately, talked about what a blessing it is to travel alone and she asked if I could give her a ride to Santa Fe on my way back to Albuquerque. Of course, I agreed. The time we spent together allowed us to support one another and deepen our LOVE.

The next day I spent at the Spa. The Sandia Resort has an amazing Spa where I met a skilled practitioner who knew Ayurveda. The treatment was exquisite.

My Journey to Virginia started at 5:00 am May 22. On my first flight, a woman sat next to me who first lectured me about where to put my bag. I fell silent for most of the trip (those who know me know how difficult this is for me), but at the end of our journey she started a different conversation, one of connection and support. This left me with a sense of joy.

Flight number two blessed me with another lovely woman who enjoys traveling alone. We talked nearly the entire flight, supported each other and LOVED our time together.

At Charlotte, with a three hour layover, I got my Shakti notes out and began to create an art project around the learning. I thought I was waiting at the proper gate, but when things remained silent about 45 minutes before flight time, I realized I had read my SEAT number as the GATE number, quickly packed my things up and found a wheelchair attendant to rush me over to the proper gate.

Discombobulated, I sat down in my seat, ripping my skirt. Before I could get settled, I met a man.

He was given the seat next to me. He was friendly, but soon revealed he was Christian, worked at a local Christian University as a professor and was a Conservative. My first message to him was “we probably should not speak during this flight as I am an atheist, liberal who is protesting Christians taking our Nation to Theocratic Dictatorship.” But he persisted, and so, being tired and grumpy, I raged at him that he and his people were cheaters, liars, bigots and racists (in essence). This did not scare him away. Rather he lovingly challenged me not to dump all Christians in the same bucket (me being a bigot).

I settled in and we ultimately had a peaceful exchange of ideas where he got to practice his “Christian Apologist Tactics” and I got to challenge him as being a Christian who is upset about “Trump” but good with the “Agenda.” I was surprised at the peaceful and supportive nature of our exchanges. I was able to speak about my two greatest concerns with this beautiful man who did not

want to be identified with the violence, hatred, bigotry and racism that is the Trump Regime.

I said:

1. If you identify as Christian and you are sitting silently while our Constitution and Rule of Law are being dismantled by the corrupt Republican Party and treasonous Russian operatives, you are complicit in the crimes they are committing.

2. You are trying to impose your theocratic populist nationalist belief system on an unwilling 2/3 of the citizens of a constitutional democratic republic by undermining our constitution and rule of law.

You are putting money, party, beliefs and agenda over people who are being harmed but it seems you don't care as long as it is not you and yours.

He listened, shared and supported me as did I. We ended up having a very intimate conversation about Mothers and Grandchildren, I shared my blog and a few musical selections and we were each on our separate ways to our next destinations.

What an interesting beginning to my Journey. Already, I have learned so much!

I was raped repeatedly

What is rape? If we consider the act rape as to plunder (to wrongfully take) in violent seizure (with furious energy) in an effort to abuse (to revile or malign) for purpose of desecration (for profane purpose), then I have been raped by Donald J. Trump and republicans every day of my life since he descended the escalator at Trump Tower to announce his presidency, until recently when I surrendered to the unknown. I will not allow them to rape me any longer.

Because of this raping, I was quite angry for a number of years. Now, I am no longer angry. I am determined to work as hard as I can so that these monsters and criminals never get elected into public office again.

I was never raped, that I know of. I had many blackouts and I have no idea what happened during those. I ended up resting somewhere familiar every time. I don't know how I got there.

Once, at age 13, with new breasts, I tried to breastfeed a one-year-old young man I was babysitting for. He remembered it and at age 38, he brought his friends around my old backyard, they encircled me and said, “is she the one?” and he shook his head yes and walked away. I had not remembered this sexual abuse of a young child at that time. It took me several more years of recovery until I remembered it and felt such shame.

When I was 34, a young boy, aged 10 or so choked on hard candy and a marshmallow where I worked at the YMCA. My coworker and I were not called until he had been choking for several minutes and when we arrived where he was, he was already dead.

I had a bad opinion of myself for most of my childhood and young adulthood.

It was not until many years later I remembered my father molested me as a young child. I believe from age one to six, he put his mouth on my genitals while he masturbated. I know I was lost, gone from my body, up on the ceiling of my bedroom, drifting out in the ether somewhere most of my childhood until it was in sixth grade and I met my friend Tony.

All of these stories are the little things that made up my life over the years. None of it did I remember until I got sober. I lost my relationships with both of my sisters. They began to treat me differently after that. They criticized me frequently for “doing things the wrong way.” I realize now, this was a holdover from our childhoods. In each case, when I asked them to stop referring to me negatively, they began to distance themselves from me, moving so far into the distance I could not even feel the love from them anymore. It was then I decided I had no sisters at all. Though I love them as people and wish them nothing but wonderful days in life, I also wish that for Donald Trump and republicans.

I now have people in my life who love me unconditionally, without asking me not to talk about certain things, without having to get drunk before they call me, without all the complications. Most people left in my life now love me just the way I am.

Immigration

Some “arguments” seem intellectual to me. I used to debate intellectually until I did my own hard work to find myself, claim responsibility and let go of my past. I no longer drag it around in a heavy backpack. I have forgiven myself and those who took from me.

Sometimes people think differently from me. Example: take the word excuse. I don't excuse bad behavior. For me I am only able to change the world by changing myself. I don't belabor the bad deeds of others that I have no power to stop. I move myself out of the way, I call the bad behavior out, I protest the bad behavior, and then I let them go immediately. This does not mean I excuse it.

Sometimes people make assumptions about what I say. People twist my words to fit their own narrative. You may say “Let's not lose sight of the practical in the philosophical.” I don't think those who say this are listening. Philosophical? I think not. My solution is right sized and practical. I have changed in a different way. Now I am more committed to my fellow humans on one hand and more committed to taking care of myself on the other. The way I got to this point is THIRTY years of self-inquiry, of examining my motives, of undoing my personal past. This is the true path to freedom through change and love. I am a member of the World Family now. I do not ignore or minimize my culpability or anyone else's. I accept it. I understand I have hurt people by being who I am, doing what I do and having what I have. I help others and I do not expect anything in return. I will not, however, carry the weight of the past for myself or another. We all must do our own work to move beyond the past.

In my mind, we are all the same. My injuries are no greater or less than yours. My offenses are no greater or less than yours. I am human, and I make mistakes. I am not cruel or delusional like the white man who invaded natives or the Alt Right who are destroying our country now over a resentment from the past. I have that in me but don't exercise it any longer. Those who hold on to the past in martyrdom are part of the problem, not the solution (@GOP @RNC). They live in reactive

mode. Therefore, they draw the same scenario back to themselves again and again. They are completely incapable of taking responsibility for themselves or the damage they do.

I call them on everything. But I don't imagine I can have any impact on their choices. I certainly don't hold that their hurtful behavior is anything that has been stolen from me. That would make me a perpetual victim. I am unwilling to be a perpetual victim. I start new every day. I will never abdicate my responsibility for myself, my relationships and my Earth to another human being. I will never willingly submit myself to anything which strives to take my freedom. But freedom is a state of mind. It is not something another person or a law gives you. I have no secrets. I am an open book. What you see is what you get. Not everyone has the courage to go through this process. In the United State of America, the GOP and RNC have planned and carried out a fifth column coup over the last THIRTY years. I have been calling it out for THIRTY years, but most citizens were (maybe still are) asleep. Now, the genocidal policies of the GOP and RNC are 70% enacted and beginning to impact real people in a negative way. These policies have been forced on us, mostly behind closed doors with no checks and balances to hold people ethically and morally responsible. The largest number of people involved in the coup are "christian" (small c because they are not really practicing Christian's) Dominionist. They interpret the Bible literally and personally. They believe their cult Dominionist Sect has been ordained by God to have dominion over earth and all beings, that it is their responsibility to enact God's laws (as they interpret them) on the non-believer. They believe that the end times are coming so they are grasping power to earn their place in heaven. They believe the rest of us are sinners, a lost cause and therefore, going to Hell, so they don't bother with or include us. We are the enemy. They call us that. This is delusional. They have hooked up and are using corrupt politicians (GOP and RNC) to gain power to complete this plan. They have also connected with and are conspiring with Russia (a hostile enemy of the USA) and the army of Kleptocratic corruption held captive by Vladimir Putin. He has soldiers all

over the World he can call on to do his bidding. The man mastered KGB Hybrid Warfare when he was a KGB agent. He uses it to gain influence and develop compromising information which the corrupt do not want to surface. Then he uses bribery and threats to keep people in line, to do his bidding. Some people are going to be cruel no matter what.

The progress we made over the last 50 years toward a true equality had only begun. It was too threatening for people who have too many secrets. People with secrets are vulnerable to be used as instruments by the corrupt. Can you imagine how many secrets Vladimir Putin has? Then in two years, the current president, Russia, the corrupt political party and the Dominionists cheated to gain power and undid all the progress we made. We watched in horror as they enacted their special form of corruption and bigotry through the legal system which they are now filling with like-minded Dominionist judges to further consolidate power

Fear drives them to want to be in power and have a Country that is theirs alone.

Let's look at the discussion:

Immigration: the international movement of people into a destination country of which they are not natives or where they do not possess citizenship in order to settle or reside there.

Ownership: ownership of property may be private, collective, or common, and the property may be of objects, land or real estate, or intellectual property. Determining ownership in law involves determining who has certain rights (legal documents) and duties (responsibilities) over the property.

My next statement may seem stark and confusing. Since we all come from Africa originally (ancestral), every one of us is an immigrant. We all have a right (birth certificate) and duties (responsibility to care for Earth and other people). So, in my mind, boundaries of land and property are an illusion. The only thing I own is my spirit and my choices. No one can take either of those away from me. As long as I attend to my spirit and make loving choices, I am free. The minute I forget myself, I am bound by fear.

“Man’s Search For Meaning” by Viktor Frankle describes this concept well. He was a Psychiatrist MD who was sent to a concentration camp during the Nazi Regime. He survived, barely, by taking only what he needed to stay alive and giving everything else plus love and compassion to other prisoners. He describes his experience in minute detail.

Here is a story to illustrate. A woman was walking alone at night in a city neighborhood on a darkened street. A car pulled up next to her, a man jumped out of the passenger seat, opened the back door and forced her inside. He locked her into the back seat, jumped back into the front passenger seat and the driver drove away. For several hours the two men in the front seat drove around town describing to the woman in detail exactly how they were going to torture and kill her. Their motive was to incite fear to the point of panic so that the torture and murder would be more exciting for them.

This woman, however, knew something. She knew that she may suffer and die, and she accepted that. She knew that she could not escape, and she accepted that. She knew that her life could be taken in a painful way, and she accepted that. She also knew that she could form her experience with her spirit and choice, and she accepted that responsibility. She absolved herself to stay calm no matter what happened. She used her skills to stay in a wise mind and observe herself and the situation. She responded with love and kindness, saying only that she understood that they were going to torture and kill her and that she would forgive them for what they would do.

Many hours later, near where the men picked her up, they stopped the car again and told her to get out. She got out of the car and they drove away leaving her standing on the sidewalk. First, she collapsed and sobbed. Then she found assistance from the police first, her family and friends next and then professionals who could help her recover from the PTSD left from this trauma. This is a true story.

Intentions

In relationships, your intention is not what matters in doing and not doing something. If you or someone you are in a relationship with continues to do something you or the other person perceives as hurtful, then you are in a toxic relationship.

An intention can not be seen or meted out by another person. An intention is personal. Another person can only perceive what you do or do not do.

You may recognize a hurt another person perceives as a distorted perception, but it is, never-the-less, a perception. It is not about being right or wrong. The fact that the hurt is not perceived as being a problem for the person who engages in the action or inaction is not what is important in relationships. Empathy is what is important.

Empathy is when you can step outside yourself and “see” another person’s pain/joy. Honor perceptions in this way.

It won’t hurt you to understand the other person's “distortions” come from their own history of hurts and disappointments. Or they may be an accurate assessment of the situation.

In fact, understanding we all have “distorted” perceptions (and sometimes our perceptions are accurate) will deepen your relationships with other people. It is not just “nonsense.”

It matters what you do or do not do.

Of course, the goal for all of us personally is to clear away misapprehensions based on history of hurts and disappointments. That is the goal. Most of us have not mastered this yet. Most of us are a work in progress.

Bible Verses related to Jesus' teachings

1 Corinthians 12:12-26

25: That there should be no schism in the body; but that the members should have the same care one for another.

25: And whether one member suffers, all the members suffer with it; or one member be honoured, all the members rejoice with it.

“The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit.

Yes, the body has many different parts, not just one part. If the foot says, “I am not a part of the body because I am not a hand,” that does not make it any less a part of the body.¹⁶ And if the ear says, “I am not part of the body because I am not an eye,” would that make it any less a part of the body? If the whole body were an eye, how would you hear? Or if your whole body were an ear, how would you smell anything?

But our bodies have many parts, and God has put each part just where he wants it. How strange a body would be if it had only one part! Yes, there are many parts, but only one body. The eye can never say to the hand, “I don't need you.” The head can't say to the feet, “I don't need you.”

In fact, some parts of the body that seem weakest and least important are actually the most necessary. And the parts we regard as less honorable are those we clothe with the greatest care.

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<https://www.bible.com/bible/116/1CO.12.12-18> (New Living Translation)

Kundalini Yoga According to Joseph Campbell

Kundalini Yoga is largely practiced through controlled breath and meditation. Breath and Emotion are linked. The purpose of kundalini yoga, then, is to awaken the Chakras and the Subtle Body, “the nervous system,” and all of its subtle energetic auras in order to know and experience the TRUTH.

“Chakra I: the world view is of uninspired materialism, governed by your perceptions and the psychology adequately described in behavioristic terms, is reactive, not active. There is on this plane no zeal for life, no explicit impulse to expand.” Fear is the predominant emotion here.

“Chakra II: Swadhisthana, is at the level of the genitals. When the Kundalini is active at this level, the whole aim of life is sex.” Lust and greed are the primary emotions here.

“Chakra III: Mainpura, is located at the level of the navel. Here the energy turns to violence and its aim is to consume, to master, to turn the world into oneself and one’s own.” Anger and rage are the primary expressions of emotion here.

“The function of Chakra III is organizing your life, establishing a family, building a business, learning how to master the world in terms appropriate to your condition and place.”

“All three of these lower chakras are of the modes of man’s living in the world in his naïve state, outward turned.”

“These three chakras are functions that we share with other animals.”

“Chakra IV: Anahata, meaning ‘not struck,’ is at the level of the heart. It is the beginning of the spiritual life, the awakening where the new life begins. The heart chakra, then, is the opening of the spiritual dimension: all is metaphoric of the mystery.” Heart and brain are connected by Glial cells.

“Chakra V: called Vishuddha, ‘Purified,’ is at the level of the larynx. This is the chakra of spiritual effort to hold back the animal system from which the energies come.” People find a spiritual voice here and begin to learn to speak about TRUTH.

“Chakra VI: Ajna, the lotus of ‘Command,’ located between the eyebrows, is what we would call the chakra of the spiritual, the highest chakra in the world of incarnate forms. When the Kundalini has reached this point, one beholds the TRUTH. Any god you have been taught to revere is the god that will be seen here. If you’re going to hang onto your soul, you can’t become one with the TRUTH.

You can’t even become one with your spouse. The ultimate thing is going past ‘GOD, that is leaving the folk idea of GOD, what you’ve been taught for that transcendent reference of which god is a metaphor.”

“Chakra VII: Saharara, ‘Thousand Petalled,’ is the lotus at the crown of the head. At this chakra there is no person to be conscious of the truth. There is only undifferentiated consciousness: the

silence, the TRUTH. The best things cannot be told, you can't talk about that which lies beyond the reach of words.”

“The second best are misunderstood, because they are your statements about that which cannot be told.”

“The third best is conversation, political life, economics, and all that.”

“The field of time is the field of sorrow. ‘All life is sorrowful.’ And it is. If you try to correct sorrows, all you do is shift them somewhere else. Life is sorrowful. How do you live with that? You realize the eternal within yourself.”

“You – and here's the beautiful formula – ‘participate with joy in the sorrows of the world.’”

“‘OM...OM...OM...’ OM is the sound nature makes when it's pleased with itself.”

“AUM is the sound of the radiance of the TRUTH and is the most mysterious and important thing to understand, but once you get the idea, it's very simple.”

“The secret of dreams is that subject and object are the same.”

“Ego-consciousness must learn about the unconscious, and dreams are the vocabulary of the unconscious speaking to the conscious mind. Yet, in dreams and in visions, subject and object are the same.” Your dreams are about you.

Love is the Answer

Blessings to Krishna Das who was devoted to his teacher, Neem Karoli Baba who instructed him to return to America and teach us to Chant. Krishna Das has some wonderful music available on CD and his life story is available on amazon called "One Track Heart."

Blessings to Dr. Vasant Lad who was devoted to his teacher, Dr. Lad was destined to be an artist or an engineer, but he had a different calling. His life story is available on amazon called "The Doctor from India."

The courage it took these two amazing gentle-men to follow a life of selfless service is astounding. I am devoted to both and study with them whenever possible.

Devotion (Bhakti in Sanskrit) is love, adoration, affection, allegiance, enthusiasm, passion, reverence, sincerity, dedication, deference, service, love, and honor. According to Dr. Vasant Lad, the devotion is not to something outside yourself which you begin a religion around, it is your inner self, your true self beyond the sensory impulses, memories, thoughts, and emotions.

Devotion is best experienced in heart felt moments. While studying with Dr. Lad, he often said, "you know, your guru lives inside you." Krishna Das describes this devotional place in the exact same way. This is what draws me to these gentle-men.

The Dalai Lama of Tibetan Buddhism once said, "The problem with the practice of seeing everything the teacher does as perfect is that it very easily turns to poison for both the teacher and the student. Therefore, whenever I teach this practice, I always advocate that the tradition of "every action seen as perfect"

not be stressed. If the teacher gives teachings contradicting the tradition, the instruction on seeing the spiritual teacher as perfect must give way to personal wisdom and reason. He was speaking about Vipassana Meditation.

There is something beyond the physical body. At birth, the physical body comes out in a lump of cells. It is not until the very first inhale that the body is animated. If there is a soul, that is when the soul enters the body (opinion).

Young, in a bassinet, being rocked on the lawn under a tree, above there are sparkles of sun peeking through the leaves on the tree. This is my earliest memory. I am all alone and yet I am so peaceful and in love.

Devotional objects outside yourself, when used properly, take you deeper into your heart, but they can only take you so far. When focusing on sensory experiences as they enter the body and travel through several filters one

becomes closer to something larger than self and pass into true bliss. Sensory leads to internal experience. Experience leads to recognition. Recognition

leads to memory. Memory leads to Ahamkara and unfinished business.

If we can wade through the unfinished business without getting attached,

then we move to a higher wisdom residing in the heart. Continued practice

leads to Bliss. Bliss is defined as serenity and peace, harmony and balance no matter what arises outside. and around. In short, we shine away the "image maker" or Ego so that we can understand the truth.

Every devotional figure I have encountered has a story and represents a set of principles. When we pray or sing or dance, we call the names of those who came before to lead the way, selfless servants guiding us toward a higher wisdom. Generation by generation, the stories are carefully passed from one to another and the message is always the same. Align yourself with the Universal Laws of Nature. This is scientific and not esoteric. Find out what is in your way, and "shine" it away with your awareness. Then accept everything you find as yours.

The greatest thing to guard against, as the Dalai Lama talks about, is intellectual spirituality which separates us from one another. Devotional spirituality brings us together. We see the similarities rather than the differences. We tolerate each other's quirks and we never leave the person (or make it so that they must leave). Rather we detach from our narrative about the person. After all, it is the narrative that causes the problem (which ultimately causes the suffering - attachment or avoidance). Rather, we leave the person to be who she/he is and needs to be and we take care of ourselves when needed. We set boundaries for "ourselves" and we stay to watch a suffering person liberate him/herself through her form of practice without abandoning and without rescuing, witnessing the transformation. This is a great blessing and an expression of true love. Devotion does not mean we co-sign bad behavior. We simply remove ourselves while we are disturbed by the bad behavior if necessary.

Let us look at some informed elders who left us the information we need to create a harmonious and balanced life. These will be ancient spiritual masters, who understand humankind.

Rama, born ~3000bc in Ayodhya, now Uttar Pradesh, India

"We have no right to ask, when a sorrow comes, 'why did this come to me?' unless we ask the same question for every joy."

Sita, consort of Rama ~3000bc

"Trust your love enough to overcome an obstacle."

Hanuman, born ~3000bc, likely with birth defect, Now Uttar Pradesh, India

"Leave your front door and your back door open. Let your thoughts come and go. Just don't serve them tea."

Krishna, born ~3000bc in Ayodhya, now Uttar Pradesh, India

"Set your heart upon your work, but never it's rewards. S/he who has no attachments can love others for the love is pure."

Radha, Krishna's consort ~3000bc

"To love without condition, to talk without intention, to give without reason, to care without expectation, that is true love."

Abraham, the 20th generation of Genesis Patriarchy

"Be humble and never think that you are better than anyone else, for dust you are and dust you shall return."

Muhammed, 571ad, Mecca, Saudi Arabia

"It is better to sit alone than in the company of hatred, it is better to sit still with love than alone."

Confucius, 551bc, Lu, China

"It is easy to hate and difficult to love. This is how the whole scheme of things works, hateful things are easy to achieve but loving things are difficult to achieve."

Gonika, 250bc, female Rishi who received the Yoga Sutras in form of Cobra

"Truth is always the same. Be happy for those who are happy, have compassion towards the unhappy, and maintain equanimity towards the wicked."

Buddha, Gautama, ~500bc, Lubini, Nepal

"Many of the obstacles you once imagined are not even there."

Jesus of Nazareth, ~6ad, Bethlehem, Jerusalem

On Mary Magdalene: "I tell you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little"

And then this happened, a burst of belief systems and religions all vying to have the real truth.

Bottom line, lots of people said lots of things but the important ones stuck with love over hatred and worked to achieve love in their lives. There is no balance or harmony with hatred, only chaos and conflict. Am I saying things are not worth fighting for? No. I am saying if you are fighting with hatred in your heart, you are fighting for the wrong reason.

Humankind is worthy as a devotional object. We walk our walk together as one body - The larger body of the Universe. Not one of us is perfect and all of us believe we are doing what we must do. Let me say, though, that if what you are doing is creating hatred, chaos and conflict, the masters would agree that you have fallen off the track of working toward balance and harmony.

As is one human body, the entire human population is a system. Every cell, every part working together to guarantee and enhance life. We are what we eat, think, say, and do. The very tissues of our body, both individual and collective, are built from what we eat, think, say, and do. From the very tiniest cell in one body, the system coordinates and navigates the project of living. When a doctor says, "high blood pressure, pre-diabetic, depression, and obesity," in the west we tend to think of these as four separate issues that need four separate solutions. But, all of these "symptoms" can be explained by one thing. We have stopped loving the true self which causes distortions in the system within the body and as a collective. The way each individual think, speaks and behaves is not just h/er choice. It affects all of us.

When a system has a problem, each person will choose in h/er own way to respond or react. Those who will gather resources and find a way to help others. Awakening the "allopathic" mind will awaken Bhakti. Systemically, we need Bhakti to repair our broken system. Yoga Sutra "1.13 tatra sthitau yatno bhyasaha" (Sanskrit) tells us to "pick a path and stay on it for a long time. We are also instructed in Yoga Sutra "1.14 sa tu dirgha kala nairantarya satkara adara asevito dridhabhumihi" (Sanskrit) "only when we stay on the path for a long time, practicing with love, without giving up hope that we will see the lasting benefits."

How does love over hatred work in healing a human system? When moving in the direction toward Bhakti, there are really three different circumstances around which you will build your daily practice. The onset of awareness that something needs to change one of three conditions will exist. We live on a continuum from "at rest" to "active." Stay anywhere too long, stuckness sets in and

solidifies the condition. Too active (rajas) or too immobile (tamas) can become stuck in the system. The third condition is bouncing back and forth from overactive to immobile. This dynamic can also get stuck. The goal is to get to love (sattva) which brings balance, harmony, serenity, and peace. The principles of action require "opposite" action to change something. Immobility requires activity, overactivity requires rest. Bouncing back and forth requires addressing each condition when it is active. This takes awareness. To engage in this active form of self-healing and holistic health, awareness, and self-inquiry are critical activities. Observe your cravings rather than react to them. Observe your avoidances rather than react to them. Watch them until they are shined off with your awareness. Keep a journal if that is helpful. Write down your experience of your self-study and what the experience was like for you. At some point you will reach equilibrium where most of the time you live in love. Keep observing because there may be residue. If there is, the residue will throw you off into your typical pattern of suffering and hatred. Respond accordingly to return to love. Do this for the rest of your life. If you integrate the practice into your life, it hardly takes any time at all. It does enhance your happiness, for certain.

Nothing in the World is NEW

After the most recent "Ice Age," the ice sheet that covered most of Earth started clearing around We share the Earth with our ancient ancestors, some went East (Denisovans) and some went West (Neanderthal). This accounts for the differences between the two. It turns out those who went East in the "first migration" survived better to become the ancient East Societies in the East. The new kids on the block, the Homo Sapiens, mostly migrated up through the Levant and into the Middle East and West around 60,000 years ago.

Nothing on Earth is new: Take Eschatology, for example. In the ancient writings, the Earth cycles through Yuga's, or aeons. Each cycle takes about 250,000 years. We can think of this as the Major Birth Death Cycle.

Earth experiences many Minor Birth Death Cycles daily, weekly, annually, millennially. Everything that is physical is born and dies. It seems no one is exempt from this cyclic birth and death. It even happens with ideas-sometimes.

Man (masculine) decided this permanent death was unacceptable. There must be something beyond death. So they created Religion. Hindus decided their religion would be based on living many lives until you finally “get it right.” Jews decided to live one life and then go to heaven or hell depending on whether you “do it right.” Christians bought that prediction, added many layers of hell and decided something very similar. Muslims bought that prediction, added virgins and decided something very similar. In fact, all the Abrahamic Religions are based on a similar MYTH (according to Joseph Campbell).

Migratorially, 60,000 years ago first Jews arrived in the Levant at around the same time the Hindus arrived in the Saraswati. The Aryans invaded both areas around 2,000BCE. Then came Jesus and Mohammed (both of whom are said to have studied with the Hindus of their time. These are all Male (Masculine) dominant Religions, all appear to have risen out of ritualistic practices to become dogmatic belief systems. They give mention to women (the feminine) in a supporting role. But prior to that form many millennia there were feminine dominant societies. Buddha had a more pragmatic view, but hell was here on Earth for Buddha and you had to come back here until you “got it right.” By 500 AD there were FIVE major religions on Earth. Anything that existed prior to then we considered witchcraft or magic and was designated for genocide. So, every masculine dominated religion has an afterlife, a GOD and a myth about what happens between now and then.

The feminine would allow nature to take its course.

The masculine must act on its predictions to influence them.

This is just nature and the basis of a dualistic physical world.

Dull/Sharp

Hard/Soft

Heavy/Light

Cold/Hot

Wet/Dry

Dense/Subtle

Rough/Smooth

Slow/Quick

Solid/Liquid

Oily/Brittle

Twenty Qualities (Gurvadi) in Sanskrit the very first language (spoken only for millennium)

feminine is more dull, soft, heavy, cold, wet, subtle, smooth, slow, liquid and oily. (Moon like)

The masculine is more sharp, hard, light, hot, dry, dense, rough, solid and brittle. (Sun Like)

It is the relationship between the two opposites that makes up the composition of physical things, systems that arise out of physical things and processes that take place to create those systems. Some men say “stay away from women who are so dark.” This will lead to hatred and ignorance. Some women say “stay away from men who are too bright.” This will lead to delusion and seclusion.

Today, in the World we are faced with a phenomenon that appears to be unstoppable. It appears to be more powerful than Global Warming (which humans, if we responded rather than to react from fear) could likely survive. What it looks like is mass genocide forced upon us by the male dominated religions of the World. Genocide began to occur with the inception of those male dominated religions. War is a result of the inception of male dominated belief systems. The entire phenomenon seems to be driven by fear about what the future holds.

Pratipaksha Bhavana

Sanskrit for “change your mind”

“Find a new home for your mind”

Find a new home.

Find a new place to live.

Remember, wherever you go, there you are.

Soooooooooooooooooooo

Find a new way to think about where you live.

Viktor Frankl once said about living in one of Hitler’s concentration camps, watching his countrymen die every day,

“How did I find peace?

I decided to live here now.”

Then he set about becoming his best self in the concentration camp.

People who became trustees of Hitler in the camps decided for survival, they needed to become monsters.

When his countrymen died, he watched them give up their will to live, smoke all their cigarettes, and refuse to get out of bed to eliminate in a bathroom.

Viktor Frankl decided to help those who wanted help, take only what he needed to survive and be kind to others.

Radical Self -Enquiry via Yoga Sutra Study

Our way of life is in trouble because we cannot get along. Here is a discussion and and solution. I teach a self-enquiry class every other Friday for those interested in Yoga Sutras. The class is free and it is on Zoom Pro. Here is the link.

Self-enquiry is not a skill usually taught to children. Some parents care enough about their children to teach them how to do this. They ask questions which lead with curiosity, questions which wonder about what the child is experiencing on the inside.

Self-enquiry is the quickest way to emotional regulation, managing negative self-talk, and managing sensory stimulation. The key is when activated by anything, pleasurable or painful.

The only way to know who you are is to enquire within. The only way to change your behavior is to understand yourself. The only way to understand yourself is to to self-enquire. Why do I use the word “enquire” as opposed to “inquire?” Denver Frederik above is suggesting the best leaders are ones who “radically self-inquire.” Historically the word “inquire” has meant to “ask,” while the word “enquire” has meant to “explore.”

Radical self-enquiry is an “exploration” of thought, words, actions, motives, biases, prejudices, influences, and unconscious pre-dispositions. It is not just an “ask.” It is a targeted and directed “exploration” aimed at finding out what is at the root of YOUR “modus operandi” and how have those actions become habitual. With an open mind, a kind heart, and a neutral process, self-enquiry becomes less “dangerous.” If you commit to not shaming, blaming, judging, disparaging, debasing, labeling, analyzing, debasing, criticizing, dishonoring, or discrediting yourself, it will go well for you. You cannot self-enquire while judging yourself or others. If you know you did something wrong, correct it. Then self-enquire.

There are unconscious people who live in this world. The number of unconscious people is at an all-time high. They believe they are correct, entitled, elevated from the rest of us, worthy of special

privilege and cannot be bothered with most people. There are also people who have been so injured in their relationships with others they are worn out and not really interested in trying to relate any longer. Neither of these is a reasonable solution.

This is the practice of Pratyahara, one of the eight limb Yoga. When you self-enquire with an open mind, kind heart, and a neutral process then you can begin to know the answers to these questions.

What is the root cause of my behavior?

What are my motives?

How is my behavior causing harm to myself and others?

When did I first learn how to behave this way?

How can I begin to change my behavior?

Here is a model to begin the practice of radical self-enquiry.

First, find a quiet, comfortable place to sit, a glass of water, and a journal or paper with which to write. It does not matter where you are. The only equipment necessary for this exercise is a seat, water, and a paper.

Sit down, take a sip of water, and get comfortable. Set your paper aside for a few minutes to allow yourself to relax. Close your eyes and take ten profoundly deep breaths. Most of us hold our breath most of the day. Breathe from the tail bone all the way to the top of your head. I know, it does not seem possible. If you imagine you can, each breath will get deeper.

After the ten breaths, open your eyes and ask yourself the above questions. Ask the question, then close your eyes and allow the answer to come to you. The answer is not usually your first “thought.”

The first thought comes from the busy mind, the one who wants to get on with things. We want another part of your mind to answer these questions. The quiet mind. Wait for the answer to come to you and then write it down on the paper.

Just note this experience and move on with your day.

If this exercise is done every day before bed, it will provide a good start on the journey of radical self-enquiry.

The problem with religion and patriarchy

When Religious Patriarchs and Fascists talk about Religious "persecution" what they mean is that religion gives them power, like Putin, to decide who belongs where & to put those who do not belong where they think they do not belong, in concentration camps and to murder them!

So, they are blaming shifting "The Resistance to them" by labeling it "Religious Persecution" & they budget Millions of dollars to fight the resistance!

This is the the religious patriarchy justifying THEIR persecution of all of us on EARTH trying to get them to leave the us (who don't happen to have their particular belief system) the FUCK alone!

"Vladimir Putin is widely understood to be a member of the Russian Orthodox Church. He has publicly expressed his faith & regularly attends services, particularly on important religious holidays. He has cultivated a close relationship with the church leadership, including the late Patriarch Alexy II & the current Patriarch Kirill."

I was shopping yesterday and a cashier and I were talking about spiritual practices. She said "what church do you currently attend?" I said "I don't go to church (for obvious brainwashing reasons) but I am very spiritual." She said, "You will come around!" I said, "I believe in a power greater than myself, it is just not your God." She said, "No problem, there is still time!"

My head was spinning, I felt I had been hit by a "judgemental" brick, but I walked away smiling & loving her. I thought of many good comebacks through the sleepless night!

Let me be clear, I have spent my life recovering from this version of Fear Mongering.

I will never be brainwashed with this Religious Patriarchal Bullshit again!

Furthermore, I am not afraid!

<https://reutersinstitute.politics.ox.ac.uk/pulpit-propaganda-machine-tracing-russian-orthodox-churchs-role-putins-war>

<https://therussiaprogram.org/onlinepaper1>

Religious Imagery

Hinduism is an evolutionary religion. Krishna and Radha the representation of the masculine and feminine of “GOD.” Rama and Sita, said to be early devotees of spiritual principles that transcend survival. Hanuman, the monkey “God” was their selfless Servant. Hinduism has become patriarchal, though it did not begin that way.

Judaism is a Biblical patriarchal religion (the first, but it was Arabs who invented patriarchy).

Abraham and Sara bore a son late in life, Sara was said to be “Mother of Nations.” The Queen of Sheba, a devout African Queen who came to trade “tested Solomon’s Wisdom.” In other words, she expected to be treated as an equal. He tricked her into a transactional “deal” where she got to bear him a son and become part of his harem.

Buddha and Yashodhara, rather than take his wife on his transcendent journey, he left her with child and family. Patriarchy had set in via Hinduism so this would be a common path.

Christianity started Patriarchal. Jesus and Mary of Magdalene were deep devotional friends. Some people like to make this relationship suspect, but it was not. The “church” sees this couple as a threat to their patriarchal existence. Jesus raised up women but Religious patriarchs were too threatened by this partnership.

Muslim started Patriarchal. Mohammed and Aisha were married in circa 642 AD in Mecca where Patriarchy had already set in. He kept searching for an acceptable feminine (eight wives and harems) but never partnered with a woman devotionally or for ruling.

It is a sad scenario that so much effort has been devoted to subjugating women in history.

This subjugation of women has led us to a Fascist World where Genocide is the norm.

Only embracing the feminine can heal us but believe me when I say all religions based on patriarchy are not going down easily.

We can make a beginning by embracing the feminine and masculine within yourself. This has nothing to do with how you define yourself in terms of Gender or Sexual Orientation.

Each of us consists of masculine and feminine traits and characteristics. Because of our “preferences” we tend to exaggerate one or the other.

Masculine tends to be hot and active. Feminine tends to be cool and patient. We each have access to both of these states of being. If each of us could embrace these extremes we could rest in balance.

Relationships do not work well when we prefer one extreme and seek the other extreme outside ourselves. Integrate these two energies for balance. Then choose your partner and live a full life with a good choice not based on your unfinished business.

Seventy years old and happily divorced

Joyfully divorced now, just a few years ago I was angrily married. Having grown up in an animalistic, authoritarian environment where survival was the necessity, I became a chameleon. My job, as I saw it, was to be whoever you needed me to be. I folded myself up, put myself in a small compartment inside and became some one for whoever I was with at the time. Shifting characteristics and personalities again and again, I lost myself along the way. There was safety in this plan, I thought, safety and security. Then, one day the glass of safety and security shattered. I learned a new way of life. Though it took me twenty years of hard work to find myself, I thought I had found the true me and my duty in life. I tried to communicate this to my family and failed miserably. I was spending too much money, I was not showing up for the grandchildren and my daughter like I should, I was too angry, I was saying inappropriate things, I was hurting everyone, every bit of what was wrong with my family was my fault, my dreams were not their dreams, my goals were not their goals. I started my project and began to gather what I thought would be a good workforce. Then I discovered my printer was broken and no one claimed responsibility, my staff were not collecting the money they were supposed to collect, my workers were conspiring about me behind my back, my volunteers who promised to help me with the business were sabotaging my relationships with my staff, I was not available enough, I was too pushy about my ideas, I was defensive under criticism, my staff felt they knew more than me. Then I discovered that the neighbor to my space I purchased for the business was stalking me to build a case against me at the city. He decided I was doing illegal things in my home. (All I wanted to do was lead a few classes and see some clients but I was waiting until the negotiations with the city were completed so I had permission to conduct my business.) My neighbor took up a vigilante obsession with me, circumambulating my building, looking in the windows (I was living there at the time), and took fifty non-residents to city hall meetings on three separate occasions who all testified to the city against me. The city began to believe the lies my

neighbor told, so they threatened to sue me if I “did not stop doing illegal activities in my home.”

My business began failing as the stress I was under got worse. Ultimately, I took out two long leases, one for three years which I had to leave after one year and another for five years which I had to leave after one year because I could no longer afford the rent. This plus some business loans I had taken out in my name became a financial burden and I discovered the right thing to do at this time was to file bankruptcy. My husband of 40 years decided he wanted a divorce and so divorce we did, before I filed bankruptcy. This all happened the third year into the business plan and so when the fourth years started, I was exhausted. I tried to partner with a self described Evangelical Christian who decided I was a “sick borderline,” convinced my staff that was so and then stole them from me. My last year in business was about letting staff go, winding down the business, getting all the paperwork in order and closing. By August of 2016, we were done. During this four and one half year process, I was forced to move the business five times. The last move was out of the last building and into my ex-husbands garage. We had a garage sale and sold most of the items I had purchased for the non-profit. Then I was ready for a rest. I took November and December of 2016 off. I was angry and sad about the loss of the non-profit which ultimately became a suicidal depression. I did get help immediately and spent the last year (2017) recovering from the experience. Around October 1, 2017 my ex-husband and I had a discussion about getting married again. It sounded like we agreed to get married on October 17, our anniversary. I visited Minnesota and Atlanta in early October to complete my continuing education units for my license and certificates. My ex-husband texted me there on October 15 to ask “well, are we getting married on October 17 because I have been asked to babysit for Mason (our grandson)? I told him we could talk about it upon my return. When I returned I told him I decided to go back to work. He said, “Well, that is too bad because when you work it costs me money.” On October 17 he came into the living room to ask me if we were going to get married that day. I asked him what he wanted to do. He talked about me and what he thought I said

and what he thought I wanted. I asked again, “yes and what do you want?” He again did not answer my question. I told him that for me marriage was a commitment. I let him know I had not felt a commitment from him for a very long time. I said I had gotten comfortable not being married, I surrendered my expectation that things were going to work out and that I had gotten comfortable being his friend. This new arrangement allowed me freedom to seek resolution for my needs outside of my relationship with him. I told him I loved him and wished we could be partners but that would require some changes. I told him my list of three things (daily tender touch, respect without disgust and support indicating he has my back). I asked him if he would come up with a list also and then we could talk again. Honestly, I do not expect we will talk again. My expectation is that we will both die joyfully divorced.

A Sinful Woman Forgiven

Luke 7:36-50

36 One of the Pharisees asked Jesus to eat with him, and he went into the Pharisee's house and reclined at table. 37 And behold, a woman of the city, who was a sinner, when she learned that he was reclining at table in the Pharisee's house, brought an alabaster flask of ointment, 38 And standing behind him at his feet, weeping, she began to wet his feet with her tears and wiped them with the hair of her head and kissed his feet and anointed them with the ointment. 39 Now when the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner." 40 And Jesus answering said to him, "Simon, I have something to say to you." And he answered, "Say it, Teacher."

41 "A certain moneylender had two debtors. One owed five hundred denarii, and the other fifty.

42 When they could not pay, he cancelled the debt of both. Now which of them will love him more?"

43 Simon answered, "The one, I suppose, for whom he cancelled the larger debt." And he said to

him, "You have judged rightly." 44 Then turning toward the woman he said to Simon, "Do you see

this woman? I entered your house; you gave me no water for my feet, but she has wet my feet with

her tears and wiped them with her hair. 45 You gave me no kiss, but from the time I came in she has

not ceased to kiss my feet. 46 You did not anoint my head with oil, but she has anointed my feet with

ointment. 47 Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But

he who is forgiven little, loves little." 48 And he said to her, "Your sins are forgiven." 49 Then those

who were at table with him began to say among themselves, "Who is this, who even forgives sins?"

50 And he said to the woman, "Your faith has saved you; go in peace."

This is who I identify in the Christian Bible. I identify with nothing in the Old Testament except the lie about Solomon and the Queen of Sheba.

Stonewalling, Really?

One of the most interesting experiences is when someone suddenly disappears from your life with no explanation. You know they are in contact with others but they simply pretend that you no longer exist. It usually happens when a personal boundary has been set by the left one. It happens to be the most confusing form of aggression and violence known to man and woman. Something has happened. For a minute, diminishment is experienced. A person was there apparently wanting to enter a relationship and suddenly the person is gone. Often, a discovery about that same person later engaging in some sort of "warning other people about you" comes to awareness.

Paranoia? That could be a possibility but the silence is deafening. The confusion is extreme. This behavior is hurtful because of history, both yours and theirs. Someone important (say a primary caretaker) has stone walled in the past. When young, this event can be frightening and threatening. A child's life depends on a primary caretaker. This event can seem life threatening and traumatic to a small person.

One of the primary activities of the stone waller is to "warn" other people about the person they are "left." People, this is commonly called gossip and this kind of action undermines a person's confidence. Warning a perfectly capable adult about another human being sends the message to that adult that you do not trust that person's ability to make a good personal choice. It is also a way of continuing the annihilation of the left one. I feel the same about writing negative reviews about every little slight from a person who offered a service. Really, it is not necessary for you to say everything you think. Remember that an experience with another person or a service is a 50% 50% proposition. If there are problems with the experience, YOU are 50% responsible for the problem (even if you can convince yourself that you are not disturbed). It is self-inquiry, HONEST self-inquiry, that will allow you to see your part and then clean that up. Let the left one

do their own cleaning up. Let other people have their own experience with the left one, Take responsibility for your part, apologize for your part and forgive the other person completely. Do not expect that the other person will reciprocate by taking responsibility for his/her part. The stone waller has trouble with self-inquiry and self-responsibility. There is often something very disturbing inside of him/her that he/she is afraid to accept so the person projects it onto you and annihilates you, essentially eliminating you and the fear from their life.

Stonewalling can actually make it so that a healthy person must leave. For example, if a person enters a relationship with a person who uses stonewalling as a primary way of dealing with conflict, there is not much a person can do to change this reality for the other person. So, you either comply with what the other person wants you to do (fold and become someone other than yourself) or you leave.

Under normal circumstances without history, there is no hurt. There is only compassion for the other person. It is a completely neutral experience, no worse or better than any other.

There is always room for change in both people. But stonewallers do not self-inquire nor accept responsibility for their actions easily. They have placed themselves in a superior position over you which leaves you in a one-down position. Only very healthy superiors take stock, correct hurtful actions and make amends to the person they hurt.

As an adult, there is a solution. Closure. A policy of never giving up on anyone or any relationship is important. Boundaries are also important. Boundaries are not for the other person. Boundaries are not meant to be exclusionary. Boundaries are meant to be delivered with kindness, love and generosity. They are for the person delivering them.

Example: A friendship ends. The boundary is set by communicating, "I am taking a break from you." Years pass, no word. Then contact is made again.

A communication is delivered by the left one. The communication includes kindness and closure.

This is appreciation for what was good and what was learned and then a goodbye. This is personal closure. The weight lifts off, the bag of rocks including confusion, uncertainty, resentment and hurt drop to the ground, freedom ensues and moving forward is possible. The most difficult thing to overcome is FEAR (false evidence appearing real). Maybe life, career, etc. will end. I will lose something I don't want to lose. I will have to deal with something I don't want to have to deal with. This is the childhood history reappearing. Annihilation is the threat, and Love is the answer.

Allow a bit of time to pass to give the other person a chance to reconsider (in deep, long term relationships where children are involved, sometimes many years). Then, time for loving closure will arrive. "Thank you so much for all your participation in my life and now it is time for me to say goodbye," is a good framework for closure. "I appreciate the things I learned from you." This is called a feedback sandwich!!

Getting into a relationship with unhealthy men or women can lead to a life filled with drama. If you find yourself with an emotionally unhealthy person, it is best not to "try to work it out." You are likely wasting your time - unless both of you are willing to self-inquire, self-soothe and be self-responsible. If you or the other person can not do this, the drama cycle ensues and you are both stuck playing a role (victim, aggressor, rescuer). You go around and around on the ferris wheel of drama in these roles believing the drama is a sign of something good happening. However, you feel exhausted and hopeless. In order to protect yourself and justify your irresponsibility, you blame and label others.

This exhaustion and hopelessness is a sign that your glasses are on backwards. You are looking outside yourself to solve a problem rather than looking in to see who you are and discover your contribution. A speedy and low profile exit works, but this is the cowards way. If you find yourself in a situation where you are responsible for others when you are "stuck" with an

emotionally unhealthy person, this complicates the cowardly exit. Make sure the people you are responsible for are taken care of, do not put them in the middle of your conflict with the other person, then exit gracefully and with kindness. This way there will be less for you to clean up afterward.

Or, you can decide to stay and get emotionally healthy yourself. But the only way to do that is to stop focusing on the 10% of the iceberg you are aware of and start taking a look at what is hidden under water in the dark. This is what you are afraid of, not the other person. This is what needs to be investigated, the 90% of you that you have been keeping at bay and have possibly never been introduced to by anyone in your life. Taking a look at this is what sets you free. It happens slowly over time with a great deal of hard work; self-inquiry, self-soothing and self-responsibility. This gets resolved and let go only by being seen by you. Once you shine the light of your consciousness on this underwater stuff, grieve (the loss that occurred as things were sent under water into the darkness) and release your attachment and avoidance of what lies there, then you are free.

If you are in relationships with emotionally unhealthy people, you are attracting them. This 90% of you under water is attracting unhealthy people. At least 50% of the problem lies within you. If you leave before you find yourself, you take 50% of the problem with you. Wherever you go, there you are with all of your 90% of dark, unknown, unresolved stuff. You will attract people to help you find yourself again and again.

How do you tell when you are about ready to enter a relationship with an emotionally healthy person? Here are a few tips from the Los Angeles City School District. This list is 25 years old. It is simple and straightforward. The emotionally healthy person will display the things on this list. Listen for these things in yourself and others to see if you are healthy enough to attract a healthy person: The person you are with accepts feedback gracefully, accepts the uncertainty of life and

life's outcomes, gives without expecting something in return, manages emotions (feels them without judgment or value and allows them to move through), meets difficulty with poise, acts as a mirror for others, accepts responsibility for him/herself, self-soothes when worried or afraid, endures disappointment, keeps a low profile most of the time, experiences joy when another succeeds, remains open-minded when disagreeing, focuses on the good in people and circumstance, plans in advance and then lets go of the outcome, understands that something larger than "self" is the decider, remains spontaneous, makes a contribution for the good of the larger whole, cleans up his/her own messes, can resolve resentments and get back to love quickly and experiences a good deal of serenity in day-to-day life.

When discussing relationships, we must be able to step out of our old, historical, socially-bound roles (the unconscious ones that exist below the surface of the water) and move into a place of self-responsibility. First, stop rescuing anyone unless they are literally drowning in real water. To rescue, try to fix or gossip about another sends the message that you do not trust the other's ability to make good personal choices. Keep rescuing and those people will never learn to be self-responsible and make good choices. Rescuing is typically the entry place into the Drama Cycle that Stephen Karpman, MD described many years ago. As a student of Eric Berne, MD and Transactional Analysis, he simplified the difficulty in relationships to a good working model. Any time there is difficulty, there is projection. Any time there is projection, one or both of the persons involved in the difficulty have stopped behaving in a self-responsible manner.

Whenever you are disturbed, there is something wrong with you. If someone else is disturbed in relationship to you, inquire to discover what is your part in that disturbance (your part will be 50%). Once the drama cycle is entered by blaming, rescuing or self pity, you are back in the historical pattern. The only way out is to refuse to play any one of the three roles. Habit makes this challenging. Habit is historical and goes way back, sometimes to even before you were born.

Never-the-less, it is your responsibility to break the cycle.

It is a given, we have all been hurt by people, male and female. If we move beyond the "thinking" which keeps us in our above the water 10% illusion that "I am safe here on the tip of this iceberg, he/she has the problem," we have a chance at improving our relationships. The scenario where we look like we come from different planets (Venus and Mars) is a "thinking" brain issue. Connecting with others is not a head-oriented, thinking brain activity.

Connection comes from the heart. Think with your heart to connect. Open your heart every day and breath through your nose to tone your Vagus Nerve and you will live longer and have better relationships. When the Vagus Nerve is not toned every day, the parasympathetic nervous system goes off-line most of the time and you live in your brain. The 10% of you that you are aware of is the critical, evaluatory, judging, analyzing, ego-bound part of you. This part of you is in charge all of the time and does not function well in relationships.

Your Vagus Nerve innervates all of your organs. It is an afferent nerve (impulses moving away from the brain). When it is not toned, the parasympathetic impulses which reset the organs and immune system after fight or flight cease to operate involuntarily. Hence, chronic HPA axis stimulation at varying levels creates many absorption problems at the cellular level. Close off your heart brain and your sympathetic nervous system takes over. You become a reactive, aggressive or passive aggressive automaton. Finally, you develop cardio-vascular disease, chronic digestive problems or chronic inflammation.

It is never too late to change this pattern. There is a simple solution. I did not say it is an easy solution. It is not easy because of habits. And, so we are back to the historical habits that may be older than your own age. Do you have the courage to turn your life around or are you going to settle for drama? If you settle for drama, you are part of the problem. Actions have consequences. Your actions should be carefully considered so they take you where you want to go in your life.

Do not allow fear (false evidence appearing real) to prevent you from claiming your freedom.

Now I sound like a preacher. Sorry, not sorry.

Honey

The day honey died was a very dark day for me. It was foggy in Redondo Beach. The fog was so thick you could hardly see. Honey had been sick for a few weeks. My father took her to the vet several times. But she always came home. We loved her, I loved her. The medicine was not working. Honey was not getting better. But I still brushed her and scratched her belly every day. Honey was her color, easy name. We brought her from Louisiana, Missouri when we drove our 1952 Studebaker to Redondo Beach because my Father had been drinking too much and womanizing too much. My mother thought the move would straighten him out. He never let her forget how much he loved Louisiana Missouri. He never let her forget how much he missed Louisiana, Missouri. He beat her up with those memories every chance he could. The move was five years ago, I was five. Now I am ten. Honey was around five years before I was born. I loved her so much. But she was fifteen years old. That is one hundred and five in dog years. She is a beautiful cocker spaniel who follows me everywhere. Fifth time to the vet today. I went to school very worried about honey. I did not concentrate very well in fifth grade anyway, but that day was particularly rough. I rushed home from school expecting to see her one again. I yelled her name, I called for my Father, no one came. My Father was waiting in the garage. He told me Honey was too old so she went to dog heaven. I asked my Father what happens in dog heaven. He said, "I think Honey will be able to be anything she wants to be." I said, "Maybe Honey will be a Fox in heaven." My Father said "Foxes are wild, they can't be pets." Every day after that day I asked my Father "is today the day we are going to get a new dog?" Every day for a year my Father said, "no, not today." Finally, one day I said "Is today the day we are going to get a new dog?" My Father said, "Today is the day. We went to the pound and picked out a small black dog. His color was black so we called him Blacky, easy name. I loved Blacky, but my younger sister (she was ONE YEAR AND TWO MONTHS younger than me-she always said it that way) terrorized

Blacky. One night just before dinner, Blacky had it with the terrorizing and turned on my sister and bit her bottom lip wide open (she still has the scar). Blacky new the minute he bit that he was in trouble. He went and hid in the back room. While my parents were attending to my sister (she had to go for stitiches) I attended to Blacky. I didn't feel sorry for my sister, I felt sorry for Blacky. I remember screaming at my sister just before Blacky bit her, "STOP TERRORIZING BLACKY!" Then I heard the scream and saw the blood. I ran to get Blacky and comfort him. Next day, I came home from school, yelled for Blacky, yelled for my Father, went out to the garage to find him and said "where is Blacky?" He said, " I took Blacky back to the pound, we can't have a dog here who bites." I ran to my room and cried all night. I hated my sister! It was her fault!

The Cliff

She sat on the edge of the cliff so fully frustrated. She had come to rest but she never truly rested.

She learned to meditate, to shine the light of consciousness on every inner darkness she found.

She followed this process through horrific images, one life after another flashing in front of her.

Each life flowed with the same theme. Pleasure seeking, often physical which led to an early death.

She woke up to life at the time of her death.

Now, in this life, she walked out on the edge of the Mojave Desert to rest and gather herself again.

Just then two mid-western Canadian geese flew directly above her. She had been seeing flocks of geese flying low just over her head for about the last 20 years.

This time, she looked up at the geese and said without speaking, "I wonder if these geese have something to do with my father?"

She heard a resounding "YES!" inside her brain. It rose up from her tail bone over her back and neck, over the top of her head and seemed to speak from the place where the Third Eye is located.

She spoke without saying any words again, "What do you need?"

Again, up her spine and neck over her head and from the Third Eye she heard, "Forgive Me."

She spoke without speaking again and with sweetness and empathy she said, "Yes, of course, done. What else?"

For the last time, up her spine and neck, over her head and out from her Third Eye she heard, "Let me go!"

She spoke without speaking for the last time and she heard herself say, "done, I love you!"

She continued on, changed forever was her relationship with her father.

The Good Leader

Good Leaders are hard to find sometimes.

Qualifications for a good leader are:

- Sweeping
 - Inclusive
 - Inviting
- Uplifting
 - Visionary
 - Motivational
- Conscientious
 - Honest
 - Introspective
- Courteous
 - Humble
 - Respectful
- Eager
 - Collaborative
 - Excited to share
- Sanguine
 - Optimistic
 - Expressive
- Sincere
 - Forthcoming
 - Wise

- Flowing
 - Informative
 - Instructional
- Understood
 - Engaging
 - Connecting
- Learned
 - Efficient
 - Organized

These qualities create the circumstances which will lead to a leader who is bound to be SUCCESSFUL.

A person who embraces the qualities will lead those interested in being led to a wise and sophisticated understanding of themselves and the ability to develop these qualities themselves.

What makes a bad leader then? There are many examples of bad leadership today. Here are some of their qualities:

- Inimical
 - Defensive
 - Pernicious
- Nervy
 - Domineering
 - Imperious
- Devious
 - Manipulative
 - Shrewd

- Expedient
 - Deceitful
 - Untrustworthy
- Lawless
 - Chaotic
 - Tumultuous
- Impenitent
 - Remorseless
 - Insensitive
- Captious
 - Insincere
 - Callous
- Attributor
 - Projector
 - Insinuator
- Execrable
 - Deplorable
 - Offensive

These qualities create the circumstances where learning is impossible as the leader is INDELICATE

It is no wonder that the World is feeling overwhelmed, having a hard time coping with normal stress, let alone a Pandemic called COVID-19.

Facts are critical.

Cooperation is critical.

Accurate medical advice is critical.

Trust in people in charge is critical.

Self-care is critical.

The world has been getting mixed messages for a while now. The Intelligence Community knows where it's coming from. However, there has been a concerted effort to confuse the citizens of the World with doubt about whether the Intelligence Community can be trusted.

Everyone must decide. Who are you going to trust?

Someone who is behaving like a Good Leader?

Someone who is behaving Indelicate?

Successful Decision-making is not something done quickly in the mind. The best decisions are made after following three basic rules:

1. Contemplate your options to see which one brings you serenity
2. Talk to a trusted other about the options
3. Quiet the mind to clear away the noise and anxiety

Motivation is key. If motives are to disturb, likely motivation comes from an INDELICATE leader.

If motives are to be peaceful and cooperative, likely motivation comes from a SUCCESSFUL leader.

It is not unreasonable to assume most people prefer a SUCCESSFUL leader. It is unreasonable to expect everyone will be a SUCCESSFUL LEADER. Every person who works to become a SUCCESSFUL leader strengthens the possibility that the INDELICATE leaders will eventually fade away.

Commitment to make this change requires three things.

1. Courage
2. Determination
3. Joyful Work

Even Out of Work people can join the workforce toward SUCCESSFUL leadership. Join Now!

The Teacher's (GURU's) fable:

As told to Joseph Campbell by Heinrich Zimmer

A starving and pregnant tigress comes upon a flock of goats and pounces on them with such fervor that she brings about the birth of her little one, as well as her own death. The goats scatter, but soon come back to find the newborn tiger by the side of its dead mother.

The goats adopted the baby tiger and it grew up believing it is a goat. He learns to bleat and eat grass, but the trouble is that grass doesn't nourish tigers well, and he grows into a weak and miserable member of his own species.

One day, a large male tiger pounced on the flock and the goat scattered. The young tiger, not being a goat, remains standing there. The big male is surprised to find a young tiger living with goats, and when he enquired into it, the young one simply says, "Maaaa." Mortified, the old tiger swats him back and forth a couple of times, but the only response coming forth was more bleating and grass nibbling.

The old tiger brings the young one to a pond and makes him look at his own reflection for the first time. He leans over and points out to him, "See, you look like me. You're not a goat. You are a tiger, like me. Be like me!" He then brings the young tiger to his den and shows him bloody chunks of gazelle meat from a recent hunt. Taking a big chunk, he says "Open up and eat this!" "Oh no, I'm a vegetarian," says the little one. But the old tiger would not take no for an answer and shoves a piece of red meat down the little one's throat, causing him to gag a little. Now the real tiger food is in his gut, getting into his blood. Spontaneously, the young one gives a tiger-like stretch, and then a small little tiger roar.

"Now you've got it! Now go into the forest and eat tiger food!" says the big one.

"Now that's GURU stuff. I'll give you my picture to wear, be like me. It is the opposite of the individual way. This is the method of indoctrination in every religion that exists on Earth.

Now, of course, the moral is that we are all tigers in goat skins here on Earth. The right-hand path, the sociological department, is interested in cultivating a goat-like nature. The philosophy and mythology, on the other hand, will lead you to your tiger face, but then how are you going to live with all of these goats?

Jesus in Matthew 7 (which means this is Matthew's interpretation of Jesus) said:

“Do not cast your pearls before swine, or they will trample them under their hooves and turn and tear into you.”

The way to survive is to wear the outer garment of the law and “give to Ceasar what Ceasar is due.”

And you nurture and develop the inner TRUTH inside, practice from this place, but do not preach.

Perhaps your art can let people know that you are following a different path. Therefore, you are grounded in eternity and moving in the field of time. The field of time and the field of sorrow are the same. Do not try to correct them or you just shift them somewhere else.”

The True Patriots Believe in Eugenics-HA

Not so long ago, I was confronted by an African American on twitter when I suggested that Women in general were as discriminated against as African Americans. She, in no uncertain terms, straightened me out about that immediately. She was militant about it and insulted me, so I blocked her. Since that time a few months ago, I have set upon a study program to educate myself about why African Americans seem so angry.

I am fully aware of this political Administration's harsh immigration, economic, environmental, civil rights and women's issues policies. I have understood that White Supremacy (White Nationalism as they prefer to call it) is at the root of these harsh policies. White Nationalism is a movement where caucasian people seek to ensure the survival of the White race and White culture. White Nationalist Conservatives believe that they are the victims of more moderate and liberal public servants and citizens who are attending to the rights of everyone, but not theirs. They feel pushed out of the Country they claim for themselves. I now understand this dynamic. They have elected (illegitimately by interference with a free election process) a leader who does not mind being in our face with extreme ideas. In fact, this is the way Donald J. Trump has lived his life—outside the law, unbridled in protecting himself and his own family, believing he is genetically superior, somewhat a blank slate on policy and history and willing to do extreme deconstruction via kleptocracy of our Representative Federal Government. They seem to justify their belief that those they marginalize are, in fact, inferior by disturbing us and then standing back with humor and watching us react to the disturbance they created, claiming power and superiority over us.

The White Nationalist Conservatives (who according to Wikipedia 2016 statistics make up only 8% of our total population) have made a pact with this leader, sacrificed their credibility, risked their careers and put everything on the line in order to carry out the eugenics-oriented agenda they have dreamed about since the civil war. Remember, the civil war was initiated by a part of the Country to

demand that another part of the Country (the Southern States) free their African Slaves. When we discuss this today, it seems that these Southern White Nationalists are confused as to why African Americans aren't more grateful they were freed. It is not until you examine the many Authoritarian Tactics used by them to "put the blacks back in their place" that you begin to understand Black Anger.

Needless to say, the Slave Traders worked to supply the Southern Plantation owners who felt entitled and did not enjoy hard work, with a workforce for the Southern plantations. Africans who lived in families and communities were brought against their will for about 100 years to North America, kidnapped from their families and homes and were considered "owned" by the Southern plantation owners. They were property, not people. As the years went on, with no expansion of their own cultural practices, they acclimated and submitted to ownership (at least some of them did) in order to survive. Viktor Frankel's amazing book "Man's Search for Meaning" describes first hand the experience of being kidnapped from your home, stripped down of possessions and forced to be scrutinized and work under threat of death from his time in a Nazi concentration camp. So for generations, these human beings were deprived of their homeland, families, culture and livelihood. They were robbed of a free choice in life the moment they were kidnapped and put on a slave ship. Many of them died on the ship, and all of them became extremely ill. When they arrived at their destination, those still alive were roped together like animals and trotted out to be bought by plantation owners naked.

Around the middle of the 19th Century, the political push for freeing the slaves started picking up steam. From the moment the movement toward civil war began, the Conservative White Nationalist Plantation and Slave Owners fought for their STATE rights to decide to hold ownership on other human beings. A wonderful iBook called "White Rage: The Unspoken Truth of our Racial Divide" picks up in the mid 19th Century and discusses the government's attempt to walk the middle road

between the North and the South, The moderate-liberal and the Conservative White Nationalists. It was a very difficult time in our country. The political divide was as wide or wider than it is now.

Here are some of the authoritarian tactics used by the Conservative White Nationalist slave owners at that time to obstruct and sabotage the freeing of Slaves.

Rationalization: The White Nationalist slave owners believed that they were the true Patriots. They, after all, are the master-race, the entitled one's, the people who deserve to own cheap labor to provide the country with supplies at a cheaper rate. Despite the fact that Africans were being raped, mutilated, beaten, humiliated and demonized on a daily basis, the slave owners did not think of this as a problem, as the slaves were a lower form of life more like animals and must be forced into submission, trained like an animal.

Justification: The slave owners justify their position by standing firm that it was States Rights that should be honored rather than mandates by the Federal Government. They held that any interference by the Federal Government to protect the rights of human beings other than the Caucasian Race was misplaced and illegal as the States had a right to make their own decisions according to the Constitution.

Projection: The White Nationalist slave owners saw the darkest part of themselves in the Africans they abused. The plantation owners projected their own qualities onto the African slave: lazy, uneducated, lame, idiotic, stubborn, arrogant, audacious, deranged, erratic, hedonistic, ignorant, incompetent and on and on. Lack of connection to higher level brain function of self-inquiry prevented the White Nationalists from understanding that these conclusions about the Africans were based in fear and a projection of their own self-hatred. Never-the-less, as in all wars, these projections enabled the plantation owners to dehumanize the Africans.

Compensation: The White Nationalists used their rigid ability to distract from responsibility by changing the subject again and again. The problem was not the slaves, it was the Federal

Government, the slaves themselves, those nosy Northerners, etc. An admission that perhaps it is inhumane to continue the activities they were engaged in was simply not possible. Therefore the blame for some not approving always resided outside of themselves.

Generalization: By defining Africans as less genetically superior to Whites, the plantation owners were able to put them all into a category. Once categorized like this, it is easier for a group of people who tend to be authoritarian followers to buy into the idea that an entire population of people based on skin color is in fact inferior.

Gas Lighting: Once people are categorized, then the plantation owners were able to blame shift by ignoring the activities they were engaged in, pretending that nothing wrong or illegal was happening here and then placing the responsibility squarely on someone or something else. Sometimes the gas lighting fell on the Africans themselves and sometimes it fell on the USA Citizens or the Government in an effort to gain support for their position.

I have referred to an older term called Eugenics earlier in this piece. Let me explain what Eugenics is and where it comes from. Sir Francis Galton first coined the term Eugenics in 1883. Eugenics means “well-born.” In Eugenics Theory, it can be determined by how you look, act and interact whether you are “well born” or not. According to the theory, these conditions are genetically transmitted and can be manipulated by reproduction manipulation. If too many negative Eugenic traits are present in a population that is considered “not well born” then the appropriate reproduction manipulation is sterilization, according to Eugenicists. This sterilization process was carried out in the United States of America in the 1930's. Here is a diagram that describes some of the issues at hand at the time

You can think of this a bit like a pedigree pet registry. The more desirable your pedigree the more desirable and important a human being you are. The less desirable your pedigree, the less desirable and important a human being you are. This is the White Nationalist strategy being suggested at this

very moment (September 5, 2017) in our immigration policy as described by US Attorney General Jeff Sessions this morning.

You can imagine post-Civil War Southern plantation owners were furious that the Federal Government was interfering with their livelihood and their property. They took the issue up with the Supreme Court and the Supreme Court decided the case in favor of freedom for the slaves. They set out the Brown decision which gave slave owners specific actions they were mandated to take to make sure the newly freed human beings were assimilated into American culture well. The Southern states decided to ignore the ruling and the following activities ensued. They took an Inter-position claiming the Federal Government had no jurisdiction over the States. They proposed secession from the United States. They attempted to repeal Amendments 13, 14 and 15, they proposed to impeach the Supreme Court who made the decision, they proposed a new amendment that the Supreme Court be accountable to States rather than stand as a third branch of the Federal Government, they created a new flag that resembled the confederate flag as a statement they were never going to accept that Africans were human beings equal to them and therefore had rights, they began erecting statues to the confederacy generals as a monument for their unwillingness to give up their old ideas and “put blacks in their place.”

The Brown decision required them to educate the African Americans so they resisted by segregating them into shacks without supplies and comforts while the white children went to well supplied, high quality, comfortable schools. They believed that obstructive tactics of stall, defy and undermine were justified in the legislative process in order to maintain the rights of the superior White Nationalist plantation owners. They beat, lynched and raped Africans without punishment while any small crime (or sometimes no crime at all) perceived to be committed by an African was punished harshly.

Finally, in 1970, the Supreme Court put a 10 year transition hold on the Brown decision because, “the slave owner’s prejudice and lack of self restraint were justification for continuing to deny

now-African American citizens constitutional protections. This action stimulated the founding of the NAACP and lit up the Civil Rights Movement. The Southern White Nationalists found a way to demonize the NAACP, withhold funding and essentially put them out of business so that protests became more difficult. Southern elected officials responded by shutting African American Children out of public education. The African American community cobbled together a school system, but it resembled an after school program, was not well staffed or funded and failed to prepare three generations of now African American children for assimilation for a desegregated public school system. In 1970, the Supreme Court forced the Southern States to reopen schools to African American children who were ill-prepared to compete with the white students. When Southern States were forced to open the schools to African American children the schools were segregated, with white children going to privately run publicly funded schools while African American students went to poorly funded public schools.

The Southern States blame shifted the failure of the African American students to the Federal Government, the parents, the NAACP, and the “poor eugenics” of the children. Ku Klux Klan laws were reinstated, which required the NAACP to make public their membership roles and then fine them if they refused to comply. Then when the NAACP reinstated later during the civil rights movement, the Southern States forced the NAACP to pay the enormous fines before they would allow them to operate within the State. Later, the NAACP was linked by the White Nationalist Conservatives to communism and this connection was used to deny resources to African Americans as a “waste of resources.”

Republican presidents created a horrible drug problem allowing drugs to flood into our Country during the Nixon/Reagan years. Naturally much of the drug flooding fell on our marginalized populations including African Americans. Then, in a cruel action, they criminalized drug sales and usage, landing millions of African American drug offenders in prison for many years. Communities

and families were destroyed at the hands of absent male role models. It has taken years for the African American community to recover from this harsh policy. According to some, this is the new slavery option for the White Nationalists. Now the drug problem hounding the marginalized populations is a prescription drug brought on by deregulation of the Pharmaceutical Industry over many years, again by Republicans.

Every conservative president from Eisenhower to Trump has sabotaged enacted Federal protections for African Americans. For example, the election process has been severely compromised by Republican election officials racially gerrymandering. When racial gerrymandering was outlawed, Republican election officials began gerrymandering in favor of the Republican Party. There is now a case in the SCOTUS that challenges Party gerrymandering as illegal. It has been stayed twice, first by conservative Justice Gorsuch and again by conservative Justice Roberts (secretly). Corruption runs through all three branches of our government today in favor of an ultra-conservative Eugenics-oriented agenda and campaign of deconstruction of our representative government and our Federally funded protections and services. Meanwhile, we are discovering that many conservatives, including the President, were elected by colluding with the Russian Government over the past several years.

I am hoping at this point this story sounds familiar to the reader in that you will be able to see similarities through history of what we are experiencing now with Donald J Trump. What we now have as a ruling party in our Federal Government, in many States and in local communities represents nothing less than a reemergence of the Eugenics-oriented White Nationalist movement complete with all the authoritarian stall, defy and undermine tactics in full view of the World. We have lost many of our allies, our hostile enemies are now considered our friends and we are gaslighted constantly and consistently by the leaders of our country and their authoritarian followers. This gas lighting happens in person, via propagandized “news” and via social media. The blame for

problems is being shifted on a daily basis from the perpetrators (Alt-Right conservatives) to the victims of the abuse (moderate, liberals, marginalized populations and “financial problems from the Obama Era.” The perpetrators are in power and plan to stay in power by authoritarian coup, military if necessary. The awake and aware citizens of the country are on edge every day. Each and every day is loaded with crisis and drama from our White Nationalist leaders. We are promised action will be taken and then the next day the actions are reversed and we are on to the next crisis.

I am not at all certain how this chapter in the history of the United States of America will be resolved. I am excited to have been here to fight against oppression. I don't imagine my actions will have much impact on anyone or any policy, but I do have a voice now and I plan to use it in any way possible to call out crimes, corruption and dishonesty of the Eugenics-oriented White Nationalist movement we are currently experiencing. After all, Eugenics were responsible for the Nazi Movement in Germany where millions of Jews died at the hands of Adolph Hitler. I am much more empathetic to the African American experience in this Country and understand their rage now. It is the White rage and bigotry that I am having trouble understanding. However, I understand what I am feeling about this experience better now. Essentially we have a sham government focused on prosperity-seeking and White Nationalism, a throw-back to Adolf Hitler.

I also know that ultimately the most important thing for me to do is to care for myself and my family, to help others when possible and to continue to stand up for the rights of marginalized and oppressed human beings. I will continue to do that until my last breath.

The Western Myth of Privilege

(or what happens when your informed history is 2000 years)

In this year in particular, with the most divisive political process I have seen in my lifetime, I have come to the conclusion that sentimentality and privilege are at the root of our divisiveness. Beyond divisiveness if I want to live peacefully I must inquire within and change myself in order to be a good change agent for the World. If I don't, sentimentality prevails as I divide the World into factions and spread my unfinished business expecting others to clean it up for me.

This principle was demonstrated for me as I recently navigated through a conflict with my daughter, a 41-year-old with two children and a fantastic husband who supports her in every way. My daughter, a wonderful young woman, has been upset with me for over four years due to a project I developed around that time. She has been critical of my activities and is afraid **for** me. My husband of 42 years, a wonderful devoted man, has also been upset with me. I am foreign to him and he is afraid **of** me. Given these two people are my only family members, this became a conflict in which I was willing to engage. I consider these two people privileged as they were born into loving, supportive families and are surrounded by people who appreciate them and support them. So, I found myself in a position where not only was I climbing Mount Kailash (a metaphor for trying to accomplish the impossible) but I was receiving no emotional support from either of the two people who claimed to love me the most. They wanted me to give up my quest. This was not something I was willing to do as it seems my destiny to move forward with this project. I was at my wits end and ready to leave them both and move on to "climb the mountain alone." But, after more than four years of using many other more "socially acceptable" methods to resolve my conflict, I got my megaphone out (a metaphor for speaking loudly and firmly). I sat them both down and, for what I considered would be the last time before I moved on alone, I attempted to explain the concepts included in this paper. I am happy to say that this was what was necessary to resolve our conflict.

We are back to accepting each other and our differences. I believe this frees us up to self-inquire and change since we are no longer hunkered down behind our bunkers defending our positions. It is amazing to me how quickly things turned around considering how long we were in conflict. Speaking of conflict, the political process has always seemed divisive to me but recently it has reached a fevered pitch. I remember as a child having “political debates” with my conservative Father where voices would raise, emotions would elevate and we would ultimately agree to disagree. My personal growth has taken me in a new direction in the last ten years, away from some of the beliefs of my childhood which never really fit well for me in the first place. I was taught to remake the “World” and leave my own personal demons up to someone beyond this life on Earth to remake. I was taught to simply put my demons in a dark compartment in my Mind, lock that compartment and then go about remaking the “World.” Never allow others to know who I really am, because at the core I am a sinner. This is the way I have been trying to resolve my conflicts for most of my life.

Unfortunately, the Mind is permeable, the compartment is not solid and the lock is faulty. My demons leak out in the form of unconscious projections onto the “World” that I am trying to remake. This is how we become aggressive (divisive) toward each other. The one determined to remake the “World” adopts a position of superiority and focuses entirely on the World and away from self. When in this privileged position, one forgets that we are all one family, humanity, an ocean of experience and history inside of a drop (Rumi). Becoming privileged, the separation from those poor people who are not privileged and need assistance become compelling. The privileged experience pity, contempt or disgust alternately while those who are not privileged experience envy, frustration and rage alternately.

Words are difficult to explain to someone when I am unprivileged. They think I am crazy. They wonder why I am not more grateful for their help. This is what happened to me with my family

over the last four and one half years. This is no way to live a beautiful, peaceful life.

As Nelson Mandela has said, “No one is born hating another person because of the color of his skin, his background or his religion. People learn to hate, and if they can learn to hate, they can learn to love, for love comes naturally to the human heart.” Each and every one of us have special rights and advantages, even the unprivileged. Not the rights and privileges we think, but certainly immunity granted to me to benefit in some way from life here on Earth. We are all provided with special opportunities to do something that makes a difference in advancing a higher collective good on Earth. We don’t have these special rights “over” another person. We have them in relation to ourselves. We do not need to aspire toward or hold a special office, live in a certain neighborhood or have special responsibilities to understand this. We just need to understand that no one ever gets away with harming another living creature. I have to understand that there is a personal and collective price for every harmful, hateful, careless, aggressive, divisive act I perform, intentionally or unintentionally. If this is true for me, it is also true for every conscious being on this planet.

When privilege is exercised spiritually, emotionally or psychologically regarding comfort or a sense of belonging, then transgressions become subtler. The pity, contempt or disgust looks like sanity because it is societally and socially acceptable. It takes the form of sentimentality, diagnosing or defining another so as to separate myself from him or her. “You are sick, you need help, you are beyond help, there is no help for you unless..., your perspective is distorted, you think funny, you are too intense for me, I am afraid of you.” The difference between people who undergo astonishing experiences and emerge scarcely ruffled and those who struggle to make sense of their experiences is not about privilege. The difference between people who can be sent flying into apparent insanity with the brush of a butterfly’s wing and those who stand tall in the face of adversity is not about privilege. The human Mind is too complex to be able to explain differences in such simple ways.

Joseph Campbell, a Western Mythologist says “The meaning of life is whatever you ascribe it to be. The privilege of a lifetime is being who you are. Participate joyfully in the sorrows of the World. We cannot cure the World of sorrows, but we can choose to live in the World joyfully.” The Joy that Joseph Campbell is talking about comes from understanding who I am, becoming who I am destined to become, doing what I am destined to do while on Earth, understanding that “I” am not the point of everything, understanding I belong to something much larger than the limits of me and that I have a responsibility to that larger experience.

Gandhi of India agrees that “as human beings our greatness lies not so much in being able to remake the World as in being able to remake ourselves.” Gandhi was a devout Hindu but he did not separate himself from others. He saw something that needed to be done and he took it upon himself to do something about it. As Martin Luther King says, “Never be afraid to do what is right, especially if a living creature is at stake.” Essentially, Gandhi came to a place where he could understand, “Brits, I love you as human beings (as family) **and** you cannot use your political privilege to harm other human beings, not on my watch!” Gandhi’s primary “go-to-study-guide” was the Bhagavad Gita. This ancient Indian text was first scribed by Valmiki in his translation of the Mahabharata from Devanagari (symbols) into a rhythmic phonetic translation (from spoken Sanskrit). The Mahabharata is an epic poem included in the Holy Vedas which is similar to the Western Holy Bible. It describes parables from the history of early life in the East.

The stage is set when an epic battle is about to take place due to a family squabble. Arjuna is the “good guy” and has a long-standing childhood friend named Krishna (pronounced Krushna).

Unbeknownst to Arjuna, Krishna is an “Avatar” of Vishnu, the maintenance aspect of God. An Avatar in the East is a bit like an Angel in the West. In Indian philosophy, “God” (however I define that undefinable experience) consists of a trinity of natural forces; maintenance (Vishnu), creation (Brahma) and destruction (Shiva). To keep things in balance, all three are necessary. In this case,

maintenance is needed on Earth to keep things balanced, so Krshna is sent to help Arjuna maintain balance on Earth. According to Krshna, this is Arjuna's destiny. Arjuna sees his entire family there on the battlefield about to kill each other off over a family squabble. Fear cripples Arjuna. He does not want to be "responsible" for this level of destruction. So Krshna explains the forms of Yoga (union with the laws of nature in Samkhya Philosophy) and helps Arjuna apply them to his life circumstance. According to Krshna, ultimately since Arjuna was born into Earth as a Kshatriya (Warrior) it is Arjuna's duty to fight on behalf of "God" to uphold the maintenance here on Earth. The best historical dating of this epic battle is loosely ascribed to 1700 - 2000 BCE where, in the Vedic literature a shepherd named Krshna was described and discussed.

Now, the manner in which Gandhi applied these teachings in his own life is a bit different from the epic battle described above. Gandhi understood that the epic battle being described in this story is a metaphor for the battle that is played out inside each and every one of us in facing our demons and how they play out in our daily lives. The "easier, softer way" is to put my demons into a compartment in my Mind and allow someone else to deal with them. Unfortunately, the laws of nature just do not work this way. If I follow this plan, I do feel less discomfort temporarily. There, that is taken care of and now I don't have to worry or think about it anymore. But others do have to worry and think about it. Others are affected by my lack of attention, my turning away from myself. Others carry the load while I am ignorant in my inattention to myself.

Gandhi understood that we are all family. Earth is full of "family squabbles." Through these parables in the Bhagavad Gita, Gandhi developed the courage to show up, do what was in front of him, try hard not to harm a living creature unnecessarily and accept his "position" in life while being kind but firm with others despite the position they hold. Before he was ready to do this, however, he spent years overcoming his own demons and he ultimately became a highly evolved spiritual leader. He did not tuck his demons away tightly in a compartment in his Mind and turn

away. He took them out, looked at them carefully, talked about them with another Acharya (a friend who has walked the same walk) and he changed himself. He spiritually grew to a point where he knew not to use his “spiritual privilege” to remake others or the World. By moving through his purpose in life despite his fear, he changed the “World” he lived in for the better (as most people who live there would say).

This is the Yoga I practice. This process is messy for me sometimes, but this is what I aspire toward. I aspire to change the “World” by changing myself. This means other people in my life will be afraid about what is happening to me. Sometimes people will be so afraid they will leave and "stonewall" me calling me toxic. I am changing, it is messy. I have to do difficult work. It is risky. Sometimes I am emotional in the process. I never lose myself anymore. I find more and more of me with every internal battle I fight.

My life is so much more meaningful today than it was earlier. I dealt with a good deal of trauma as a child and I am a person who feels the breeze of every butterfly within 10 feet of me as if it were a hurricane. I would say I was not born into privilege given I was asked to live as a child with insensitive people. Although we do choose our parents, we do not get to choose our childhood; it just happens to us.

Some people are born like Rama and Sita (an earlier historical couple described in the Vedic literature loosely ascribed to around 3000BCE); well-loved by everyone and easily able to overcome every adversity because they can garner support from all creatures with ease. Rama and Sita accessed the entire animal kingdom and a demi-God Monkey-man named Hanuman for support in resolving a family squabble. For some of us, this is not the case. We cannot garner that kind of support. For some of us it takes a long time to recover from the distortions of childhood reality. Dr. Bessel Van der kolk discusses this in his hallmark book “The Body Keeps the Score.” I would say I lived as a child with people who were born into privilege. Things came easier for them

(or they tucked things away in their compartments like us Westerners were taught to do) and drank alcohol to numb themselves while maintaining their superior position.

I live now with privileged people who grew up in the West with the same instructions I received.

When I change the way I relate to the world, those around me also must change or they must tolerate me while they pretend like I don't exist. People inherently are afraid of change. I am a change agent. I bring out the fear in others, I get that. I think this is called Love when we can live together with others who are not like us peacefully by understanding we are the same and different at the same time, by inquiring within and by cleaning up our own messes.

Bhakti Yoga with Marie Louise

Ancient Rishis (wise teachers who meditated a great portion of the time) developed Samkhya Philosophy (including the scientifically-based Yoga and Ayurveda) over many thousands of years in research, practice and development groups. Because pieces of literature are often attributed to one name, many people misunderstand this fact. For example, The Yoga Sutras, the primary text book for the practice of Yoga is attributed to "Patanjali" which means "fallen angel" in Sanskrit. So the story goes, Patanjali was delivered in a virgin birth to Gonika, a famous female Rishi of the time, in the form of a coiled snake. The image of the coiled snake represents the Kundalini journey up the spine through the subtle body energy centers called the Chakras to elevate a person's consciousness. The important remembrance here is that Sanskrit is ultimately a "spoken" language in written form. We translate the written Sanskrit into "Devanagari" which uses our alphabet so we can sound the words out. Wisdom and knowledge was passed word of mouth from one person or group of people to another for thousands of years before the ability to write was invented.

Historically, the forms of Yoga were recovered over the ages as the people of the period and area experienced a variety of different catastrophic events. Around 1900 BC, a major shift in the earth between what is now Pakistan and India caused the death and displacement of a major portion of the human population in that area. The people of the area and time were highly developed with complex communities and cities much like those in the Middle East during this period. Recovery of their beliefs and practices took several forms over the years as follows: Raja Yoga (The highest form of Yoga, synonymous with Samadhi) was recovered first around 1900 BCE following the catastrophic event. Rajas (or royal) yoga is the path of self discipline called Ashtanga Yoga in the Yoga Sutras. Jnana Yoga (Knowing through pure understanding of the doer, Yoga of the Intellect, liberation through knowledge of self or The

Buddha's Yoga) was recovered during The Buddha's lifetime around 500 BCE Bhakti Yoga (Yoga of Love and Devotion, Chant the many names of the Divine and all her royal family to reach liberation, the Yoga of Jesus) was recovered around 200 BCE around the time of Jesus Karma Yoga (Yoga of Service, the Yoga of the Bhagavad Gita and Gandhi, do what you came here to do without complaint, serve others selflessly to become liberated, the Zen Yoga - Chop Wood Carry Water) was recovered around 200AD. Hatha Yoga (Said to be created by Shiva, himself in order to keep himself fit in meditative isolation, Hatha Yoga is Physical Yoga, the Yoga of Krishnamacharya, most are not certain this form alone leads to liberation but are sure it leads to the other forms of Yoga) was recovered around 600 AD

Though I consciously practice all of the above forms of Yoga and have for the last 10 years, the topic of this paper is Bhakti Yoga. Devotion is adoration, affection, allegiance, enthusiasm, passion, reverence, sincerity, dedication, deference, service, love, and honor. What Bhakti Yoga teaches us is that there is something large than the small self, "I" consciousness, the ego.

In a spiritual journey it is critical to find something larger than self with which to express devotion. As long as I believe that I am it, I cannot grow spiritually. Devotion must be found with discernment due to the tendency of the human Ego to project the darker and lighter versions of self onto others. The Dalai Lama of Tibetan Buddhism says, "The problem with the practice of seeing everything the teacher does as perfect is that it very easily turns to poison for both the teacher and the student. Therefore, whenever I teach this practice, I always advocate that the tradition of "every action seen as perfect" not be stressed. If the teacher gives teachings contradicting the tradition, the instruction on seeing the spiritual teacher as perfect must give way to wisdom and reason. I could think to myself, 'They all see

me as the Buddha, and therefore will accept anything I tell them.' Too much faith and imputed purity of perception can quite easily turn things rotten."

I have found the primary devotional object most comfortable for me is principles. I can see that each of the Indian devotional figures represents a set of principles, as do the Western devotional figures. When I chant, I chant with principles in mind of Love (Sita Ram), Service (Hanuman Chalisa), Love and Service (Hari Krishna, Hari Rama), Healthy Relationships (Sahana Vavatu), Truth (Asato Ma), healing (Mahamrityunjaya Mantra) and Motherly Love (Ave Maria)

I am also associated with people who represent these principles. My friend CLE represents Determination turned good. My friend CAA represents Love at its widest (unconditional).

When I am with them, the devotion to the principle is palpable. My Ego suddenly questions the untruth and I am transformed. I find it challenging to feel devotion toward a person, though, once they have revealed themselves ego-bound (a person who claims or pretends to have certain beliefs about what is right but who behaves in a way that disagrees with those beliefs). This non-integrity confuses me and displaces the devotion I feel for a time until I can remember that all human beings are fallible. Devotion to discovering the ways in which one inhibits spiritual health is worthy. As a teacher, I don't claim to be perfect or absent of contradiction. I am human, after all. Humans, by the very nature that they are embodied (according to Samkhya Philosophy) are here to take care of unfinished business and to become who they truly are, their true Self. We are all in this spiritual process together.

The greatest thing to guard against is intellectual spirituality which separates us from one another. Devotional practice in the form of chanting the many names associated with certain principles, in my mind, brings us together. We see the similarities rather than the differences. We tolerate each other's quirks and we don't leave the person (or make it so that they must

leave). Rather we detach from our narrative about the other person (or the other person's narrative about us). After all, it is the narrative that causes the attachment (which ultimately causes the suffering). The two ultimate forms of suffering are pleasure seeking which leads to attachment and pain avoidance. These can be described as preferences. We leave another person to be who he/she is and needs to be and we take care of ourselves when needed. We stay to watch a suffering person liberate him/herself through the chosen form of practice, witnessing the transformation. This is a great blessing.

Devotion does not mean we co-sign bad behavior. We simply remove ourselves while we are disturbed by the bad behavior if necessary. We would expect others to remove themselves while we engaged in our bad behavior if needed as well, wouldn't we? But we would always expect them to come back or come back ourselves, wouldn't we? Ultimately, boundaries are not about other people, they are about the self. "I am disturbed by something so I need to set a boundary." It is important to find a way to do this without harming others, with a maximum of kindness and love, according to the Yoga Sutras.

Human kind is worthy as a devotional object. We walk our walk together as one body - The body of the Universe. Not one of us is perfect and all of us have our work to do. Can we listen when the wheels are falling off for someone? Can we listen without defensiveness when someone is giving us feedback (even if it seems like a projection to us)? Can we understand when someone is defensive it is because they are confronted with something they are not ready to hear? Can we be kind and loving when someone is tired and hurting and can't find a way to sit still? Can we take care of ourselves even in the face of insanity, rage or despair and remove ourselves without judgment or indifference of the other when necessary? If not, I think we have more work to do.

I have found nothing more opening of the Chakra System, nothing more profound for the

breath and nothing more calming for the mind than chanting. Alone, the feeling is remarkable. With a group, the feeling is auspicious. In becoming a Yoga Teacher, I chanted with Scott Smith Miller and Laura Cueva Miller and their Yoga Das 108 Piece Band. I met so many interesting people and felt the liberation and freedom of simple chant. I think my favorite time chanting with Yoga Das 108 Piece Band was when Lisa Kekaula sang as part of the band. We sang "Hey Shiva Shankara, Hey Maheshwara, Sukha Kara, Dukha Hara, Hara Hara Shankara, Om Namah Shivaya, Hara Om Namah Shivaya." Translated as, "Shiva is the destroyer of the ego and the witness of all that passes. All sorrow stems from identification with transient things, all true happiness from identification with the eternal. Om and salutations to Shiva."

If you have ever been lucky enough to hear the Yoga Das 108 Piece Band as many of my friends have, then you have possibly had the opportunity to hear Lisa Kekaula chant. You will know that this is a unique experience. As this chant progresses, my breath becomes rhythmic and regular, the sound comes out of me smoothly and deeply, I begin to experience that Lisa and I are one rather than two people chanting. There was just this oneness with Lisa and the group as we chant together. I disappear into the eternal.

I can remember early in my recovery of self, attending an AA meeting at the Kingdome in Seattle. This football stadium holds 66,000 people. This Alcoholics Anonymous World Convention was held in 1990. I was just 3 years sober, had surrendered to my innermost self that I had become an alcoholic. I was 43 years young and my sponsor took me to the convention so that I could see the miracle of Alcoholics Anonymous and the spiritual community. At the end of this meeting with 66,000 recovering alcoholics and their family members, we joined hands (all of us) and chanted "Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on Earth as it is in Heaven, give us this

day our daily bread and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil, for thine is the kingdom and the power and the glory forever, Amen." This was a turning point for me in awakening to the miracle of recovery. I disappeared into the eternal.

You will not find me in a cave, isolated from people, finding Moksha (liberation) all by myself. You will find me out and among people who are experiencing life at all different levels. You will find me telling hard truths sometimes and hoping people stay to get to know me. You will find me loving in the face of conflict and you will find me loving more because of conflict. You will find me hurt and angry for a minute and then quickly moving back to love and forgiveness. You will find me wondering why people leave without saying goodbye or telling me why they are leaving. You will find me loving the people who leave as much as the people who stay. Yoga Sutra II.33 says, "When presented with disquieting thoughts or feelings, cultivate an opposite, elevated attitude: This is called Pratipaksa Bhavana."

(Nischala Joy Devi). Yoga Sutra II.34 says, "The desire to act upon unwholesome thoughts or actions to cause or condone others toward these thoughts or actions is preventable. This is also Pratipaksha Bhavana." (Nischala Joy Devi). When we are healthy enough, we can find a different way of thinking about and looking at something disquieting. Take the time to find this loving and living new view.

I will never forget the amazing description of Krishna Das (chant master from New York) describing his first time in India after the death of his teacher, Neem Karoli Baba. He was perplexed and in grief about never seeing his teacher again when another very wise man told him to watch as thousands of people came passing through the Ashram to pay tribute to Neem Karoli Baba after his death. The wise man told him that here he is seeing the larger body of his teacher. There is nothing to miss. He is here with us now in his larger, Universal

body. These are all of the people he touched and helped while living this last life. I think every time Krishna Das leads a chant, he is signing as and to Neem Karoli Baba and what he represents.

When I was a child, according to stories my Mother told me, I was always about talking to people, always about finding myself in others, always curious about everything. I asked difficult questions, I told difficult truths. I told them until someone listened or until they left. I believe this is what I was born to do since I have been doing it since I was old enough to talk. When we traveled, according to Mother, I knew every one of the maintenance people at every single hotel before the rest of my family got out of bed in the morning. We traveled Route 66 every summer from 1953 until I became a teenager, probably around 1963. What glorious drama these trips held, fighting with my sisters, worrying when my Father would become Dr. Jekyll and wondering how to soothe Mother when she was angry and sad. I took responsibility for these things for as long as I can remember. I did develop some bad attachment and avoidance habits along the way which I am busy disabling and undoing now with Yoga and Ayurveda. However, what a glorious time in my life this was for me. This is Bhakti Yoga in all of its glory. This is devotion to human kind; to make certain your life is well lived.

Don't define me by the color of my skin

Today, I have a different message. I am an advocate for #blacklivesmatter, I always have been. And I have had some interesting experiences lately where, because of the color of my skin, I have been perceived as a threat.

First, let me say I do get into a place where my brain is broken. If I experience extreme stress for long periods of time, I am less patient and tolerant. I suppose this can look like White Privilege. Sometimes I come off as angry and I curse.

Second, let me say that one of the reasons I have a brain that is compromised is that my 'whiteness' has not saved me from a lifetime of patriarchal, religious, white supremacist abuse. For reasons unknown, in this life, I experienced every sort of victimization, much of it before the age of 16.

After 16, I understood that I had developed patterns of thinking, feeling and acting that would ultimately lead to more victimization. It was age 35 when I first considered that I was broken, had lost my confidence and my sense of self and I wanted to kill myself. I am so glad I did not, because I would have killed a stranger.

It was a rough start, panic attacks for days on end rendered me unemployable for a while. I slowly began to put myself back together but in the beginning I made false starts. I tried to return to the old coping strategies and I found they did not work anymore.

At age 50, I began my professional career and worked for 15 years with increasing responsibility. But the anxiety and pains were still difficult to deal with. Despite the obstacles, I was able to retire at 62 with a pension I saved into and medical insurance for life. I am so grateful for this.

From age 35 to current (74) I have sought every kind of help available to me. Psychiatry, psychology, marriage and family therapy, therapy groups, social support groups and Yoga and Ayurveda. In my case, every effort to seek help has resulted in getting the help I needed.

Lately, I have adopted a lifestyle conducive to my emotional, mental, physical and spiritual health. I stay strict with my daily routine with some variation for travel, seasons and age. Now, I am able to let go of the past and move forward toward freedom. My goal is to reach my last breath with no regrets and no attachments or aversions. I am almost never afraid anymore although some interpret my identity as fear. It is not. I am just an intense person, but I tolerate a lot less drama than I used to tolerate.

That is why I am surprised when my black friends react to me with defensiveness. I am an old woman. I cannot hurt you.

So please, don't let the color of my skin determine how you approach me. And I will be as open as I have been to the black people in my life.

I don't think we are in a contest as to who has tolerated the most abuse and how that has affected your life. The ultimate goal for all of us is to know that at any time, we could be victimized because at times the world is a hostile place. But we have a choice now!

The truth about me as a yogi

May 30, 2015

I am **Gnostic**. I see no value in material things except to provide for survival and I am constantly working toward spiritual enlightenment (to be a happier, more loving person)

I am an **Anarchist**. I self-govern and I question authority. I believe that non-hierarchical systems are the healthiest systems (they believe in and trust that people understand they are responsible for the consequences of their own thoughts, words and actions).

I am not a **Levantine**. I come from the earth, belong to the large ocean of organic manifest objects on this planet and nothing makes me privileged, better, or worse than anyone else. I don't see myself as special or chosen.

Hierarchical systems use the love/hate continuum to operate. I also refer to this as the pity/contempt continuum. In this continuum from love (pity) (let me teach you from a distance) to hate (contempt) (I want to annihilate you because you threaten me) experience stretches from pity to contempt with stops at suffering, condolence, sympathy, distance, removal, indifference (the resting place), disregard, scorn, derision, stonewalling, disdain and finally reaches contempt (we are not the same and you are a threat to me). This is the Tamas and Rajas of relationships in a Yoga/Ayurveda sense. TRUE Sattva because TRUE Sattva requires TRUE Love.

“A person experiencing pity will experience a combination of intense sorrow and mercy for the creature, often giving the pitied some kind of aid. Although pity may be confused with compassion and empathy, even love, pity is different from these. Nietzsche pointed out that since all people to some degree value self-esteem and self-worth, pity can negatively affect any situation. Additionally, pity may actually be psychologically harmful to the pitied: Self-pity and depression can sometimes be the result of the power imbalance fostered by pity, sometimes with extremely negative psychological and psycho-social consequences for the pitied.”

Modern neurology asserts that pity consists of an initial aversion to the plight of the sufferer, thereby initiating the pity/contempt continuum. Only sometimes if the pitter or pitied is awake, aware and conscious the higher parts of the brain kick in and make a more nuanced assessment of the situation (e.g., considering the context, invoking empathy and experiencing TRUE love).

TRUE love does not exist on any continuum and begins with empathy; you and I are one and the same and I see you. "Compassion is really the act of going out of your way to help physical, spiritual, or emotional hurts or pains of another to heal. Compassion is often regarded as having an emotional aspect to it, though when based on cerebral notions such as fairness, justice and interdependence, it may be considered rational in nature and its application understood as an activity based on sound judgment."

In a hierarchical system, there is always a scapegoat (someone to blame when there are problems with the system). Oftentimes, the truth-teller becomes the scapegoat since no one participating in a hierarchical system really wants to address reality. It is much easier to focus all of the negative energy on the scapegoat which spreads from the very top, through the management, to the employees, contractors and students. Ultimately, the belief of all is that "if we get rid of her, then everything will be OK again." Why do I begin my writing here? What does this have to do with Yoga? The Yoga World is overcome in the Western World with hierarchical systems. In India, the culture is hierarchical. Typically, systems become hierarchical when they become too rigid and fundamental (Religious). The culture becomes small and closed rather than large and expansive. I believe that Yoga in its true sense is not bound by continuum. We don't have to be either small and closed or large and expansive as that is another Rajasic and Tamasic continuum. Let's go for Sattva in western Yoga. There is room for all in Yoga, but not in a hierarchical system.

A story to illustrate the difference between TRUE love and the pity/contempt continuum follows. In volunteering to teach a "Story Time Yoga" class for parents and children at the local Library, I see many interesting interactions between parent and child. One such interaction was disturbing to me and others in class. A woman with a small child (four years old) came to class every week, clearly anxious and nervous about her daughter "behaving" properly in class and keeping her word that she would "listen carefully to the teacher." Mother would routinely "punish" her four-year-old for not "behaving" properly or not "listening" carefully enough by placing her facing the wall back to back with her. She would isolate her daughter from the rest of the class angrily. I did mention to the parents on several occasions that it was OK to let me "handle" the children while they enjoyed class. My approach in class is to focus on engaging the children, so I would "overlook" mother's behavior and attempt to connect with the child which would eventually free the mother up to "release" her back to class. Other parents would angrily talk to me about the behavior of this mother in private. I would continue to LOVE the fearful mother and work hard to connect with her child. One day, this fearful mother seemed extra afraid. Behaving oppressively toward her daughter, she was attracting attention. Another mother in the group, knowing her own child was safe with me while I read a story, walked over to this fearful mother and asked if she could give her a hug. The fearful mother simply dissolved into the other woman's arms and began softly crying. While this was happening, we went on with class and I reengaged the daughter of the fearful mother. I simply trusted all along that love would prevail. I never once doubted it. The fearful woman comes to class happy and peaceful now knowing she can be who she needs to be and all will be well. She will not be judged by me, and I will not engage with others in judging her. This would never happen in a hierarchical system. The difference here on a pity/contempt continuum is that I would have to be rigid, rule bound and accusatory toward the mother to make sure she was "behaving." I might even be compelled to submit a child abuse report to protect the child, becoming a citizen vigilante.

The Buddha had traveled far over many lifetimes before he sat under the Bodhi Tree and became enlightened. He practiced mindfulness, self-enquiry, self-honesty and continuous change long before he found the tree. Jesus is another example of someone who practiced these principles. Both of them studied with the ancient Yogis. Neither in all likelihood had much of this wreckage by the time they were born into this lifetime. You and I likely have more of this to eliminate before we are set free from the activities of the contempt/pity continuum of religion. All of the positive psychology, Yoga Therapy and concern toward the aid of the poor suffering anywhere on the pity/contempt continuum are not going to heal these wounds. Only Love, TRUE Love, with a deep understanding of neutrality (as opposed to duality), impermanence (everything passes on eventually) and equanimity (all things are equal in reality) heals and allows a person to experience TRUE Love. All of these concepts are discussed in the Yoga Sutras, Chapter I.

If you are a Yoga teacher or Yoga therapist, here are some things that were said to me while I was in training over the last four years that lead me to believe we in the West have created a polarized, hierarchical system in which to teach our Yoga students and trainers. I am urging us to move beyond this closed, rigid, fundamental system to a place of TRUE Love when we train our Yoga students and trainers. Although one-sided, this is exactly what I experience seeking an education in Yoga and Ayurveda

- A Yoga trainer spoke to me, his student, about personal conflicts with other Yoga teachers in the area, essentially gossiping about them.
- A woman who befriended me when she had become a “victim” of a Yoga trainer eventually invited me to teach a class for her when her mother died. She showed up at the class unexpectedly and criticized my teaching, my personal care actions, and my knowledge.

- A Yoga trainer who I had invited to speak at my space cancelled his appearance at the last minute and at great financial expense to me stating “my true colleagues and I have been actively (and successfully) fighting the actions of people like you for decades” and “don’t bother responding to this message – if you do, it will go straight to the trash unread.” I sent him an invoice for his portion of the promotional materials (over \$1000) and I received, as promised, no further communication.
- A Yoga trainer told me that he would not read my Facebook posts about my wonderful first India trip because he did not want to encourage my Rajasic writing.
- A Yoga Therapy trainer and program director told me that I could quit the program months into my first year when I gave him feedback about scapegoating me in class and creating a hostile environment. He did this rather than to offer me any kind of counsel or addressing my issues of concern.
- A Yoga trainer who befriended me eventually sabotaged my effort to connect with a national credentialing organization and then when I tried to discuss it with her she told me that she was “taking a break from me.” At the next training I attend she talked extensively about “boundaries” and had “support people” drop into the middle of class to check on her and make sure she was OK.
- A Yoga trainer who, as I was leaving class, decided he did not want to have a discussion with me about a differing opinion and backed me into a space where I could not leave and proceeded to yell at me in a loud voice for two or three minutes.
- A Yoga trainer pointed me out and reprimanded me when I lay on the floor during class because I was in pain and trying not to disrupt class.

- A Yoga trainer publicly announced, “you are a brat!” and emotionally reacted when I commented that I taught a mindfulness class to elders during a discussion about how important it was to teach elders.
- A Yoga trainer and program director who had been scapegoating me for nearly a full year in class decided to tell me that the teachers and students in the program were gossiping about me. When I advised the school I would complete the four weekend sessions I had left for certification, the department director advised me that I could not and he would make a partial refund exception. I did not accept and completed the program. The director warned every instructor from that point on about me by walking up to the instructor at the beginning of class, point me out with his eyes and his hand, and whispering about me.
- In an attempt not to return to a problematic program, I called every Yoga Therapy training program credentialed by the organization I was attempting to have a relationship with and was told that I would need to start my program at the very basic training level in order to become certified with them. I was told this after I explained I had already spent thousands of dollars on Yoga Therapy training and invested eight years of my life.
- A Yoga Therapy credentialing program who told me that I was “just the kind of program they were looking for,” lost my application, defended themselves when I was upset, had a Yoga Therapist who was competing with me as a training program review my application, gave me no meaningful feedback, told me I should teach Yoga teacher training instead and eventually asked me to withdraw my application.

These are only a few of the questionable issues I have experienced during my years seeking yoga and ayurveda knowledge and wisdom from the American version of education.

Although Rumi is Pakistani and a Muslim Poet, his quotes from his LOVE poems speak to me around this issue. I appreciate the opportunity to have spoken to you about a topic I am passionate about. I hope you have learned something and if you would like to connect with me, friend me on Facebook, please. Send me a message saying that you read my article or I may not accept your friend request. I am more cautious now with my personal space having had the above experiences over the last eight years.

My First Kiss with a Boy

“When I see you I’m gonna kiss you all over your face.” Macy Gray

Smooching, licking, sucking, smacking, sweetness; WET, that is what my first kiss was like.

Tongue licking lips and tongue licking tongue, my teeth are too big, my braces are too scratchy, maybe no teeth would be good. Oh, remembering my father’s toothless mouth on me. No, get back here, enjoy your first kiss. Forget yourself, dive into the sensations, swim in the sensations, swim in the warm water of love. Not caring at all about how it looked or sounded to others, my brain had not been altered in any way yet other than the oxytocin flooding my me. Body to body, lips to lips, peeking and poking, grasping and joking, laughing and crying, exploring and fumbling. Living and dying. Innocence, still recognizable but shifting. What will it feel like if I do this? Will he enjoy it if I do this? Pinky, that was his name. He was a light skinned Mexican, so they called him Pinky. We met at the Canteen at the Friday night dance. The new experience of seventh grade was that every Friday night we had a two hour dance. Pinky was my first boyfriend. Unlike Tom from 6th grade (Tom did not know I existed but I was so in love with him; he would ultimately be drafted to Vietnam and not return home), Pinky was interested in me. He groped and kissed and I felt my body come alive. I completely relaxed into the sensations of his touch. No self-consciousness at all, no fear of failure, no experience of rejection. Beginners mind, innocence still recognizable. No booby buds yet, or very small ones. Just sinking into the arms of Pinky as he held me, both arms wrapped around my shoulders, lips locking with mine, smooching, licking, sucking, smacking sweetness.

Vulnerability Clause

July 6, 2020

Dear people worried about how you will be judged by others:

Your life comes with a Vulnerability Clause.

The clause reads:

“To be sincerely vulnerable gives you strength.” Anais Nin

This clause is built into the part of you that is worthy of your attention.

This is the part of you who lies above the surface of the water. Your Ego. The part that waits for you

“out beyond ideas of right and wrong” (Rumi) is your spirit. It already knows this clause intimately.

This is the deepest, wisest voice available to you. The deepest voice does not concern itself with outcome or favor. It concerns itself only with wisdom, practical application of wisdom. It can only come from inside you. It never comes from “out there.” Vulnerability Wisdom comes up from the base of your spine, across the crown of your head and spreads into your body like a soft, gentle rain.

It is the most feminine voice you have (Man or Woman).

“Try this,” it says.

“Where does this come from?” “When was the first time you felt this?” “What do you want?” “How does this work in your life?”

When you are honest with yourself, have investigated all possibilities of distortion which come from Ego (which we can describe as thought without wisdom) and are truly loving you, that is exactly the time to take action on your vulnerability wisdom. Before you get here, you will travel through your senses, your reactive thoughts, your emotions, your image-maker (ego) memory, and sometimes the input of family members, and finally you will reach your spirit which is full of bliss.

Waiting Place

September 3, 2020

There was a place her daughter waited for her after school. Mommy called it “The Waiting Place.” It was right outside the school on the steps leading up to the school office.

Mommy did not think it was her day to pick her daughter up so she made arrangements to have a secret rendezvous with one of her lovers.

She was on her way back to work when she got the phone call from Bonnie that her daughter waited an hour on the steps before she went into the office and told the secretary, “I think my mommy forgot to pick me up,” in a very sad, tremulous voice. The call to mommy came from Bonnie, the woman who provides childcare for her. Bonnie told her the story and mommy said, “oh my gosh, I thought it was your day!” She was so ashamed, humiliated, in fact.

The second time she was not there for her daughter, mommy’s mother (with second stage Alzheimer’s) came up to give Dad and mommy’s sister Jayne a break. Mommy took her daughter to the mall with some friends while she went out for the day to entertain mother. It was an exhausting day.

When she got home, she got the call from Janet that her daughter had been arrested for shoplifting. Janet was the neighbor who served as her daughter’s second, more responsible mother. Janet was her daughter’s best friend’s mother. She thought to call Janet from the Mall Police Station when she could not get ahold of mommy.

These were the moments that made her mommy believe she was entirely irresponsible, and everyone would be better off without her. Sometimes she still thinks the same thing even now. Sometimes she wonders “where was Daddy?”

Wandering through the Hate Field, A Lovers Guide

A lover's guide in response to justification of toxic masculinity Marie Louise Bosin, MA, August 27, 2022, 75 years old today, working on my 76th.

Marie Louise Bosin, MA, Descriptive Pronouns: Jivan (human), She/Her, Heterosexual, Fluid, feminist, lover, woman, wife, mother, grandmother

Culture of "Toxic Masculinity"- The Hate Field Chaos

Rules change constantly according to mood of man

Hatred of "other" due to misunderstanding.

"Wild West" attitude regarding behavior.

Survival of the most ego-bound with disregard for "others."

We are in the middle of wild times these days. Those most desperate for survival want to be in charge of all of us.

The sad part is they have no clue how to lead with love. Many of them call themselves Christian, Jewish, Muslim, and Hindu, religions influenced by Solomon and Abraham, the key ingredient is they chose a belief system based in hatred of other, power and greed.

In this field of battle, hatred allows unconscionable crimes against all living creatures seen as "other."

A few examples of hate filled verbalizations all from 'Republican Law Makers.' 'My pronouns are kiss my ass.'

'The only way to reduce nuclear weapons is to use them.'

'I believe in an America where millions of Americans believe in an America that's the America millions of Americans believe in. That's the America I love.'

'I could stand in the middle of Fifth Avenue and shoot somebody, and I wouldn't lose any voters,

okay? It's, like, incredible.'

'My only regret with (a mass murderer) is he did not go to the New York Times Building.'

'I just wish Katrina (a major deadly hurricane) had only hit the United Nations building, nothing else, just had flooded them out, and I wouldn't have rescued them.'

We're not going to give up on destroying the health care system for the American people.

'Corporations are people, my friend... of course they are. Everything corporations earn ultimately goes to the people. Where do you think it goes? Whose pockets? Whose pockets? People's pockets. Human beings, my friend.'

'I hope that's not where we're going, but you know if this Congress keeps going the way it is, people are really looking toward those Second Amendment remedies and saying my goodness what can we do to turn this country around.'

'Feminism (considered other) was established so as to allow unattractive women easier access to the mainstream of society.'

The odd thing about the hate field is it seems to use hateful verbiage to purposefully outrage the "other" to wear them down. Names are not mentioned of those responsible for these quotes above. Mentioning names indicates legitimacy and strengthens the quotes. There are only a few strategies which will allow one to navigate through the hate field and not lose oneself.

Here are ten of them attributed to the source. These quotes need to be strengthened now so that most of us do not lose our way through the hate field.

"If you love, you serve. The clamor to help is born of vanity. Without self-knowledge, how can you have knowledge of another's needs? Without understanding yourself, you cannot understand another, serve another. Without self-knowledge you are acting in ignorance, and so creating sorrow."

Krishnamurti

“No effort ever goes to waste in selfless service, and there is no adverse effect. There is always an opportunity to serve, and there is always time. Let not the fruits of action be thy motive; neither let there be in thee any attachment to inaction. Nor must one claim any right to reward.” Krishna in Bhagavad Gita

But I tell you, love your enemies and pray for those who persecute you.”

Jesus of Nazareth

“Do not feel lonely, the entire universe is inside you. Lovers don’t finally meet somewhere. They’re in each other all along. There are a thousand ways to kneel and kiss the ground; there are a thousand ways to go home (to yourself) again. Raise your words, not your voice. It is rain that grows flowers, not thunder.”

Rumi

“By requiring a sacrifice of love for the sake of hierarchy (think of Abraham commanded by God to sacrifice his son Isaac, the birth of transactional relationships), patriarchy steels us against the vulnerability of loving and by doing so, becomes a defense against loss. In this light, we suggest that forces outside our awareness may be driving a belief system that otherwise appears inexplicable.”

Carol Gilligan and Naomi Snider

“I got a menagerie, inside my ribs, under my head, under my red-valve heart-and I got something else: it is a man-child heart, a woman-child heart: it is a father and a mother and a lover.”

Carl Sandburg

“Beware that, when fighting monsters, you yourself do not become a monster. For when you gaze long into the abyss. The abyss gazes also into you.”

Friedrich Nietzsche

“Everything can be taken from a person but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.”

Viktor Frankl

“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”

Martin Luther King, Jr.

“Love is never lost. If not reciprocated, it will flow back and soften and purify the heart.”

Washington Irving

If these ideas seem foreign to you, not enough to solve our worldly problems, well just remember there are many of us working on it. Some have special talent and understanding in foreign affairs, domestic terrorism, YOU are not alone. If you can do nothing else, you can LOVE.

This action has power, and it will not be lost. The love you give, unconditionally, without concern for outcome or reward, will not be forgotten or unwanted. It will pay forward in hundreds of ways and it will soften your heart. It begins with BREATH. Breathing is how we stay out of fear. Most of us hold our breath when we are afraid. Take 10 deep, profound breaths several times a day and the fear in your mind will dissipate and will be replaced with LOVE.

When in the Course of Human Events

“When in the course of human events, it become necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the Earth, the separate and equal station to which the Laws of Nature and of Nature’s God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation. We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such a form, as to them, shall seem most likely to affect their Safety and Happiness.” J Jefferson, Declaration of Independence.

“We the PEOPLE of the United States of America, in order to form a more perfect Union, establish Justice, Ensure domestic Tranquility, Promote general Welfare and Secure Blessings of Liberty and Prosperity, do ordain & establish this Constitution for the United States of America.” The Preamble to the Constitution.

“A breach of contract occurs when a party who agreed to formulate a contractual obligation (Oath of Office) with another party, does not carry out the intended function of the contract. As a result, a breach of contract is a legal course of action where the binding agreement latent in the contract is not honored by one or more of the parties to the contract or by interfering with the other parties ability to perform the task of the contract. If a party, having agreed to formulate a contract does not fulfill his or her contractual promise or does not carry out intended functions of the contract, that party is said to have performed a breach of contract. In most instances the remedy for a breach of

contract is delivery of monetary compensation for damages incurred. The aggrieved person possesses the obligation to mitigate damages through reasonable means.”

*ContractLaw.com/BreachOfContract

It seems to me when an administration enters power with the stated goal of nullifying the Rule of Law, the Constitution and Ethical Measures to prevent abuse of power, then that Administration has breached their contract (The Constitution and its amendments) with the people they serve, and that therefore the constitution is null and void.

Therefore, I am taking the following steps to ensure my safety as a citizen of the United States of America.

1. I downloaded a copy of the Constitution of the United States of America not from a government site. There are books written and articles online which have a copy. Some of the criminals want to tell you that it is the Federalist Papers that are most important. That is a Russian Propaganda rhetoric. The constitution stands alone, the Federalist Papers were written by a few slave owners to convince aristocrats to support the constitution. It barely passed without their support.

<https://billofrightsinstitute.org/founding-documents/constitution/>

2. I downloaded a copy of the Mueller Report.

The Mueller Report was suppressed by those in power because it implicates those in power. They are trying to suppress the evidence and conclusions arrived at in the process of investigate Russian Interference in the 2016 Election to install “Their Man” in our White House.

<https://apps.npr.org/documents/document.html?id=5955997-Muellerreport>

3. I downloaded a copy of the Impeachment Articles forwarded to the Senate by the House of Representatives. Those in power are trying to suppress their criminal activities so it is important to have and read a copy of this document.

<https://www.congress.gov/bill/116th-congress/house-resolution/755>

I am devoted to my Nation, the constitution, the rule of law and the ethics and morals to which our Nation adheres. Since Eisenhower left office I have watched the Republican Party slowly dumb down our Nation's social, political and societal institutions. We have finally arrived at a crisis I am not certain we will recover from.

From now through the 2020 election, I will adhere to the text and documents that guide us in our activities as usual.

I believe the Conservatives in power are domestic terrorists and should be incarcerated immediately. No, I am not joking. They have completed a long running effort to destroy our Nation using our very Institutions. I am not certain at what point Russia got involved but I first noticed things going haywire just after Eisenhower left office. Eisenhower allowed Doug Coe to institute the National Prayer Breakfast and encourage him and future Republicans to use it politically.

This is my Nation and my Constitution and I will not abandon the protection of her. I was not able to fight in the Vietnam war, but I feel I have been a warrior for Democracy the last four years.

Therefore, I take the privilege of flying my flag upside down. Any failure on the part of those in power to adhere to these agreements will be considered (by me) a breach of contract, a fraud. At this very moment forces connected with the Koch Network are manipulating citizens to vote for a Constitutional Convention where the current administration will have the power to rewrite our constitution to their Alternative Reality delight. We must stop these destructive actions NOW. The current administration earned their power by cheating, lying, manipulating our Rule of Law and fixing elections, again committing fraud. Any public servant who joins in the process with the criminals will be considered a traitor and in breach of their oath of office and their contract with me, a 72 year old female citizen of the United States of America.

Therefore because I no longer feel safe in my home (and neither do 70% of the citizens of the

United States of America), I have made certain decisions going forward to and after the 2020 election.

1. I will vote in 2020 and hold my nose to #VoteBlueNoMatterWho if Bernie Sanders is the Democrats candidate unless there is another viable option who decides to run as a write-in candidate who I believe can beat Donald Trump. I believe Bernie Sander is as corrupt as Donald Trump and is helping Donald Trump to consolidate power.

2. If Donald Trump or Bernie Sanders are elected in 2020, I will consider the election to be fraudulent and I will continue to speak about that until the day I die. I will not join in the dissolution of our agreements.

3. From that point forward, I will no longer participate in an Alternative Reality government where voting does not result in upstanding, law-abiding public servants being elected to office because the elections are fixed.

4. I will purchase and carry a pistol and I will shoot anyone who messes with me. This is what the current Administration seems to want, a Wild West lawlessness. So I will join.

I make this decree with a most sincere sadness in my heart about the death of Democracy. What I know is that Democracy is the only sustainable, fair and just type of government currently available. Dictatorships, Fascist or Socialist, come and go because they thrive on chaos and a demolition of History. If a people cannot remember their past, they cannot improve their lives.

White Oak

August 27, 2020

There is a magnificent old tree in the front yard of Mom and Popo's Farm. It covers the entire front of the house and looms over the roof like a shade-filled cover. From her second birthday, she remembers visiting the farm in Bowling Green. Three girls, age six months, two years, and six years old stuffed in the back seat of a Studebaker screaming, "I see Mom and Popo's farm," hoping not to be the second or third one to see. That tree provided her with her very first meditation.

It was official but she was only a baby when it happened, so she did not have words for it. She was on her back in the bassinet while her parents and grandparents exchanged niceties. Her hazy gaze picked up the sun sparkling through the White Oak Tree leaves. As the warm breeze caressed the leaves of the tree, the sparkle danced in her eyes. She followed the sparkle into a deep sense of herself as an old sage and complete surrender. Little did she know that on her second birthday she would be chasing fireflies around that same tree as a celebration of life. "I see one," she screamed, as her older sister tried to find more than her. At first, she did not worry about the competition, but by the time her younger sister was two years old, having her second birthday, it was extremely important to have more fireflies in her jar than her sisters. That way, she thought, her parents would notice her in a positive way, give her that desperately needed praise she craved as a contrast to the shaming for "such a bad girl."

She was usually caught off guard by the shaming. It would hit her in the gut as if a ball had been thrown right into her diaphragm. She never really understood what it meant to be "such a bad girl." She was a free spirit, wherever she was, whatever was happening, she was just herself. She did not understand that the person she was ended up being unacceptable to her parents. By twelve, she had developed a second self, a bad self, a self that would allow her to experiment with everything for twenty years later.

Letter to Redlands

Intense, fun, loving, too smart for my own britches, a daughter, sister, mother and grandmother, a wife of 45 years, prior health care professional, dedicated Yoga/Ayurveda Therapist, prior business owner, retired, traveler, wanderer, student, teacher and lifetime learner. These are the monikers I have been given. I would like to request that my City fly our flag upside down, as a statement of the distress our World is currently experiencing under Christian Alt Right Conservative Rule. I would also request that every person in the Nation who attends a Christian Church speak up and use my talking points if necessary to explain why it is so important to abandon support for this POTUS. I have attached a copy of my flyer which you may use. Nothing is copy-written. Our REPUBLICAN political leaders are corrupt, immoral and unethical and refuse to hold a corrupt POTUS accountable. Our religious leaders (many of them, especially in the evangelical and catholic churches are immoral and preach "Scorched Earth Russian Propaganda" to sow hatred and demonize those who do not support Trump as corrupt and immoral. These are Russian Hybrid Warfare tactics used to brainwash USA Citizens since the inception of Fox News and must be called out in order to stop the attacks. Our Media is compromised and is still apologizing for our corrupt leaders. They still think this is about Republicans versus Democrats. It is not. It is about our Constitution versus Putin and Trump. Our judicial and justice systems have been made biased by republicans in power specifically in order to protect their power. They are currently allowing hostile foreign nations to fix the 2020 election by doing absolutely nothing about gerrymandering, voter suppression, hackable voting machines, etc. Our Republican Legislative representatives do not represent ALL of their Constituents, just the Christian Right Dominionists. The World now defines many western democracies as unsafe places to travel and places where inhumane acts of violence are committed. Our own Nation is described by the World as an Oligarchy now rather than a Democracy. Genocide of Central Americans is happening inside our borders. Most recently, after

his election, POTUS conspired with a back channel stream of appointed sycophants to bribe a burgeoning foreign democratic leader to start two “investigations” of conspiracy theory lies that came directly from Vladimir Putin’s mouth to our ears to help POTUS win the 2020 election. He used congressionally appropriated funds to extort Zelensky’s cooperation. Muslims, Africans, Hispanics and Asians around the World are experiencing ethnic cleansing, with assistance of Religious Right Extremists inspired by The Kremlin. People at Trump Rallies wear shirts saying, “I’d rather be Russian than a Democrat” and sound more like Fascists than citizens. I stood at Peace Corner in Redlands to express my concern several times over the last year, I have talked to people in coffee shops and on the streets, and most recently stood in front of three Christian Churches with “IMPEACH NOW” stickers and my fellow citizens told me to leave, called me names, threatened to call the police, flipped me off, shook their heads to shame me and screamed obscenities at me. I have been to City Council four times, presented my concerns briefly and asked to be put on the agenda which was greeted with no response. I exercise my freedom by flying my flag upside down in front of my home as a sign of the distress in the world today, every day. If you aren’t feeling it, I am not certain why. The questions I have are:

1. Why are people in power debasing all USA legal, ethical and judicial structures?
2. Why are those in power engaging in obstructionist illegal activity?
3. Why are people in power failing to protect us from domestic and foreign terrorism?
4. Why are we allowing people in power to fix elections using assistance and money from foreign powers, voter suppression, hackable voting machines and political election fraud?
5. Why are we not finding out who is at the root of all this chaos and how to stop them?
6. Why do the leaders of nations who claim to be democracies say “No One Disobeys My Orders?”

7. Why is the Senate Majority Leader blocking over 400 bi-partisan bills because democrats were involved in helping to write them?
8. Why do Republican Senators refuse to bring to the floor over 400 bills written which they call “Democrat’s bills” when they are bi-partisan.
9. Why do Republican congressmen and senators use Putin-inspired Russian Psychological Warfare to defend the POTUS actions?
10. Why are the Conservative Christians like The Tea Party, The Federalists, Justice Roberts & A.G. Barr dismantled our constitution and spoke “Scorched Earth Putin Inspired” Rapture at the Council for National Policy to encourage further division and hatred among Citizens.

Work should fill a soul with joy

She used to accept people as equals who were hell bent on keeping her in a one-down position.

One such person was a “friend” from a support group.

They call them “sponsors,” and they are like “Conversion Christians.”

Conversion is the most important thing to those who are hypocrites.

Most people who sponsor prefer a one-down position because they believe they have a market on

“The Way.” The sickest people go to support groups.

Even sicker are the ones who never make it to a support group.

That’s why one of the support group traditions is, “Principles before personalities.” If you go regularly, follow the steps and traditions and listen, you will eventually feel better.

It seems so many people want to strip you of your ego, which is not helpful in the long run. The ego has a purpose, it just cannot lead the way.

It must ultimately be a passenger.

This is what Conversion Christians cannot do and do not understand.

“Work is hard!” The woman said to her sponsor. She had taken a job in which the hiring boss wanted her to work but her work mates wanted another “inside” person. From the beginning, attempts to sabotage her and get her fired were front and center. Her “sponsor” said, “that’s why they call it work, It’s not supposed to be fun!” This was the least helpful “advice” she had every received.

Work should fill your soul with joy. You should be valued by your co-workers, otherwise you should leave. Follow your bliss. When she thinks back on this time, the lesson was that she had what it took to persevere in a difficult job situation for 15 years, get promoted twice and retire with a pension into which she paid. She vowed never to put herself in that position again. It only lasted 15 years because she had a supportive boss, and a good mentor.

She was often so depressed she went to therapy twice a week. This was the only place she had a voice. She would sit down on the chair and check in by saying, "today is the day I am going to get fired." Her Therapist would say, "what is your evidence?" She had none other than, "my co workers hate me. Everyone hates me."

Frequently, she came to a support group meeting with hundreds of people.

She would sit in the back of the room and slink down to hide.

One man, a doctor, who also came to the meeting would see her walk in and sometime during the meeting he would call on her to speak.

She would say, "I am M, an alcoholic and I am hiding today."

Then he would move on to another speaker.

One night, after she said she was hiding, the doctor said, "there is a tradition at this meeting that people speak at the podium."

She swallowed hard, got up and went to the podium and spoke with a smile on her face talking about what it was like, what happened and what it is like now. She said what step she was working on and complimented her sponsor because that was what you did.

She felt invisible. No one saw her. She saw no one.

You see, this is an ego out of control. This doctor had enough love for her, he would not allow her to hide behind ego.

This kind of loving act from the very few in support groups are the only thing that heal a person.

The very few love unconditionally.

Fascinating that she would experience the exact same circumstance fifteen years after leaving that job. This time, she did not stay long before she realized this boss did not support her. It was not pretty. She left with no notice. Traumatized as she was she tried to clean up her mess but this was not destined to happen. She was already labeled difficult. She had already been defined as a

scapegoat. Nothing she could do would help. She would only make it worse, she was sure.

The Yin and Yang of Morals

December 31, 2016

After reading the summary of an article by Nicholas Kristof published in the New York Times (http://www.nytimes.com/2016/05/29/opinion/sunday/the-liberal-blind-spot.html?_r=0), I was compelled to read the article in its entirety. Now I am compelled to write a rebuttal. The quotes that caught my eye in the summary are "To be truly educated, (liberals-Universities) need to escape their liberal bubbles and interact with working-class Americans, Evangelical Christians and Republicans," and "Eager to censor virtually all opposing views and contemptuous of conservative ideas, free-market economics and religious faith, the left will fight back more effectively if it is less isolated." Nicholas Kristof writes that after Donald Trump's election, "some (liberals-Universities) were in shocked disbelief that so many Americans chose Trump which demonstrates how insular (liberals-Universities) have become." Nicholas Kristof talks about the Universities as the seeding ground for liberalism as if this creates a negative outcome and is responsible for the divide between Liberals and Conservatives. One aspect of Kristof's concern is true. Liberals do believe that freedom is enhanced by education when the education is not restricted by religious belief and when people are free to study all cultures and beliefs and make up their own mind about what they believe.

Let's set the record straight. This article by Nicholas Kristof is biased and takes this election and the division between Liberals and Conservatives out of context. Case in point: Though there is a long history of Religious influence in this Country (as Kristof points out), our Founding Fathers, "Recognizing the unique and intimate nature of religion, wisely put religion on a different footing from other forms of speech and observance – mandating strict separation of religion and government to ensure religious freedom for all individuals and faiths" (<http://www.adl.org/civil-rights/religious-freedom/c/primer-on-the-first-amendment.html?referrer=https://www.google.com/#.WGbcUvkrLn0>).

When Nicholas Kristof writes about Republicans, Conservatives and Evangelical Christians in the same sentence, this is politically on target. Additionally, this is the exact nature the problems we face. His comment that Liberals are "eager to censor virtually all opposing views and (are) contemptuous of conservative ideals" is inaccurate and a distortion of the true issue. Liberals do not care what people decide to believe so long as they are given the freedom to believe what they chose to believe. Liberals do not censor other people's beliefs. Rather, Liberals love to engage in healthy debate based on information that is factual. Liberals believe that Conservatives and Republicans do not engage in healthy debates based on information that is factual. Liberals believe that Conservatives and Republicans have forgotten the First Amendment clarification that is so important to the very core of our democracy. Liberals believe that Conservatives and Republicans have lost themselves in principles of Evangelical Christian religiosity and morals. Liberals believe that Conservatives and Republicans, based on Evangelical Christian influence, want to arrange the Federal Government to mandate that all of us live by these religious and moral principles regardless of our beliefs or morality. This is exactly what the Founding Fathers predicted would happen if Religion became too involved in Government. We have arrived at that point in our history now. There is a reactivity between two moral poles, the Yin and Yang of morals. Yin Principles (feminine) of Care, Fairness and Liberty (Liberal morals) are pitted against Yang Principles (masculine) of Loyalty, Authority and Sanctity (Conservative morals). It does not have to be this way, but to solve the problem we must get the Evangelical Christians (and every other religious group influencing our government) out of the way of our Government. We must not allow Religion to influence the way we vote. We must make sure our elected officials consider opposing views rather than forward a Religious agenda. We must insist that our elected officials set up the government to bring balance and harmony in our population. This is not what Donald Trump is busy doing. Under the leadership of Donald Trump who is affected by the influence of Evangelical

Christians, the divide will only deepen. The imbalance will grow and our peaceful way of life will cease to exist.

The Christians have been converting people by force from the earliest inception of Christianity as demonstrated by the Crusades. This is a masculine (Yang) concept. The current Republican Party and many Conservatives have been hijacked by Evangelical Christians. These are the people who censor virtually all opposing ideas and are contemptuous of all other belief systems. Any opinion which exists outside of their Biblical reference (which is often distorted and misunderstood) regardless of scientific evidence is devalued and dismissed. This denial based in fear has been built into their character for two thousand years and much of it is unconscious. When confronted, however, they are defensive and use rationalization and justification to keep their denial in place. In a way, they have hijacked the constitution itself and are holding all of us hostage with their obstructionism. And, they have hijacked working-class Americans by lying to them and making promises they cannot keep.

To **correct** a conservative perspective (that of Nicholas Kristof, himself), Liberals don't care what Conservatives believe—they just don't want our government influenced by Religion; Liberals believe in free-market economy with a heart; Liberals are in shocked disbelief that so many Americans elected Trump because he is a proven cyber-bully, self-professed womanizer, proven business failure who refuses to release his tax returns and a proven puppet of Vladimir Putin, a Communist Orthodox Christian. Liberals are also in shocked disbelief that the officials of this Country are allowing this corrupt election to move forward decisively, confirming Donald Trump as President of the United States. Liberals know for a fact that the FBI director interfered with the election, falsely influencing the votes of millions of Americans in favor of Donald Trump. Liberals believe the FBI Director should be fired. Liberals know for a fact that Vladimir Putin interfered with the election in favor of Donald Trump and believe that Republicans and Conservatives encouraged that influence.

And yet, with the electoral college win (Hillary Clinton won the popular vote by nearly 3,000,000 votes) we have confirmed Donald Trump as the next President of the United States of America.

Liberals know and are fully aware of the impact of Donald Trump's pre-inaugural efforts to neutralize the power of our current President with his Twitter rants and the publicity the rants generate. Liberals know their morals and priorities will be subverted and dismissed by the conservative Evangelical Christian influence and they are worried.

Many conservatives insist on writing biased and inaccurate articles like Kristof's to further compromise the power and influence of Liberals. They blame Liberals for the very things that Conservatives have created themselves. This type of activity further alienates us from each other and provides no space for healing the divide between the two poles. The Yin and Yang principle is applied here because it provides us with a frame for balance and harmony. This is what the Founding Fathers were attempting to maintain in their wording of the First Amendment.

In a healthy environment, the Yin influences (feminine, passive, sustaining force) balance the Yang influences (masculine, active, consuming force) and vice versa. But, with Evangelical Christians (and now Republicans and many Conservatives), there is no Yin (feminine). The feminine is strictly defined in a supporting role with no real influence and has been sublimated in the interest of consumption. This has been true since the inception of Religion (and is evidenced in all religious texts) long before there were Evangelical Christian's. Religions by their very nature consume the feminine, sublimate the feminine, dismiss the feminine as having anything of value to offer, therefore sending us off balance and into disharmony. This is why Religion has no business influencing the business of our Country.

We are losing touch with the very important concept of First Amendment caution. The population of our Country is now divided into three factions; Conservative, Liberal and Apathetic. Donald Trump won the electoral college by allowing and encouraging outside influences, lying to

working-class Americans, rallying Christian Conservatives and rallying Apathetic people who do not understand or care about democracy; not such a profound victory when put into context. Conservatives and Republicans are celebrating this as a great victory and are forcing the impact of a continued dramatic shift away from feminine values and morals. They spent eight years complaining about and devaluing the effect of our current President who embraces masculine and feminine values. The election demonstrated that when we are divided it becomes possible for outside factions (like Vladimir Putin) to easily influence our elections and take our democracy hostage. Liberals believe we have been taken hostage by Evangelical Christians and a Communist Orthodox Christian (Vladimir Putin) who recently signed an anti-terrorism law into effect in Russia which restricts religious proselytizing and imposes heavy fines for doing so while the law exempts the Russian Orthodox Christian Church.

In the Republican/Conservative/Evangelical Christian bubble, there is only one way to think, the conservative way, the right way (their way). This is a masculine (Yang) concept and will eventually lead to our demise unless we include and value the balancing feminine (Yin) principles. Vladimir Putin, the Republicans, the Conservatives, disillusioned working-class Americans and the apathetic people who elected Donald Trump are good working partners in demolishing our Democratic freedoms and ruining our balanced, harmonious way of life. Let's put the responsibility for our insulation from each other directly where it belongs.

Yuga (The Era In Which We Live)

As far as we can tell, Homo Sapiens have been roaming the earth since 300,000 BC. The earliest Homo Sapiens, Archaic Homo Sapiens, are found in archeological digs in Africa along the east coast.

“What does the name Homo sapiens mean? The name we selected for ourselves means ‘wise human’. Homo is the Latin word for ‘human’ or ‘man’ and sapiens is derived from a Latin word that means ‘wise’ or ‘astute’.”

All people living today belong to the species Homo sapiens. We evolved only relatively recently but with complex...australian.museum

The transition to Modern Homo Sapiens occurred around 150,000 BC. This transition happened all around the world because of migration. Migration and adaptability are the two key survival strategies of “MAN” from 300,000 BC.

What happened on Earth is scientifically described as a rapidly changing environment with water-based life forms being the first organic being on Earth. This is an ancient Samkhya painting that shows the many “avatars” who came from “GOD.” The GOD of the universe contains everything modern humans contain, all coming naturally from the Universe and made of Ether, Air, Water, Fire and Earth (Soil). We are an “ocean in a drop,” as Rumi, the Sufi Poet said.

The Ancient people up to 5000 ago understood everything there was to know that was available from the collective unconscious. They named things they discovered in “research” groups after “meditation,” different from the Greeks and Romans of modern day, however, nothing in the Universe is “new.”

Sometimes I have to laugh at 21st century humans who are so worried about their “creations” they must “copyright” them and are worried about other people “stealing” their ideas. Do you not understand, everything is borrowed?

What does this have to do with YUGA?

According to the ancients, the universe lives forever, but planets have “season” within the Universe. There are two ways to think about the Yugas. One is the typical Hindu version where the cycles last 5,000,000 years. Another is what is proposed here where we have 24,000-year cycles in and out of enlightenment.

This 24,000-year cycle of the Yugas is described by described in the document “Yugas, The Keys to Understanding Our Hidden Past, Emerging Energy Age and Enlightened Future” by Joseph Selbie & David Steinmetz. This version shows up in Paramahansa Yogananda’s Teachings. “The Autobiography of a Yogi,” by Paramahansa Yogananda was the first book I ever read about Samkhya Philosophy. The book inspired me to read more.

<https://www.scribd.com/document/399974248/Yugas-The-Keys-to-Understanding-our-Hidden-Past-Emerging-Energy-Age-and-Enlightened-Future-by-Joseph-Selbie-David-Steinmetz>

According to Joseph and David, “it is more amazing than NOT that anything survives even 5000 years, let alone 5,000,000 years given the destructive forces constantly working on Earth.” Image that we are in a physical cycle that recurs every 24,000 years as suggested by Paramahansa Yogananda (<https://yogananda.org/paramahansa-yogananda>).

There is nothing religious about his concepts. I highly recommend his book, “Autobiography of a Yogi.” (https://www.goodreads.com/book/show/639864.Autobiography_of_a_Yogi)

The Hindus created their religion around the concepts written in the “Holy Vedas,” (<https://www.goodreads.com/book/show/2279118>).

The Vedas date back to 2000 BC. Most scholars date Hinduism to 1500 BC. The truth is that Vedic knowledge was passed word of mouth through the Sarasvati Valley (commonly called Indus Valley) until a major Earth event occurred around 1900 BC. The Himalayas were pushing upward which caused floods and Earthquakes in the region. These changes eventually caused the entire Harappan

Society that existed prior to 2000 BC to vanish. Those who survived had to find solace in other regions of India and Pakistan. Is it possible these events were definitive in the inception of Man's religion which appears to have been designed to facilitate control over ever growing populations of people? The Yoga Sutras tell us that some people can find enlightenment through religion, but they are the lucky ones.

Samkhya philosophy existed for many thousand years before Hinduism, as told in the "stories" of "The Mahabharata" which is said to have occurred in 3500 BCE.

(<https://www.goodreads.com/book/show/14435387-the-mahabharata>. I am familiar with two stories from The Mahabharata, The Ramayana, and The Bhagavad Gita.

(<https://www.goodreads.com/book/show/141152.Ramayana>).

(https://www.goodreads.com/list/show/83777.The_Bhagavad_Gita).

If we look at the 24,000-year Yuga Cycle, where we are now and where we are headed, the result of that view is hopeful, positive, and encouraging. The fact is, we live currently in an age of the cycle recovering from the rule of the most ignorant people on Earth. A Yuga is generally used to indicate an age of time. In the Rigveda, a Yuga refers to generations, a long period, a very brief period, or a yoke. In the Mahabharata, the words Yuga and Kalpa are used interchangeably to describe the cycle of creation and destruction. (Wikipedia) The Satya Yuga, an age which is described as "Enlightened" is the first and best of the four Yugas in a Yuga Cycle, preceded by Kali Yuga of the previous cycle and followed by Treta Yuga. (Wikipedia)

The Treta Yuga, an age which is described as "the age of Humankind," an age of declining enlightenment, is the second of the four yugas in a Yuga Cycle, preceded by Satya Yuga and followed by Dvapara Yuga. (Wikipedia) The Dvapara Yuga is the third of the four Yugas, is described as a decline of Spiritual Practice, possibly leaving space for the rise of dogmatic religion, in a Yuga Cycle, preceded by Treta Yuga and followed by Kali Yuga. (Wikipedia) The

Kali Yuga is the fourth of the four Yugas in a Yuga Cycle, described as the time of destruction, preceded by Dvapara Yuga, and followed by the next cycle's Satya Yuga. (Wikipedia) Per this explanation of the Yuga's, we are currently in the Ascending Dvapara Yuga and we have 386 more years before we enter the Ascending Treta Yuga where we have 4086 years to prepare for the next 10,000 years of Truth and Light. I wonder if I am going to be reborn many more times until I am enlightened. I am working on Enlightenment now and have been for forty years.

Dear Amber

May 27, 1976 – 3:04am through May 27, 2020 and still counting

To my beautiful and talented daughter at the age of Forty Four.

Happy Birthday Love Bug

I wanted to write you this letter to tell you how amazing and blessed it has been to know that you are my daughter. You exceed all my expectations in every way when it comes to our relationship.

Thank you for being a wonderful daughter and friend. I love you and wanted to jot down a few memories from your childhood that particularly define the gifts that you have made available to me.

I am remembering how excited your Father and I were to have you come into our lives. For the entire nine months I was pregnant with you, I took really good care of myself and you. I ate really good food, exercised regularly and often massaged my belly and talked to you while you were floating around in there. I didn't drink any alcohol at all (but when I was nursing you I drank beer with brewers yeast because they said that was good for nursing mothers). I remember the day we went to El Camino Hospital in Mountain View in the old green mustang to welcome you into the World. I remember working hard to get you out, maybe a little too hard. I have always pushed you along in some ways and I think that helped define you as a person who has high values. As soon as we saw you, we knew you were AMBER. You looked just like an amber gem. The first thing I said to you is "welcome, we have been waiting to meet you. I love you!"

I have always said you were the teacher in our relationship. I know I taught you a lot of good things but having you in my life brought me into full awareness of myself. You brought and bring out the best in me. We spent a lot of time at the YMCA when you were little. I remember being able to come into the day care area at the Y where April and Jerry were hanging out waiting to hold you. I would nurse you between classes and spend time with you listening to you coo and cuddle. As you grew older, I spent more time working at the Y and I want to say that you always had a very large

extended family there. You were a beautiful baby and everyone who came into contact with you wanted to hold you and love you up. We went to kindergym at the Y and you began your journey to be a dancer, right there in the Y at kindergym. You climbed and hung and crawled and walked and ran and skipped and played and you had a blast. The time came when we had to say goodbye to the Y and our extended family there. It was rather sudden and I have always wanted to say I am sorry for that, but you survived. It was at that time that you began to meet and play with some of the girls in our neighborhood – Annie to be exact. You and Annie hit it off right away and you were busy charting out your territory. You were in second grade then. Janet and I would walk you and Annie to school every morning and then take a long walk for exercise. You never walked much on the way to school. It is like when Syd and I go to the library – I sit in the courtyard and eat my lunch and she runs and skips and looks at bugs and just in general never sits still but she does somehow manage to eat all of her lunch. You were upside down at least half the time doing flip flops, front walkovers and front hand springs. It was so cute. I remember coming to your first day at Majestic Way and video taping you starting school that year. You had a wonderful class full of potential friends and some of those people remain friends with you to this day. You have always been good at forging meaningful friendships. You are flexible and you reach out, even when it seems like the other person is not keeping their end of the bargain. You value your friendships and do what it takes to keep them alive. I love you for that.

This first day in Second Grade started the process of you moving on into your own life, much of which did not include your Father and me. I remember feeding you well and telling you that you could not have candy. All of that changed when you went to school.

Your Grandmothers and Grandfather visited you often during your school days and loved you so much. They were a blessing in your life as well. You got to spend lots of time with all three of them. I remember Grandma Marie helping you play the piano when you were little. Every time

Mason or Sydney play our keyboard or your piano, I think of what that was like when you were little.

Every turn of events that came about during your childhood, I was always able to say that you were right on target. Even when you felt like you were doing something sneaky and bad, it was always necessary in your growth process. I think it was my schooling and recovery that enabled me to see this was true. Therefore, I never had to put you down for any of the shenanigans that we survived together, because I may not have been happy with the behavior, but you were always right on target. It was around this time, when you were 8, that you decided that you would continue dance. I think having Annie and a lot of your friends at school at the dance studio helped you make the decision to stay for the recitals. I was totally your groupie!!! I loved hanging around watching you dance. I did it for about 18 years. I followed you around like a puppy dog, so proud that you were my daughter. I felt every accomplishment, every disappointment and every move you made in each dance that you did. Dad and I traveled all over the world to watch you dance. Just you, no one else.

I remember when you were in middle school, the first time that it became obvious to me that boys had entered your life. We were down at Cataldi Park, I think we were there just playing and swinging and one of your school mates (Vince) was also there. I will never forget the way he looked at you. I remember him saying that you were the most beautiful girl he knew. It was clear that there were going to be many love affairs and many kisses after the first one (that you felt comfortable telling me about). I loved that you always included Dad and I in your activities and that you always introduced us to every beau.

I also remember you sneaking out of the window and the first time I found a dooby on the back porch after one of your parties. Oh, yeah, I remember a few parties where Dad and I went to bed and all of you kids were out on the back porch. What a kick, Amber, sincerely, I learned how to be a

quality person, accept myself exactly the way I am and love myself, all from YOU. And all these experiences turned you into the beautiful woman you are today.

High school was also eventful. I have memories of your dedication, attending school all day, going to dance or soccer or gymnastics every evening and then coming home and doing your homework. Then, you were in school plays and you dove in and you played soccer for high school - All of that most gracefully and with full commitment. It was Poppy who taught me my work ethic. I think it wore off on you too. Did you know that Poppy worked all of his life up until the time he retired at 65 years old. He was so dedicated to his family and wanted to make sure that our needs and wants were taken care of. Well, you have that same work ethic, but the difference is that you are also an artist of magnitude proportions. You are an artist in everything that you do.

I will never forget dropping you off for your first College experience. I was so worried that I would not be there to protect you. What I knew but was hard for me to trust is that you are good at taking care of yourself. You come from people who have a history of making good decisions, Ha Ha. You literally began a new life right away. You and Jaime connected before school even started and the two of you set about making sure that you knew as many other students as possible. I remember your science teacher once told me that you are fearless. Well, I know better – we just have fears, but I knew what he meant. You always transcended your fear and went ahead and did things anyway. This is just who you are. I think the whole flip flop thing was about you saying to me “back off Mom, I am doing too much. I don’t want to do gymnastics anymore.”

Then you were off into your life as a dancer. I loved that you found a company that you could live with, that you respected the director and liked the work they were doing. And when that didn’t work out, you gracefully changed paths. I loved that you called and discussed things with me. It was all I could do not to give you advice every single time or rush to your rescue, but I knew that the best

thing at that time was to support you in making your own decisions. I love it that you found a partner for life. That you and Tim have had so many wonderful experiences together.

Then the babies started coming. First Sydney and then Mason. I watched both other your children coming into the World, thank you for inviting me. I know you say you needed the support, but what a gift you gave me to watch their beautiful heads crown and pop out of you. Both births were lovely and you are such a good mommy. I tell both of them on a regular basis that you are a boss mommy. We have had our hard times through the last few years. That is because we were so close when you were younger. It is all part of the separating as an adult. I know that, but it hurt like hell. I survived and I am a better person for it.

Being a mother is one of the most difficult and rewarding things I have ever done. You cannot really love until you have loved a child and a grandchild. Thank you for giving me that experience. I hope we have many years of odd relating to one another

I love it that you couldn't wait for Dad and me to move to Redlands. I love it that you think taking a Yoga Instructor Training Class with your mother sounds like fun (even if it's just to help you take care of a baby). I love it that you just want to come over and hang out with me sometimes. I love it that you give Dad and I the opportunity to be part of your children's lives. I love it that I can tell you my fears and we can discuss them. I love it that you attend an Alanon meeting with us every once in a while. I love it that you feel comfortable going into my closet and taking out something to wear.

Happy 44th Birthday Love Bug.

Please know that you have forever changed my life in a wonderful way and I am so grateful to know you as a daughter, a mother, a person, a friend, a spiritual companion.

Dear Drew

The last time I saw you was in the alley way between our two childhood homes. You were a young adult then, I was 38. You were with your friends, other young men who were clearly

present to support you. My childhood home had become my sister's home now and I was there for my 20th high school reunion and the 100-year anniversary of my high school (maybe yours too). I heard one of the young men say to you as I noticed you looking at me, "is that her?" And you said yes. I was ashamed and so mortified because I knew, deep down inside, I had done something terrible. I am very intuitive that way. I did not remember yet. Since that time, I have thought of you often. I have considered attempting to find you so that I could tell you how sorry I am for the harm I did to you while I was babysitting you when you were a baby of about two years old. I have made many excuses for what I did, my childhood was terrifying for me and a very similarly thing happened to me when I was about two years old. I have found that the only way to forgive myself and release you is to admit fully that what I did was wrong and admit that I harmed you. I am truly sorry because I know intimately the impact that kind of harm does to a young person. I regret having done it. I wish I could take it back. But ultimately, I know I cannot, the harm was done, that is something both you and I have to live with. Here is my hope for you: that you are free of anger and resentment, that you have put together a beautiful life for yourself despite my harmful actions. That you are well loved and cared for and that you have many blessings in your life. I wish you these things from the bottom of my heart. If ever given the opportunity, I will say so directly to you and you will know that my remorse and apology is sincere. Now, I must lay this burden down. I have found holding onto these kinds of burdens not only continues to harm me, but it is also a psychic hold on you. I set you free from my obsession with unconditional love. Yours truly, Your across-the-ally-ignorant-babysitter.

Letter To My Husband (sent after our divorce and before we remarried)

This is a continuation of the list to you and Amber. These are things you and I have to renegotiate in order to be partners. I am looking for a partner: A business partner and a personal partner. I would like for you to be that partner. I have recently told you sadly that I have to let go of you as a partner. I do not want to. That is why it is sad for me. I want to bank on and build on 43 years of relationship and make our partnership satisfying for you and me. I have not been satisfied with our partnership from the very beginning. You may have also been unsatisfied with our partnership from the beginning. I do not think we properly negotiated our partnership and I think there has been a lot of hurt because of that, misunderstanding, misperception, misguided anger. I am willing to turn all of that around if you give me the chance, but you must meet me half way.

Here is my description of a partnership:

The No's:

Criticism: A complaint focuses on a specific behavior, while a criticism attacks the character of the person. The antidote for criticism is to complain without blame. Talk about your feelings using I statements and then express a positive need. What do you feel? What do you need? ·

Criticism: "You always talk about yourself. You are so selfish."

Antidote: "I'm feeling left out by our talk tonight. Can we please talk about my day?"

Defensiveness: Defensiveness is defined as self-protection in the form of righteous indignation or innocent victimhood in attempt to ward off a perceived attack. Many people become defensive when they are being criticized, but the problem is that being defensive never helps to solve the problem at hand. Defensiveness is really a way of blaming your partner. You're saying, in effect, the problem isn't me, it's you. As a result, the problem is not resolved and the conflict escalates further.

The antidote is to accept responsibility, even if only for part of the conflict.

Defensiveness: “It’s not my fault that we’re always late, it’s your fault.” · Antidote: “Well, part of this is my problem, I need to think more about time.” · Counter-complaining: Well, you do that all the time!!”

Contempt: Statements that come from a relative position of superiority. Some examples of displays of contempt include when a person uses sarcasm, cynicism, name-calling, eye-rolling, sneering, mockery, and hostile humor. Contempt is the greatest predictor of divorce and must be eliminated. The antidote is building a culture of appreciation and respect.

Contempt: “You’re an idiot, disgusted look on your face, “don’t do it that way!” · Antidote
I’m proud of the way you handled that teacher conference.”

Stonewalling: Stonewalling occurs when the listener withdraws from the interaction. The antidote is to practice physiological self-soothing. The first step of physiological self-soothing is to stop the conflict discussion. If you keep going, you’ll find yourself exploding at your partner or imploding (stonewalling), neither of which will get you anywhere. The only reasonable strategy, therefore, is to let your partner know that you’re feeling flooded and need to take a break. That break should last at least twenty minutes, since it will be that long before your body physiologically calms down. It’s crucial that during this time you avoid thoughts of righteous indignation (“I don’t have to take this anymore”) and innocent victimhood (“Why is he always picking on me?”). Spend your time doing something soothing and distracting, like listening to music or exercising.

Here is the way you can do that, by demonstrating that you love me in these ways every day:

Safe: Safety is the basis of a loving relationship. This means I have freedom to be myself and freedom from abuse. The knowing is “I will not be hurt here.”

Defended: Agree or disagree, you will not turn against me or side with others in a disrespectful way. The knowing is “I am not alone, you will stand by me.”

Supported: Offer encouragement during the hard times and the easy times, during the growth times and the dreamy times. The knowing is “I count as a person, I am valued.”

Belonging: The other is given admission to your inner World where you can share dreams, feelings, thoughts and hurts without fear of betrayal. The knowing is “I am included and a part of a team.”

Nurtured: Tell me I occupy an important place in your life. This requires a willingness to sometimes move beyond your comfort zone. The knowing is “I matter to you and I can tell that through your actions and words.”

Accepted: No one is perfect and everyone is perfect. Instead of prodding me to be other than I am, welcome me into your life as I am, knowing that we will both grow and change in our life together. The knowing is “I am greeted with hospitality and exactly as I am.”

Special: Your commitment to me is important to you. You chose to have faith in me and be faithful to me because you want to. You surrender to the commitment. The knowing is “you believe I am special, I am prized by you.”

Sex: One hour of sex once a week. I do not like it that for most of our marriage you and I have quietly masturbated in our separate corners of the house without talking about the fact that we have issues. When I say one hour of sex, that means 55 minutes of fore-play, just you and I naked on the bed, rolling around, touching each other, talking about what feels good, trying to please each other, culminating in a climax for you in the last 5 minutes. Once a week at least, no exceptions even if we need to have cyber-sex if one of us is out of town. I have an encrypted cyber option now so it is completely private.

Cuddling: I want to spoon with you at least twice a week for 30 minutes in your bed before you go to sleep. When I hear you snoring, I will go to my own bed and snore there. I want a 30 second hug with no shoulder patting every day, no exceptions. You initiate it and you really be there for the hug. I want you to never say “no, not right now,” or “here a hug and a pat, that is all you get tonight”

again. I want you to respond positively to my infrequent requests for touch, every single time. You do not need to be afraid of me. I am self-sufficient and self-responsible, not needy like I used to be.

Business: I want you to be involved in the non-profit business. This gives us a project to work together toward when we completely retire. I understand that I have been irresponsible with money and I am willing to change. I am changing already as I dig my way out of my debt. I want to talk to you about everything related to the business. I want you to be able to tell me what you think without diminishing my thoughts and ideas in any way. I want to be able to work with you on a project without you getting frustrated with me, calling me names, looking at me with disgust and eventually leaving.

Marriage: I want us to remarry. I want to be married to the man I have chosen and the man I love. I don't want to sell my wedding rings. I want you to give them back to me and ask me to marry you sometime soon. Then I will know you have chosen me. Until then I have chosen you, but you are still a reluctant participant in our relationship like you have been since we met. That is no longer acceptable for me. I want our personal finances combined again. I want the Lake Arrowhead house and the Redlands house in both of our names. I want to spend most of the summer in Lake Arrowhead. I want our checking account to be combined. I want us to save for fun activities. I want to travel more. I want to go out and do fun things. I want you to say "yes" 80% of the time when I suggest something. I promise to say "yes" 80% of the time too. I want the business finances to be kept separate. I don't want us to "lend" the business any more money or spend any money on the business except that which the business generates. I cannot generate that by myself. I want and need your help. I won't spend any more money on education if you believe that is a hardship. I will look for less expensive options for my Ayurveda education that I need to complete my goals for the business. I will talk about that with you before I decide to make a commitment. I want our life together to be a higher priority than your time with your daughter or your grandchildren. I need you

with me. You need me with you. We need each other now. I do not want to move to Albuquerque or anywhere else, but I will to create a new life for myself. You can make it clear to me this is what you want by telling me or by passively not agreeing to meet me half way. This meeting me half way is not negotiable. If you cannot do it, I will move on and try to find another partner. Starting over at 70 is not going to be easy, but to continue living with you when I do not have a partnership is too painful. I consider our inability to develop a partnership 50% my fault. I want you to consider it 50% your fault and take positive action to make corrections so we can live happily and grow old and die together.

Dear Ken and Amber:

I know the last several years have been difficult for you with me. I am changing. I am changing for the good. I am well, more well than I have ever been. I am alive in my life. I know myself now. I know what I want. I want you to be a part of my life. I am not sure that I have been completely clear with you about what that means. I think the perception is that I might have broken some agreements and breached some boundaries. I hope we can turn that around. I look forward to a long happy life. So, I came up with a list of my preferences for going forward. I hope the two of you do the same so we can move forward rather than to repeat the crisis that was our last session with Mario. I did not phrase these as preferences, they sound more like demands, but I am open to your preferences too. I hope each of you come up with your own list. I am looking forward to our next appointment on 9/1 at 6:30pm. Please DO NOT BE LATE. Mario's time is valuable. My time is valuable. Here we go: Grandchildren: We have a right to have a relationship with our Grandchildren that is based on our experience with them. We have a right to negotiate a relationship with them. We are clearly not going to harm them in any way. We may influence them in some way, but that is the nature of family. If they are hurt by something we do, please tell them to come and talk to us about it rather than to comfort them or explain anything to them. Your perception of us is sometimes distorted by a lifetime of history. Now their perception of us is starting to be distorted. Not by us, but by how you react/respond to us. This is what I mean when I say that generationally, the attitude toward us is handed down. Grandparents are not babysitters. We are meant to see our grandchildren infrequently. If parents are so busy in life they have to call on grandparents to pick up the slack, you are too busy. You need to cut back on activities rather than to impose your schedule on grandparents. We should be able to call for a date with our grandchildren and negotiate how that date happens. As parents, we are enabling our child to not take care of herself when we constantly pick up the slack. I don't want to be part of that. I don't want to harm my only daughter in that way.

In-laws: We don't mind celebrating special occasions with in-laws. We don't want to have a regular relationship with them (especially if it means going out drinking at lunch time with someone we know is an active alcoholic -We do not want to enable any alcoholic to continue drinking alcoholically - that is insulting to those of us who have 29 years dealing with our issues in sobriety - p.s. that 29-year sober person does not mind if people drink around her at special occasions but not on a regular basis every day - it is insensitive). If one of us is invited to a function, the other one should be invited also, personally. Behavior: We all have our own bead on things. We all have to be responsible for our own behavior. Please don't judge. You have your issues as well. It is not in the best interest of any family to enable anyone's bad behavior by becoming part of that bad behavior. Negotiating conflict: Please do not take sides with anyone against anyone else. If you disagree with something we do, please address that directly with the person you disagree with without saying anything about anyone else. It is unfair to tell us how much more experience someone has with something or how every member of some group of people agrees with you about something. Please address us personally with YOUR concerns, not filtered through the lens of your in-laws, husband or friends. Unsolicited advice: We have lived 70+ years. I think we know something. We are on a journey too. Our journey was designed to raise you up and focus entirely on you until you were 18 years old. We have extended that unreasonably now. Our journey may not always include you, your journey does not always include us. But our journey, your parents, should be a priority for us. Your parents operate as a team. We make each other a priority over you. We have the right to negotiate our own way. We have a right to make our activities a priority now. Please think carefully about your attitude toward our activities. If you want to give us feedback, please do that by talking about yourself. Tell us how, exactly, our activities affect you. We will help you sort that out if you want. But to tell us that we should not do something because our activities affect you and then not tell us how is not fair. Commitments and agreements: Please be on time and tell us ahead of time if you

have a conflict with a scheduled agreement or commitment. We value our time with you. We look forward to it. We love hanging out with you and just having a good time. When you are late you are not respecting our time. When you are busy doing other things (answering calls and texts from your in-laws, helping someone else solve a problem, distracted by what is going to happen next) our time with you is not quality time. When we are together, let's be together and enjoy each other's company. Let's have some house rules at granny and grandpa's house. No bullying whatsoever is my one and only rule. If someone is bullying someone else, they should be sent directly to a room to isolate themselves until they can behave like a good family member. This includes adults too. We can police each other on this rule. If you want us to intervene with the children, let us know and we will. Otherwise, we will let you take care of it. But if you ask us to take care of something or if we request to take care of it and you allow us to, then let us without interfering.

Dear Amber: (a typical argument between the two of us speaking right on past each other)

I love you and I am looking forward to seeing you on Friday. I can't wait to give you a hug and tell you face to face how much I love you.

Wow, I am not sure how things got so blown up. When I left your house on Monday, the last time we were there, I was satisfied that I had done what I needed to do by telling you of concerns I had about S safety. I told you in a calm and private manner considering the fear I was feeling at the time (which had nothing to do with S). If anyone caused the damage that you mention below, I think it would be you and your reaction to my concerns. I don't understand how sharing my concerns with my daughter about my granddaughter could have caused such "irreparable" or "irreversible" damage. I also don't quite understand your anger towards me. If you had a concern about someone you loved, would you be able to keep it quiet?

I think you did share your feelings with me when we talked on the phone and you were speaking to me in such a way as to "put me in my place." I remember you raising your voice throughout the conversation making accusations of your own like, I am "making things up in my mind." This is what I was trying to end when I asked Dad to take the phone. I should have hung up the phone much earlier than I did. I don't want you to think that it is OK with me that you raise your voice with me on the phone like you did. It is not OK with me.

I have tried to respond to your responses in red below in a general way, because we could talk until the end of time about what you thought you heard me say or what the experts say.

Again, I love you and I am looking forward to seeing you on Friday. I can't wait to give you a hug and tell you face to face how much I love you.

I wrote some responses in red....

Just some thoughts I have had about our conversation on Wednesday night.

Your reaction to what I am suggesting is totally normal. I can see that you are afraid. The anger that covers the fear is hard for me to cope with considering my history, but your reaction is normal.

I am not afraid of what will happen to Sydney because I do not feel suspicious of the situations presented so far, but I am more afraid of your reaction to all of this and what these accusations may mean for our family relationships in the future. By our family relationships, I mean your relationship with Syd, our relationship with each other, your (and Dad's) relationship with Tim's family, and Syd's relationship with the Snodgrasses. It made me angry and frustrated that you formed opinions about Hanna that are irreversible and damaging to the relationship between Syd and Hanna.

Yes, I am afraid of how this will affect our family relationships too. I am afraid that every time I share a concern I have with you that you don't want to hear, it might be blown up out of proportion like this one did. Your use of the word "accusation" above really sets the stage. I want to remind you that my original concern was that H was PERHAPS inappropriately "playing doctor" with or touching S. From everything I have read and studied and from my own personal experience, it is not appropriate for an 8 year old to be "playing doctor" or exploring private parts with a 3 year old.

I also think my anger that night increased because you made some pretty strong accusations...

For example,

I am not protecting S

I care more about H than S

Hanna is destined to hurt S due to her past

I am choosing T family over you and Dad

I don't feel compassionate about what you went through

I do remember feeling some of these things above as you became more and more upset about me saying that I was concerned. I do think that you intend to protect Syd. I do sometimes think that you are protective of Hanna to the detriment of your relationship with me, but not Syd. I don't think that Hanna is "destined" to hurt Syd due to her past and I certainly know that if she did so, it would not be intentional. I don't remember implying that you are choosing Tim's family over us. It is my perception that you don't have compassion for me sometimes, but not all the time.

I don't remember the exact words, but these were definitely things you said or inferred that made me feel very hurt and angry and defensive. These are all false. Also, you seemed very willing to state your feelings, but when I tried to express mine you wanted to walk away or label my feelings as unwarranted. I felt this was unfair. But I know you were trying to protect yourself and trying to lessen the stress of the situation.

When you started talking to me on the phone, Amber, you were determined to get your point across. I tried to explain to you that this is exactly how my sisters react every time I try to talk about anything related to our childhood that they don't want to hear or deal with. It is not a conversation about the possibilities, rather it is a defensive dialogue in which both of us participate. I definitely was reactive. It seemed like I could not get a word in edgewise in the discussion we had on the telephone. I tried to enlist your father's help because I was feeling so hurt and shut down by the conversation, but he was not able to respond in a helpful way because you were screaming into the phone that I "had to listen" to you. I hope and pray every minute of every day that what I am suggesting is not the case. If I have fears about it and I don't tell you and then something worse happens, I'm not sure I could live with myself.

I appreciate you telling me your concerns, but I am sad that it has caused you to create such a poor view of H. Because if this is all nothing and you decided to no longer have a relationship with

Hanna, you may be missing out in the long run. I know you are not going to be able to repair that now, I just hope that you can be more objective and not so accusatory in the future.

I don't think it is safe or appropriate for me to have a relationship with H since you and T family see me as a person who is "turning an innocent child into a monster." I do not think that anything I have done or said to or about H puts me in that category. I certainly do not think that me telling my daughter about things I saw and heard that I am concerned about puts me in that category.

T family reaction is also normal. I am an expert in this field as well and have been carefully trained in what kinds of things kids say when they are in trouble. This training is why I decided to tell you, not the fact that I am a survivor.

Tim and I have done some research, and have different views on how memory is formed for young children. From what we read, (stated very simply) babies do not have the capability to form long term memories. Thus, things that happened to Hanna at three months of age are not going to be intentionally acted out.

I don't want to get into a research debate with you. I have both professional and personal experience. The abuse memories from preverbal age are not specific and firm, not like stories, they are insidious and unconscious. I gave you one example of how they make my life difficult.

I know you have a personal experience that differs from this view, but I just want you to remember that there are different views on this topic. Hanna may be no more curious than any other non-abused child would be. I know you know this, but even non-abused/molested children are curious about private parts and experiment in very innocent ways. I just want you to keep this in perspective.

What I am concerned about is not the innocent play you describe above. It is play with private parts or playing doctor between an 8 year old and a 3 year old that concerns me. There is a power differential there and Syd may not know it is OK to say no.

There is lots more to my story if you ever want to hear it. Just let me know.

I would like to talk to you more about it, but in person. I am very sad that you had to go through a childhood that was scary and confusing and hurtful. I am so grateful that I had it differently and that you were able to make sure I felt safe and protected. I would not expect anything different for Syd either. But I want to be her main protector and I don't want to feel overstepped or pressured by your concerns or past experiences.

I always said that I wish I had me as a Mother. You used to feel the same way. You no longer need my protection, you are very capable.

I would not share my history with you at this point. I see that it is not appropriate for me to do so and that it may be too disturbing for you.

I am also a survivor, so that explains my intensity, but despite my intensity with you, I am concerned. Everyone I have talked to up here shares my concern. They all believe that there is something to pay attention to.

Remember, they do not know H and they are only listening to your side of the story. This is what I worry about. You talk to others, taking things out of context, using a very concerned tone, and possibly exaggerating things and then letting the confirmation of others fuel your concern. I am not saying the things you told me about did not happen, but I am reminding you that the situations you explained to Tim and I are VERY normal for our family.

Above, you are accusing me of exaggerating and you indicate that my support network might join with me in "fueling my concern." I don't think I have done this with you or any one else and my support group would definitely tell me if they felt that I was out of line.

The angrier and more defensive T family gets, the more I worry about Sydney's safety. When families respond that way, there is greater danger for the child.

I think Tim's family would say the same about you. The angrier and more involved you get, the

more they worry about H safety. When people respond this way to situations that are not really a source for concern, there is greater danger for the innocent child that is being created into a monster. This is not fair to H. I know you disagree with this, but I need to remind you that I am concerned about this also.

Sounds like you are accusing me of putting “an innocent” child in danger by making her into a “monster.” More reason for me to keep my distance from H until the situation seems safer to me.

I would suggest that you consult with someone other than T family or someone other than someone who knows T family. Maybe your GYN?

I don't think that is an appropriate person to discuss this with. I think I am going to need to talk with a therapist to handle some of the feelings and family conflict and discomfort that has come with this situation. So I will start looking for someone in the area to see on my own who can hopefully give me some perspective with all this.

Good, I always think therapy is a good idea. Hopefully you won't do therapy because of family conflict, but will instead see it as an opportunity for you to grow and know yourself better. That is what I hope for you. Maybe you will discover that the perfect childhood you remember was not so perfect after all.

Dad and I sorted out the exact words we heard S say, so if you need to hear them again, we can give them to you.

I think they have been over-analyzed. I am thinking it is better if we lay that whole thing to rest.

Again, S talking about smelling bottoms is not out of the ordinary. I smell Mason's bottom all day to see if he pooped. T toots and says, "s, do you smell that?" S and N joke about tooting on each other. A often asks T to examine H bottom when she has outbreaks. S asks A to look at her bottom when she has a rash. It is all very normal and appropriate for this family.

None of this that you mention above would lead me to be concerned, but you have missed the point of my concern. I don't know if anything inappropriate is happening, but I do think you have reason to observe and watch more carefully.

I am learning a lot about myself through this process. One thing that is becoming clear to me is that I love you all very much and don't want to jeopardize my relationship with you. But, I can't keep quiet if I am concerned. I will always come to you with my concerns - just like I did this time.

I love you too and want to work really hard to not let this affect how I react to your concerns about S. But I am still trying to sort it all out, so you may need to be patient with me and give me some space on this issue for a while. I do need to tell you that I am most concerned that you will talk to S about your fears behind my back (or unintentionally talk negatively about H to S) and damage the relationship between S and H. That relationship is very, very important to me and I want it protected. So that is one last request I have is for you to try really hard to keep your opinions about H very private around S.

A, give me a little credit. I would never talk to S negatively about H or talk to her about my fears "behind your back." You do not know me very well if you think that. I would not do either of these things. I do not gossip behind peoples backs. That just isn't who I am. I try to communicate directly, just like I am doing now with you.

As I said on the phone, I am really feeling at peace with all of this. I am sorry it took me so long to reply. Everything has been really overwhelming with the house and stuff. We can talk more in person next weekend or you can email me back. I love you.

It seems to me that you have made your decision about the situation for now and that decision is that I have been inappropriate. It seems that somehow this brings you peace. Sometimes it seems to me that I have to be "wrong" in order for you to be at peace. I don't want to encourage this kind of relationship with you.

I am not likely to bring this up with you again to discuss, but you can be sure that I will share with you if something else comes up that I am worried about related to Syd or Mason, just like I did this time, in a private, calm manner and not around the children.

Goodby Letter to Family of Origin following being shunned by them all

I have been looking for a way to say goodbye to you knowing you are still alive and so am I. You have chosen “never to speak to me again the rest of your life.” I wonder what kind of person does this to another family member. Then, I remember Dad did not speak to Aunt Bebe for many years. I wonder who taught you how to freeze your heart to another person. I wonder if you ever feel any love at all. I can not feel it from you.

I wish our lives had come together in another time and place where we could have enjoyed one another. Thinking back on our lives together, I cannot remember a time when we enjoyed each other’s company. It always seemed like you were far, far away from me. In high school, I was gone in my alcoholism by fifteen. I would not wake up to myself until around the time you decided I was your problem.

There are still a few things I wish to say to you before you or I die. I will say them here.

I have asked Amber not to inform you when I die. If you cannot be my sister in life, then I do not want you pretending you were when I die. I do not wish to know when you die. I am assuming since none of your family speak to me any longer or wish to have anything to do with me, I will not be informed when you die either. I am sure Amber will know. You have no idea what it is like to live with my daughter having a relationship with my sister and me not having a relationship with you. I wonder if you can imagine that happening to you. It was difficult for me since I used to force myself to send her to you so you and she could have a relationship. I do not regret that.

The hope of myself ever having a relationship with you died a long time ago. I do not see myself as ever having a sister. Yet, I had two. Both of you came to feel you needed to protect yourself from me in the end. I do not blame myself for that. I do not blame you for that. It was the nature of our family. We were all pretending to be a family and doing what we needed to do to survive. It seems like such a long time ago now. And yet, this has been such a short life.

The few things I do remember are times in our lives together when I was deeply hurt by something you said or did. I reserved my opinions to myself early on but once I found myself again the last 12 years or so and you kept criticizing me, it was too much. I asked you a few times to stop criticizing me, I remember hanging up on you a few times after I asked you to stop and you would not, then in your hot tub I suggested that you find a way to support me, tell me what I am doing right. You took that as a final insult. Then our distant conversations were easier for me to say how I felt about you, how angry I was. Everything came out. All the rage of a lifetime. You heard it all, there are no secrets left. But I am sure you have some. Christians always do.

With Jayne, my sin was asking her to stop calling me when she was drunk. As a newly sober person it was difficult to talk to her when she was drunk. I guess my job was to shut up and put up with whatever you and she dished out. This was not willing to do any longer.

I believed I was setting good boundaries for myself – asking you to support me and her to call me when she was sober. But that is not the way my requests were taken.

Thank you for listening to my final goodbyes. I hold no ill feelings other than to say your religion became more important to you than developing any kind of a relationship with me. There was a definite door slamming in my face the last several decades I visited you.

Be Well, Enjoy Life, Love Yourself and Your Family and Pray to your God, but not for me. You and I do not believe in the same God. Your God is something I do not recognize at all.

The Green and Red Mask

August 30,2020

There, to the East it sits on the wall, hanging as if it is a disembodied face. Lips bright red, cheeks dark green with little black dots positioned like freckles all around the area of the mask.

Shall it be worn today? Or shall one less fierce be worn today, the one Norman Vincent Peale suggested many years ago. That one says, “all is as it is, accept whatever comes, be satisfied,” even when people are dying at the hands of monsters. That does not make any sense.

The Shiva mask, the green and red one, says “fight for your right to be LOVE!” That does not make any sense.

These characters who show up in various ways on the stage of life are unknown until inhabited. Sheep in the field of life, waiting for the moment to transform into a wolf. Monster, aryan, grifter, fraudster, murderer, predator, grasper of all things of value, trick us into a belief system that puts us to sleep, then take from us while we are sleeping, before we wake up.

The mask of “acceptance” is too easy. “Just ignore all the violence and corruption and accept things the way they are.” Quietly walk through life humbly accepting what is given. Be satisfied with what is. Do not make waves.

Gandhi practiced these principles and he “freed India from British oppression.” Jesus practiced these principles and “freed Christians from the Jews.” Martin Luther King, Jr. practiced these principles to free his people. They are all dead now. The moment they became peaceful resisters.

They were murdered, just as peaceful resisters are murdered today on the streets of cities all over America and the World.

Are any of the people they fought for still free? Do they live free? Are they offered choices? Are they offered dignity? Are the Kurds in Turkey free or even still living? Are the Uighurs in China free or even still living? Are the Tribes of Natives in North America free or even still living? Are the

Kashmiri free or even still living? Are the Africans around the World free or even still living (who according to Aryans are monkeys who bred beyond sustainability). Is anyone truly free until the predators are tamed?

The “Master Race,” as they call themselves, the Aryans, know people are not free. To them there always must be the oppressed because they see themselves as oppressor, superior, ruler class. Kill or be killed, eat or be eaten. They are the men ordained by God to rule over the Earth and all its creatures. Make them subservient until the “rapture” when they alone will be taken up to heaven to join their loved ones, leaders and heroes.

Wear a mask? Do not wear a mask? Wear a different mask? Generation after generation these predatory men have brainwashed, beaten and murdered the “warrior“ right out of native people, taken their land, taught them a version of Religion where male predators rule the Earth, accountable only to their God which they know is non-existent. They made it up for the masses to worship a male God!

The predatory mask is quite different. It has two sides, the wolf on one side and the sheep on the other.

They play both sides against the middle to ensure they surround and capture their prey.

Prey. Pray. They just changed one letter to make it simple for us to identify them.

“Say it enough times and it does not matter whether it is true or not, some people will believe it.”

Donald J. Trump, president of the United States, not America.

Secret Sensual Time

August 29, 2020

Water was running into the bath tub rapidly as she bent to scoop some mineral salts and add them to the water. It is a ritual, a ritual that used to take one form, now another. When she was single, between marriages, and briefly into her second marriage her ritual included taking a shower, putting good-smelling stuff on the smelly parts and donning her most seductive garb before heading out to find her man in the bar for the night. Then, she was slim, beautiful, and seductive. Finding a man to fuck was no big deal. That was ten, this is now! Married now forty five years (with a brief pause for financial reasons), she is an involuntary celibate for twenty or so of those forty five years. She made a mistake early on and carried her earlier ritual into her second marriage (which was not ok with her husband). She has paid a steep price for that mistake. But she has needs. With sensual needs, she still has not learned to watch them rather than take action. Now her ritual is running a bath, pouring the salt, locking the door and secretly making sure her sensual needs are cared for in whatever manner that happens to take. She does not engage in it often, but when she does, it is private time. She does not appreciate interruptions. She wants to be alone. It's the only way she knows how to do it. She has always done her rituals in total privacy, even when they would eventually include other people. It is the ritual that is private and not pleasurable. The pleasuring she would love to share with another human being. Alas, no one is available. Her husband does not need the same exposure. Additionally, he is now on some medication that affects his neural and hormonal processes. She made her suggestions. She has empathy for him so she does not ask any more. Often she is torn between the rigid moral structure of her childhood and the loose, hippie moral structure she grew to love in her teens and twenties, and early thirties. But, she honors her husband's wishes now. "Never do that again," were the words he used when she told him what she did early in their marriage. She thinks he may have lost passion for her because he worries she is not "clean." She never really was "clean."

She only told him because she was worried about infecting her family with AIDS. That was in the early eighties when we did not know much about AIDS. The anxiety attacks, worrying, sleepless nights, and terror; all emotions experienced when a person first begins to heal the toxic shame with which they were parented. But that is another story. I honestly do not believe most men experience this sort of thing.

What is at the root of our divisions?

I have asked this many times. I have been schooled by conservatives and liberals, alike. Even the definition of our differences are different. I am a world class justifier! But I am a woman! Not a man.

I identify as “fluid” because I have some masculine traits. I began to wonder, “What is this word “justification?” “He who pardons and absolves from guilt and punishment. That he might be just, and the justifier of him who believeth in Jesus.”studylight. Org

“Justification is altogether a legal, declarative act on God's part as the supreme Judge. We deny," it goes on to say, "that justification is in any sense a moral transformation or inner renewal." fisheaters. Com

“The master idea of the Catholic faith in general and the doctrine of justification of the Catholic Church in particular is the family of God. We receive in justification, not a legal acquittal only, but nothing less than the full gift of divine SONSHIP, living, active and powerful, simultaneous with when we are first justified.”

Turns out protestants and catholics think a bit differently about this! However, they are all patriarchs and so they deny the process of a personal inner renewal! Why?

Just look how many HE's are in this definition. What does the Universal Mother think of justification?

“I am the mother of fair love, and of fear, and of knowledge, and of holy hope. In me is all grace of the way and of the truth, in me is all hope of life and of virtue. Come over to me, all ye that desire me, and be filled with my fruits (Sir 24:25–26).”

This is a liturgy in Catholicism that deals with the feminine. It implies that women have an extra STEP in the mediation of justification.

They believe that the “Virgin” Mary is the Universal mother embodied. The religious embalm her with some of the characteristics of the spiritual universal mother, but not all because they still need her to be relative in this patriarchal world. They need Mary Magdalene with whom to compare her!

But I am telling you I am a master justifier. You know, debate about a topic where patriarchal belief is embalmed is just going around in circles with the same delusional implantation.

So, Biblical scholars do not have an open mind. They have a patriarchal delusion at their core.

I began to wonder,

“What is this word “justification?” I have always been nauseous around liars. I am nauseous nearly 24/7 these days. What would happen if we removed the patriarchal delusions and then had a debate about justification?

It would be very different.

We would only justify those things that bring balance to our lives. We would only justify war in extreme circumstances where someone is working to throw our World out of balance. And then, we would be kind and generous to those who wish to throw our World out of balance. There would be no hatred, grievance, or fear involved. People would die, but NEVER THE INNOCENT; Only those on the battlefield. Trump, Republicans and Putin have made the entire World a battlefield.

What if we assumed the basis of spiritual wisdom

IS a personal moral transformation or inner renewal. And everyone was required to take it when they become an adult with the guidance of someone who has already taken it, or is in the process?

Guiding someone through this process is challenging. People are very defensive when their childhood decisions are challenged. People get very angry when someone suggests they don’t need to hold onto childish decisions. Nothing less than survival is challenged.

THE MORAL TRANSFORMATION is a source of FEAR, many people are too afraid to take it.

It requires one to EXAMINE the decisions one has made throughout a lifetime, discover where those working “decisions” come from and WATCH them interfere, justify bad behavior, and get in the way of “growing up” and becoming fully free of all implanted dogma that rules life and prevents us from being free.

This is a truth about yourself which is worth knowing. There is also a UNIVERSAL TRUTH that is worth knowing. This Universal Truth is feminine and masculine in nature. The Universal Truth does not exist in the relative world except to keep nature in balance. Between two opposites, there is a point that is not a comparative value. This is called balance. Balance is not relative. This is our goal as humanists, to keep things in balance. The Universal Truth’s are pseudo-scientific. They are laws and rules of consequence when things get out of balance. “If you do this in the relative world (world of comparisons), then this happens!” It is all about perception. Perception is the guide for truth in the relative World. Universal Truths are the guide for TRUTH in the spiritual, universal World. The Universal Laws are helpful so that we can make “spiritual”

decisions outside of perception, from a balanced perspective. All decisions made as an adult are “spiritual” decisions. That is why it is so important not to make decisions from perception, or your childish decisions which color your perception. All decisions carry weight in the universe in keeping things in balance.

It is important to clear out your childish decisions as an adult in order to maintain balance.

RELIGIONS DON'T LIKE PEOPLE WHO MAKE DECISIONS BECAUSE DECISIONS GIVE PEOPLE

POWER. In fact they have a word for it. “Heresy (in greek: Decider) denotes the formal denial or doubt of a core doctrine of the Christian faith as defined by one or more of the Christian churches.” (ljs.gr. com). They used to burn “witches” over this. In religion, everyone follows the leader’s decisions blindly, with faith and trust that however they ACT, it will be “justified” in heaven by GOD. This is the belief that allows for heinous actions on the part of religious narcissistic psychopathic autocrats, which we are witnessing in our lifetime.

This is the difference between a humanist and a bigot. This is the principle that is being used by autocrats in our age to justify their actions. The actions are alarming to humanists because we don’t operate from a religious perspective.

This is why Vladimir Putin chose the religion to brainwash. These principles are at the root of our divisions.

Our nation is at a critical point. Over the last several decades, our governing bodies have become crueler and more fear-based due to Russian Hybrid Warfare Propaganda. Will we give our power over to the World’s most famous hateful dictator who murders those who try to stop him (in our case we would be turning our power over to Trump and Republicans, representing Vladimir Putin)?

Or will we choose to LOVE all others instead, set our own limits and boundaries by voting, choose leaders who will allow us to decide, and choose leaders who will be empathetic leaders making decisions for us that are kind, loving and generous?

Liberals, we operate from a humanistic perspective. It is why the religious hate and fear us so much. Liberals are lovers, not haters.

Opportunity

“We have an opportunity to save democracy here in the USA. I am afraid we are going to lose it.”

Timothy Snyder, Yale professor and expert on fascism. Democrats are not taking the threat against democracy seriously, especially you, Mr. President. You think you can cajole your way out of this threat. You cannot. Sixty one percent of republicans are so brainwashed they believe the monster, Donald Trump is still president. They are not coming around and won't as long as the brainwashing continues. Republicans and all of their allies privately know what they are doing is wrong, yet keep doing it for party and agenda. This is a cult. You are allowing a cult to subsume your power. You are trying to negotiate with terrorists and traitors.

Practicing Yoga and Ayurveda for Self Care

Consciousness depends on your ability to tell in both Buddhism and Hinduism to denote delusion or ignorance. It is sometimes translated as “incorrect understanding.” The Buddhist concept is misunderstanding the nature of reality or ignorance of the Four Noble Truths. The Hindu concept is delusion or ignorance of the Self. It is the opposite of vidya (wisdom).

Avidya is similar to the concept of maya, the difference being that maya is universal illusion, while avidya is individual ignorance or delusion.

In yoga, avidya goes beyond the dictionary definition of ignorance, although it does not suggest failure or wrongdoing. It is a spiritual ignorance that prevents the individual from connecting to the Source of being and the true Self. Avidya can also be described as non-knowledge of Brahman, or the supreme spirit. In the Yoga Sutras, Patanjali describes the five kleshas (obstacles) that block the spiritual path. Avidya is the first of the kleshas listed because it is the basis for the others. By destroying avidya, the other kleshas are no longer an issue. Avidya obscures the higher Self by firmly establishing our life habits and preventing change.

Asmita is the second of the five kleshas, which are veils or colorings that keep us from seeing the true nature of the universe. In this respect, asmita is described as egoism. For many, the main goal of yoga is to set aside these veils and, therefore, see the world in its true colors and with pure consciousness. Asmita is the veil or coloring that sometimes causes one to forget the true limitations and scope of one’s identity. This is when one can fall into the trap of having an ego that is too big or powerful. This can lead to conflict in many aspects of life, causing anger and suffering.

Yogis can use their spells of deep meditation to reflect on the true meaning of the self. Over time, this can lead to the veil, known as asmita, eventually being drawn aside and the yoga practitioner finally being able to see a true vision of the universe.

Raaga, also known as raga, is a term meaning “desire,” “attraction,” “passion” and “attachment.” In

Buddhism, it is one of the three poisons which cause suffering and, in yoga, it is one of the five kleshas, or obstacles, on the path to spiritual liberation. In Kashmir Shaivism, raaga is one of the 36 principles of reality, called tattvas. It is one of the pure-impure tattvas, referring to the limitations of the soul. Raaga is also the name of a melodic mode of Indian classical music. In yoga, raaga is the cause of chasing desires, material objects, skills or states of mind. The opposite of raaga is dvesha (aversion), and it is said that if there is raaga, there is dvesha. The two represent the state of mind bound to the cycle of birth and death.

Abhinivesha is a Sanskrit word meaning “will to live,” referring to the fear of death, even if life is full of misery. It is one of the five kleshas, or negative mental states that causes suffering. Not only is abhinivesha the fear of death, it also includes the incorrect identification of the true self with the temporary physical body or world. This fear can prevent a yogi from achieving moksha, or nirvana. As one of the kleshas, abhinivesha works to block enlightenment and liberation. In its specific definition, it means fear of death; however, many yogis also interpret it as general fear and anxiety that causes suffering. Patanjali’s Yoga Sutras describe kleshas as impediments to spiritual growth. Yogic practices, such as meditation and pranayama breathing exercises, provide methods to overcome abhinivesha.

According to the Yoga Sutras, there are four stages to overcoming the influence of kleshas like abhinivesha:

Udaram — the active stage

Vicchinna — the separated stage

Tanu — the attenuated stage

Parsupta — the dormant stage

The process begins with mindfully observing one’s own kleshas as they arise.

Dvesha is a Sanskrit word meaning “aversion” or “repulsion,” and is one of the five obstacles that

blocks a yogi's progress toward achieving inner peace. Within the Yoga Sutras, these obstacles are called kleshas and are divided into five categories:

avidya (ignorance), asmita (egoism), raga (attachment), dvesha and abhinivesha (fear of death).

In Mahayana Buddhism, aversion is one of the three poisons, the other two being ignorance and attachment. Dvesha is an emotional response that negatively influences one's perception of the world. Preferences are born out of one's previous experiences resulting in likes and dislikes. These preferences give rise to judgment that can ultimately affect the ability to reach enlightenment.

Being influenced by aversion can lead to labeling everything as either "good" or "bad." For example, aversion can manifest as believing a certain group of people are good while others are bad. This results in a state of disharmony with those who don't share the same views and, in extreme cases, can lead to discrimination and even war.

The best way to address dvesha is to become aware of its presence in one's own mind. It can be as simple as becoming mindful of one's own personal preferences. Practicing yoga and meditation helps to increase self-awareness and promote the quality of one's thoughts and actions. Consciously begin to observe dvesha and its patterns, its quality and the triggers. Such monitoring of aversion will eventually lead to letting go of it and moving closer to spiritual enlightenment.

Your Nervous System is the instrument for bringing your mind to Vidya. Your brain only interprets what it receives from your sensory organs and then sends messages through the nervous system to elicit a response. An Australian Physical Therapist, Lorimer Mosely, tells a story about this. You can find it at <https://youtu.be/jIsF8CXouk8>. Essentially, he walked through the desert many times and sticks would rub against his ankle. His brain learned to interpret this as "not dangerous." But one day, he felt the scrap, ignored it and kept walking and nearly died from a snake bite. The next time he walked in the desert and a stick rubbed against his ankle, he fell to the ground in extreme pain. His brain interpreted it differently now, due to the trauma he had experienced.

If your brain interprets something as “not a threat,” your brain will send messages to your Parasympathetic nervous system, the rest and digest system. If your brain interprets something as “a threat,” your brain will send messages to your sympathetic nervous system. This is the “fight, flight freeze or fold” system which shuts down your organs, floods your body with adrenalin and cortisol to ready you to deal with the threat and also shuts down the frontal cortex function of your brain, the part of your brain that has executive functions. If you have had trauma in the past and that trauma gets triggered again and again, this is what is called a state of chronic stress. If you stay in a state of chronic stress long enough, your Vagus Nerve, the nerve that sends messages back to the brain for good endocrine function, will then be forced to “tell” your brain the endocrine system is not producing enough of the hormones needed to keep your organs functioning so the brain tell the endocrine system to produce more hormones. Your body gets flooded with hormones which eventually cause the cell walls to hard against absorbing the hormones. Then your doctor will say, “you are prediabetic, your blood pressure is too high, you need to talk to a nutritionist to better control your weight, you have fibromyalgia, you have.....”

For this reason, it is essential to keep your nervous system in the rest and digest function as much of the time as possible.

Sympathetic and Parasympathetic Nervous System

<https://goo.gl/images/wbtxyh>

Vagus Nerve Feedback System

<https://goo.gl/images/spv9FB>

Additionally, there are two subtle body systems we are concerns with in meditation. One is the Nadi System. There are approximately 72,000 electrical channels called Nadis in and around your body. The central connecting point is your Nabi (or belly button). Here is a diagram of the Nadi System:

<https://goo.gl/images/2NZzvw>

Notice that the Chakra System includes Nadi confluences as well as tissue confluences, so they are also treated in meditation.

The second subtle body system is the Aura System, called the Kosha Maya System. This is a system of “sacks” of consciousness that encompass your body and give a model for study of the level of consciousness within which a person is currently working. Notice that the physical and pranamaya level of consciousness are also related to the Gunas (elements: Earth Water Fire Air and Space). This layer is directly related to your Prakruti and Vikruti of Ayurveda.

<https://goo.gl/images/7D8eYQ>

”As with our constitution (Vata-Air Ether, Pitta-Fire Water, Kapha-Water Earth), the levels of the mind also have qualities. The Outer Mind is heavy and slow. It is called EGO and is most closely associated with Earth. The sense mind is fluid and flowing. It is called Sense Mind and is most closely associated with Water. The intermediate mind is digestive and active. It is called Intelligence and is most closely associated with Fire. The conscious mind is open and spacious. It is called Inner Consciousness and is most closely associated with Air. The higher mind is not of the manifest and is limitless. It is called Higher Self (Purusa) and is most closely associated with Ether.

The outer mind is the doorway by which our manifest impressions from the external World enter into our consciousness through senses. The intermediate mind is the doorman to the higher states of consciousness. Once impressions have become deposited in our inner consciousness, they grow and eventually impel us to act, think and speak. They produce various motivations and habits (Samskara) which result in Karma which determines our life.

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Impressions do not automatically enter into consciousness. They only come in when we react to the outer World in the form of dualistic emotions, likes and dislikes, love and hate, acceptance and rejection. Detached observations of external sensory impressions cut off the forces from entering the mind while allowing us to observe them for what they are. Detached observations by the intermediate mind digest impressions allowing us to learn from them and not be limited by them. The door keeper, intelligence, has the capacity to control outer impressions and determine what comes into inner consciousness.

Inner consciousness is passive and innocent like a child. Whatever our heart is open to gets deposited within it. Therefore, it is very important to properly discriminate between what we let into our hearts and our inner consciousness. Once we have accepted things at a heart level, we regard them as our own and can no longer examine them objectively.

Our outer or sense mind allows us to act. It is the instrument through which ideas get transmitted to the motor organs. Through our intelligence, we are able to know and watch what we do, think and say (mindfulness) and through our ego we are able to identify with what we do, think and say (awareness). Only through the inner mind are we able to feel and see the effects of what we do, think and say. Our intention (determined by reason) decides the sensory impressions to which we are open.

In this way, action and perception are aligned. You can imagine that there are millions of impressions occurring every minute, but we only register those which relate to what we regard as important.

According to our plans, we are always in motion toward a particular direction. We must notice and give importance mainly to the impressions along the road that we have chosen to travel (Karma).

Choose your direction.” Vaidya David Frawley, *Ayurveda and the Mind*

“The inability, or rather unwillingness, of the human mind to let go of the past is beautifully illustrated in the story of two Zen monks, Tanzan and Ekido, who were walking along a country road that had become extremely muddy after heavy rains. Near a village, they came upon a young woman who was trying to cross the road, but the mud was so deep it would have ruined the silk kimono she was wearing. Tanzan at once picked her up and carried her to the other side. The monks walked on in silence. Five hours later, as they were approaching the lodging temple, Ekido couldn’t restrain himself any longer. ‘Why did you carry that girl across the road?’ He asked. ‘We monks are not supposed to do things like that.’ ‘I put the girl down hours ago,’ said Tanzan. ‘Are you still carrying her?’

Now imagine what life would be like for someone who lived like Ekido all the time, unable or unwilling to let go internally of situations, accumulating more and more “stuff ‘ inside, and you get a sense of what life is like for a majority of people on our planet. What a heavy burden of the past they carry around with them in their minds.

Your story, however, consists not only of mental but also of emotional memory — old emotion that is being revived continuously. As in the case of the monk who carried the burden of his resentment for five hours by feeding it with his thoughts, most people carry a large amount of unnecessary baggage, both mental and emotional, throughout their lives. They limit themselves through grievances, regret, hostility, guilt. Their emotional thinking has become their “SELF,” and so they hang on to the old emotion because it strengthens their identity.” Eckhart Tolle, *A New Earth*

Dharma: PURPOSE is knowledge and practice of principles that hold together the fabric of our reality and natural phenomena in dynamic interdependence and harmony.

Karma: ACTION is actions, thoughts and words in the past, present and future which have an impact on achieving our purpose.

Translated from Sanskrit, Karma (action) essentially means action, anything we think, say or do.

Thoughts, words and actions are transformative. Our experience in the World is made and remade by our thoughts, words and actions. We are affected not only by our own personal individual thoughts, words and actions but also by collective thoughts, words and actions.

We can only have an impact on the collective patterns through our own personal correction of thoughts, words and actions.

Our present thoughts, words and actions are taking us someplace. Start now and set your compass to head in a peaceful direction. Then check in with every thought, word and action to make certain it is taking you where you want to go.

Our past thoughts, words and actions leave impressions in our personal unconscious and in the collective unconscious. They present as habits, preferences and perceptions. Physiologically, these impressions live as grooves and ruts in our brain which manifest through our mind. Habits can be changed by simply observing them and then deciding if they are functioning for you the way you desire.

Our stored impressions from the past when continued to be carried out in the present in our thoughts, words and actions become the predictor of our future. These stored impressions prevent us from surrendering to our life's purpose, the natural phenomena of dynamic interdependence and harmony, or Dharma (Purpose).

In order to affect a change in the stored impressions, we must take opposite action in our thoughts, words and deeds. Here are a few practices that will help:

1. Set an intention of a higher order stated in the present tense for your day each morning.

Example: If I have a hot temper and fly off the handle easily your intention could be,

“I greet everyone with respect and kindness today.”

2. Think, speak and act for the good of others.

Example: If my tendency is to be jealous of others accomplishments and possessions, give others what I want for myself today.

3. Challenge a habit, preference or perception.

Example: If I must drink the same drinks, drive the same route, honk at the same people, carry out the same tasks, change one thing about my routine and drive a new route very slowly to work today.

4. Accept the circumstances and people in your life today.

They are phenomena which can be examined and honored as gifts that will lead you back to a greater understanding of yourself and who you have become.

Example: The boss I hate who is the single most irritating factor in my life and prevents me from doing my job properly is seen as a vehicle for looking at my own reactions and patterns.

Mechanics of Active Breathing

When breathing in a meditation practice, for best results you will breath using your entire breathing apparatus. Using both nasal passages and relaxing the tongue with the tip at the roof of the mouth, air comes into the lungs from bottom up. Belly expands first as the lungs fill with air but there are connective tissues which should be felt during that inhale all the way to the pelvis. Then the air lifts into the upper lung and tissues begin to displace in the upper chest and neck. That is the deepest breath you can take. You will like to start with a focus on your belly button and feel it rise and fall as you inhale and exhale. By extending your exhale to two counts longer than the inhale, you are cleansing your body of toxins. Then after you have fallen into the rhythm of your breath you can begin to focus on the inhale and watch it rise up into your throat. During this phase, the inhale and

exhale are the same length.

<https://goo.gl/images/uQBtV3>

In meditation practice as in any other Yoga Practice, qualities of a teacher and boundaries between teacher and student are important.

The Swamp

“Honestly,” she thought, “when depression is the starting point, lifting a motivation out of that dark swamp is difficult. I wonder what it would be like to start without first climbing up out of the darkness,” was her next thought. Every slight movement takes effort. Her best developed plans seem to go nowhere. She stumbles through life knowing where the guidance is but having no ability to access. No one listens to her cries for assistance. No one seems to care enough. She knows this is probably her fault since her depression is an irritable type with rages and events triggering anxiety. The experience seems to be “misunderstood” if she must label it. She first noticed this feeling at an incredibly early age. Her mother was rocking her to sleep. She was inconsolable. Her mother was crying, too. She and her mother were both inconsolable. She was incredibly young, perhaps one year old. At such a young age, she already had no hope for her life. No hope. Do you think we create our own reality? She was not aware of creating anything at one year old. It was certain, though, she was creating something. It seemed like that is when she started digging the dark swamp, at times seeming like there is no bottom. How is it that a woman of 73 feels comfortable sitting immovable in a swamp she has been digging all her life? Well, it is familiar, therefore comfortable in a certain way. Comfort is an interesting word. It can be thought of in many ways. But hiding from the World is the only way she experiences comfort. It is interesting how she arrives in the swamp and makes her ‘nest.’ She decorates it with fake grass and a few cacti and then moves around place to place seeking the perfect place to mope around. She pauses for a moment to scratch the cat’s jewels and get a momentary infusion of love. It does not last long though. Fleeting, and the love is gone. Some people say “you have to love someone else to love yourself. She cannot count on that. She must savor every moment of love that comes to her. They are so rare. “I love you,” the words, mean nothing because she knows it is possible to say them and not mean it. She has been doing it for years, nearly 74 years. The seeker never fully finds her sought. It is just the worst. Seek, arrive, attempt, become

disillusioned, depressed, back in the swamp again. Seek, arrive, attempt, become disillusioned, depressed, back in the swamp again. Seek, arrive, attempt, become disillusioned, depressed, back in the swamp again. Seek, arrive, attempt, become disillusioned, depressed, back in the swamp again. Seventy-four years of this nonsense, tomorrow at 11:00am it will be 74 years. Some say it is because she has Saturn in her fourth house. She does not know. Other explanations have been offered. Her sister says she rages, therefore has stopped speaking to her. Four years now. Her only living relative from birth. Said she loved her and is praying for her. That does not seem like love to her. Her other sister did not speak to her for four years before she died either. She can only imagine how repugnant she must seem for both sisters and her own mother to abandon her. A friend who supports a hateful politician told her so recently. Repugnant, completely repugnant. Recently a teacher told her to completely ignore the hateful things that come her way. She can pretend to ignore them, but they cut deep caverns in her heart.

This is the place I used to live before I found out how to wake myself up from gaslighting and brainwashing I used to believe. I wrote this for my two sisters and several friends, all Trump Supporting Haters, Evangelical Christians who have shut me out. When I try to communicate with them, they try to shame me back into this place. I have healed this part of me now, so I do not return. But I can remember.

The Shining

In the great thriller, *The Shining*, “Jack Torrance (Jack Nicholson) becomes winter caretaker at the isolated Overlook Hotel in Colorado, hoping to cure his writer’s block. He settles in along with his wife, Wendy (Shelley Duvall), and his son, Danny (Danny Lloyd), who is plagued by psychic premonitions. Jack discovers the hotel’s dark secrets and begins to unravel into a homicidal maniac hell-bent on terrorizing his family.” This character speaks to me this week. The similarities to our circumstances here in the USA and this movie are remarkable. The fascist will want you to forget everything that has happened in the last years to accomplish their reset of reality. To remind you, Fascists are taking permanent rule by a minority fringe extremist faction of our population). These people conspire (present tense) with hostile foreign powers to gain and keep power.

#ChristiansRightDominionists who call themselves #Evangelicals and #Catholics. This group is separate from yet attached to #DonaldTrump #Kremlin and #KochNetworkFederalists that have formed around Trump in our local and national government .They use each other to accomplish their common purpose, financial consolidation, destruction of democracy, demonization of liberals and rearranging of USA legal and political systems around their nefarious purpose. This fringe group of extremists started with the inception of the #DougCoePrayerBreakfast before Eisenhower left office. Coe convinced Eisenhower to use the “prayer breakfast” politically. #KochBrothers #NewtGingrich #FoxNews #TeaParty #Federalists #HeritageFoundation #CouncilForNationalPolicy all formed around this “Family.” A group of extremist white nationalists #NRA, #KKK, #JohnBirchSociety joined in as well. The players met secretly for the last THIRTY YEARS to form a plan to overthrow democracy. Ultimately they hooked up with Russia for financial support. In the movie, *The Shining*, “Reality” is tested again and again in a circular fashion so that ultimately it is difficult to tell what is real. This is a kind of psychological manipulation used to wear a viewer down so the viewer begin to doubt themselves, their connection to reality wears down and eventually they succumb to the idea

that those who are manipulating us are probably the sane ones and the rest of us are having some sort of psychological breakdown. In order to make it through these aggressive, invasive cycles (which in our country have been going on for THIRTY years) one must have strong character and constitution. One must be willing to be vulnerable enough to go against what they make you believe is the “common collective understanding.” One must be willing to appear to others to be crazy. One must constantly, on a daily basis turn inward to an internal compass he/she has cultivated over a period of time by meditating and studying him or herself and the informed literature available to create a base of knowledge and understanding which guides one back to the actual truth. Here is the truth. The Republican Party, those in ruling power, have been corrupted by their relationships with kleptocrats, autocrats and theocrats who believe they are the ruling class. They do not believe in power for the people, balance of power or one person one vote. They are willing to cheat, lie, break the law, murder people, and manipulate the entire population in order to enrich themselves and stay in power. One sterling example of someone like this is Vladimir Putin. These people use outrage as a weapon against their perceived “enemies.” As they destroy a people, their way of life and their society, their actions become more and more corrupt. With each reveal which cycles to deeper debasement, they use gaslighting, alternative truth and false equivalencies to reset us to a further debased “Alternative Reality.” I am not an enemy of conservative belief. I am a warrior against psychological warfare, Corruption and Fascism. And we are at war. The war does not end because #Mueller indicts someone, or Trump gets Impeached and Removed, or someone becomes states witness or people go to jail, Because conservatives want to defend and shine up the Republican party in preparation for the 2020 election, we will continue to be in this cycle as long as there are Republicans. It’s all they know. The war continues until all of us realize that we MUST VOTE FOR DEMOCRATS (who have been demonized for thirty years by these domestic and foreign conservative terrorists) in order to CAST OUT THIS FRINGE FACTION, take our power back. We must restore the balance of

power to the people and restructure our government so we are never vulnerable to this kind of CORRUPT coup again. Without this resistance and reclaiming of our society, citizens and way of life, we will fall into chaos, fascism and extremism. There is no way around this fact. This is why I will not stop talking and resisting.

The Color Wheel: An artists guide and full of life lessons

Artists have choices. Life is full of choices.

When an artist decides what to create, she looks at the tools she has and makes several choices, many conscious, many unconscious.

The color wheel is one example of an artist's use of choices to create drama.

The color wheel shows how colors blend.

For example, Red, Blue and Yellow are called primary colors because from those three colors you can create any color on the Color Wheel. But mixed with the color opposite them they create drama and contrast.

For example, Red and Yellow mixes to make Orange, yellow and blue mixes to make green, blue and red mixes to make purple.

But Red and Green, side by side, makes the contrast and drama of Christmas come to life.

Blue and Red, side by side, makes the contrast and drama of American patriotism come to life.

Orange and purple (black), side by side, makes the contrast and drama of Halloween come to life.

Adding White or Black to any color changes the intensity, the color pulls to the foreground or fades into the background.

Life itself is full of drama, at least life lived on the plane of the manifest (or physical) is full of drama.

Relationships, interactions, reactions, arguments, boundaries, and all of the complications of one manifest object meeting another. What I mean by manifest is what exists, is seen or waits to be seen on the realm of the physical.

Since all of us live in the manifest (physical) world, we rub up against each other, blend, repel, approach, avoid, attach or oppose.

An older man I met in my travels in India once told me, "In the manifest World, we only have three choices.

We can take what is given and use it to feed ourselves,
 we can aggressively try to get more than what is given and be on fire,
 we can decide we can't get what we need and starve ourselves to death."

So, in a manifest life we move in and out of these three positions.

Fight, Fly, Fold (also called freeze)

Some people believe meditation takes you to a place where you have a fourth option, to escape the manifest world by living with a higher level of consciousness, in your heart, from your purusa, outside of the drama, in your higher self, in your Christ consciousness, into prayer, into the future of heaven.

But is that not the same as FLY??

You escape your physical condition into a space of safety and balance for a period of time, you rest there and lose touch with the manifest world, you play in the space of freedom. But if you have been BORN, you will always return to the drama.

The way I use meditation is to be conscious and aware wherever I am.

If I am Fight, I watch myself fighting a battle for my existence, my right to be physical, my right to have been born.

If I am Fly, I watch myself moving away from drama, pulling into myself, becoming selfish, preserving my ego.

If I am Fold, I watch myself give up my position, give up my ego and become who I need to be, surrender to the drama, abandon myself.

I was on a boat near Long Beach searching for whales when about fifty porpoises began to swim with us along side of the boat. They were so near to me, I could almost touch them. Our tour guide

said "porpoises are different from most sea creatures because they are conscious breathers." I said "I am a conscious breather, too, I am with my family."

I am more WELL when life is a blend of consciousness, meditation and surrender. When there is a balance among these three positions, I tend to stay healthy.

I am starting to value relationships based on the ability of the OTHER to move around in these three areas, watch themselves, take responsibility for themselves, own their positions and be firmly grounded in LOVE while moving around from one position to another.

I am holding art in the same way.

The Egg

An egg lies under a hen, the hen keeping the growing chick inside warm until “god as I understand her” tells the chick, “ it is time to take that new beak of yours and start chipping away at the inside of the shell you are in so it cracks.” The chick pecks away inside the shell until it cracks and VOILA, a new baby chick is born.

I think this is what it is like for humans too, except, god, she tells the baby to swim toward the light at the opening of the vagina! It is a difficult journey for both Mother and Child. Now, there is one other time in your life, if you are blessed. At the time it didn't feel like a blessing. But, like Humpty Dumpty, you fall off the wall of your understanding of your life as you know it, and all the kings horses and all the kings men cannot put you back together again. Nothing makes sense, nothing works to soothe your anxiety and despair of losing the coping mechanisms you have been collecting for the last X years. (In my case, it happened at 35.)

Again, if you are blessed, something so shameful will happen that will compel you toward a spiritual awakening, and you begin to put life together in a different way. In my case, I lost a job because my daughter told on me. She was seven. She knew I was distracted and well on my way to dying of drinking.

You are taught how to be less selfish, more loving, more helpful, less afraid. In fact, your god as you understand her will begin to place exactly who/what you need, exactly when you need them (it), and life begins to take on a greater meaning. If it happens to you, count yourself among those who experienced a new lease on life. Be thankful EVERY DAY, even though you will think, “I did not sign up for this shit,” on some days. Be patient and kind, forgive all and open your heart to unconditional love. It is waiting for you on this journey!

Foreboding

A strong inner feeling or notion of a future misfortune occupies my waking hours. How come News Media has stopped covering Trump and Republicans? Everyone knows they are quietly scheming to dismantle our way of life. It will be revealed in January, the meanness and dystopian future they are planning. Why not get into their inner circle and start telling us about it?

They were not quiet throughout the campaign about their evil occupation of a once thriving Democracy. I wonder how involved Putin is in the planning of our future, speaking of EVIL.

If you are not feeling some sense of apprehension about our future when the Nazis, climate change deniers, religious fascists and billionaires are back in charge of our World, it would surprise most of us. It is difficult to be optimistic when you have been awake on planet Earth for a while, watched every one of the Putin-inspired Nationalist leaders commit genocide of unwanted “others” rather than share their space, it would be odd if you were not a bit shaky.

When you wake up in the middle of the night out of a deep sleep, your heart is racing along with plenty of blood flowing through your body, and you just know some orange faced, beady eyed, bad breathed bully is hanging over your bed saying, “whether you like it or not,” I recognize that is anxiety. My mind has created a boogie man and I must clean it out for it to work properly.

The most common descriptions of my state of being lately and for the last two decades is best described by the following:

perturbation,

trepidation,

disquietude,

uneasiness,

misgiving,

suspicion,

worry,
fearfulness,
dread,
and alarm.

“We are at the place in time where the phrase, ‘republicans do not like to be lectured at’ is commonly heard on News Commentary. Mostly these sixth senses were just below consciousness for many years.

My first reaction to that comment is “when dealing with people who have been systematically brainwashed by Russian propaganda to convert them into a cult of extremist terrorists, we don’t believe anything we could say or do would be to your liking.

An unprecedented 80,000,000 people have been brainwashed to HATE liberals.” And, though my statement is true, republicans will not listen. Believe me, I have tried to tell them what happened to them since 2016 which is why I have no more friends. They have dropped off one by way screaming “YOU ARE THE ONE WHO IS BRAINWASHED!” to which I reply, “That is just what those who are brainwashing you want you to think!” Have you ever tried to talk sense into a cult member?

Religious people tend to be most easily converted because of their belief system.

<https://www.psychologytoday.com/us/blog/freedom-mind/202104/the-definitive-guide-helping-people-trapped-in-cult>

And religious structures have power and money. They join the battle for continued power and financial security. They use their power to fight against freedom. This fact gives me butterflies in the stomach, the willies, and the heebie-jeebies. Religion, which is supposed to be the protector of people (in my mind) becomes the destroyer of freedom.

Recall when George W. Bush was elected president. Understanding that my republican family members and countrymen were beginning to get antsy about liberal policy incursions, I voted for

George W. Bush for his first term. Then I proceeded to watch as he war-mongered, lied to the American people and to break down our freedoms. I would experience the jitters, twitchiness and inquietude every time I heard his voice.

Now, I am brainwashed to think that Republicans are my enemy. I have a premonition, a presentiment, an intuition, a vague feeling, an inkling, a hunch that no matter what I personally do in this nation is useless and meaningless. I have lost my sense of power and believe I have been put out to pasture to finish my life as a cow chewing cud. This is a difficult feeling for a warrior!

I know warnings and omens are negative and set us up for a spiral down into uncharted territory. When we prognosticate and forecast doom for our way of life, whether we want to or not, we participate with the terrorists in undermining our success. We are saying everyone should have a feeling in one's bones of doom and gloom. This is not my purpose here. I am simply processing my grief. Everyone is invited to do the same. Formal public vigils for democracy would not be an unfavorable action.

What Religious Dividers (EGO) Weaponized for Power & Greed in my lifetime**Belief****Faith****Doubt****Hope****Despair****Flag****Nation****Sobriety****Relationship****Career****Identity****Courage****Patriotism****Families****Children****Parents****Women****History****Science****Health**

Happiness

Confidence

Trust

AT THE VERY LEAST.

Seventy Eight year old trauma

August 27, 2025

The time has not been good for women since patriarchy crept its way into spirituality with all of its ridiculous rules, double standards, and permission to abuse girls and women. I use humor, love and kindness to counter that because it is the only thing that works to get through to men. Then I set my boundaries and take very good care of myself so that I can be a survivor rather than a victim. It has worked for me so far! I hope my posts have not been offensive.

I celebrated the Mother of the universe for the Labor Day weekend. Seems fitting, huh?

It was a wonderful retreat and I wanted to share my experiences. The stories are meant to add value to your life, not to convert you to any particular belief system. For myself, I don't hold onto belief systems tightly and I only believe what is living, kind and helpful for my physical bodies survival and my the cleansing of my energetic body. The rest, I leave to the mother and father of the universe. Midday Chant session ended today with a Goddess Chant. Of course I never chant with mentioning some aspect of the Goddess. Today, it was to Durga, the "inaccessible" whose primary function isn't to cause physical death, but to overcome spiritual death, which is seen as ignorance and the ego. In other words, "Please Goddess Durga Kill "ME" so I can be "me." She rides a tiger so she may express that she is a warrior. Today's chant session was led by Nina Rao, a student of Krishna Das who has created a group of exceptional women who interpret the Hindu texts with an eye toward the woman's contribution. We chanted at Sita and Rama, a couple who lived 10000 or more years ago. Rama also got caught up in a situation with his Step Brother though he was his father's first son. His step Brother was promised the throne because of relationship issues with Rama's father, so Rama and Sita were banned from the Kingdom for 20 years. They lived in the forest and encountered many thrilling things, but ultimately Sita was kidnapped by a demon. 10000 years ago when man spoke to animals, Hanuman was of selfless service to Rama when his woman, Sita was kidnapped by demons.

We chant to remember all service is selfless, not transactional. Hanuman was enlisted to rally an Army to fight Ravana in a war, Rama almost died, but Hauman was able to save him, then Hanuman found Sita and rescued her from the Demon. When Sita returned, Rama was confused as to whether or not he should trust that his wife was "true" to him, so she set herself on fire to prove to him she was true (or because she was so pissed off he doubted her loyalty). Anyway, they both survived and went on to rule the kingdom and put together the very first "democracy" where people lived in freedom and loved each other.

Critical in this living process is immediate forgiveness of self and others and self care and responsibility!

My Last Flight after successfully navigating the world in air for 66 years.

Day One - September 4, 2025

Now, I know I am just one small 78 year old person who is blind in one eye, has mobility problems and in the past when everything happens WITH FEW VARIATIONS I travel well by taking care of myself. But what happened to me yesterday related to the Airline was shocking.

I have a broken wheel chair, thank goodness, to help me get around, so I take the batteries out and push the wheelchair, which helps me navigate walking longer distances.

My flight was four hours delayed,

I navigated my way through Washington Dulles International Airport walking at least a mile to get to my gate, I was friendly and quietly awaiting boarding, when suddenly at boarding time, 100 people were told we had to rush half way across the airport to a different concourse, that our gate had been changed at the last minute.

I immediately ASKED FOR HELP!

I said it would be very difficult for me to make it on my own to the other gate.

I was told by the gate attendant that I should wait while the golf cart driver took another couple to the new gate and he "would be right back to get me."

I waited for 15 minutes (or what seemed like 15 minutes) and NO HELP CAME FOR ME. I began to worry about missing my flight and told the gate attendant that I was worried. NO HELP CAME. Here is where I made my mistake. I should have stayed right there waiting for help. But my ego took over in my brain!

I began to fearfully navigate toward the new concourse and ask "official looking people" for directions. WHEN NO HELP CAME, I began to speak loudly asking for anyone who could to help me find my gate. I did get help from other passengers looking for other gates. It was CHAOS! It took me 15 minutes (or what seemed like 15 minutes) to navigate to the new concourse. When I got to the gate, I was upset and approached an attendant and IMMEDIATELY ASKED FOR HELP. She looked irritated, disgusted and told me she would board me as soon as possible.

When I got on the plane (apparently) I sat in the wrong seat and began to settle myself and get ready for the flight. Then I put my back pack (with the two heavy batteries from my wheel chair) on the floor in front of me AND ASKED FOR HELP.

The bag sat there until a Stewardess said "you know that bag is going to have to go into an overhead bin." I said "yes, and I cannot get it into a bin, it is too heavy for me." I said it was her job to get me help, that I am a customer.

She looked irritated, offended, disgusted, muttered a few syllables and walked away saying she was going to get someone.

The man sitting next to me offered to put my bag in the bin and I accepted his assistance and thanked him. He and I began to commiserate about the CHAOS. A woman sitting a few seats over from me began to yell, Maam, Maam, Maam, etc. and said TO ME "we are all in the same boat." I told her to shut up. (I realize I am in trouble.)

Pretty soon the PILOT came out and asked what was wrong. I told him "I have become a bitch and can't get help." to which he became irritated, looked at me with disgust and said to me "you cannot talk to me that way" and walked away. He told the gate attendants to get me off the plane-he was not going to fly with me on the plane. (The flight attendants told me this.)

When instructed, I immediately got up and, without any help from anyone watching, managed to get my belongings off the plane by kicking them toward the door. It seemed all I was capable of at that point.

I sat down in the gate extension, gathered my things together and waited for my wheel chair to be returned to me. They offered me an airport wheel chair and I THOUGHT "I cannot navigate beyond the airport without my wheelchair." I said "I am not getting in that wheel chair!"

I could not find my wheel chair ticket, and since I was sitting in the wrong seat when I boarded, they had identified me as the wrong passenger so there was confusion about finding my wheel chair but they eventually found it.

Meanwhile, I was accused of being uncooperative and holding up the flight. When the attendant bent down with a red face and "whispered" angrily on my face YOU ARE NOT BEING COOPERATIVE, I said "it seems to me I have followed your instructions on my own as best I could every step of the way."

AS I WADDLED AWAY FROM THE GATE PUSHING MY WHEELCHAIR, I OVERHEAR THE GATE ATTENDANT SAY, "ok let's get this gate closed so the plane can take off."

OK. I admit it.

I lost my composure and could not get it back no matter how hard I tried. As time went on and help did not come, sarcasm spewed from my mouth. I watched it happen as if I was an observer of myself. At one point I said, "I am doing the best I can, you can arrest me if you want!"

At that point, I called my husband, he told me to breathe. I began to breathe, but alas I HAD MADE A MESS TO DEAL WITH AT THE AIRPORT

I am now evaluating my safety as a traveler. I came into this AIRPORT EXPERIENCE feeling good about the fact that I had navigated a three week trip with little or no concerns or assistance, taking it when offered and was now headed home having experienced many loving, kind and beautiful experiences surrendering my will over and over again!

I accept my part,

I am sad I became a problem,

I am not embarrassed nor do I feel completely responsible for what happened.

I am now worried about being safe traveling, being identified as a terrorist and being banned from air travel and I am wondering if I should even drive a car again. DOUBT AND FEAR take me a good two to three days to recover from.

So, In conclusion, BECSUSE OF THIS EXPERIENCE

It seems to me it is unreasonable for me to continue to believe that I can navigate around in this WORLD as a disabled person on my own and the thing for me to do now is to STOP TRAVELING.

My confidence has been crushed. Another LOSS as an "Old Woman" who tries her best NEVER TO ASK for help that I DO NOT NEED."

And the life saga of Big ME (Ego out of control with no ability to reign it in) continues.

I am not a victim, a martyr, a predator, or a terrorist.

I really am just an old woman trying to navigate a difficult world!

Day Two

Still having panic attacks from the day before, too nervous to reschedule my flight and find another airport. I stayed in bed most of the day. I spent the night in the area of

Day Three

I spent the next day at the outlet mall buying clothing because I had no suitcase with me anymore. It occurred last night as I went to bed, my medication was in that suitcase. I called to have my husband pick it up in Albuquerque where I was supposed to be. I scheduled my flight for the next day at Newark and rode the train to catch my flight the next day.

Day Four

At the airport at 1:00pm

The first flight was delayed 30 minutes.

I will not make my connection.

I will get help at the airport.

I still believe.

I am at the airport, two agents, long lines, everyone is calm.

I will try by phone.

I canceled my flight to New Mexico. Full Refund. Also full refund from United.

How should I get home?

I feel like I am in a foreign country.

I can not get help for myself.

I am having another panic attack!

There are foreigners running everything. It is amazing how the racism fear returns when your brain settles in animal fear.

Now, It is chaotic..

I keep stepping away from the desk so I can regain my composure.

Next to me where I am seated there are people snorting at their babies like they are pigs.

Honestly, I just tried again and alienated everyone by asking for someone white because ALL of the people of color were JUST laughing at me when I asked for help.

I just talked to a white foreigner and he asked me for my ID. I said what do you need it for. He asked to see my boarding pass. I dropped my phone while handing it to him. He said, "you do not have to throw it at me." I said please do not talk to me like I am an animal. He said you have a good day and walked away. I honestly do not know what is happening. I need to go somewhere safe.

I now believe Trump's Fascist GOONS are tracking my travel and intentionally causing me upset. DELUSION comes with animal fear.

I walked up to jet blue and said "where are you flying in the USA." She said Los Angeles! I said give me a first class ticket. \$2600.

And the nice white lady took me to the first class waiting room. There were two foreign attendants there. They neglected to tell me when the TSA gate was open. My gosh I may miss my flight.

I tried to figure out where in Los Angeles I feel SAFE. DISNEYLAND. I BOUGHT MYSELF AN ANNUAL PASS. \$935.

I am still having panic attacks.

I made a reservation at Hilton Anaheim which is right next to the park. I am still believing I am going to get on the airplane. DELUSIONAL?

Since I believed I was late for boarding, I rushed toward security. I made it through the security check but barely.

I was "randomly" selected for a search. My reaction was "Why me?" It was a sigh of desperation.

They took it as disrespectful, people at the security check.

They told me to leave the area and wait "out there."

Four of them harassed me for 10 minutes with abuse and insults even though I told them I was having a panic attack!

GOOD grief. I AM never stepping foot INTO ANOTHER AIRPORT AGAIN!

Made it to my Jet Blue gate at which time I was told the

FLIGHT HAS BEEN DIVERTED TO SYRACUSE BECAUSE OF A THUNDER STORM.

THE ATTENDANT DOES NOT KNOW WHAT THE RESOLUTION WILL BE.

NEITHER DO I.

I MAY DIE IN THE NEWARK AIRPORT, OR BE MURDERED.

I AM SITTING IN THE GATE AREA UNTIL I AM ON AN AIRPLANE. PERIOD!

Just announced NEW DEPARTURE TIME 7:00pm.

A RED EYE TO LOS ANGELES. OH GOODY!

Usually I do not suffer with my circumstances but when things fall apart this often day after day, I go back to my childhood when I could not count on anything.

I get really SELFISH!

The plane did not arrive until 8pm. I went up to the desk to ask if there would be a gate change but a young Alpha male was flirting with the attendant. Another woman was waiting also. The attendant COMPLETELY ignored us for at least 10 minutes.

I caught her between answering a coworker's question and returning to her flirting Alpha male, apparently my voice was loud. There was a lot of noise in the area. The asshole Alpha said "well you don't have to yell at her."

I said "shut up and mind your own business." And brushed my finger along his shoulder. HE FREEKED OUT AND said "Don't touch me!" And then the attendant yelled at me.... WITHOUT ANSWERING MY QUESTION!

I walked away from the desk and found a place that was isolated to sit. The attendant and her admirer complained about me, so when I boarded the airplane, there was an official wanting to have

a “conversation” with me in the boarding hall as the entire airplane full of people walked by BEFORE HE WOULD LET ME ON THE PLANE.

I WAS NOT COOPERATIVE.

I TOLD HIM IT IS THIS KIND OF ABUSE I HAVE BEEN DEALING WITH FOR FOUR DAYS AND THIS WAS NOT A CONVERSATION. THIS WAS HIM THREATENING NOT TO LET ME ON THE AIRPLANE.

I TOLD HIM I WOULD GET IN MY SEAT AND WOULD NOT TALK TO ANYONE THE WHOLE FLIGHT AND WOULD NOT TOUCH ANYONE. I ALSO TOLD HIM THAT I WOULD NEVER

DARKEN THE DOOR OF AN AIRPORT AGAIN AS LONG AS I LIVE and that I was, for the fifth time today, in the middle of a panic attack and I did not feel safe.

He let me on the flight, RELUCTANTLY!

I am in my \$200 Uber from LAX to my hotel.

Ken is sleeping in Flagstaff with the two dogs, he will be here tomorrow!

I am WASTED! But I am NOT on the East Coast anymore!!

Chapter 17: Poetry I Wrote through the years

Obsession

Retreat from stress of caring for others,

meditating, svadyaya, pratyahara, pranayama.

I find my insecurity, my ungrounded fear,

my doubt in myself and others,

my distrust in the process of life and selection,

my unfounded belief that I can manifest such a thing,

my surety that my mistakes will catch up with me,

that my punishment will be harsh,

that my relationships are not solid,

that my mentors have pretended to have my back,

and will surely turn on me.

This is attachment to outcome and reward.

My therapist says, "what is your evidence?"

False Evidence Appearing Real. FEAR!

Truth, I will manifest exactly what is right for me

with assistance from the mother, Goddess.

She will deeply root me in the Earth

and will allow me to fly and sing like songbird when I am ready,

protective and loving in everything.

She is there for me.

One Special Object

I have a magic eight ball

It tells me how to act.

I ask it what I need to do

When I am getting sacked.

“Concentrate and ask again”

It tells me matter-of-fact.

I concentrate real hard to see

I hope to get one abstract.

I shake the ball now gleefully

And find it’s message protract.

“Outlook not so good” it says

So I become largely unpacked.

Just once I’d like a message

That leads me to some tact.

“Better not tell you now”

This gives me leave to enact

a sort of squishy belly sense

So I make a Suicide pact.

This time if I do not succeed

I plan to make a quasi contract

To decide to live instead of die

And shake that ball ransacked.

“Cannot predict,” it finally says. “Magic eight ball done for whack!”

Geographic Cures - Escape

August 31, 2020

Was a time in Missouri

Dad left in a hurry

Without any reason or rhyme

When he left in abandon

Perfumed in full fashion

Escaped us for lover's good time

He always took nice things

Like flowers and buddlings

To shower the others sublime

Left us flat to carouse

With his lifted eyebrows

While Mom took to rocking, crying

Mom came to decide

To escape while she cried

To move us cross country in time

California was where

We would breathe the fresh air

My father would change his design

She solidified her battle cry

When discovering the gadfly

Doubled down on his former entwines

Horrified by the lechery

Mom starts the rages and treachery
The pattern begins in real time
Five days of hard work
To provide for us jerks
Then party with his concubine
While we languish at home
With the queen overthrown
Loving a trio forever entwined
While hatefully trapping Lothario
The nurslings and booze on stereo
He enacted his philandering ensigned
With a little one's button
While beating on his mutton
An alternate stand-in resigned
Five years old when we moved
Thirteen years should have proved
The pattern not exactly sublime
Taught well by two absorption
And solidified in revulsion
By 16 she the trio became enshrined
Twenty years the same cheating
Led straight to random breeding
And took her beyond deaths baseline
Twenty more and she spitefully

Returned to herself rightfully

And the rest is a story sans moonshine

Ode to Mother

April 1, 2020

Feminine is creator

Feminine is greatest jewel

Feminine is greatest wealth

Feminine is Universal form

Feminine is faultless destiny

Feminine is form of all things

Feminine is superior condition

Feminine is strongest kingdom

Feminine is unequal in formula

Feminine is unequal in asceticism

Feminine is Creation in EGG Nebula

Feminine is Truest form in Universe

Devi “the Feminine,” Supreme Creator

All other forms of divinity in Universe Are Her diverse manifestations

Feminine is Śakta,

The little things

And it is the little things that cause pause.

The memories that are triggered even now.

After years of recovery, they still come unbridled

For moments into the mind of today.

These are injuries that can be forgiven compassionately

And are never forgotten, once they start coming.

Baby in stroller plus man equals danger

Stop. Check. Let it go. That was then, this is now.

Daughter, crying plus rough with baby equals sadness

Stop. Check. Let it go. That was then, this is now.

Child with a sore bottom plus mom afraid to clean it equals panic

Stop. Check. Let it go. That was then, this is now.

Holding husband in contempt plus fear he will leave equals suspicion.

Stop. Check. Let it go. That was then, this is now.

Older man babysitting plus mom comes home to a screaming baby equals anger

Stop. Check. Let it go. That was then, this is now.

And I think there are three of us who witnessed this kind of occurrence

Who are sensitive enough to become aware

These little things that are passed from generation to generation

They heal, they are forgiven, they take a more subtle position in the mind.

And are never forgotten once they start coming.

You are not alone

You're not alone,

I'm with you

I'm lonely too

What's that song,

Can't be sung by two.

A broken home,

A broken heart,

Isolated and afraid,

Open up this is a raid,

I wanna get it through to you,

You're not alone.

You're not alone,

Every night,

I stand in your place.

Every tear,

On every face,

Tastes the same.

A broken dream,

A broken heart,

Isolated and afraid,

Open up this is a raid,

I'm gonna get it through to you,

You're not alone.

An open hand,

An open heart,

There's no need to be afraid,

Open up this is a raid,

I wanna get it through to you,

You're not alone.

I wanna get it through to you,

You're not alone.

I'm gonna get it through to you,

You're not alone

Space between words

Or, I have first hand knowledge of Russia laying waste to a Nation

September 6, 2020

One toe under the garage door try to lift it up.

Different dad than I thought I had.

A man enters the space uninvited to cause chaos.

Two clowns at an amusement park.

It gets nasty when he took a night stand.

Two men realizing they have duped people laughing.

A birthing mother with only one puppy.

Lovely bones in a locked safe dumped in a sink hole.

A humming bird visiting the feeder.

The constant repetition of inferiority by sister.

Mr. Clemens was burglarized and left to suffer.

What actually is reality when men sew seeds of doubt?

Now what did you ask again?

The secret black man confused by the hype,

Hanging by a string running down the pipe.

Dog's scratchy paw on her arm.

A million dogs whining and barking.

Some of them know and lie anyway.

Just long enough to keep white men in power.

One thing stacking on top another.

Man enters the room asking questions

Say nonsensical things.

The silence interrupted.

Why argue with brainwashed people who are knowing or unknowing coconspirators of white supremacy?

Coughing out of control without a face covering.

Done with hidden shores,

a bastion for the brainwashed conspirators.

Hey, that's me you are talking about.

Opinions are like assholes, every one has one, not all of them are clean.

How do you resolve the rape and murder of your family?

What is this milk brand?

That comes up easier.

Fans as unfit as their leader.

Can't leave it to chance.

Vote, vote, vote, vote, vote, vote.

Why is the burden on WeThePeople?

Thin skinned snowflake

"What have I done!," she said with a sigh.

The truth is she only got into this to rage.

How many times was she suspended from twitter?

if it is less than ten, you are a thin-skinned snowflake.

Before she came back, each time with a fury,

She said to her family, "this time it's for good."

Why does he get to deconstruct life on the social media

when all I have to do is call someone a "Koch-Head" truly?

She huffs and she puffs and she's tender and choleraic.

No one even cares about what she has to say.

She's not doing this for followers, It's only to confront.

But those damned republicans, they get bent in a rut.

Last time she confronted Kashich, the poser in the house

who was trying hard to make a case for returning to the Senate.

She called him a Koch-head for accepting Koch-Network cash

and she was suspended for every in a very enormous flash.

She waited a month and then had more to say, she thought.

She used her husbands email and phone to create a new account.

It went along well until she started confronting the Koch Whores.

The whole thing started all over again with a seven hour pause.

She said "heck with this, I don't need you anymore."

It has not stopped them yet, she doesn't believe anything will.

One thing she learned for sure is that Putin fixed machines in 2016.

She sees what they are doing, the oppress and suppress.

No one seems to be able to stop the terrorist assault on civil rights.

She won't stop fighting until something dramatically changes.

She has had it with Twitter and Facebook, too much hatred.

Linked In seems to be the place for her, she can clean up her mess.

So until sometime in the future, she will resist, resist, resist.

Chapter 18: **My First Book**

Although this book was never published, I did self-publish and sold several copies for twenty dollars. It was my first attempt at how to negotiate relationships. I am a work in progress on this issue. I do not understand why others react the way they do. It is very disturbing and distressing.

HOW TO BE WITH THE ONES YOU LOVE

(Including Yourself)

A Journey from Codependency to Self Responsibility

Acknowledgements

I wrote this book in acknowledgment of all those people who have influenced my life in a healing way. Thank you to Don and Carol Hadlock who helped me learn how to trust myself and taught me that I could do something to help myself. Phil, Helen, George and Judy; you were also part of my healing process. Thank you. Thank you to my friends who helped me edit this book and gave me guidance; Carol, Sharon, Marian, David, Steve and Ken. Your help was extremely valuable. I am grateful to God and my spiritual program. My spiritual friends have helped me to have the courage to create. I felt supported and protected by God through my human contacts in my 12 step recovery. Thank you to my recovery brothers and sisters. Thank you to Ken and Amber for encouraging me and supporting me. Thank you, Ken for providing a container for my healing when I was unable to provide one for myself. Amber, when you were born I did not realize that you would be the teacher. This book is dedicated to Amber, my Daughter and my Spiritual Teacher.

COMING HOME:AN INTRODUCTION

This book is about coming home to yourself so that YOU can reach out in love to others. Take a deep breath and as you continue to read this page, make your imagination active to a time in the past when you were learning to read words. Do you remember how every word looked new and foreign to you? You began to recognize some words like dog, cat, and run but there were other words

you struggled with. The person teaching you to read probably mixed words you knew with words you did not know so that you could begin to add words to your vocabulary. This teacher involved you in a creative process that took several years. Perhaps to this day you are still learning new words.

Bringing that memory with you, come back to this moment. Ask yourself "what is it in my life that attracted me to this book?" It is possible that you are not even aware why "How To Be With The Ones You Love" attracted you. Possibly, you are generally unsatisfied with the quality of your relationships with the people you love. Your dissatisfaction may range from mild to extreme. Read on! This book asks you to make a commitment to yourself to enter a new creative process very similar to the one involved when you learned how to read. The skills in this book invite you to practice intimacy. Intimacy is defined as belonging to one's deepest nature, marked by very close association, contact or familiarity, marked by a warm friendship developing through long association, of a very personal, private nature (1).

Many of us have a fear of intimacy, not only with other people but also with ourselves. To begin a creative process in the face of your fear of intimacy is the hope this book offers. There is no rush about perfecting these skills. Many people start this process feeling unsatisfied with relationships with other people. This is a starting place filled with potential and possibility. It is possible to change your relationships by changing yourself -- your beliefs and behaviors. Learning something new takes time and proceeds in a steady but jagged manner. When it seems you are stuck, you are getting ready for the next surge of learning. Progress and learning lead to exciting challenges and risks. I'm glad to have you join me on this journey. I think you will find yourself here and love what you find.

As a result of a history of confusion, as an adult I was still trying to use my childhood coping skills to develop meaningful relationships with other people. Clearly, I wanted to be closer to the people I loved, but I did not know how. I did not know myself and so something was missing from my

relationships ME! Courageously, I embarked on a journey toward self discovery and healing. During my “coming to know myself more intimately” I found some 12 step support groups that worked well for me. I was with other people who were also unsatisfied and wanted to change. We supported each other in our growth. I met some people along the way who came into my life as professional mentors. As a result of my relationship with them, I began to sense how stuck I was trying to use my old (not so reliable) skills. These people were with me in a very intimate and safe way. I liked how I felt when I was with them. I frequently felt challenged and frustrated at the same time, and I wanted to go back to my old pattern of building a wall between us. When I built walls, they invited me to take them down. I was able to accept the invitation to take the walls down more and more frequently. I knew something powerful was happening in my life because I felt changed.

When I first started this process, I felt as if I was hearing words I wasn't familiar with. I could understand logically what was being suggested to me, but my experience was different. Healthy relationships just did not make sense to me. I looked for the ways I was different and reasons for why the new skills would not work for me. Slowly, my understanding began to drop to the level of experience. As I successfully implemented some of what I had learned about healthy relationships, I began to experience things differently. I felt closer to people and began to enjoy my life more. My commitment to this growth became stronger. The changes were making a difference in my life.

I noticed that with some people I had known a very long time I felt a great pull to return to my old patterns. I could not trust myself to stay on my new path when I was with these people. I found in some cases I had to pull away and detach myself for a while. I made an effort to leave doors open a bit so that when I felt stronger in my self I could go back and rekindle these relationships on a different level. I also gave myself permission to move away from some people and situations completely if necessary. I did not give up on myself or

others. I simply moved away for now believing that someday I might choose to be with these people again in a responsible way, but as a much healthier, self.

One of the ways I reinforced my learning was by sharing what I learned with others. I developed a class called Family Communications. The purpose of this class was to teach people what I was learning and to reinforce my own learning in the process. I led workshops and invited people to practice these skills with me. This proved to be an even greater challenge than just learning the skills for myself, but I am implementing my changes at an even deeper level now than before. This book is a further development of my sharing of these experiences.

This brings me to my next thought about learning. Learning is a little bit like a year. There are seasons, some are warm and some are cold. Over the course of the year things happen which inform us in some way. What happens now builds on what we have stored in our memory of previous years. Sometimes things happen which are difficult and cause us pain. Often, especially when we are young, the people around us help us define those experiences. As we live more and more years, we begin to define what happens ourselves, sometimes based on information supplied to us by others previously (13).

Here's a story about how this might happen.

John grew up in an alcoholic home. His Father was alcoholic and his Mother was very preoccupied with controlling John's Father's drinking. There were many fights and some of them even escalated into physical fights, so John never really felt very safe as a child. John was always wondering when his parents were going to fight with each other, if he (John) was responsible for the fights somehow, if his Mother or Father were going to turn on him and hurt him emotionally or physically. In other words, John learned how to disappear because it was just simply safer that way. When John grew up, he met a beautiful young woman. They got married and had 3 beautiful children. Fortunately, no one in John's immediate family became alcoholic, but there was a problem. John had learned how to

disappear so well, that he continued to disappear in relationship to his wife and children. John wanted more intimacy with them (he wanted to feel closer to his family), but he had not resolved the fear of his own safety from childhood. This disappearing act John was so good at really interfered with him getting what he wanted in his relationships as an adult. (16)

So, what you have been creating in your relationships may demonstrate a history of years and experiences. You have accumulated information that may or may not be helpful now in creating what you want, intimacy.

Lets begin the process of creating an environment for healthy relationships by doing an exercise now. In the space below, make a list of some of the rules you have about relationships. Some of them might be things like:

1. Older people teach younger people.
2. Husbands are the boss about money.
3. In order to attract someone I must behave seductively.
4. I must always be right.

You will be using this list to begin to reflect on and perhaps challenge some of your historical ways of thinking about relationships.

Stop reading now and make your list.

Now, look at your list carefully. Honestly, think about whether any of these rules may be interfering with your relationships. Put a "*" by those you think might have been taught to you by someone else in your life, perhaps rules you had to follow when you were a child. by the ones you think may limit you in some way. After reading this book and practicing some of the new skills presented here, return to this exercise and evaluate whether your thoughts on this list have changed in the process of attempting new relationship behaviors.

You will use the information you obtained in the above exercise to reflect on and perhaps challenge some of your beliefs about relationships. It is not that there is a right or wrong way to be intimate with yourself and others. Keep what works for you to bring you what you want to create in your relationships. Consider eliminating those rules and beliefs that don't work. You may feel an empty space when you choose not to behave or believe in your same, habitual way toward someone you love. Sometimes people describe feeling as if they are doing something wrong when they change old behaviors. This is natural. It means you have created a space for something new to enter. Until you decide what works to bring you what you want to create with the people you love, you can use the skills in this book as an experiment.

Creating Intimacy with yourself

It is important for you to bring what works for you with you on this journey now. You are important in your relationships. Are you intimate with yourself? Do you know what works for you? Do you like being alone with yourself? Can you be with other people comfortably, confident in yourself? Do you feel you bring something to your interactions with other people? Sometimes our focus is on the idea of wanting something with or from another person. We forget ourselves in the intimacy equation. So, let's explore self-intimacy by doing an exercise.

Take a moment now to imagine a HOME. For many of us this idea does not hold a great deal of safety. If you come from a childhood where your safety was not provided for or you were not encouraged to provide for your own safety, the idea of home may be very foreign or threatening for you. If so, for now, imagine a different kind of home where things are not necessarily perfect, and that is not a problem. As you enter this home, you sense a warm, inviting atmosphere. You look forward to being there and the others there look forward to your presence. Anything that you could possibly feel, verbalize or think is acceptable in this home. You are encouraged to get to know yourself better especially when you are in some discomfort about something. You are allowed to be

whatever you need to be unless you are in the process of hurting yourself or someone else. Then, a loving person

guides you without making you bad or wrong, helps you provide for your own safety and prevents you from hurting other people.

There is a place like this. You may not be aware of it now. But, this HOME exists inside you.

Sometimes it is difficult to be aware of the safe home inside yourself because your outer World is so threatening. Competition in the "cut throat" business World, tension at home, strained relationships with family or friends can make a person feel unsafe. When a person feels unsafe or threatened, she/he may resort to defensive behaviors or attitudes that can interfere with intimacy. Most people don't set out to jeopardize their own or other's safety intentionally. Often, the existence of this danger is a result of not knowing or not being aware of yourself; not knowing about the HOME inside you.

These defensive behaviors or attitudes can be at the root of abuse. Abuse is an involvement in a cycle of behavior that is damaging or harmful emotionally, physically or spiritually to the people involved in the cycle of behavior. Ultimately, all abuse is self-abuse because you are involved in a harmful, destructive cycle. The exit from this cycle lies in naming and owning your own part and then choosing to do something different. A later chapter is devoted to describing the structure of this abuse. For now:

Make a commitment not to be a target/victim for anyone. If you are aggressed upon, it is your responsibility (response-ability) to provide for your safety.

Say "I will decide how I am going to be in the World. I have a right to be here, too."

Make a commitment not to rescue anyone else from her/his

victimization. Simply refuse to participate in the rescuing and say that aloud to yourself.

Say "I will allow others to rescue themselves whenever possible. I'm responsible for changing me and reclaiming my power. Others deserve that right, too."

Make a commitment not to aggress upon another living creature. Refuse to need anyone to be any different to make you feel better. Say "This work I'm doing may not change the way anyone else in the World behaves but me. I will stop myself every time I realize I have become aggressive. That is my responsibility; to take responsibility for me.

Saying these statements does not mean that you do not care about others. It is important to show your caring toward other people. Your display of caring and affection can improve your relationships. To practice these guidelines requires a commitment and involvement that goes beyond apathy. It is one thing to provide for your own safety from abuse and then recover to be available for intimacy again. It is yet another thing to provide for your own safety from abuse by retreating forever behind a wall of protection so that you hide from yourself and others. If you have the tendency to hide from yourself and others for safety, accept it as a reality and then challenge yourself to take a leap beyond the wall when you perceive you are safe enough.

Once you have made the commitment to change your relationships by changing yourself, you have accessed a great deal of courage. It takes courage to admit dissatisfaction. It takes courage to take responsibility for that dissatisfaction. It takes courage to become willing to let go of old beliefs and behaviors that are not working in your life. Courage and intimacy are related in that they are both ideas which deal with the "heart." You are wanting more of a "heart" connection with people you love; a more genuine, loving connection, and you will be opening your heart to find that connection. Come along on this journey. Whatever discomfort you feel now, it is worth it in the end because you will have more choices. You will have more freedom to choose. Read on!

THE CHALLENGE OF NEW BELIEFS

What I have asked you to do in the last chapter is to challenge your behaviors, the ones that may not be getting you what you want, and consider new behaviors that might be more useful in your quest

for intimacy. Whenever we give up familiar behaviors, whether or not we really want to give them up, there is a period of loss (12). For just a while, we are left with a sense of void. What used to work isn't working anymore, we keep trying the same old solutions, but they are clearly not working.

When we become conscious that the old solutions are not working but are yet to replace the old solutions with new behaviors, this leaves a void -- a sense of an empty space in a place which used to be full (even if the fullness was an illusion).

One morning a few years back, when I was right in the middle of this "changing" process, I woke up having just had a powerful dream. I lay in bed holding onto my dream and my pillow because I was afraid. The dream seemed so real. I held on and struggled not to lose my thought and began to feel tense. Only later did I realize I was also struggling not to lose my old solutions. I was so attached to them that it was frightening to think about changing. I compelled myself to get up and journal write down my dream. The process of writing down the dream allowed me to let go of the fear of losing it and the tension that came along with the fear so I could move on to other creative experiences in the day.

Here is my dream

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I'm holding a vase. This vase has a high place of honor in my dream. I hold this vase with great care watching it with wonder. I watch the vase move slowly from hand to hand and from one side to another and I am fascinated. As the vase moves slowly, I become aware that it is filling up and emptying itself. As the vase fills, it begins to slowly move so that the contents are able to flow out. Once the contents are mostly gone, for just a moment the vase sits empty before the change occurs. Then something flows into the vase. Very slowly, what was empty is now filling with something new and different. This seems strange but I continue to be fascinated with the new substance. Once the vase is full, for just a moment it sits full. I am aware how full the vase is. It is almost overflowing.

Just about the time I get comfortable with the fullness of the vase, it begins to move slowly again, emptying itself. The fullness and the emptiness are passing illusions. The vase is simply available and in motion. I enjoy it and I feel a bit anxious with the movement and the sense of fullness and emptiness. I begin to try to force it to fill or to stop it from emptying, but the vase has a life of its own. The vase is simply available and in motion. I think to myself, "Life is this way, too."

That was the end of my dream, and I realized this is the process which goes on and on in my life. I wonder if you can relate to the process? Try an exercise that may help you discover what you experience. After reading this paragraph, close your eyes and take a deep breath. Think of something in your life that seems stuck or something that is unfinished for you, perhaps changing, perhaps a relationship you are struggling with. Now, in your imagination grab hold of this person, place or idea and hold on to it tenaciously. Cling to it. Hug it as if it were permanent in your life and you will never let go. Take a few deep breaths and relax your hold a bit. When the time is right, watch this person, place or idea begin to slowly change and move away from you. Hold on still as the movement begins. Pay attention to your experience. What feelings are you experiencing? What do you notice comes up for you when you think about letting go? When the time is right, let go. Imagine yourself free of what you were holding. Feel the space available and notice if it seems empty. Pay attention to yourself. Just wait there with yourself and be available. Watch what happens. What are you experiencing now? How does it feel to let go? What do you notice about yourself? When the time is right to fill up, imagine something new moving into space. This may be a variation on what you let go of before, a different person, place or idea. Pay attention to yourself. Stay with this experience for a while and then gently bring yourself back to an awareness of yourself in the room where you are right now. If you have an overwhelming sense of fear or dread during the exercise, or if you become aware you do not want to do this exercise any longer, focus on your body in this room and feel yourself here, now. Comfort yourself if you are in pain the same way you

would comfort any friend who is in pain. When you are ready, open your eyes. (Stop reading now and do the above exercise. When you are finished, use the space on the next page to write a brief description of your experience. Remember to write in as much detail as possible. You will remember to write what is important for you to know about this exercise.

The purpose of the above exercise is to prepare you for the work to come. Much of what this book asks you to do requires a focused attention not focused on your surroundings like we are required to spend much of our time, but focused inside, paying attention to yourself. When you realize you are unsatisfied with your relationships and you want something more than you have, you may feel confused. It may occur to you that if other people changed or if you moved to the right city, your life would be more fulfilling. In other words, if you could just change the surroundings then you would attract different, more satisfying relationships in your life. Sometimes changing surroundings changes things in a positive, permanent way. But, more often the changes resulting from changing your surroundings are temporary and un-satisfying. At some point in the search outside yourself you may realize if you are a creature of "no-longer-useful-habits" inside yourself, probably no change in your surroundings will make a lasting positive difference. Along with the very normal response of confusion at this opportunity for change sometimes comes a sense of loss. You may discover that some beliefs and behaviors that had previously worked well to help you manage your relationships are now damaging your relationships. Maybe they had become like old trusted friends who had let you down. They were no longer helpful. At this moment of loss, it is tempting to forget that part of life is letting go. Sometimes there is a strong pull to hold on to your old beliefs and try harder. However, to attach yourself to anything or anybody too tightly or permanently only provides you with the temporary illusion of safety.

As you continue the creation of intimacy in your life, there will be times when you realize you have to let go of an old, trusted belief or behavior. The letting go prepares you for whatever is to come

which may be more helpful now. Remember you are not alone in your journey. Anyone who has challenged him/herself to grow and change has experienced the same loss and survived the experience to have a richer life than they thought possible. It is important to keep this in mind as you continue your search.

More About Relationships

Since you are still reading, you must have decided to come along on the journey and actively participate in changing yourself so you can have more rewarding relationships. The purpose of the next section is to provide you with a brief summary of some important concepts about development. It can be helpful to have some background on developmental learning. Your relationships reflect a lifetime of learning. How you are with the people you love now is affected by earlier relationships. The following story may illustrate:

When Judy was a little girl, she watched her parents carefully. She wasn't aware she was watching them so carefully. She just thought at the time she was playing and doing what kids are supposed to do. Judy's Mother grew up in a family where it was quite important to be very quiet. Her father was sick often, and she was not allowed to make noise as children sometimes do. When she did make too much noise, she was punished. Her Mother would sit her in a corner to think about what she had done. Judy's Mother really did not think that making noise was a bad thing, but she certainly got the message not to make noise because of the consequences. She was isolated.

Judy grew up with a Mother who was not allowed to make noise. This became an unspoken rule in Judy's house, too. No one was sick in Judy's house, but noise was forbidden. Since children of a certain age are quite noisy creatures, both Judy and her Mother thought they were very wrong to do something quite natural. Neither of them ever really challenged this unspoken rule. Instead, some of the ways they might have grown were somewhat inhibited by the "no noise" rule. (16)

Often, this type of rule is developed by families to deal with a specific problem. Unfortunately, when the problem disappears, the rule remains. These ineffective rules can interfere with a child's development. Research exists on developmental psychology. One theory is demonstrated in the work of Erik Erikson. The eight stages of social development according to Erik Erikson (6, 13) can be a valuable tool in understanding how we learn beliefs and behaviors.

This eight stage process is one man's concept of the process of social development following years of scientific study. Each of the eight stages through which a person normally passes presents a predominant issue that must be worked through in order to progress along to the next stage.

Maturation grows as we progress along through these stages. Ideally, we move along the stages unhindered, supported by the people in our lives who were also encouraged to grow and develop most naturally. Unfortunately, sometimes current societal or family circumstances interfere with the natural flow of this development. When our natural growth is interrupted we experience an emotional injury. When an emotional injury occurs, progress may be hindered.

The first stage is called Trust vs. Mistrust. To Erikson, trust results from satisfying basic needs during the first few years of life. Trust is not something we think about or make happen and it is basic to our nature as a baby. A trusting foundation leads to confidence in self and others. Behavioral inconsistency or a child's inability to predict occurrences or satisfaction of needs can lead to mistrust.

Stage two is called Autonomy vs. Shame and Doubt. Children develop muscles and a sense of themselves at about the same age (again, early in childhood). This is the time when children become mobile and coordinated. Erickson believed positive experiences in this phase result in self-control and self-esteem without shame (a sense of themselves as defective) or doubt (a sense of themselves as incapable). So, early on if a child is given the opportunity to experiment and succeed, the child learns to think of him/herself as "successful." If a child is too restricted or the environment is not

safe, the child may have more "failure" experiences. How significant adults deal with and respond to success and failure also impacts the child at this stage.

During stage Three, Initiative vs. Guilt, the growth of locomotion and language is the task. Children are busy experimenting with social competency during this phase of growth (preschool age). An internal sense of right and wrong (not just compliance with rules) and an ability to reflect and challenge parental values and limits indicates successful completion. Some indications of in-completion are overcompensation, self-restriction, and feelings of inadequacy. Some parents are very threatened by a child's questioning and challenging values and rules; however this appears to be the appropriate task at this age. Stage Four is called Industry vs. Inferiority. The tasks of school aged children are to produce, complete tasks and share. Play is one of the ways children learn and grow to complete these tasks. The ability to balance play and work is the sign of success during this phase. Low self-esteem and inferiority can occur if a child's opportunity to experiment with this balance is blocked.

During stage Five, Identity vs. Identity Diffusion, the rules begin to change as a child becomes an adolescent. Assuming a child has established good relationships with peers and adults (and has a good sense of achievement), the child moves into developing his/her personal identity. Self-concept is the culmination and accrual of past successes and failures. An adolescent who is unable to make sense of childhood due to unresolved injury may become unable to declare a self-identity or a sense of value in existence as separate from parents, and become overwhelmed by inferiority. Adolescence can be a high stress time for teens and parents alike. The more resources a teenager has access to the better. So, a closed family where no one is allowed to ask for help may present a teenager with an insurmountable block.

The last few stages occur during adulthood and are somewhat dependent on the successful completion of earlier tasks. Stage Six, Intimacy vs. Isolation, is when young adults are striving to

belong and to share experiences in relationships that are meaningful. Intimacy in relationships is the result of successful young adulthood. The inability to develop such relationships may result in a sense of isolation. Often, earlier problems prevent the young adult from developing intimacy and leave the person feeling confused as to why intimacy seems like a struggle when others appear to be successful. The best example that comes to mind is the person who speaks of feeling alone in a crowded room. So during stage Seven, Generativity vs. Self-Absorption, a healthy adult is able to become a contributing part of a community. Adults who have not completed some of the earlier tasks may be unable to move into the sense of community and accomplishment during adulthood. Adults may become aware of their social/emotional disabilities and the emotional pain they cause. If they are able to give themselves permission, they may seek help in the form of counseling or other self-help avenues to complete some of the unresolved tasks of childhood. In stage Eight, Integrity vs. Despair, the older adult is putting the puzzle pieces of her/his life together. The final stage occurs during late adulthood when a person is evaluating his/her life. Unsuccessful completion is indicated by the adult's inability to take responsibility for the decisions he/she has made and feeling an inability to change due to blaming others and/or externalizing problems. Success at this stage is indicated by happiness, value of oneself, life and others, and having a sense of ourselves that is congruent with how others see us.

This chapter contains an oversimplification of developmental psychology and Erikson's theory. If you want more information on development psychology, you will find many books in the library or book stores. The concept described above is an extension of theories that came before. Certainly, since that time (the early 1900's) much research has been done on personality and social development. For the purposes of this book, this information is intended as a departure for change and will be kept brief. This is one way to make sense out of the social development of a human being. Probably, more realistically, a person never fully completes all the stages. In fact, to some of

us who have perfectionist tendencies, this may sound attractive (to complete all the stages and be the perfect, independent and adjusted human being). This, however, is an unrealistic goal. To complete all stages is presented as an ideal. Human beings struggle with the tasks of each stage and the important social conflicts to move in the direction toward completion, and therefore self confidence and connection with themselves and with other human beings (otherwise known as intimacy).

At the same time this individual development is proceeding, the family also has its own developmental stages. Families move from early marriage through stages with children into later adulthood and experience loss and change all along the way (8, 14, 15). You can imagine how complicated things can get in a family sometimes. In fact, if you are a member of a family, you have probably experienced how complicated things can get. No matter whether your family is or was complicated, you can now begin the journey of changing and developing more intimacy in your relationships. You have already begun. The next chapter will present a framework for understanding and changing your behaviors in a more personal way. Remember to look for similarities as you read. Ask yourself, "how can I apply this to myself?" "How will this information be helpful to me in changing my relationships?"

UNDERSTANDING BLOCKS TO INTIMACY

Sometimes before learning a new skill, it is helpful to learn something about skills that are perhaps no longer working for you. Oftentimes this information helps a person put perspective on the "problem" so he/she can begin to focus on the "solution." The following

information is offered as a frame for intimacy or communication styles that don't work well.

First introduced by Stephen B. Karpman, MD (8) in connection with his work in Transactional Analysis and later expanded on by Eric Berne (3, 4, 5), the Drama Triangle describes 3 roles people play in a fairly typical communication cycle where drama or intensity replaces real intimacy. When involved in this style of communication, each person is in a strong attachment to his/her individual

role. The drama or intensity occurs when people switch roles in an interaction. It is this drama or intensity that replaces intimacy (makes a person feel like something has happened but leaves a sense of unreal connection). Karpman says that behind every role there lies 10% of the other two roles. Also, beside every role lies 10% motivation for genuine appropriate and healthy communication and intimacy. The three basic roles described by Karpman are Persecutor (abuser), Rescuer (saves others), and Victim (abused).

In other words, behind the persecutor behavior lies 10% personal power, behind the rescuer behavior lies 10% genuine reaching out, and behind the victim behavior lies 10% genuine vulnerability. The genuine expression comes from the healthy person who has a desire to connect intimately with another person. These genuine intentions are what it is necessary to move out of and away from the less satisfying, less intimate "roles" played out in relationships. The drama that occurs in changing roles in this cycle has a great pull and attraction. It seems like something real and exciting is happening in your relationships because there is a great deal of activity and anxiety. However, what the activity and anxiety creates is a relationship of extremes. Everything happens in reaction to something else. No one ever really feels fulfilled or satisfied deeply with the drama. There are highs and lows depending on what is happening in the cycle. The alternative to this relationship of extremes involves some changing and taking hold of responsibility for yourself.

Don Hadlock (10) in his teachings best describes this taking hold of responsibility for yourself as a three-phase process: Acknowledge, Own and Release. When you are not happy with how your relationship is going, you can do something to change it for yourself. It may be that you want the other person to change, too. It will not interfere with your healing for you to want someone else to change and express that in a non-threatening way, but the moment you need the other person to change in order for you to feel better you have blocked your own healing, i.e., you have moved into the persecutor or victim role. Does that make sense? In other words, when you insist the other person

must behave a certain way or change in order for you to feel or function better, you will either aggress on the other person (to get them to conform) or you will always feel the victim (because the other person is not conforming). It simply is unrealistic to expect others to conform to your expectations. To avoid falling into these roles, you must stop your own inappropriate behavior and take responsibility for your part in the game of "roles" that is being played. Consider the following description of this process interpreted from Hadlock's work.

To acknowledge means that you begin to observe yourself in relationship to others. When you are involved in participating in the drama, identify your position. You will probably find that you move around from one position to another, but most often you are behaving in a style that can be identified with one of the positions. To own means that you take hold of and "see" your own behavior as yours just long enough to look at it clearly. To release means that you decide to do something different in order to let go of the old role. In later chapters, this book teaches you very specific skills to replace the drama roles and move toward intimacy. Read on! Right now, let's look at some examples of these roles.

Example one: Victim

Harvey wanted dinner on the table when he got home from work every day shortly after he arrived. He had worked hard and was hungry. He expected his wife Corinne to drop what she was doing with her three children and have dinner ready. When he arrived home and dinner was not ready, he would begin to complain and badger Corinne until she would have to leave the room. Harvey would then be estranged from his wife, tired and hungry, left to his own devices to resolve the problem. Harvey was playing two roles in this scene. He presents at home after work as the persecutor (aggressor) and when his wife withdraws he becomes a victim (of his wife's withdrawal and his own disappointment). Notice there is a lot of action going on here, but not much intimacy. (16)

Remember, your job (or what you can do differently in this case) is to refuse to be a target/victim of anyone (including yourself). If you are aggressed upon or busy victimizing yourself with your disappointment or expectations, it is your responsibility (response - ability) to provide for your safety. Say "I will not let you decide how I am going to be in the World" to an aggressor, or "I will not let my reaction to you (my disappointment and expectations) decide how I am going to be in the World." This may not change the way anyone else behaves toward you but yourself. Do this for yourself. This is about changing yourself and reclaiming your power. Some very specific steps to take when you observe you are in the victim role are:

1. By all means, leave the scene of the aggression in order to provide for your safety. This is critical that you give yourself permission to walk away, especially when the abuse is escalating. Also, give yourself permission to call for help when needed (call a friend, the police, whatever is needed in the situation to provide safety). When possible, leave with dignity; say when you will be back.
2. If more drastic measures are not needed, tell the other person you want the aggression to stop. Say what you want. Give yourself permission to let go of your disappointment and expectations and stop victimizing yourself. Say or journal what you are feeling if it is safe for you to do so.
3. In cases where you want to reach out to the other person and you are safe enough to do so, try to join with the aggressive words, carefully listen. Say to the other person "So what I think you are saying is---, is that so?" Don't take the aggressive words personally. Say to yourself, "this is not about me right now."
4. Fight back to protect yourself, but only as a last resort, because the moment you fight back you move into the role of the persecutor.

Example two: Persecutor

Justin grew up in a family where everyone yelled at everyone else in order to get something done. He learned to yell from his family where yelling was not only acceptable but the standard of action. When Justin grew up, he fell in love with a woman who was very soft spoken and came from a very quiet family. Justin's continued solution to problems was to yell (sometimes obscenities and name calling, like his family used to do). Justin's wife wilted in the face of this yelling and became paralyzed with fear, unable to respond. (16)

Remember, your job here (what you can do differently) is to choose not to participate in the victimization of another living creature. Often, when we are busy persecuting (abusing) others we are recreating a process that we experienced as the victim in the past (like Justin above). In other words, when you abuse another person, it is likely that under the anger of the aggression is the fear that you experienced when you were abused in this way in the past. Remember, these are patterns that you have probably been practicing for years and probably practiced without awareness. The objective here is to give yourself permission to take responsibility for your part in your unhappy relationships. Some very specific steps to take when you observe you are in the role of persecutor are:

1. When you realize you are the aggressor or persecutor, stop the behavior immediately. Walk away if necessary. Breathe and go for a walk if necessary.
2. Admit to the other person that you realize you have been aggressing. Aggression usually includes an element of value- judgment (tell the other person what you are busy judging about them or yourself) or needing (tell the other person what you are busy needing from them or how you are needing them to be different).
3. Take a deep breath and let go of the value judgment and the needing. Give yourself permission to stop needing for the moment.

4. Check in with yourself to see if you find your own fear, and if so, whether or not you feel safe enough to share that with the other person. If you feel safe enough, by all means share your vulnerability. That means, share the thing you most fear. This is a large part of what intimacy is about - acknowledging your vulnerabilities and then sharing them with each other.

Example three: Rescuer

Angelica's husband was an alcoholic. He had not realized that he was an alcoholic yet, he was just missing work a lot and his boss was getting fed up with him. Angelica knew that her husband was going to lose his job if he kept up this behavior. She was terrified of what would happen to the family if her husband lost his job. She began to call her husband's work for him and make excuses as to why he was not showing up. Angelica was willing to do anything to try to save her husband's job.

(16)

Remember, your job here (what you can do differently) is to accept that it is not your responsibility to rescue anyone else from his/her

own behavior or circumstances. Now, intimacy implies that you care for each other. This genuine caring is an important quality of intimacy. However, sometimes when you care too much, you actually rescue people who are perfectly capable of rescuing themselves. Sometimes when you rescue someone who can rescue themselves, you put yourself in jeopardy (for example if a marginal swimmer swims out to save a drowning person, the rescuer usually gets pulled under and sometimes drowns him/herself. It might be much better to throw a life preserver or run to get the life guard). It is important to note that when a person is rescuing someone else at the risk of him/herself, this is self abandonment. Suddenly it might be you who needs to be rescued. Also, rescuers usually have some expectation that the other person must appreciate the rescuing, and when that does not occur resentment can build. Some examples of when it might be appropriate to help are in providing safety for dependent people such as children, physically or emotionally challenged people, and older people

who can't care for themselves. Even then, whenever possible to transform the process of rescuing into a healthy interaction it is important to include information about how that person can take action for themselves now and in the future. To honor another person's ability to provide for his/her own safety allows them to see themselves as capable and powerful in the World. Some very specific steps to take when you observe you are in the rescue role are:

1. Say to yourself that you realize you are busy trying to rescue or fix something for the other person.

Stop the behavior.

2. Check in with yourself to see what part of the rescuing is genuine caring and what part is taking responsibility for something that is not your responsibility. Also, check to see if you are safe or need to be rescued. If you are in danger, rescue yourself immediately.

3. If it is safe to do so, tell the other person the truth

about you in that moment (it may sound like this: "I am afraid for you because it looks like you are not doing anything to stop your own victimization or correct the situation and I find myself wanting to rescue you").

4. Choose to move away from the situation and give yourself permission not to "fix" the World for that moment. Other people have a choice, too. They can accept and use your offered help or not.

Make sure your "ego" or pride isn't on the line if you offer help and the other person chooses not to accept your help or change because of your help. Back up and breathe.

In the next few chapters, specific exercises will be given for the practice of the above principles.

Moving out of the "roles" requires the acquisition of new skills. The remainder of this book is devoted to presenting suggestions for acquiring those new skills. Have your paper and pencil ready and let's move into the solution!

INTRODUCTION TO NEW SKILLS

Now that you have some background to clarify "the problem," the rest of the book is devoted to suggestions toward "the solution." As a review, let's redefine the problem. Once in a while, as a human being it becomes nearly impossible to feel like a part of the human race. You wonder how you got yourself into this group of crazy people who don't want to do what you want them to do. You wonder when they will ever straighten themselves out and cooperate with you. As soon as you get your perspective back, you may be able to remember that you are complicating your life by needing the other people in your life to be different than they are. You may begin to understand that you are avoiding yourself by expecting other people in your life to be different. Finally, you might begin to believe that the way to regain your power as a human being is to surrender control and power over others.

Now and then, you might remember to implement some simple skills

to tell the truth, take care of yourself, and let go of needing anyone in your life to be any different than they are. Here are six skills briefly described to help you begin to create intimacy in your life.

Specifically, if you can remember to LET GO to what someone else says to you, this is a beginning.

To let go, remember that no matter what the other person is saying about you, she/he is really talking about her/himself, too. Even if some or all of what she/he says is true for or about you, it is really difficult to hear what another person is saying if you are busy defending yourself. So, when you perceive you are not safe, put up an invisible shield to deflect the other person's attempts to define you, don't absorb or personalize what he/she is saying. Don't grab onto criticism to either defend yourself or beat yourself up. Let it go!

The second basic skill is to remember to CONNECT WITH YOURSELF. You want to find out the truth about yourself without making value- judgments about what you find. Get quiet and pay attention to what you notice about yourself in the moment. If you have a pain in your body, pay

attention to that to see if it might be related in any way to what you are feeling emotionally. Watch your breathing and ask yourself what is really going on with you right now.

Then, attempt to TELL YOURSELF THE TRUTH. Remember that your truth is about you. First you want to tell your truth to yourself and love yourself knowing the truth about you. If you decide at this point that you're safe enough to tell your truth to another person, remember to talk about you, using "I" statements. Talk about your thoughts and feelings. If you have absorbed something the other person said, this is the time to let go of it. Each time the conversation comes back to you, connect with your truth before you go on and let go of what you do not need.

Once you have a sense of yourself in a relationship, you may decide to reach out to another person in a new and different way. You can INVITE others into communication by paying attention to them without losing yourself. You can be available and take the risk to reach out. It isn't in the best interest of intimacy to expect another person to respond in a certain way. It is really risky to tell the truth sometimes. If you like for people to agree with you and you want to be liked, you will need to let go of those concerns for now. Remember, you have a greater concern now, your quest for intimacy.

After you have made the decision to reach out to another person, then carefully LISTEN to what he/she says. Clear your mind of your preconceived notions. You may be tempted to analyze what the other person is saying or think about what you are going to say in response. It is easier to hear what is being said if you let go of these notions. If you have any question about what the person said or what they meant, put what you think she/he said into your own words and ask if that is what they said or meant. Sometimes this can go back and forth several times if you have a tendency to read more into what a person says than what he/she means. Remember, the other person has just as much right to define him/herself as you do.

Finally, but no less important a skill, if you have any question about the other person's comments or motives, GUESS about it. Sometimes people communicate something without awareness. Do not

assume you know another person's truth or motives. If you notice a person is saying everything is fine but his/her body is slumped in the chair and his/her facial expression looks sad, you might say something like "I am guessing that you are hurting right now and need some support, is that true?" Each person has a right to his/her dignity. It is not your job to force someone else to see something before he/she is ready.

In the next few sections of this book it may be helpful to have a paper and pencil handy and to reserve a quiet place for yourself. Exercises are suggested. These exercises are designed to provide you with several different ways of learning the above skills. People learn in different ways. Try the exercises at least one time each. If you find that one seems to work better for you than others, continue to use that exercise in your daily routine to reinforce the skill. Remember, learning takes time. Be gentle with yourself. Take your time. Go back to an earlier skill if you get stumped somewhere. Know if these skills help you create more intimacy for yourself, they will eventually become an integral part of you. You will not always have to work so hard and remember. The skills will come more naturally after practice. If they are not helpful in creating what you want, they will fall by the wayside. Again, to benefit most from this book experience, try each exercise at least once. And most importantly, have fun with this. Hey, intimacy is supposed to be fun!

HOW TO KEEP YOURSELF SAFE

The skill described in this section is based on a concept first introduced by Sigmund Freud (13). Projection is something (a thought, emotion, or reality) we attempt to send each other based on our own perception. It is easier to deal with the things you don't particularly like to look at in yourself by seeing them in other people. In other words, if you see that your friend is courageous you are looking at your friend through your own courageous eyes. By the same token, if you see that your friend is lazy, you are looking at your friend through your own lazy eyes. Perhaps there is a courageous or

lazy part of you but you are not able to see those parts in yourself right now, so you project them onto another to see them.

To believe that another person's projections are about you robs the other person of the opportunity for self-intimacy and therefore robs him/her of the opportunity for self-responsibility.

To try to get someone to be responsible for your projections dis-empowers you. Suddenly you find the other person has the power to define you in the World. What happens to you when you are busy believing that another person's projections are about you is that you use a lot of energy trying to figure out how to change the other person's perception of you, or figuring out how to change yourself to be consistent with the other person's projections. Wow, that was a mouthful! Let me say it another way. It takes a lot of energy to be focused all the time. When you are focused out, it is likely that you have forgotten yourself. You can look at the World as a mirror. What you see in the World is about you, at least in part. Even if what you see in someone else is true about him/her, it is also true about you at some level. Therefore, what another person sees in you is also true about her/him at some level.

When you are communicating with someone, if you feel defensive, hurt, angry, ashamed, boastful, or other strong emotional reactions in response to another person's words, you have probably taken on a projection and are hurting yourself with it (what I mean by hurting yourself is you're either beating yourself up, using energy feeling angry or you're busy defending yourself and probably self abandoned). This skill asks you to let go of the focus outward. Let go of your judgments and defenses. Provide for your safety and get ready to focus inward. Your job in letting go is to deflect the other person's projections and not absorb them. At the same time you become willing to see yourself. Even if what another person says about you may be true, at this time, it is important to take responsibility for your safety and let go.

Harvey believed that other people were responsible for his feelings. When he felt angry, he believed that other people's actions caused him to be angry. He did not understand that anger is an internal reaction and that it comes from beliefs and attitudes inside a person. So, when he was driving to work every morning and the traffic did not move quite the way he wanted, he would get upset, scream, shake his fist, cut people off, give people dirty looks, and generally work himself into an angry stupor, thinking all the while that if those other people would just drive "the right way" he wouldn't have to feel so angry. The people he worked with watched him come into work sometimes with a red face or an angry look on his face and mostly just kept their distance from him. It wasn't until Harvey got into several accidents on the way to work that he began to take a look at his own attitudes and beliefs and how they affected his anger. (16).

Following are some exercises you can use to practice letting go. The practice will give you an opportunity to learn these concepts at an experiential level. Experiential learning is important because it deepens the learning experience. Please take the time to do each exercise as many times as you can. Also, it is important to write about your experience. Space is available at the end of each exercise for you to write about the exercise after you complete it. Also, you can keep a small spiral bound journal in you pocket or purse. If you have the opportunity to practice the exercises in your daily life, you can take notes on your responses and behaviors.

Exercise One

Close your eyes and imagine someone saying something to you that has hurt you in the past. Choose something soft. In other words, for this first exercise pick only medium hurtful words, not the worst thing anyone has ever said to you. As you imagine this person saying these words to you, say to yourself:

Now is the time to let go of my reactions.

This is not about me right now.

I am not your solution.

I am not your target.

I am not your problem (even if you think I am).

Use these sentences (or choose a sentence of your own that fits better for you) to remind yourself to let go for now. It is rather like a meditation in a way. When you find your mind wandering to the other person or to defend yourself, you gently return to your sentence to remind yourself to let go.

Repeat the exercise several times so that you can use all the above lines at least twice in response to another person's words. After you do this exercise, write down what happened. What did you notice about yourself, how did you feel, do you have any residual pain from the exercise? If you are in pain, comfort yourself.

Write about your experience:

Exercise Two

Pick different hurtful words for this exercise, maybe some a bit more challenging. As you imagine the other person saying the words, also imagine an invisible, permeable shield that blocks value-judgments and hurtful words but lets in honesty and support. Watch the hurtful words fall away from the shield and drop to the ground where they will lie powerless. Your shield may have a color or be colorless. Is it transparent or opaque? Exactly how does it deflect the projections? As you work with this exercise, try to get a sense of your shield or visualize what it looks like. Again, practice several times to give yourself the opportunity to really work with this exercise. Write some notes about this exercise. How was this different from the last exercise? Did you notice anything about yourself that might be important for you to remember? If you are in pain, comfort yourself.

Exercise three

Ask someone you trust to help you with this exercise. Wad up a few tissues into a ball or use nerf balls. Tell the other person some words that are sometimes hurtful to you and ask him/her to say the

words to you as he/she throws the tissue or nerf ball at you. Ask the other person not to throw the balls hard, but softly so the ball bounces off your body (or your shield if you can remember to use it) and onto the floor. Remember, your job is to let go of taking responsibility for what is being thrown at you. Simply let the tissue or nerf ball fall to the floor. Ask the other person to retrieve the balls and you watch. Watch the other person retrieving the balls as if they were retrieving something that belongs to him/her. As the tissue or nerf ball falls to the floor, so do the hurtful words. Repeat this three or four times or until you begin to feel successful at deflecting the projection. Write some notes about this exercise. Did you learn anything about yourself? Is it easier or more difficult to deflect projections when another person is involved? If you are in pain, comfort yourself now.

Write about your experience:

Letting go is an assertive skill that allows each person to own his/her projections and take responsibility for her/himself. An assertive action does not perpetuate abuse. Aggressive actions set out to hurt another person and put you in the role of persecutor. Passive actions set out to manipulate another person by putting you into a victim position. Assertive actions allow each person to take responsibility for him/herself. Assertion also improves communication effectiveness by getting the communicators out of each other's way. It is difficult to hear what another person is saying (or to find out something about yourself) if you are busy defending yourself when you have absorbed a projection.

Remember Don Hadlock's three guidelines to taking responsibility for yourself (10)? Now is a good time to remember them and think about how they apply in this skill. If you find that you have absorbed a projection, then you:

Acknowledge

Know about projections. Notice you are hurting. Be self-responsible. Own your feelings and projections. Release Say "OOPS." Take a breath and let go.

COMING HOME

Now that you're safe and you've taken care of yourself, you can move on to the next step in effective communications. You can pay attention to yourself, or connect with yourself. In connecting with yourself, your focus is turned inward. In other words, you pay attention to what you notice about yourself in the moment. It could be in order to feel safe in the past, you learned to focus out, criticize yourself or others, or be vigilant about your surroundings. You may have believed that by disappearing from yourself (moving away from awareness about yourself and paying close attention to what is happening around you), you were more able to provide for your safety and more available to be intimate with others. It is even sometimes said that to focus on yourself is "selfish" or "self-absorbed." No matter what you have been taught in the past, it is much less possible to be available for intimacy with others without having intimacy with yourself first. Some people do this naturally, without thinking about it. Of course, there is a balance in this just like everything in life. If you spend all of your time focusing on yourself, you lose touch with others. Remember, this is one skill (a very important skill) in the process of creating intimacy for yourself.

When focusing on yourself it is important to become an observer who does not value-judge what you find. When you are value-judging yourself or others you may be looking for a place to feel powerful. You may think that being judged or judging yourself as better than or worse than another gives you some power over others. Value- Judgment can be abusive. Remember, from an earlier chapter we learned that it is difficult when inside the abuse cycle to feel good or enhance intimacy. The cycle feigns intimacy and it appears as if something is happening. While involved in the abuse cycle, you are in a dream that tricks you into thinking you are working hard at gaining intimacy. So, even value-judgement places you back in that dream. When you value-judge what you discover about yourself you are abusing yourself. The first step in connecting with yourself is to stop the abuse.

Become like an explorer. Remember, those brave people who ventured out into the unknown to discover.

Explorers become curious about something. They speculate about what may be true. They set out to discover whatever is there. They may get off course temporarily and even discover something different from what they thought they were going to discover. When they get off course, they see that they are off course and correct either their vision or their course depending on what would be more useful. Sometimes they are surprised by what they discover. So, this is an invitation to be like an explorer as you chart the uncharted territory of yourself. Consider everything as a gift -- take it out, look at it, play with it. Consider what you find to be precious and treat it as if you had just discovered a new comet, or an uncharted land. Find out as much as you can and proceed gently.

Clarita found that her relationships with men were not satisfying. She met a man she was attracted to. They started to date and both were very "in love." They started off with great intensity, passionate about each other, the issues they discussed and relating. During this period, both Clarita and her companion were swept up in the excitement of the new relationship. It seemed like they were floating 10 inches off the ground and everything was going their way. A few weeks passed and the intensity began to wear off. Sometimes, to Clarita it felt like instead of her feet hitting the ground again, her whole body slammed into the ground in harsh reality. At this moment, she realized how gone from herself she had been in the past few weeks. She was so swept away by the idea of romance and the fantasy of the dream, she lost herself in the process. Sometimes it took her several months to recover the connection with herself, only to be swept away on another romance. Clarita knew that romance made her feel good, but she wanted to learn how to enjoy the romance while staying connected to herself at the same time. (16)

Following are some exercises to practice the idea presented in this chapter. Remember to take a little time when you have some privacy without distractions. Take your time with each exercise and write about the experience when you finish.

Exercise one

Find a place to sit quietly and be with yourself. Arrange the time so that for 10-15 minutes you will not be distracted by the telephone, children, friends, work mates, etc. Sit comfortably in a chair, attentive. Pay attention to yourself. If it helps you to concentrate, close your eyes. Scan your body. Notice your breathing, heart beat, muscles and bones. Notice any sensations in your body. Pay attention to any thoughts running through your mind. If you find you are judging anything as good or bad, notice the judgment and clear your mind. Pay attention to any emotions you may be feeling. Again, notice and let them pass through you. Do this for 10-15 minutes. This may seem like a long time now, but when you get used to this exercise, you will want more time. When you finish this exercise, write down what you discovered about yourself. Repeat this exercise as often as you can in the beginning so you can develop a pattern of self discovery.

Exercise two

Pick up an object that seems to have meaning for you. Don't think too much about it. Just pick something you're attracted to for whatever reason. It could be a shiny rock, a toy, an art object. Inspect this object carefully. Begin to describe it as if it were alive. You can do this aloud or in your mind, but sometimes it is helpful to verbalize something aloud. Describe how it looks, what it might do if it were animated, how you imagine it might relate to you. Challenge yourself to do this for two or three minutes or until you run out of observations. Take a look at what you discovered about this object. We often project human qualities onto objects the same way we project qualities onto other people. Remember, projection means that something is going on inside you and it is easier to look at if you project it out onto another person. The quality you are attributing to the other person may be

true about the other person, but it is also true about you in some way. Once you have thought carefully about the object "as if it were alive," imagine yourself as that object and imagine thinking or observing the same things about yourself. Does

any of what you discovered about the object relate to you in any way? Write down all the things you discovered about this object, and make notes about what you think may apply to you as well.

Exercise three

Think about a person you admire. Write down what you know about that person. What is it you admire about the person? Look carefully at the qualities in that other person that pull for your admiration. Make your list before you read on. When you have a list of 5 or 10 qualities, repeat those qualities by placing your own name at the beginning of each quality instead of the other person's name. If you are admiring "John," (16) and you wrote that John is focused and powerful, now make a second list that has your name before the quality (Marie Louise is focused and powerful). Look at your list carefully before you go on. Now move on to the second part of this exercise. Write down what you know about a person with whom you struggle. Make a list of 5 or 10 qualities that are difficult for you to tolerate. This person could be someone you argue with, are critical of, or you wish was different. Look carefully for the qualities in that other person that might pull for your fear or anger. Before you read on, make your list and give it some thought. Now, write those qualities again, but place your own name at the beginning of each quality. Just put your name there and see if any of those qualities fit for you. Remember that you are observing, not value-judging.

Write about your experience:

These exercises may have been progressively more difficult. You may even wonder just how these exercises apply to the principle being taught in this chapter. What is important here is that you become aware just how much time you spend focused out, away from yourself and how much time you spend paying attention to yourself. In using these exercises, pay attention to which ones seem to

help you connect with yourself in the most useful way. The exercise that seems the most useful to you is the exercise you will repeat to help you "own"(10) your projections, take responsibility for who you are and connect with yourself more successfully. It is so natural for most of us to project that we are not even aware of the projection. You may notice these exercises seem strange in the beginning. This is because you are doing something purposeful, probably against your habitual behavior. If you try the exercises several times and use them often, you will sort out whether they will be useful in your movement toward intimacy. Use the ones that work. Maybe you will begin to understand how connecting with yourself can be helpful in developing intimacy with yourself and in your relationships.

TELLING YOURSELF THE TRUTH

Now that you have provided for your safety by letting go and are connected with yourself, the next step is to honestly accept what you found out about yourself as belonging to you and no one else.

Words you can use to describe what you find are "right now I notice I
or "Something I'm aware of about myself right now is

This skill is a transition skill. It bridges the connection between you and other people.

The words "honest" and "truth" can have some confusing meanings. Truth is associated with freedom from deceit and authenticity, and it is also associated with facts and exactness (1). The kind of truth related to intimacy has more to do with authenticity and integrity (freedom from deceit) than with facts and exactness. Studies show that two people can watch the same event and report different "truths" about that event. Each of the two "truths" are real and valid based on each individual's experience of the event and his/her perception. So, it is true with relationships. Each person's truth is based on his/her own personal experiences and perceptions.

One thing about truth as it relates to intimacy is that it is changeable. In other words, as you become more intimate with yourself or discover more information about yourself and your experiences, your

"truth" about things may change. So, what is important with this skill is to recognize and "acknowledge" (10) the "truth" about yourself as you currently know it in this moment. Once you have accepted a truth about yourself, you may decide to take a risk and share your "truth" with another person. This is where the bridge between you and another person first occurs. For now, for the purpose of this skill, make a decision to tell yourself the truth about you. If you decide to tell another person the truth about you, in the beginning choose "safe" people, people you trust to hear something about you when you are vulnerable. It's OK to practice new skills with "safe" people. Choose someone with whom you've had good experiences in the past, someone you know will not abuse you or judge you either purposefully or unconsciously. You may ask "where are these people?" They are around and you are going to get to know more of them as you practice and improve your intimacy skills and begin to reach out more.

Another thing about truth to remember is that it is possible for two people to have differing "truths" and coexist. It is not necessary for us all to agree with each other. That is just an unrealistic expectation.

Arvil liked for people to agree with him. Since Arvil held a powerful position in a large business, he was used to people agreeing with him. He was a very powerful man, and most people just accepted what he said as fact. This has been going on for quite some time now. Arvil would show up at work and what he said became the "word." This was true in his family, too. Except, one of Arvil's teenage daughters was not buying this program. Somehow, she came to the conclusion that she wanted to be the person who decided what was true for herself. At about that same time Arvil began to notice that it seemed like there was a thick wall between himself and other people. He did not like this feeling very much, but he was not sure how he could change things. (16)

As long as someone believes he/she must be right, this attitude will interfere with his/her ability to develop intimate relationships with others. To be right is an unhealthy motivation in reaching out to

others. So, truth-telling which holds the intent of being right will cause problems with intimacy.

When you make a commitment to truth-telling, intent is important. Intent means your motivation for telling the truth about yourself to someone else. If your intent in telling your truth to another person is to change the other person's behavior, get a desired outcome, pass a value-judgment or manipulate, then you can assume you are involved in an abuse cycle. Identify your part in the destructive cycle and then change your behavior. If your intent is to discover the truth about yourself and connect with the other person, you are communicating in a way that will likely lead to improved intimacy.

Exercise one

Take a piece of paper and write down all of the things you know to be true about yourself right now at this moment. You might be surprised how difficult this is to do. So often we really don't think too much about what is true about ourselves. Usually, people are focused out, unconsciously, not really paying much attention to themselves. For this exercise, take 3-5 minutes and totally focus your attention on yourself. Eliminate value-judgments and just write down your observations. Start with some of the things you do. For example, you might list jobs or tasks. Then write down some of the character qualities you know about yourself. Then write down what you are aware of about yourself right now, sitting here writing on the page.

You may be aware that you feel bored, think this exercise is stupid, feel relaxed, have an ache in your neck or any other of a variety of experiences. Check carefully to make sure you are not abusing yourself in the process. That means, if you catch yourself placing a value-judgement (good or bad) on what you are writing, notice what you are doing and take a deep breath. Remind yourself you are just observing now and go back to your list. If you find you are hurting over something you wrote down, comfort yourself. When you have spent 3-5 minutes, look at your list and think about what it was like to make the list.

Exercise two

Go into a room with a mirror where you can have some private time. Look in the mirror and make observations about yourself for five minutes. Watch for value-judgments. Remember, value-judgements place you in an abuse cycle. Instead of being open to intimacy, you are busy evaluating situations. In this exercise, you are not allowed to like or dislike what you observe. Just look, observe and notice. The moment you realize you have abused yourself by judging or evaluating what you are looking at, change what you are doing to an observation. This change may sound something like this: "The corners of my mouth are turned up right now," instead of "I have a beautiful smile on my face right now." Change your thoughts so that you are just observing. This may seem like an arbitrary difference, from "beautiful smile" to "corners of my mouth turned up," but the idea here is to learn how to just observe. Remember you are learning how to become an observer of yourself (and later maybe of others). With a more objective view of what you notice, you may be able to free yourself up to make clearer choices.

Exercise three

Ask someone you trust to help you with this exercise. Sit with that person and talk about yourself for five minutes. Ask the other person to just listen and not interrupt. Tell the other person you are experimenting with self-discovery and you would like for him/her to listen for five minutes as you talk about yourself. If the other person begins to interrupt you, remind him/her that you are practicing a skill and ask him/her to wait until you are finished. Just talk about yourself. Tell the other person what is happening for you, what you are thinking in the moment, what you are feeling, what you notice about your body, a story about an experience you had, or anything else that might be slightly revealing to share. You are practicing taking a risk with someone you trust. Soon you will be able to extend this skill to other people in your life when it is appropriate to do so. When five minutes are up, stop and check in with the other person. Thank him/her for helping you and let

him/her know that you will return the favor some time but now, you must go write down some things about this experience.

Write about your experience:

You have now learned three skills to practice in an effort to create self-intimacy. You may want to do the exercises described in the last three chapters for a few weeks to give yourself some time to practice coming home. The next few chapters move into the area of reaching out to others. As you move on to the reaching out skills, give yourself permission to return to these coming home skills any time you sense the need. Continue to practice these skills and they will become more natural for you. In other words, the minute you lose sense of your intimacy with yourself, come home again.

REACHING OUT

You have been practicing self-intimacy for the past few chapters. Remember, this book is partially based on the idea that in order to be intimate with others, you must first know yourself and have some connection with yourself. Now it is time to move to a place where you include others in your circle of intimacy. When you reach out to another person with sincerity connected to yourself, this is a wonderful gift you give to yourself and others. What a wonderful feeling to be really present with yourself and another person. In the beginning, pick one or two other people you can trust.

Experiment with them. Tell them what you are doing. A trusted friend will support you in your efforts to create something better in your life. You will not be judged for your efforts. Find someone like that and encourage the person to read this book from the beginning. It is helpful on the creative path to have support from someone who understands what you are trying to create and perhaps even wants to create something like that for him/herself as well.

Reaching out is a shared experience. There are no guarantees when you decide to reach out. You are taking a risk to be available to other people, to be yourself and therefore somewhat vulnerable. You will probably find that you are going to become more discerning about the people you include in the

group of those to whom you are willing to reach out. In the early stages of your journey toward intimacy, this is especially important. If you notice that you are reaching out to someone and things are not going so well, don't give up on yourself. Try reaching out to someone else, or try the same person at another time and see how it goes. Notice whom you are willing to take risks with.

Reaching out to other people is not an all-or-nothing proposition. There are levels of intimacy just like anything else. Some people are more available than others. Some days people are more available for intimacy than others days. Pay attention to yourself and honor your availability. Give yourself permission to honor yourself in such a way that you are not forcing yourself to do something before you are ready or in a way that does not feel right to you.

You will be challenging yourself to step out and take risks, but remember this journey is a process. In other words, results happen over time. You may be the last one to see how you have changed. Every once in a while, stop to take an objective look at your progress.

Acknowledge even the slightest change in the direction of intimacy. If another person in your life wants to support you by telling you about the progress they see you have made, listen carefully and use the support to your advantage.

If you find yourself struggling or wanting to give up on yourself, be gentle. Remind yourself you are learning new skills the same way you learned to walk when you were a youngster. You may fall down or get frustrated at times. Take a rest, pick yourself up and take the next step. Soon you will find you are running away with these skills. You will catch yourself behaving differently without even trying. More of the time you will feel more satisfied with your relationships. If you find nothing seems to be changing, look for different ways to pull yourself up (different exercises) or different ways to approach the next step (shift your attitude). Stay flexible and experiment. Enjoy the journey! The skills presented in the next three chapters are intended to be a starting place for reaching out to others. These skills (Inviting, Listening and Guessing) are skills you can learn and practice over

time, just the way you did with the coming home skills. Try not to predict an outcome as you go through experimentation with these skills. Just let yourself try to do something different and pay attention to what happens when you behave differently. Remember, as soon as you predict the outcome and begin trying to impose some order on what is happening, you have moved into the abuse cycle. Take a look at what role you are playing and try to move out of that role. Feel free to go back to basics any time you choose. Re-focus on yourself when you can. It is so wonderful to have a variety of intimate companions in your life. It is also wonderful to enjoy being absolutely alone enjoying your own company.

INVITING OTHERS INTO COMMUNICATION

In an ideal World, every intimate encounter would be exciting and positive (even if you and the other person disagree). In reality, people have moods, sometimes people want something, and sometimes people have motives that aren't always pure (oftentimes these people don't even realize their motives are hurtful). The skills described in the next few chapters require a bit more personal risk as they are interactive skills. Another person is needed in order to practice most of the exercises. It is helpful to choose people who are safe and trustworthy for practice. Making this choice will provide you with the best chance at a positive practice experience. It is also important to be clear with the other person about the guidelines of the practice. In other words, if you are expecting the other person to give you honest feedback, make sure to tell that to the other person. It turns out setting up the exercises that follow is an exercise in clear communication in and of itself. Also, any time you would like to return to the "Coming Home" exercises, please do return to them. Returning to the earlier exercises will remind you of the importance of staying connected with yourself.

Intimacy requires a presence both with yourself and another person that is best described as inviting. To invite means you request that someone take part in or be present for something with you. With your words and your actions, you adopt an attitude that requests the presence of both you and

another person. You make a decision to be available. You can not control the decisions of the other person, but you can be aware and notice if the other person has made the decision to be available.

Answer the following questions each time you consider communicating with someone:

- A. Do I want to be communicating right now?
- B. Am I involved in something else that I want to finish first, before I am available to communicate?
- C. Will I be able to let go of what I am doing now to be present with the other person?
- D. Is this a person I feel safe communicating with?

Make your decision about whether or not you are available to reach out to another person based on the answers to the above questions. Then communicate your decision to the other person with your words

and actions. If you are not able to be present for the encounter, tell the truth. Say, "I am not available to talk with you right now, but I will be available in about minutes." Or, if you are available to communicate, establish eye contact with the other person. Settle into yourself as well as paying attention to what the other person is saying. Give your undivided attention to the encounter. This means you pay attention to yourself as well as the other person. Bring yourself into the engagement by reminding yourself of your "coming home" skills.

Here is a story about a mother and her daughter that illustrates this skill.

Tina was 4 years old. She was with her Mom a great deal. Mom frequently had important things to do, like working and having conversations with her friends. If the little girl wanted to communicate with Mom she usually started with a question. If Mom brushed her off, Tina would try again, but this time with a bit more force. If Mom was unable to drop what she was doing and focus on Tina fairly soon Mom could bet that Tina would create a crisis to get her attention. One day Mom was talking to a friend about her "misbehaving" daughter and the friend said "try dropping

what you are doing for a moment to either focus on her or to tell her you are not available now and tell her when you will be able to talk to her." As Mom tried this new approach, she noticed that fewer crises occurred as a result of her honoring the little girl's request for attention. It is important to note that the Mom also honored her own needs as well. (16) In relationships with people of all ages, this idea works well, too. Remember, you can not change anything anyone else is doing. If you don't like what is happening in your relationship to another person and you want something to change, it is up to you to decide to do something different. Try the exercises below to practice the attitude of inviting. Be certain to write about your experience.

Exercise one

Find at least two other people who are willing to play "Simon Says" with you. You can choose either adults or children. Your job is to allow yourself to play both leader and follower. In fact, each person can be given the opportunity to play each position. When you are leader, pay attention to what it is like for you to be leading. Are you shy or aggressive? What do you notice about yourself when people do what you say? When someone does something and you did not say "Simon Says", how do you feel? What do you say to the other person when they do something entirely different from what you suggest?

After leading for a while, become a follower. Let someone else lead. Now, pay attention to yourself as a follower. When you follow, give yourself three choices. You don't have to verbalize this aloud, just quietly give yourself permission to either: 1) play the game according to the rules and do exactly as Simon Says even if you don't feel like it, 2) decide for yourself when you want to do what Simon Says (instead to letting "Simon" decide for you), or 3) choose to do something entirely different from the leader on purpose. What do you notice about yourself as you play? How did you make the decision about how to play? Also, pay attention to how the other person responds.

Exercise two

Carry a small note pad with you for a day. When you are approached by someone to communicate, pay attention to how you are approached. Notice the other person's words, actions, and attitude.

When you approach someone, pay attention to how you approach him/her. Notice what words you use, how you feel inside and whether or not you want to be communicating. Carefully take notes at the end of each encounter about what happened when you were approached by another person or when you approached another person to communicate. At the end of the day, sit down and go over your notes. See if you notice any patterns. What did you like? What felt inviting to you? How did other people respond to your

invitations? Remember, do not value-judge the other person's or your own responses. Also, remember, the purpose of this exercise is to become an observer and pay attention to what you like and what you don't like, what is working for you and what is not working for you.

Exercise three

Ask someone you trust to help you with this exercise. Tell him/her that you are practicing an exercise for better communications. Ask her/him to respond honestly and give you comments at the end of the exercise. To start the exercise, you begin a conversation with the other person. Your job is to remain in an inviting place without abandoning yourself. Pay attention to the other person and to what you notice about yourself. Talk with this friend for five minutes about any subject you find interesting. Sometimes you will be talking; sometimes the other person will talk. After five minutes or so, stop the conversation and ask your friend to discuss the encounter with you. In other words, talk about the experience of being in a conversation. How did the other person respond to the invitation to talk? How did you respond to the other person's input? What did the other person notice about you that seemed to invite her/him to want to communicate with you? Did he/she experience you as being available for communication? Did the other person seem available for communication? Thank the other person and make sure to end the exercise.

Write about your experience:

You may notice that these exercises seem more challenging than the earlier exercises. If that is true, you are responding to the risk involved sometimes in reaching out to other people. Important things to remember are; be careful not to value-judge yourself or the other person, whenever possible practice the coming home exercises to remind yourself about the importance of being present, take these exercises as slow as you want. Repeat them as many times as possible. You are collecting information about yourself so you can decide and use those actions and behaviors that work to invite intimacy into your life.

HOW TO LISTEN-OPENING THE CHANNEL

Once an inviting environment has been established for communication, there are a few other important skills to learn. Listening is probably one of the most important "skills" a communicator can master. So often when we are talking to each other, we are busy thinking about something else (like what we will say next, or what we are going to have for dinner).

In intimate listening, you are making an effort to hear clearly what the other person is communicating. Listening happens at more than one level. We listen with our ears and our hearts. When you listen with your heart, you are listening for the information that is not verbal (your sense of yourself and the other person during the conversation). This includes body posture, tone of voice, proximity of the other person and your attitude or atmosphere of the conversation. So, there is much information presented for the listener to sort. Look for something you can relate to in the communicated message. Instead of busying yourself deciding what you will say next or defending yourself, listen carefully for how you can relate to the other person's communication.

In sorting the information, it is helpful to assume that the other person has a positive intent; that she/he is interested in finding out the truth about him/herself and is interested in connecting with you in the communication. If you receive information contrary to this, take action to protect yourself

immediately. Go back to the coming home skills; practice letting go and connecting with yourself so you can provide for your own safety. It is difficult to really hear what another person is saying when you are busy defending yourself or conjuring up what you will say in return. One of the jobs of the brain is to process information as it is presented; to make sense out of information. So, as another person is talking, your brain is going to naturally be processing the information. The idea in listening with clarity is to open your mind to include all possibilities. Habitually, some of us learned to filter information. All people develop filters, some are helpful in the process of communication and some are not. Now is the time to practice suspending your filters to allow your mind to process information and communication more openly and with more clarity.

Gustav could not understand why his wife was so upset with him. He had a lot on his mind. When his wife tried to talk to him, he was very preoccupied. His wife got more and more upset and started to yell at him. She eventually resorted to calling him names and he responded in kind. This pattern repeated itself for a few years until both Gustav and his wife realized they were starting to have the feeling that they really did not want to talk to each other. Instead of finding a solution to their problem, they were caught in a vicious cycle of not listening to each other. Body language got more and more tense, which certainly did not encourage any kind of effective communication. (16)

So, you see, listening is a skill that happens at more than one level. When someone is talking to you, notice words and actions. If the words and actions seem the same (congruent), then the other person is probably very clear about what he/she wants to communicate. If there seems to be incongruity between the words and actions, the communicator may not be as clear about the communication. Check the incongruity out by asking the other person to explain. You can say something like; "I hear two things, and..... Is that what you are saying?" Sometimes people want to communicate a message before they have had time to formulate it clearly. It is also possible that you as a listener are not quite ready to hear the message being sent. It helps to drop any preconceived notions about the sender as a

communicator or yourself as a listener. This can be difficult especially with people you have known for a long time. Challenge yourself to let go of preconceptions and agendas temporarily while you listen to the other person's message.

Exercise one

For this exercise you will need about one hour of free time. Take a half-hour walk with a purpose. Walk at your own pace. On this walk, your job is to listen carefully to what you hear. As you walk, pay attention to the noises that enter your awareness. If you find your mind wandering to thinking or seeing, gently give yourself permission to spend time there for a few seconds and then bring yourself back to the exercise of listening. If you find yourself evaluating what you hear as good or bad, notice what you are doing and then move back to observing. You might think to yourself, "Now I hear" "See how acutely you can listen to the noises around you. When you get home from your walk, sit down and write all the things you remember hearing. Write about your walk. What did you notice about yourself? Were you able to stay focused on sounds? What happened?"

The purpose of this exercise is to practice hearing. Practice paying focused attention to the sounds around you.

Exercise two

Observe a conversation between two people you trust. Tell them what you are doing and ask their permission to observe. Observe for 10 minutes. You will give no comments. You will passively watch your friends have a conversation for 10 minutes. Your job is to pay attention to yourself and see how you listen. Experiment with listening different ways. First, listen to every word and as you listen, think about what the person is saying. Next, drown out the words and listen to the overall attitude of the conversation. Next, focus only on yourself as you watch the other people talk. How do you feel? What do you think is going on with each person? Take a guess quietly, make up a story about what each person is thinking, feeling, experiencing. Do this for 10 minutes. Then, if the people

you were listening to want you to tell them what you saw, briefly describe your experience to them. After you have done this, thank your friends and excuse yourself. Sit down by yourself and write about the experience. What did you notice about yourself?

Exercise three

Ask someone you trust to have a conversation with you. Tell him/her you are practicing listening. Tell the person that you are practicing a communication skill and ask her/him to give you comments and feedback after the exercise. Have a conversation about anything. Pay attention to how you listen. Practice suspending preconceived notions and agendas you may have. Agendas are any expectations you have about the outcome of an event. If you find you are thinking about what you want to happen or about what you want to say next, let go of that temporarily and go back to listening. When it is your turn to speak, respond as openly and honestly as you possibly can. Pay attention to yourself and use the coming home skills when necessary to reconnect with yourself. If you are confused by what the other person said, check it out with him/her. The words for this could be; "What I heard you say is....., is that what you actually said?" Notice what it feels like to receive attention and to give attention. Who talks the most during your conversation? Do you find yourself listening more than talking? Do you find yourself talking more than listening? After you have finished the conversation, talk about your experience. Ask your partner for comments on how it was for her/him to be listened to by you. Remember, do not abuse yourself with value-judgements or another person's perceptions. Listen to the comments from an observer position. Thank the other person and find a private place where you can write.

Write about your experience:

Listening will have a dramatic impact on your relationships. You will begin to understand what it means to be connected to yourself and connect with another person at the same time. Practice these

exercises as much as you can. They will be challenging to practice because you must take a risk and reach out to practice them. The risk will be worth it in the long run.

GUESSING ABOUT OTHERS-RESPECTING DIGNITY

In addition to the skill of listening, it is important to acknowledge when you are trying to define what is true for another person. When you are guessing, you assume based on inconclusive evidence or incomplete information (1). We can only assume to know another person's truth. It is important to acknowledge that even though sometimes you are very certain what is going on for another person, you are really only assuming based on the information currently available to you. When you are awake to yourself and your process, you have an awareness of yourself in the moment. In developmental language, each awareness comes to you when you have arrived at a state of readiness to receive the awareness. In giving yourself permission not to "know" the truth for another person, this readiness idea is important. Even if you think you know someone's truth and you believe that she/he is in a state of denial, give yourself permission to resign from the job of convincing others that you know their "truth."

One of the biggest blocks to intimacy is to make the assumption that you know for certain what is true for another person, that you know what they are thinking, feeling, what their motive is, or how they can change to fit better in your World. You may be able to remember a time in the past when someone told you something about yourself that you either disagreed with or you weren't ready to hear. You may have felt defensive, shut down, reacted angrily, or just resolved you would never talk to that person again. Another alternative to "knowing" how someone else should think, feel or be is to present your assumption in the form of a guess about the other person. On the basis of what you know for yourself, put your assumption in the form of a guess, and then ask if what you think is true is really true for the other person. There is a big difference between asking a question when you really want to know what the other person thinks, and asking a question for which you think you

already know the answer. If you are listening to the other person's answer and thinking "he/she will eventually come around, come to his/her senses, agree with me," you are in the abuse cycle. Try to find a genuine interest in what the other person says. Let it be "good enough," and reconnect with yourself.

You might use words that sound something like this: "You say you aren't angry, but I notice that your brow furrows and your voice is sharp. I am guessing that you are angry and that it is difficult for you to tell me that. Is that true?" or

"I am feeling afraid for you right now. I'm guessing you are afraid, too. Is that true?" or

"I am guessing that you want to be alone right now. Is that true?" or "I notice you seem somewhat preoccupied. I am guessing that you had a rough day at work and that makes you feel crazy. Is that true?" or

"Is it true that you do not want to be here right now?"

Make up some of your own guesses. Just practice opening your mind and acknowledging that your perception may or may not be valid for another person.

Xavier and Vanita went on a vacation together. They were driving from coast to coast. This was their first long vacation together. They were going to be in a very confined space a great deal of time getting from one place to another. They agreed to share the driving and they each brought along activities to keep themselves busy when they needed some private time. About the third day into the trip, Vanita got very tired. She was tired but the way she expressed it is that she became very irritable. She was trying very hard to quietly regain her composure and rest enough so that she wasn't so irritable, but several times during the third day, she said something to Xavier that really hurt him. On the third comment, Xavier (also trying really hard to compose himself and not be offended by Vanita's comments) lashed out. He said "you are the biggest witch and I really don't want to be in this

car with you any more." Unfortunately, it took the couple two more days to relax and speak to each other again. (16)

When you are the most stressed is when it is the most difficult to check out assumptions. This is also probably the most important time to check out assumptions. Often, stress causes thinking to be distorted and the mind plays tricks. We think we know what is going on and the truth is we are very much off base. It is important to check things out with the people in your life. Check things out not to prove that you are right or wrong, but to allow dignity in relationships.

Exercise one

Pick up a stuffed animal and look carefully at that toy. Toy makers try to make stuffed animals have human qualities to attract human beings to buy them. Look at the toy and give it human qualities for now. Guess what you think that animal might be thinking, feeling, experiencing. Make up a story about how that toy started to think, feel or experience what you guessed. This exercise may seem strange to you. Toys don't have feelings and moods like humans. But, when you look at another person you have about as much chance of guessing correctly about the other person as you do about a stuffed toy. In other words, you could never really know all that has happened inside a person to get him/her where he/she is now. Even if you have had similar experiences as another person or if you know him/her very well, you can only guess what may be true for him/her. Remember the idea of projecting? Much of what you see in the stuffed toy and on another person is a projection of what is inside you. Think for a while about this stuffed animal and how it relates to how you are in relationship to other people sometimes. What do you think? How would you phrase your guess if you were talking to another person? What can you learn about yourself by paying attention to your guesses?

Exercise two

For ten minutes today, become an observer of people. Look at people's faces and bodies. Guess what each person may be feeling and thinking. Write those things down on a piece of paper. Just practice guessing for ten minutes. Phrase your guesses as suggested in this chapter. Remember, you are practicing not knowing for sure.

You want to sincerely guess. For this exercise, practice silently by yourself in your mind. Don't share your guesses at this point. There will be no outside feedback for you with this exercise, so watch carefully to see how quickly you make assumptions about others.

Exercise three

Ask someone you trust to help you with this exercise. Tell him/her you are practicing guessing things about other people and you would like to have a conversation. If you want, take a few minutes to explain the significance of this exercise to your friend. You start the conversation by talking about something that happened to you today. After a few minutes, stop talking and allow the other person to respond. When the other person talks, listen for opportunities to guess about her/him. Watch for facial expressions, body movements, or voice inflections that might indicate something you could guess about. When you have the opportunity, phrase your guess in the way suggested in this chapter and go on with your conversation. See if you can maintain a conversation for at least 30 minutes and make several guesses during that time. The other person may want to make some guesses, too. That will be fine. But remember, the other person may not fully understand the exercise. Let go of teaching the other person about what you are doing. Just practice and observe. What do you notice about yourself? Did you have an opportunity to guess? How did the other person respond to your guess? Remember not to personalize the other person's response.

Write about your experience:

In the beginning, guessing about others can seem very formal and uncomfortable. It is an unusual way to communicate with another person. When you combine all 6 of the skills described in this book together, you will probably notice your relationships begin to change. The changes may seem odd or uncomfortable at first. Remember, you can keep what is useful and productive for you and don't worry about the rest of the suggestions in this book. You will begin to get a sense of when a certain skill is needed or appropriate. Give yourself time to learn. Be gentle and enjoy the learning process.

PUTTING IT ALL TOGETHER - A CHOICE FOR INTIMACY

You have been learning many different skills in the last few chapters of this book. To change a method of communicating can seem like an impossible and frightening proposition. The old methods of communicating are so familiar. Even though they may not be working well for you, the old methods are so natural they will return again and again. Much like old, trusted friends, they quietly wait until you are stressed or needy and they show up. When you are trying to change something in your life, it doesn't work well for you to simply say "I don't like the way that is for me. I don't want to do that any more." Usually, it is helpful to replace the old behaviors and attitudes with something you think might be more productive and positive for you.

Remember the list of rules you created in the first chapter? Now, write another list. Don't look at your first list just yet. Simply write a list of rules for life and relationships. Be as creative as you can with your list. See if you can use some of the information in this book to create your new list.

Write your list now:

Now, just for comparison, return to the first Chapter in this book and take a look at your first list of rules. Have any of your rules changed? Do you still see some rules that you may want to challenge over time? Did you discover that a rule limits you when you first thought it did not? What is beginning to develop that you want to continue to feed so that it will continue to grow? Come back

to this list in a few weeks and read it again. In fact, continue to come back to the list as often as you like to re-evaluate your progress and re-focus yourself. It may be helpful to discuss your goals with others, too. Progress tends to be speedier in the community.

One of the advantages of having a community to support you in your learning process is that when things are looking difficult, or you are having a hard time sticking with your commitment to change, you can support each other, remind each other and generally give each other a boost when needed. If you are looking for support in practicing these skills, take a look at some of your local 12 step groups. Alanon, Alcoholics Anonymous, Codependents Anonymous (also known as CODA), Narcotics Anonymous, and other similar groups are good places to practice being yourself and taking responsibility for yourself. Most of these groups are focused on recovery from specific problems. One of the ways you can find out if you qualify for the different groups is to attend a few open meetings of the group you think most closely fits your issues. Let this idea settle a bit. If you feel afraid about qualifying for a 12 step group, join the club. Most people who first consider this idea feel fairly uneasy. Also, the popularity of 12 step groups has grown in the past several years. The brunt of many jokes and criticisms, 12 step groups continue to stay alive. They are living, breathing groups of men and women who get together to find a solution to a common issue. Don't let the jokes and criticism fool you. Check it out for yourself. If you find a group you think will be helpful for you, enjoy the freedom you will receive by allowing yourself to be an active part of a recovery community.

Even though it is suggested that many of these exercises be practiced in isolation at first, ultimately the most valuable practice will be in relationship with others. The most challenging others tend to be family members and those closest to the person in recovery. Somehow, a long history with another person tends to create expectations and preconceived perceptions. When a person begins to change, often family members and closest friends are threatened by the change. Without realizing it, people

involved in close relationships can collude to keep things exactly the way they are and discourage changes. Just know this is natural, and see if you observe this in any of your relationships. If you do observe this collusion, gently remind yourself about your commitment to change. Go back to the early exercises in this book and renew your decision to come home and reach out to others in a more powerful way. As a reminder, the steps are:

1. Let go. Remember, you are responsible for yourself and for providing for your own safety.
2. Connect with yourself. Breathe and ask yourself "What am I aware of about me right now?"
3. Tell the truth. Remember your truth is about you. Tell it to yourself first, then decide if you want to tell it to another person.
4. Invite the other person to communicate. Decide you are available, and from a position of connection to yourself pay attention to the other person.
5. Listen. Remember to look for caring as well as similarities and connections, and listen with more than just your ears.
6. Guess about what the other person may be experiencing. Give yourself permission to know only for yourself in the moment and to not be so sure about others.

When you have gone through this book slowly and practiced the exercises, you will gradually learn what works for you and what does not work for you. You will decide what you will leave behind as not useful and what you will pick up and use in your journey. Keep this book as a reference. If you find yourself falling back into old patterns, pick up the book and turn to one of the exercises. Any exercise will do to remind you about what you are creating in your relationships.

You are not alone in using these skills to change your relationships. Many people are using the skills. Some people use them so naturally because this is what they learned to do as they developed socially. Some people are using these skills to change habituated behaviors and attitudes, and they report dramatic changes over time. One woman realizes she doesn't feel so resentful any more. She is trusting herself and has discovered what a great deal she has to offer to her relationships. One man

has found success in his personal and professional relationships. He doesn't have to react to other people so quickly now. He takes his time and thinks things out so he can respond instead of react. Sometimes the World seems more chaotic in some ways. The age of computers has opened up our possibilities so that we live in a World-wide community. The idea of self-responsible communication soothes and calms many people. There are so many uncontrollable things in the world. It is comforting to know there is something for which you can take responsibility. YOURSELF. Good luck on the journey this book invites you to begin. Find friends along the journey to travel with you. You will know them when they present themselves to you. You can't miss these people. They are the ones who travel through life in love. They seem to be happy and carefree even in the face of adversity. Watch for your friends, and enjoy the journey.

Chapter 18: **Conclusion**

I have drawn many conclusions over the years as I lived my KARMIC life.. There reason I say it this way is that I can find now other acceptable explanation for why I have struggled so much.

However, I now know I am not a victim of my circumstances. Things happen in life that can not be explained away easily without a Patriarchal GOD to worship and blame things on. I started my life with one of those. I begged and begged for the insanity to stop. It did not stop. So, I used the chaos to learn about life and myself. This is my great accomplishment in this life.

At age thirty-five I began to create art. This was my duty. The creative force in life is feminine.

Even if you don't believe you have a lick of artistic talent in you, all of the have a feminine inside you, as Samlhya and Yoga teach us. My legacy is my Artwork Archive which you can access here at this website. <https://www.artworkarchive.com/profile/marie-louise-bosin>

Life is meant to be lived. Live your life fully, Do not allow any person to prevent you from doing this. You are an important part of this Cosmos regardless of what you were told as a child or an adult. Find your passion and go for it.

I will meet you in the field of Freedom and Creativity, and we shall play there as long as we want to play there.

Rumi's poem about a field "out beyond ideas of wrongdoing and rightdoing" describes a spiritual state beyond moral and societal judgments, a realm of pure, unconditional connection. This "field" represents a space of profound truth and unity where one can find peace and meet others without the limitations of labels, judgments, or the constraints of dualistic thinking. The meeting there is an invitation to experience reality as it is, free from the mind's interpretations, and to find a deeper, more authentic connection with oneself and others.

Rumi's poem

Out beyond ideas of wrongdoing and rightdoing,

There is a field. I'll meet you there.

When the soul lies down in that grass,

The world is too full to talk about.

Ideas, language, even the phrase each other

Doesn't make any sense.

The God of My Understanding

IF your GOD:

Has preferences

Is transactional

Choses among humanity

Has a gender

Is definable in any way

Punishes

Hates

Prefers or avoids anything

Asks you to fight for HIM

Gives you what you deserve

Requires you to earn a place

Destroys because of SIN

Requires you to prove FAITH

YOUR GOD HAS AN EGO AND IS EGO DRIVEN. This means you made GOD in your

image.

This is what is wrong with religion and patriarchy. It is divisive because it does not trust GOD.

It is based in fear and control. Only manifest (physical, is birthed and dies) humanity is divisive, afraid and controlling! Satan is a construct of man, not GOD, in order to have an explanation for HIS evil behavior and choices. And a place to project evil onto.

MAN projects evil onto SATAN AND OTHERS.

My God IS Unifying

Corinthians 12:12-26

25: That there should be no schism in the body; but that the members should have the same care one for another.

26: And whether one member suffers, all the members suffer with it; or one member be honoured, all the members rejoice with it.

“The human body has many parts, but the many parts make up one whole body.”

Gonika, 250bc, female Rishi who received the Yoga Sutras in form of Cobra (or so the story goes).

"Truth is always the same. Be happy for those who are happy, have compassion towards the unhappy, and maintain equanimity towards the wicked."

Babaji Bob Kindler

Unconditional LOVE-TRUTH - GOD

“The bliss of Truth which blends the love and devotion of the heart with the purity and perception of consciousness is formed into one beatific expression.”

What BEAUTY!

“The divine is unfathomable since she contains no limitations and defies all attempts to plumb her infinite depths.”

“The divine, or Truth remains infinitely expansive while continuing to support all of her profound yet subtle qualities.”

“A blazing radiance of realization is Truth’s perpetual condition, perfect, omniscient and fully spontaneous.”

“The Divine is indivisible due to her homogeneous and seamless nature that is impossible to fragment, distill, dilute or separate.”

“The truth is imperishable, for its nature is stainless, pure, undecaying and eternal.”

“The Divine pre-exists the manifestation and appearance of the universe and is the very basis for its existence,”

“The truth is undecaying, defined by eternity, which allows the mind to transcend doubts, perceiving its true nondual nature as limitless.”

The Divine is pure and stainless, without impurity, all enduring. The ideal of Absolute Truth, stable and consonant, captures the faith and devotion of all who comprehend her.”

“The truth is without beginning or end, beyond the limits of time, space, causality and temporality.”

“The Divine is completely indescribable, beyond description, can be discussed and analyzed only from the standpoint of relativity.”

“The Divine is grace. As a person has rest and security in his home, so the universe has a foundation.”

“The Divine is changeless. These expressions permeate the fabric of relative existence and fill it with vibration and animating life force.”

“The Divine is immediate and direct and brings the seer face to face with absolute reality.”

“The Divine is immeasurable for it always remains simultaneously unified and infinite.”

“The Divine is extraordinary and incomprehensible, for there is nothing equal to (her).”

“The Divine is formless because she epitomizes all that is subtle, unseen and imperceptible.”

“The Divine is subtle, she does not get reflected in dark, gross or limited confines.”

“The Divine is perfect, needing nothing, lacking nothing, authentic perfection.”

“The Divine is inexhaustible, for her strength is all inherent within herself.”

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