

Healthy Progression Through Development

Physicality



Emotionality

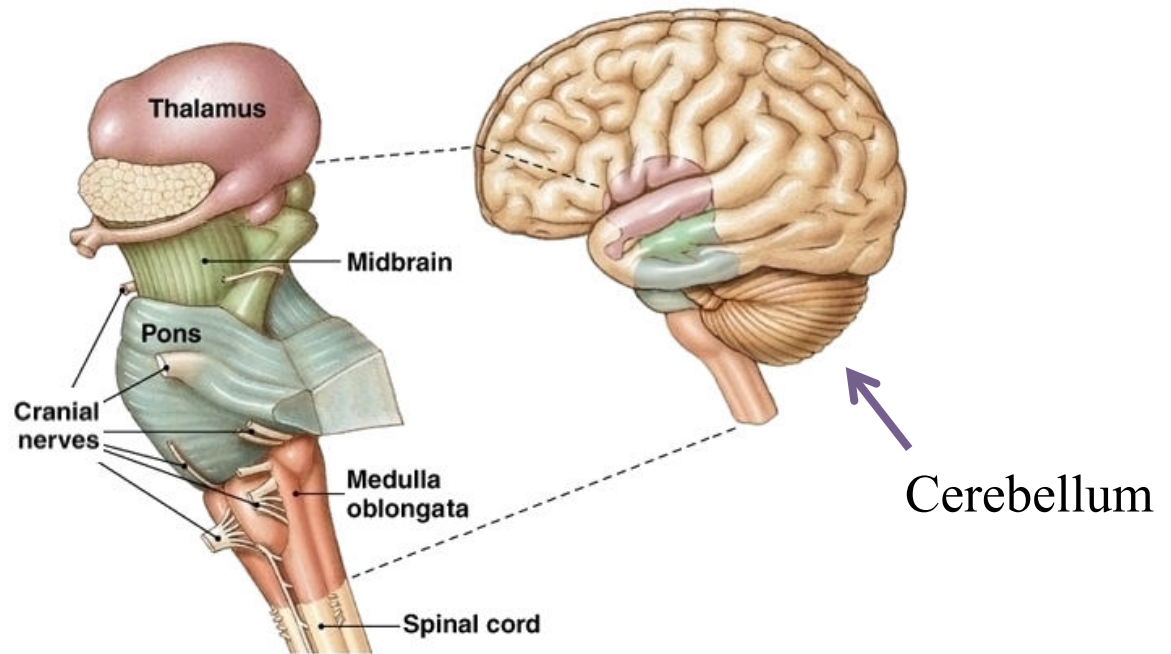


Mentality



Physicality – Brain stem, cerebellum, cortical regions (Reptilian Brain Instinctual)

- Gross motor development – crawling, standing, walking
- Fine motor development – grasping, touching
- Development of language
- Explore our senses of looking, hearing, tasting and smelling
- Object Permanence
- Ages: 0 → 2.5-3
- Ego development ~2.5-3 y.o.



The Ego

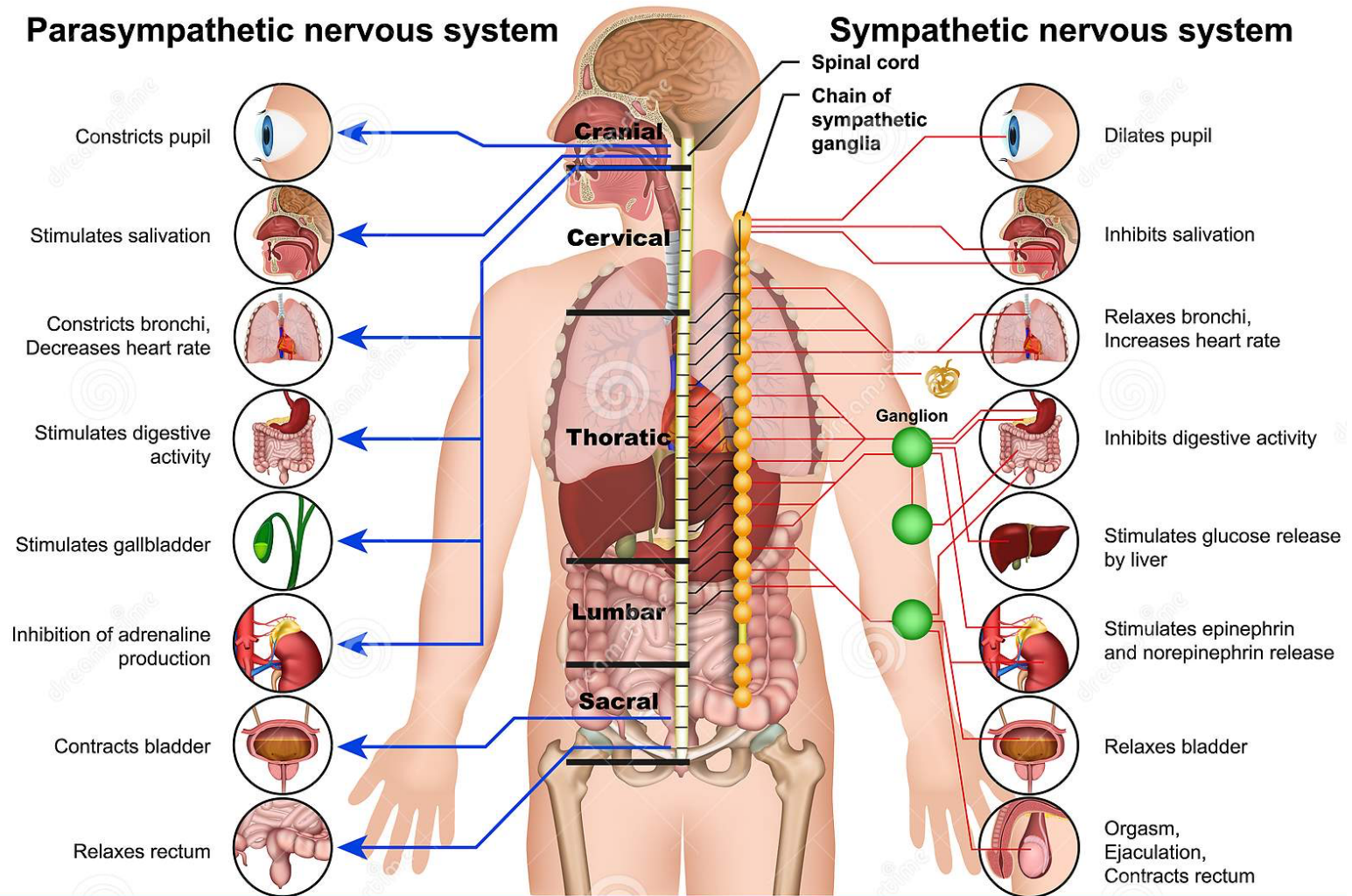
- **Noun:** A person's sense of self-esteem or importance
- **Psychoanalysis:** The part of the mind that mediates between the conscious and unconscious and is responsible for reality testing and a sense of personal identity
- **Philosophy:** A conscious thinking subject
- **Jim T:** Our uniqueness which differentiates us from others, and is expressed as our quirkiness and represents our identity on our most basic level. I would characterize it as the essential quality called Identity.



Autonomic Nervous System

Parasympathetic nervous system

Sympathetic nervous system



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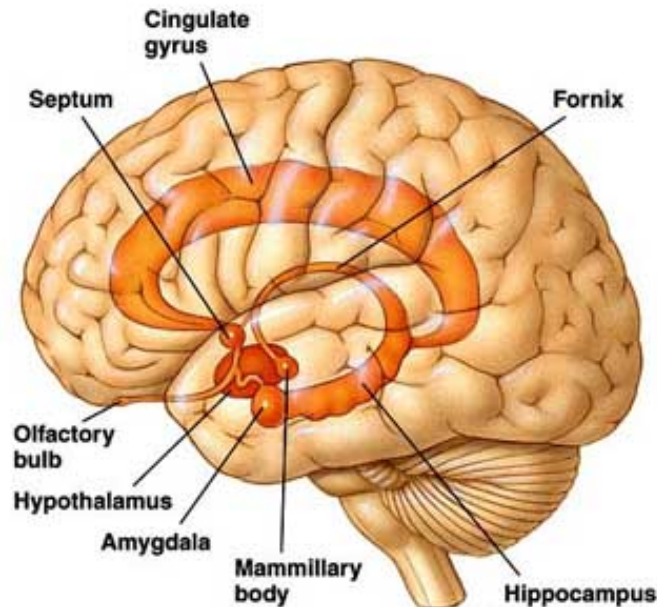
Mentality



Emotionality – Limbic system

- We learn to discriminate, express and process our emotions
- Preoperational development with the establishment of symbolic thought and social development.
- From the ages of 2-3 to 7 years of age

► Location of Major Limbic System Structures



Fight – Flight – Freeze Responses And how they might appear in the body

Fight

- Movement towards
- Crying
- Hands in fists, desire to punch, rip
- Flexed/tight jaw, grinding teeth, snarl
- Fight in eyes, glaring, fight in voice
- Desire to stomp, kick, smash with legs & feet
- Feelings of anger, rage, irritation or frustration
- Homicidal and suicidal thoughts
- Knotted stomach, nausea, burning stomach
- Metaphors like bombs exploding, volcanoes erupting
- Sympathetic nervous system

Freeze

- No movement, body collapses
- Feeling stuck in some part of the body
- Feeling cold or frozen, numb, pale skin
- Sense of stiffness and/or heaviness
- Holding or restricting breathing
- Sense of dread, helplessness, depression, numbness, dissociation, shame, hopelessness, trapped, waiting for the end to come
- Heart pounding
- Decrease heart rate
- Orientation to threat
- Parasympathetic nervous system with Dorsal Vagal nerve involvement

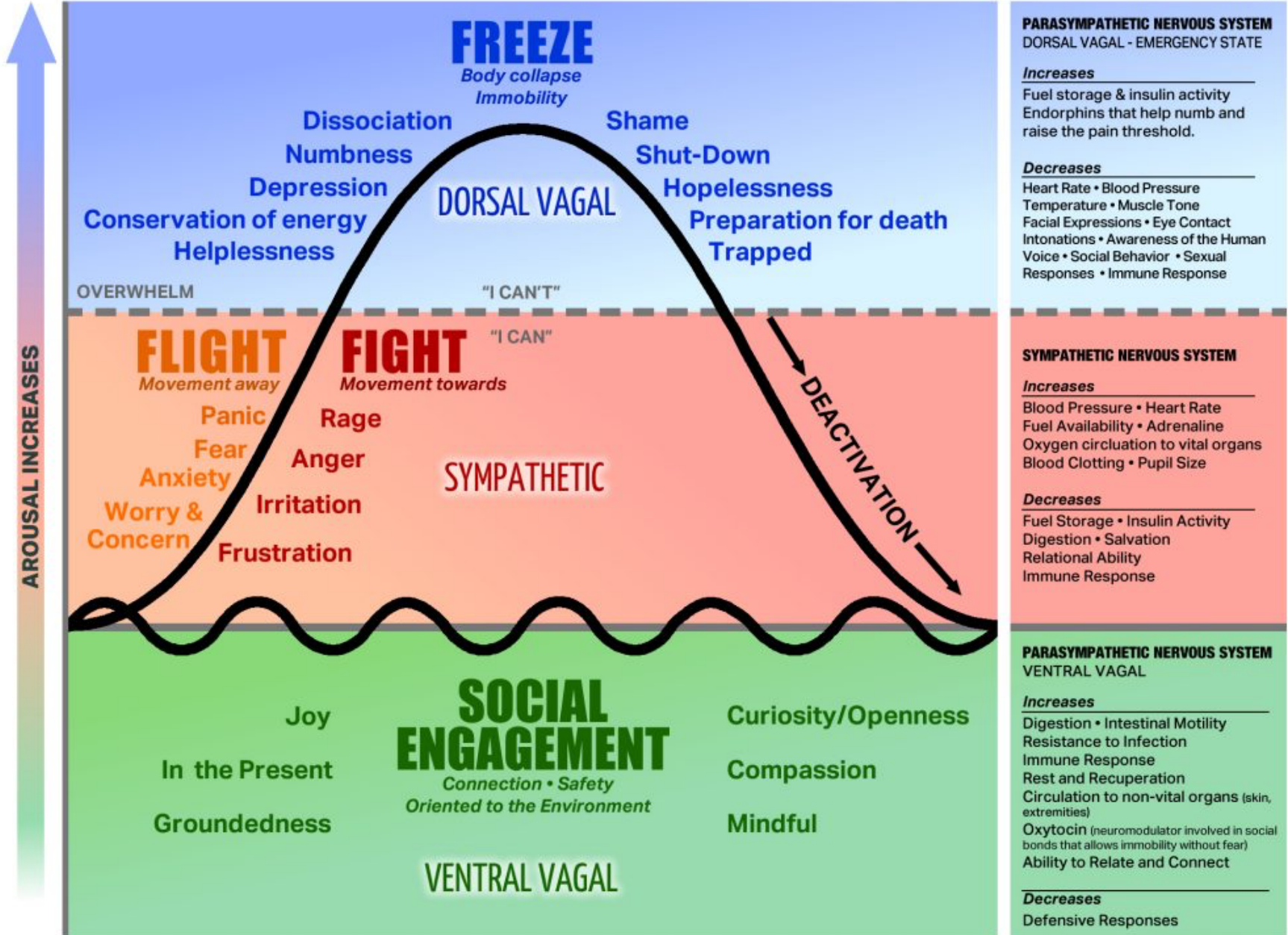
Flight

- Movement away from
- Restless legs, feet or a numbness in legs
- Anxiety, Fear, Panic, Worry, and Concern
- Shallow breathing
- Eyes wide open, darting glances
- Leg and foot movement
- Reported or observed fidgeting, restlessness, feeling trapped, tense
- Sense of running in life from one activity to the next
- Excessive exercise
- Sympathetic nervous system



<https://medium.com/cbd-origin/cbd-and-the-fight-or-flight-response-2cfd08544c1>

Fight – Flight – Freeze Responses



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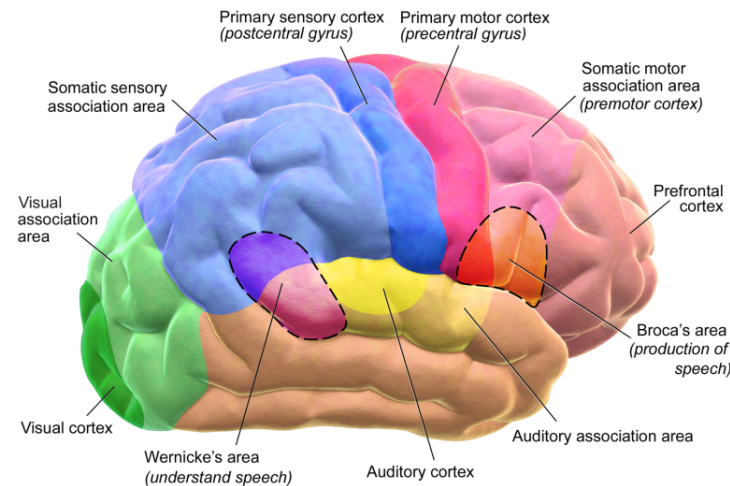
Mentality



Mentality – Neocortex and Pre-Frontal Cortex

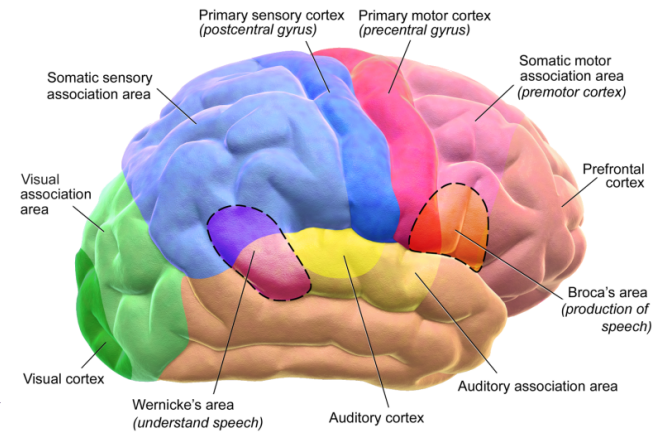
- Learn to discriminate and discern objects, people, the world
- Learn to think logically, to calculate, to reason, to solve problems to plan, to coordinate actions
- Learn to express our creativity through voice, art, movement

From the ages of 7 to 11 years age, the child goes through the development of concrete operational skills and from 11 years of age onwards they develop formal operational skills.



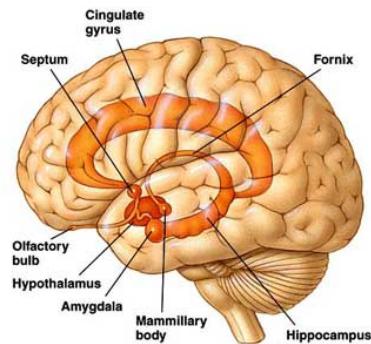
<https://human-memory.net/neocortex/>

There should be a synergy of all layers of the brain where there is appropriate feedback with proper reactions and responses mediating the balanced functioning of the whole brain.

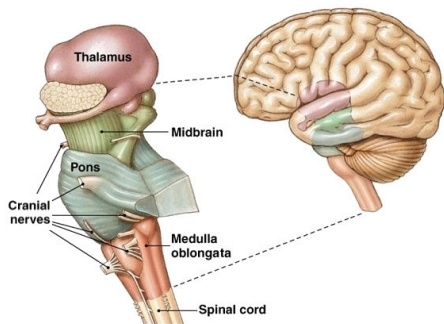


<https://human-memory.net/neocortex/>

► Location of Major Limbic System Structures



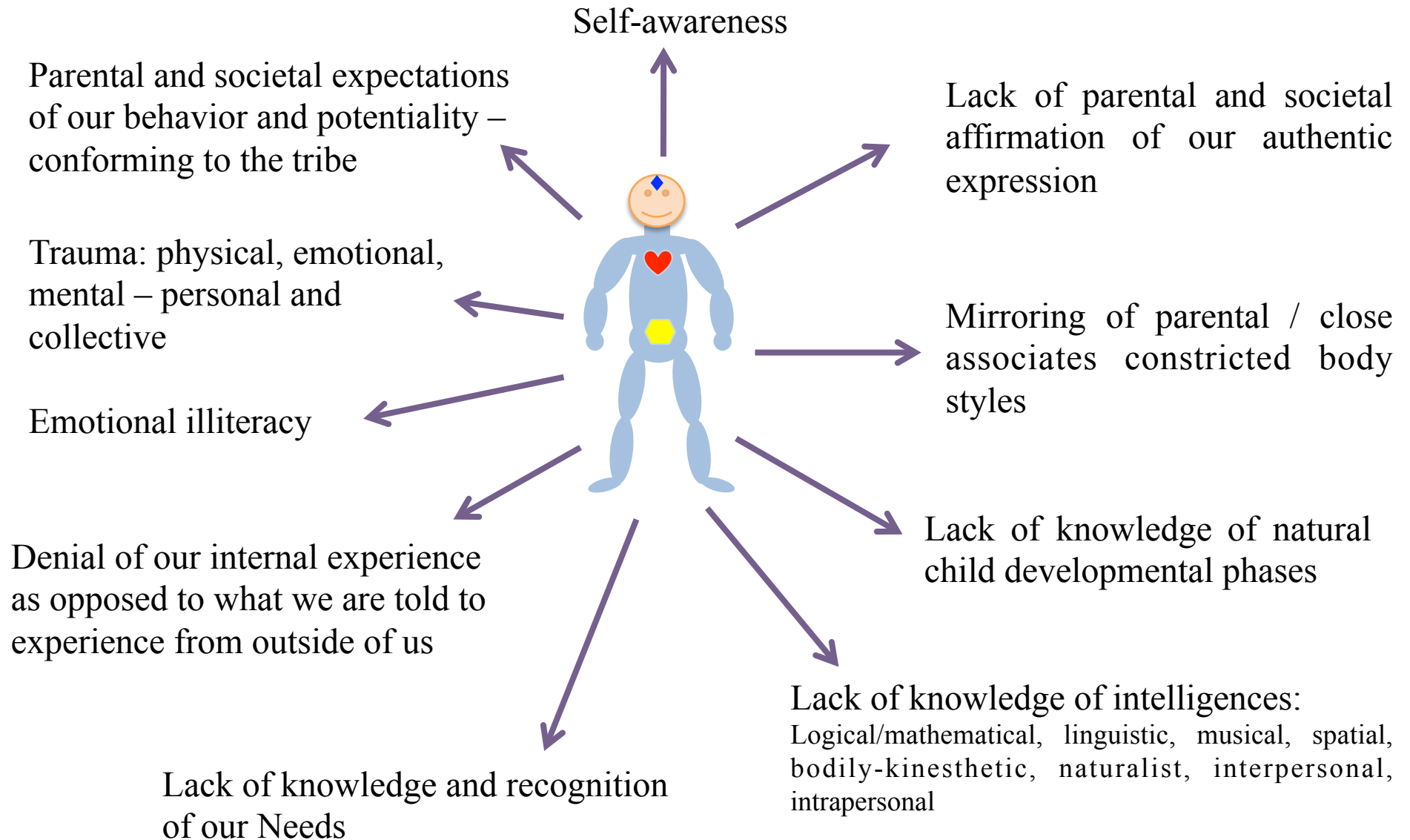
<https://exploringyourmind.com/limbic-system-what-is-it/>



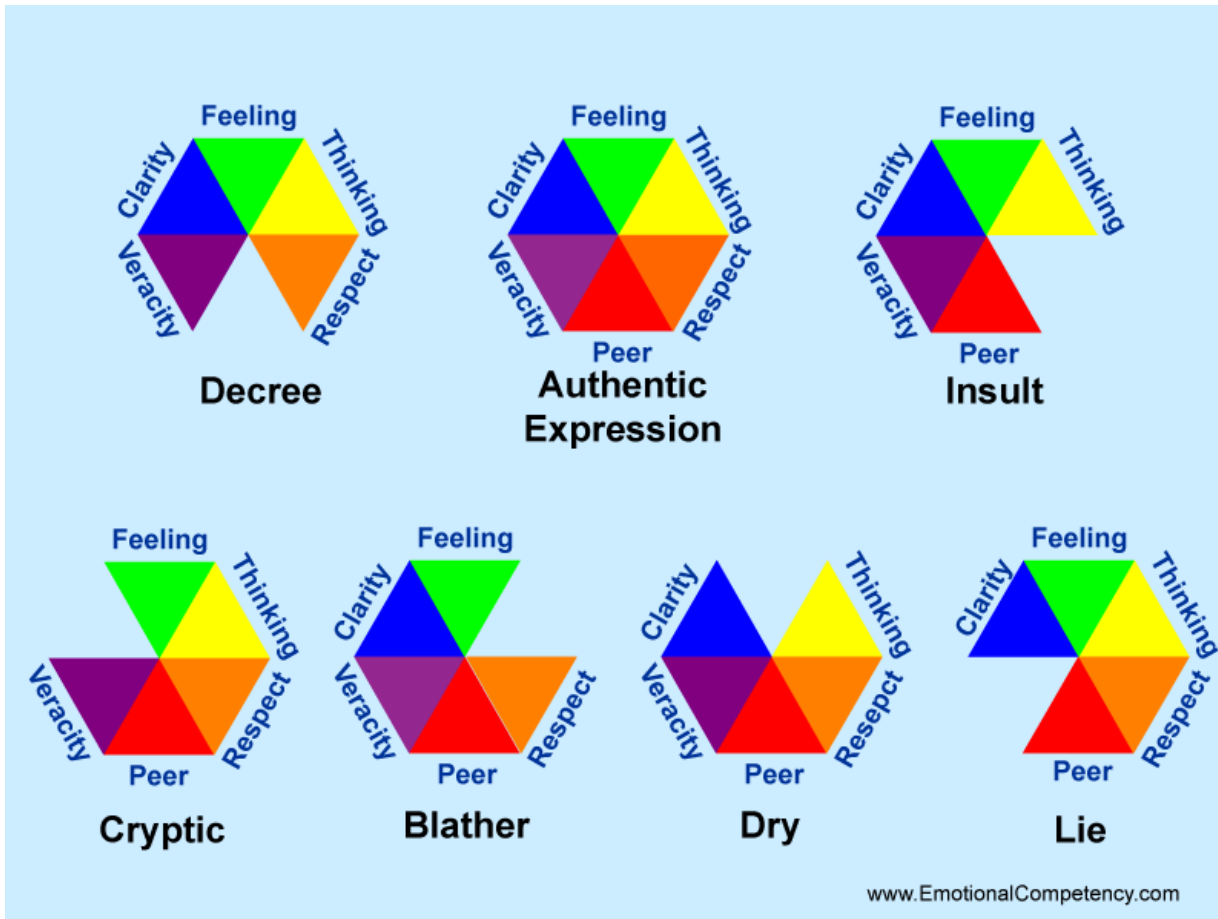
<https://www.stevemallory.org/brainstem/>

But there isn't!!!
Why not?

How does our sense of disconnect arise?



Authentic Expression



Dysfunction: Typically our unique expression is embarrassing or troublesome to our parents who then tell us to act normal.



<https://www.unmind.space/eventsandclasses/authenticexpression>

Congruence

If the essence of authentic can be captured in a single word – congruence – alignment and agreement. This included congruence between intent and words, between thoughts and intent, between words and feelings, between the verbal and non-verbal expression, between facts and words, between words and actions, and congruence between the speaker and the listener as humans who respect each other as equals.

<http://www.emotionalcompetency.com/candor.htm>

Parental and Societal Expectations



Dysfunction: I'm not allowed to be what I want to be, I have to please my parents are they won't love me anymore

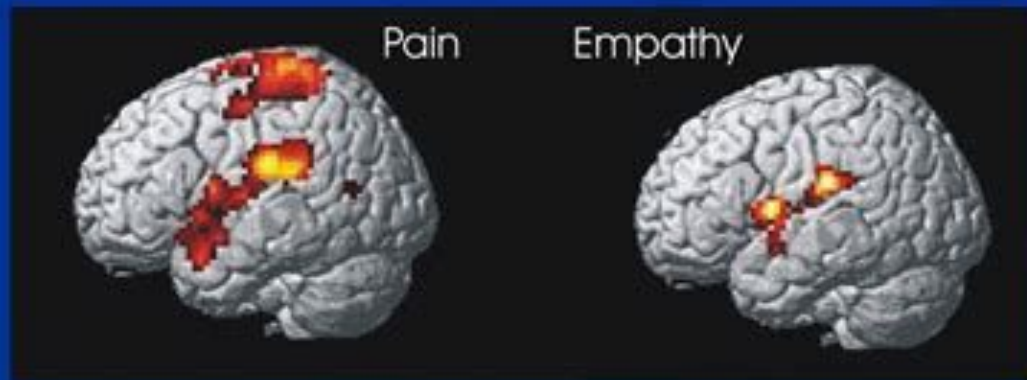
LUO JIE / CHINA DAILY

Mirroring of Parents and Society

Mirror Neurons

■ Mirror Neurons:

- Frontal lobe neurons that fire when performing certain actions or when observing another doing so
- The brain's mirroring of another's action may enable imitation and empathy



https://www.pinterest.com/pin/825636544161615580/?nic_v2=1a35lxCJ1



https://www.pinterest.com/pin/314759461453617667/?nic_v2=1a35lxCJ1

When done correctly, mirroring can build rapport and a strong connection with others.

Dysfunction: Because most people were not mirrored well as children they do not have the capacity to mirror their own children and/or children mirror the dysfunctional parental or societal behaviors or muscle contraction styles.

Modified Maslow Needs Hierarchy

Pondering the Sacred / Divine

Pondering the Abstract / Philosophical

Passing on our Wisdom / Truth

Service to Others / Tribe / World (WE space)

Individuality (I/ME space)

Belonging to a group – Tribe (we space)

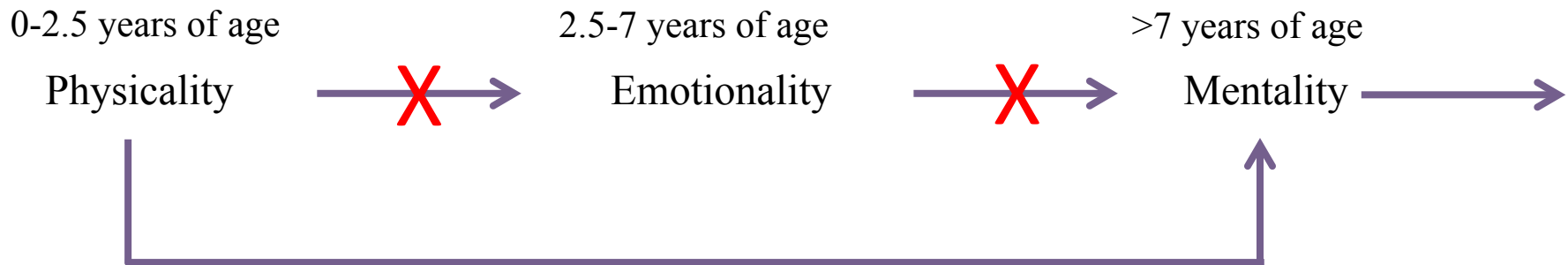
Physical Survival / Play (me space)



Dysfunction:

I don't want to piss people off within my tribe because they may exclude me from the group which is dangerous or at least was evolutionarily dangerous at one time. I'll lose my sense of safety and belonging. So I compromise my authentic expression to be part of the tribe.

Lack of Emotional Intelligence

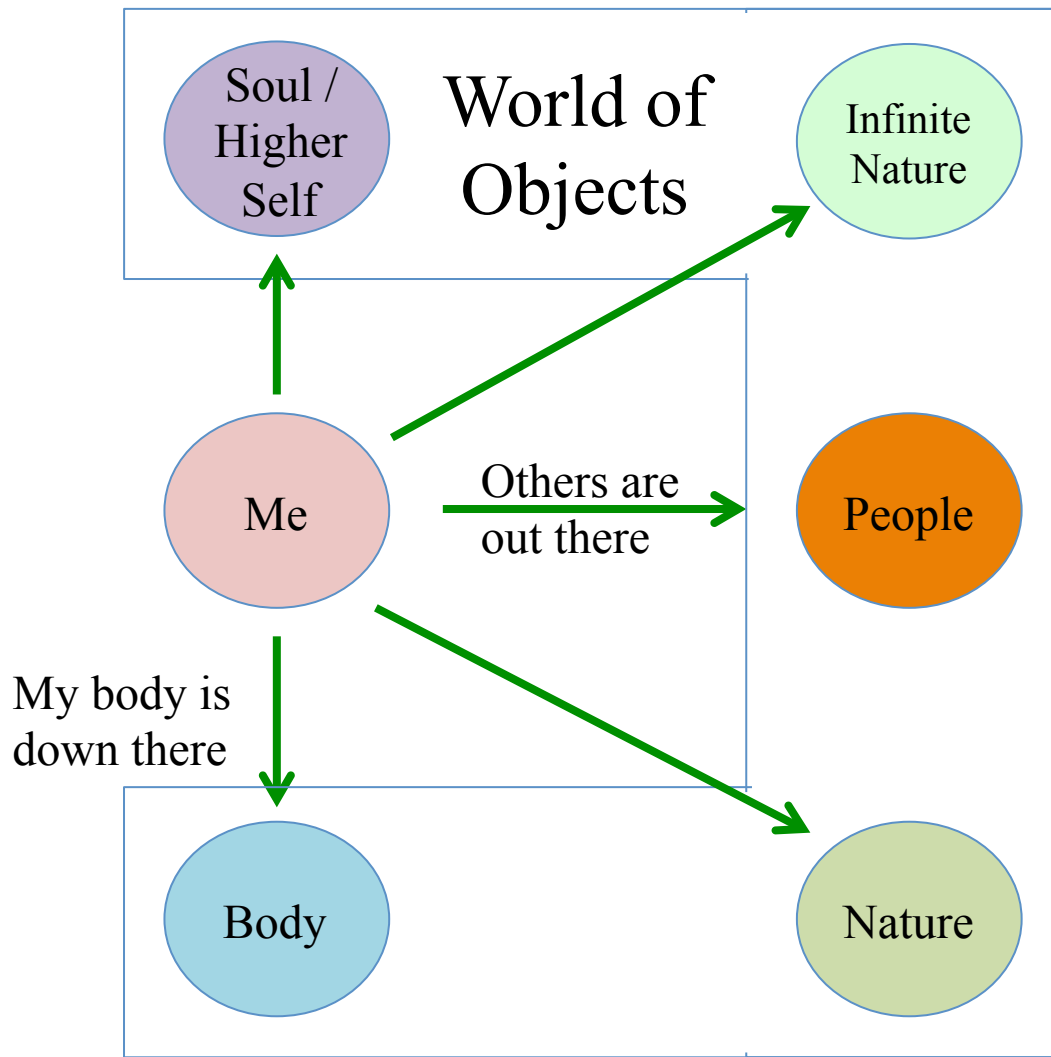


Range of things we label as Anger

Enraged – Wrathful - Livid - Irascible – Infuriated - Furious –
Fuming – Inflamed – Boiling - Angry – Indignant - Incensed –
Chafed - Heated – Exacerbated – Riled - Galled - Irate - Irritated
– Hot – Huffy - Annoyed – Mad – Cranky - Vexed - Piqued -
Peeved – Irked – Upset - Miffed – Troubled - Displeased – Put
out – In a tizzy

Dysfunction: I'm not able to discern / discriminate what I am actually feeling.

Consequences of Misperception of Biosphere / Noosphere (Body / Mind) Split



- 1 I feel separate from everybody and everything including my own body and higher self. They are all outside of me.
- 2 Since everything appears to be outside of me, I really can't control it, but I'm going to try to control it as much as I can.
- 3 Whatever I can't control is unpredictable and therefore not safe/dangerous.
- 4 I will do whatever I can to keep myself safe from that which I can't control.
- 5 Since they're just objects, they can be desecrated, destroyed or killed as I deem fit for my safety.
- 6 This leads to violence against others, nature and one's own body. Our society is based on Warfare and Violence.

Major Mechanisms Which Lead to Compromising our Three Major Centers

1. The expression and development of our Essential Qualities is not supported therefore we must safely hide them away from outside influence.
2. Our emotional expression is suppressed because it is not acceptable behavior within our family so we must suppress our emotional expression to be accepted by the family or society. Emotions are seen as weakness.
3. We experience physical, emotional or mental abuse or trauma that is too painful to bear and there is no safe place in which to discharge that pain.
4. Using our empathic skills we take on the emotional or mental pain of others in an attempt to make them feel better hoping that they will continue to love us and to reduce the others' distress so that they won't hurt or traumatize us further.
5. Our Needs and Intelligences are not honored and we are compromised in our training as children

Curiosity

This development typically starts around ages 2 or 3 and continues on into ages 4 and 5. Asking “why” is a sign of curiosity and wanting to understand the world around them, which can seem big and daunting for a toddler. Understanding can help increase security and confidence, so the “why” questions are important. This is very common for toddlers. All day it’s “why did he do that?”, “Why is she sad?”, “Why can’t I do X?”

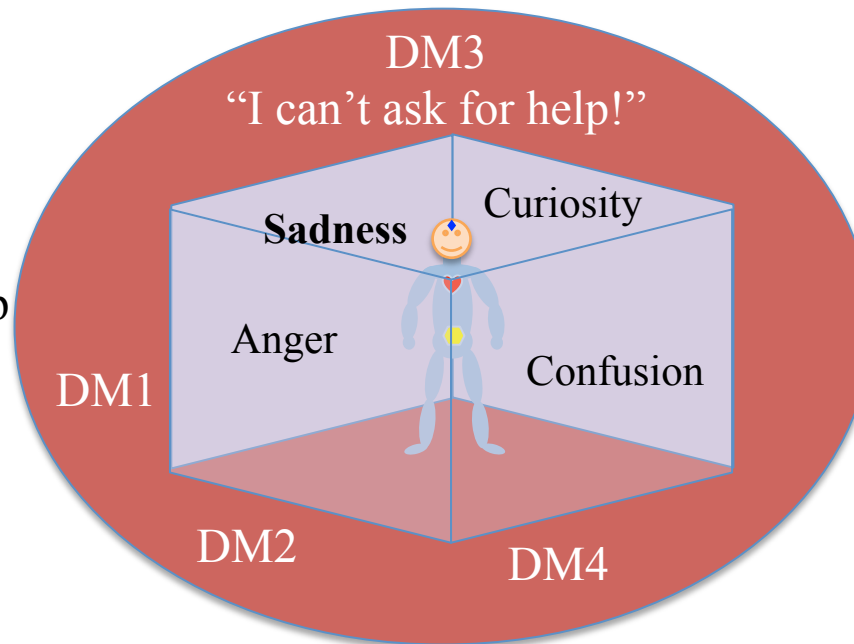


Will you just shut up and stop asking us questions. Go to your room and be quiet for a while. Mommy and Daddy are angry. “What did I do wrong?” (confusion) “I can’t ask Why!”

Local Contract:
“I can’t ask for help!”

Defensive Mechanism 1:
Behaviors designed to push people away to keep me safe.

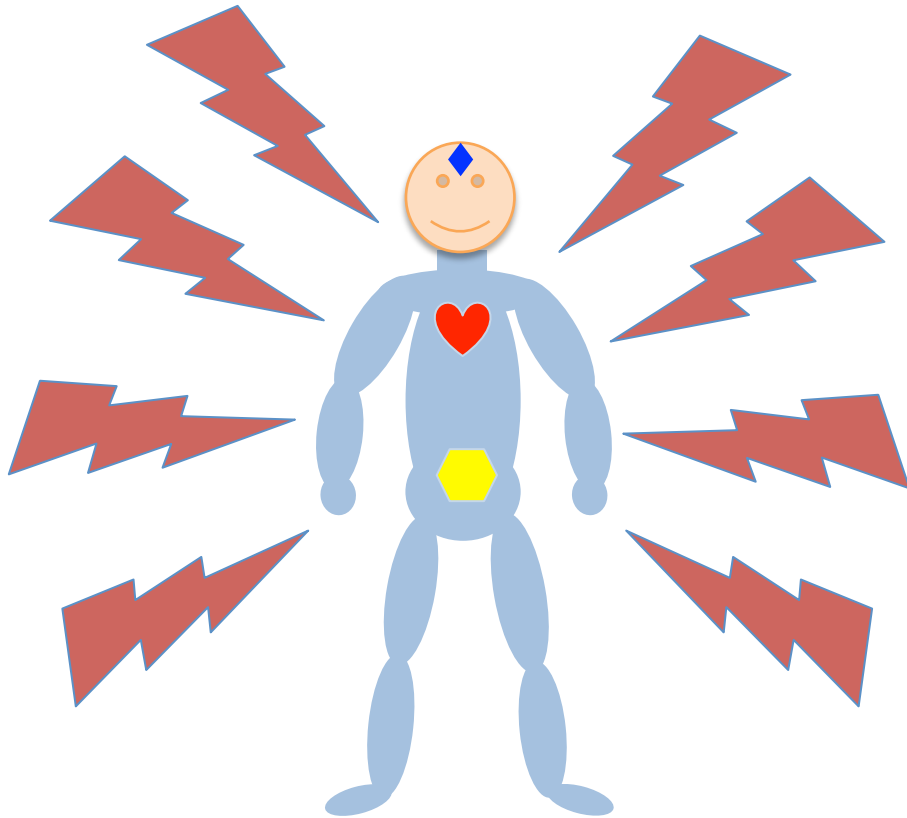
Defensive Mechanism 2:
Behaviors designed to distract me from the pain of this constriction.



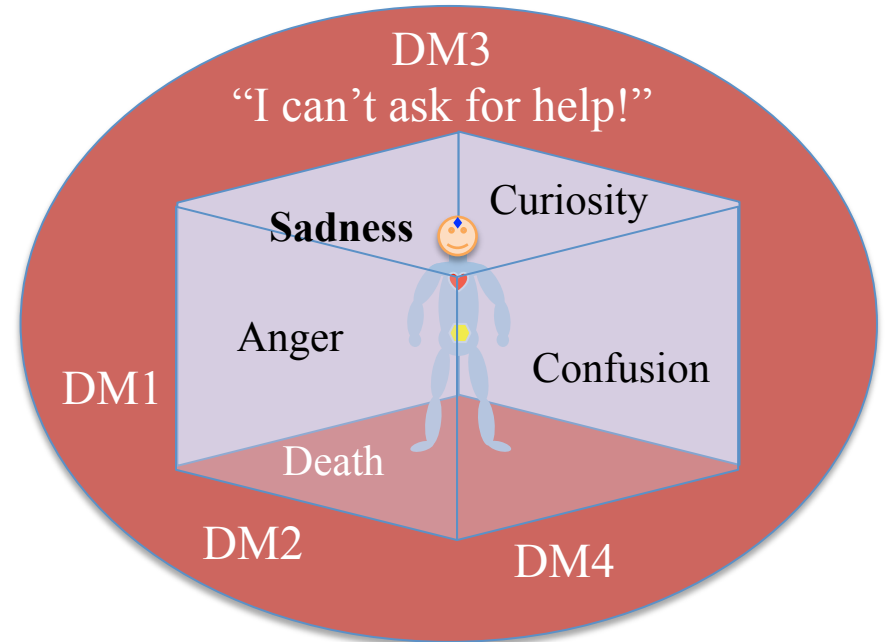
Defensive Mechanism 3
I repeat to myself constantly
“I can’t ask for help!”

Defense Mechanism 4:
This lives as physical constrictions somewhere in the body probably associated with the throat or larynx or jaw. Ex. Contract jaw muscles.

Emotional Discharge



Intense emotions as a child makes the child feel as if they are going to cease to exist, die or be annihilated. Their Central Nervous System is not yet accustomed to such huge surges of energy through their bodies. It hurts tremendously.



Since that huge charge is stored with this psychological structure the child will not go near this structure in the future because s/he doesn't want to die.

Who is in charge of these defensive structures?

The Ego, instead of being just our Identity and quirks, is now the part of our psyche responsible for our safety and maintenance and managing of our library of buttons. Everything s/he does is for our safety and the protection of our Essential Qualities.

S/he doesn't actually know how to do this, but since s/he feels the body can't take care of itself, then s/he has to step in. This exacerbates the Mind / Body split.

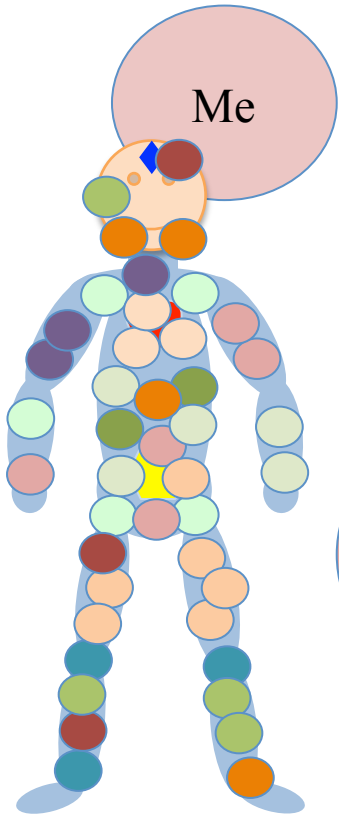
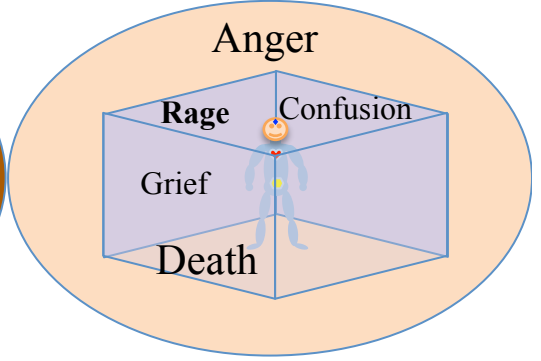
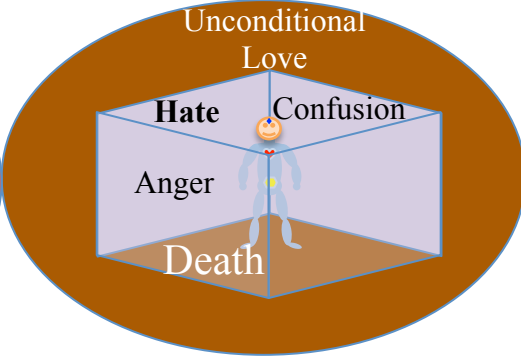
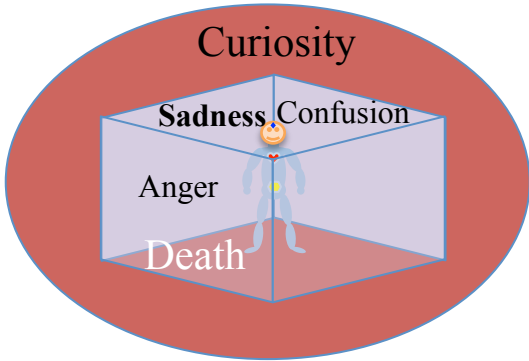
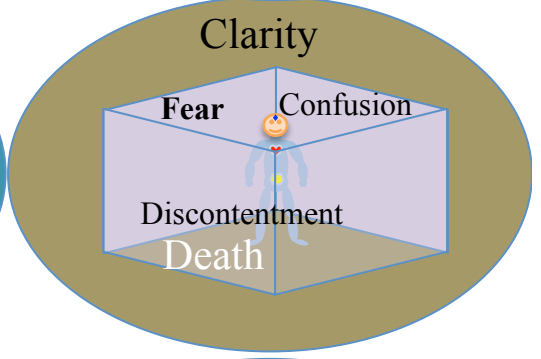
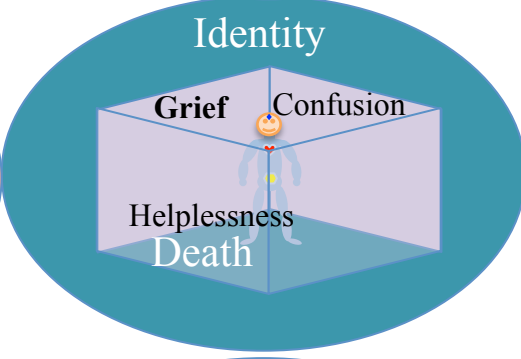
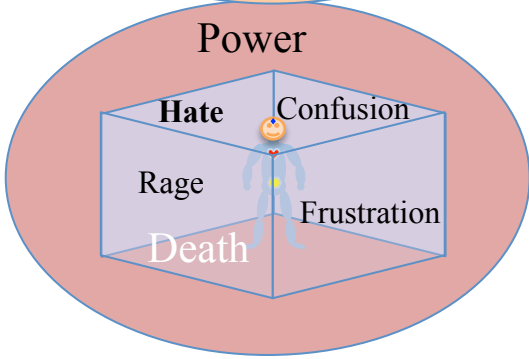
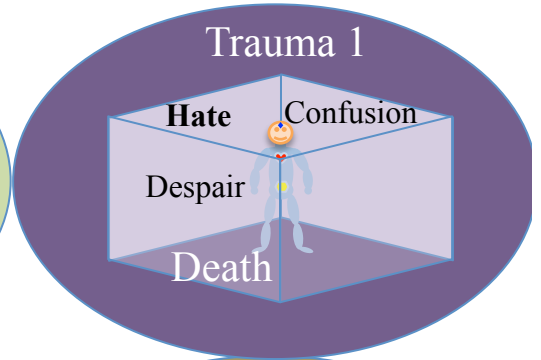
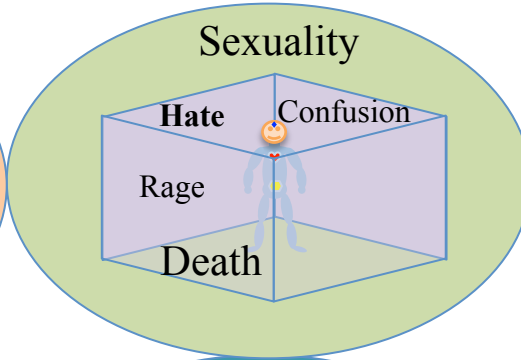
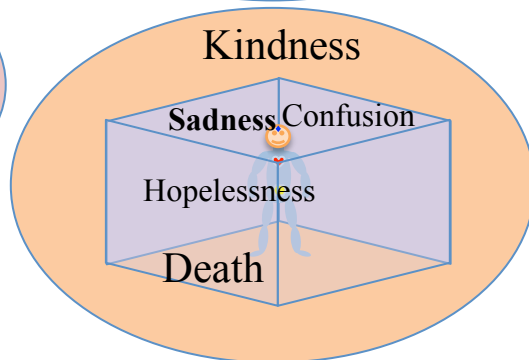
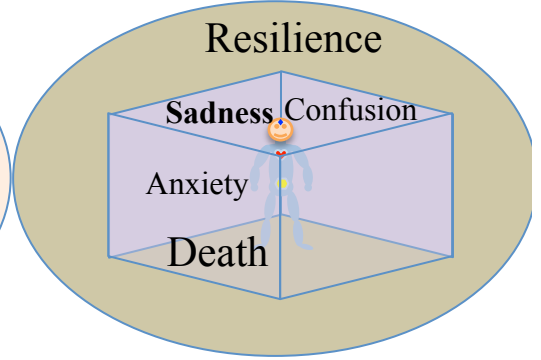
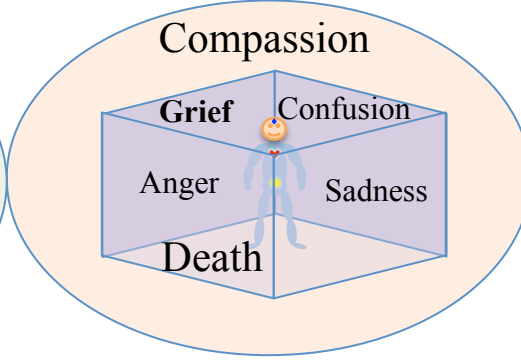
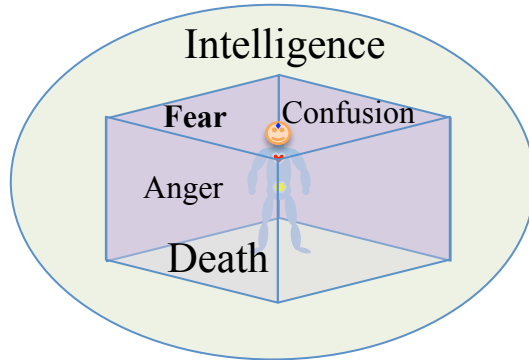
In reality: a finite aspect of our Being thinks it has to protect the indestructible, infinite part of our being from annihilation.

Remember: The ego is not our enemy. It is a normal phase of our development as human beings that has been usurped for alternative functions. We cannot destroy the ego, it is an essential part of who we are. Over time the ego transitions to a healthy sense of Identity.



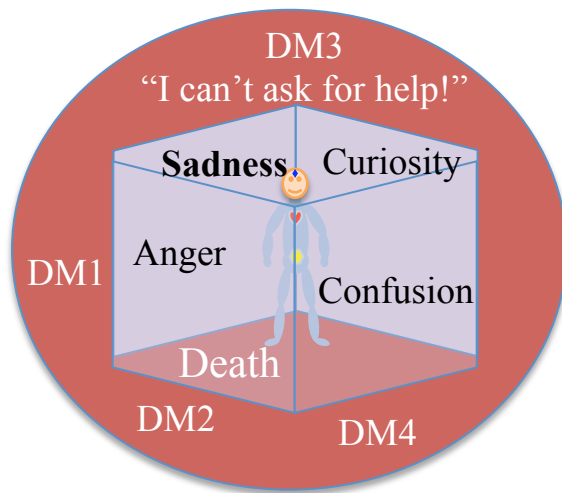
<https://iamfearlessoul.com/dont-let-your-ego-take-control-of-your-life/>

This is our unconscious mind – unprocessed memories that we suppress.



We are typically not aware of any of this.

How Does the Ego Create Each Button



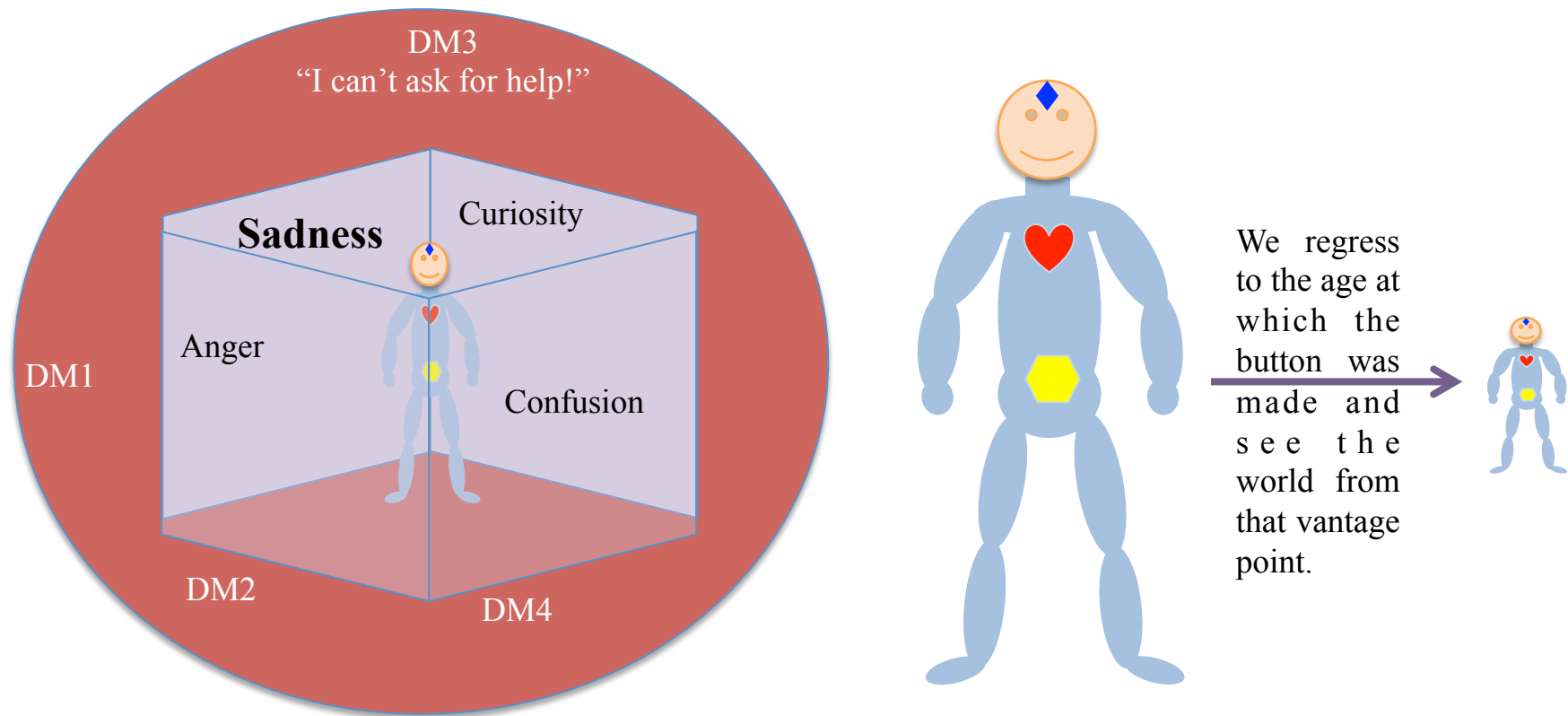
Button

- It sets up a constant looping in thoughts of “I can’t ask for help!”
- In this example: it constructs a permanent connection of motor neuronal circuitry into the defensive structure that controls the larynx and jaw muscles so that when the contract is activated, the jaws and larynx automatically constrict.
- Defense mechanism may also be associated with control of other specific muscle groups, maybe I want to run away or become immobilized.
- It sets up circuitry to activate the sympathetic nervous system and the flight-fight-immobilization response which is also hooked to the respiratory diaphragm which changes breathing rate “I’m going to die.”
- It establishes a secondary emotional response is activated to help release tension associated with the primary emotion that is forbidden to be express.
- It establishes numbing / distracting mechanisms geared toward taking the focus away from the pain.
- A litany of judgments and feigned emotions against others who express this essential quality.
- Filters that screen informational input into the brain so we become either hypersensitive to others expressing this quality or completely oblivious

All of this is geared to prevent the accidental expression of the Essential Quality which has the believed potential for more trauma.

Also these buttons get incorporated into a pseudo-Reality construct which simulates Reality, but is under our control.

Button Pushed



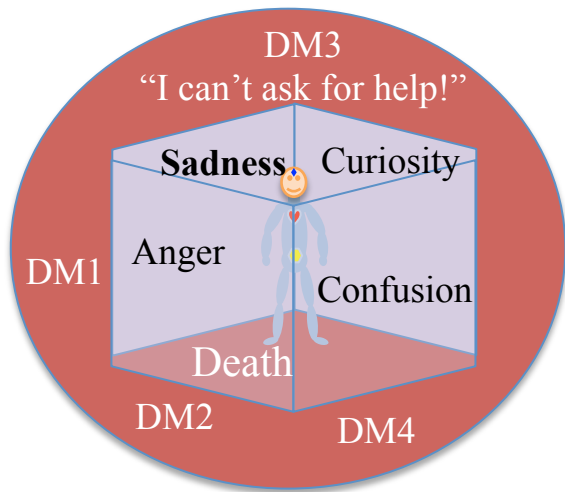
Boss gives me three projects and all must be done by the end of the week. And he tells me to ask another in the office for help. Button pushed...

DM3 – Contract: “I can’t ask for help”. I’ll be considered stupid or a nuisance.

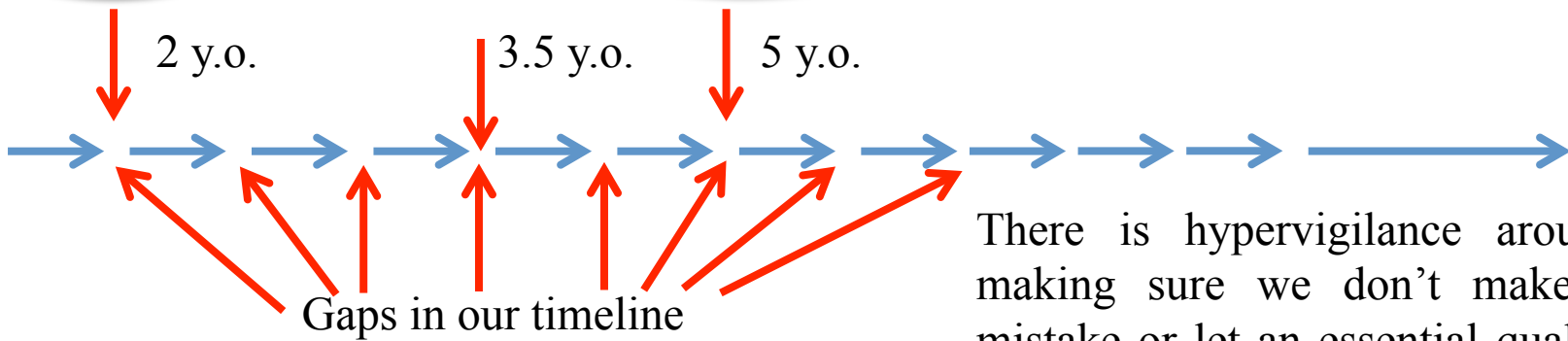
DM1 – I get sad and resentful at boss or associate who says the boss sent me to help me. I suppress my sadness adding to what is already there, and maybe I get passive-aggressive. Confusion – “Why did he give me all of these at once?”

DM4 – I can’t breathe or I can’t speak to the other person, or maybe I am frozen in my chair and can’t get up.

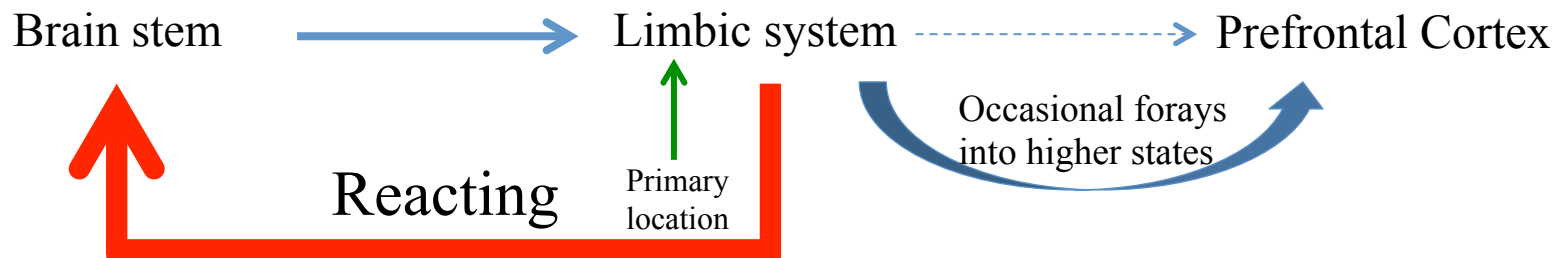
DM2 – No work gets done and I go home to numb sadness with binge-watching **House** on TV, food or three hours of yoga.



These are memory pockets that have not been processed into long term memory. They are probably stored in short term memory that is why reliving them seems so real.

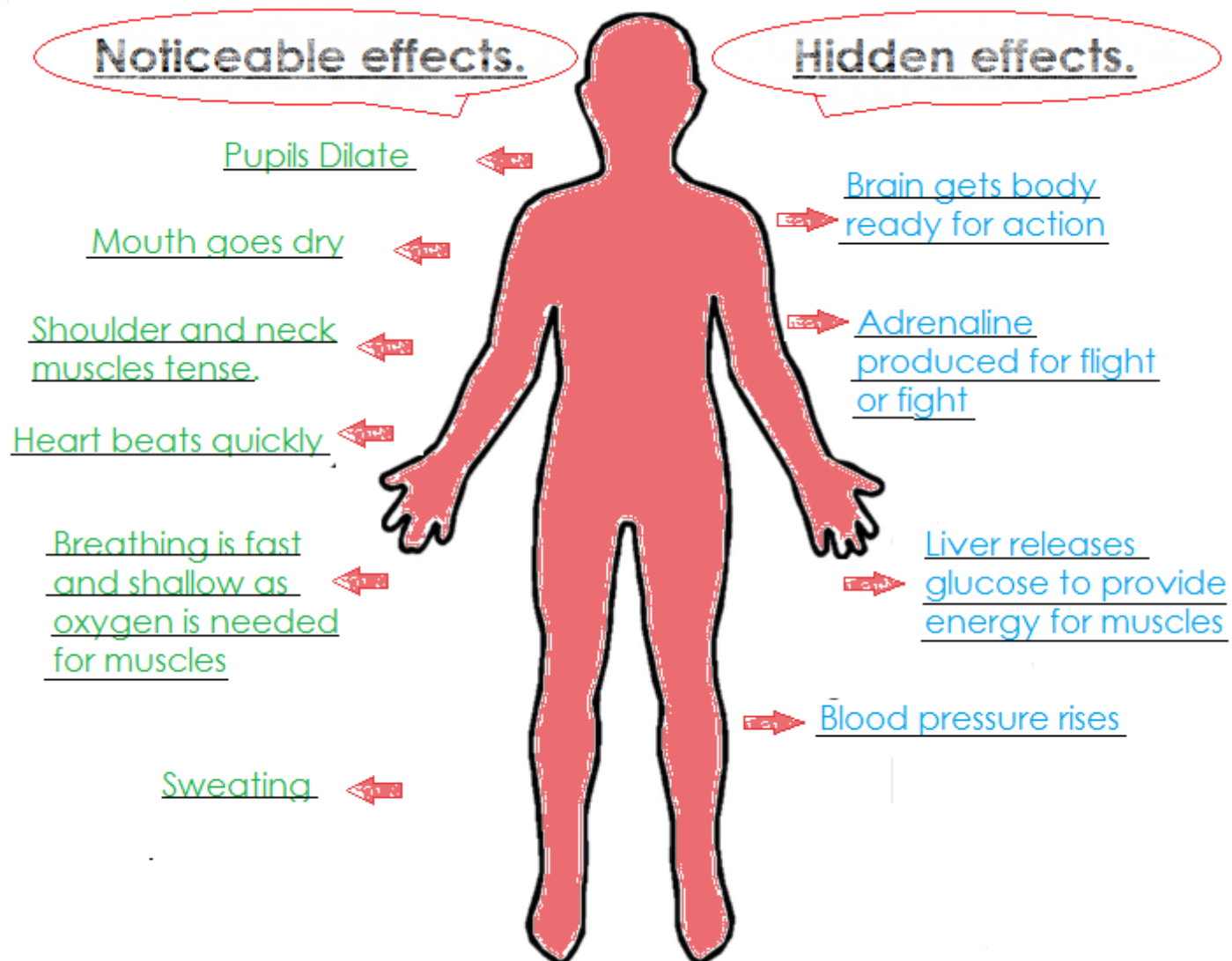


There is hypervigilance around making sure we don't make a mistake or let an essential quality express itself accidentally.

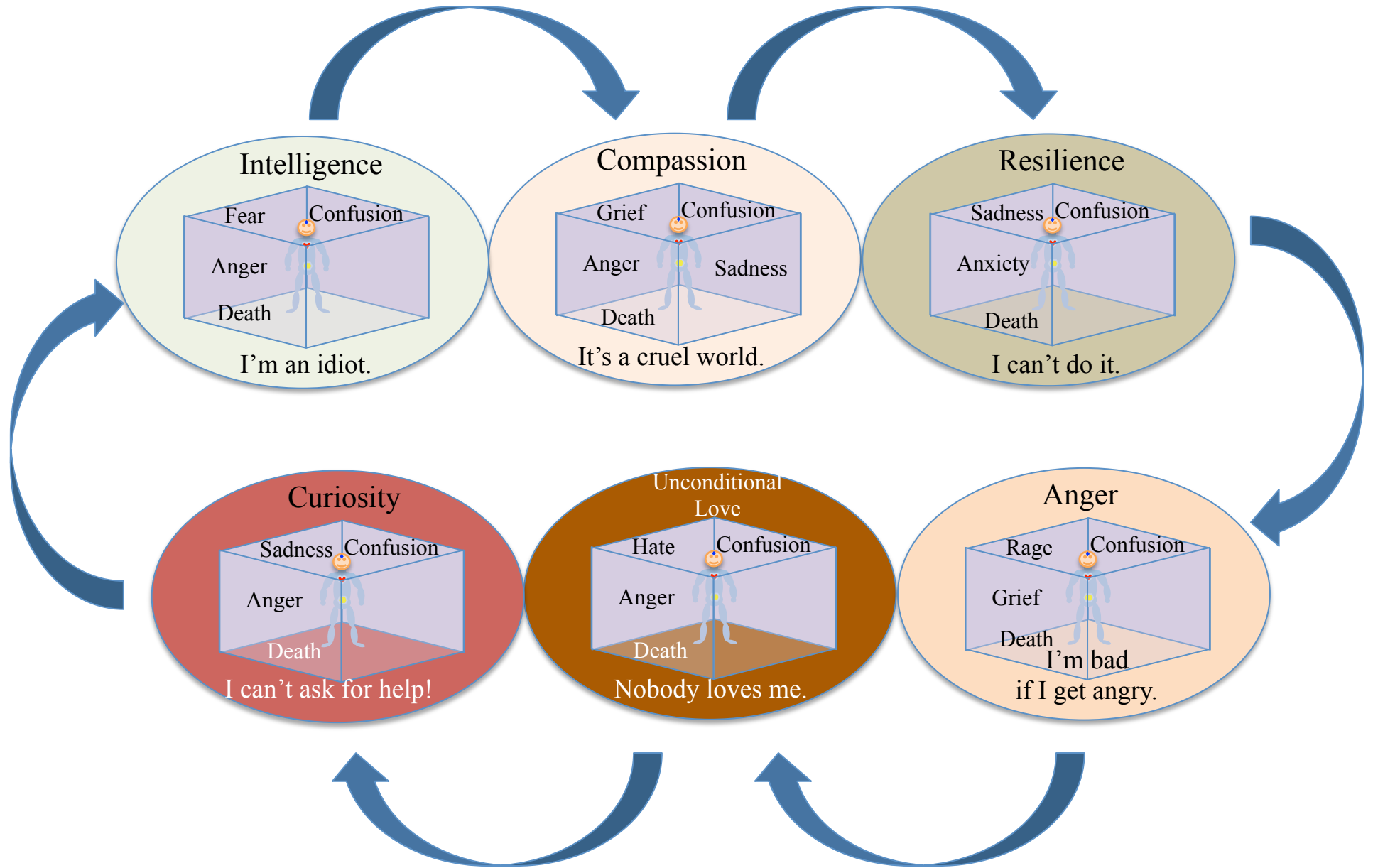


There is a chronic activation of the flight-fight-immobilization circuit.

Effects of Sympathetic Nervous System Activation



How We Spend Our Days Bouncing Off Our Past Pain



How Do We Cope With The Pain



<https://www.autismag.org/news/addictions-and-adhd-the-risks-associated-with-substance-abuse/>

Breathing in the Three Centers

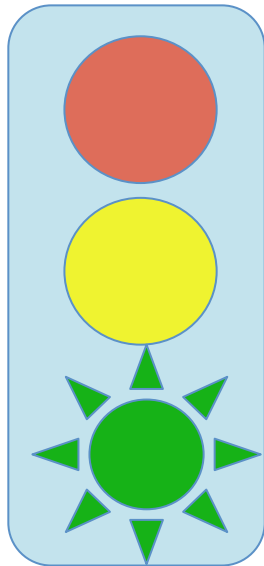
1. Find the center of your head. You don't need to force yourself in there and don't strain your eyes trying to see it. Just relax into the middle of your head. It's a very small point. Focus but don't strain to focus there.
2. Now initiate the breath from the center of the head as if there was a small pocket of air surrounding the center. Allow the center to expand on the inhale and contract on the exhale. This is subtle breath initiated by the center of the head and the lungs may follow and that's okay. And the exhale is initiated by the center of the head and the lungs may follow. That's fine.
3. Now find your heart center, deep toward the subtle core of your body. It's a very small point. Focus but don't strain to focus there.
4. Now initiate the breath from the heart center as if there was a small pocket of air surrounding the center. Allow the center to expand on the inhale and contract on the exhale. This is subtle breath initiated by the heart center and the lungs may follow and that's okay. And the exhale is initiated by the heart center and the lungs may follow. That's fine.
5. Now find your pelvic/belly center, deep toward the subtle core of your body. It's a very small point. Focus but don't strain to focus there.
6. Now initiate the breath from the pelvic center as if there was a small pocket of air surrounding the center. Allow the center to expand on the inhale and contract on the exhale. This is subtle breath initiated by the pelvic center and the lungs may follow and that's okay. And the exhale is initiated by the pelvic center and the lungs may follow. That's fine.
7. Now find your all three centers at the same time, but if you can't find all three, then start with the head and add the other two as you can. Now initiate the breath from all three centers with all three centers expanding on the inhale and contracting on the exhale.

Realization: There must be more. Society doesn't seem to work. It is insanity and I don't want to be insane anymore. And thus begins the search for wholeness. The Rot begins.

Religions, philosophies, yoga, self-help – fix, **fix**, **fix**

- Emotions such as anger, rage, hate and sadness are bad. This is a denial of our human-ness.
- Emotions such as happiness, joy, bliss and contentment are good. Results in spiritual bypassing.
- Ego is bad. You have to destroy, kill, get rid of it.

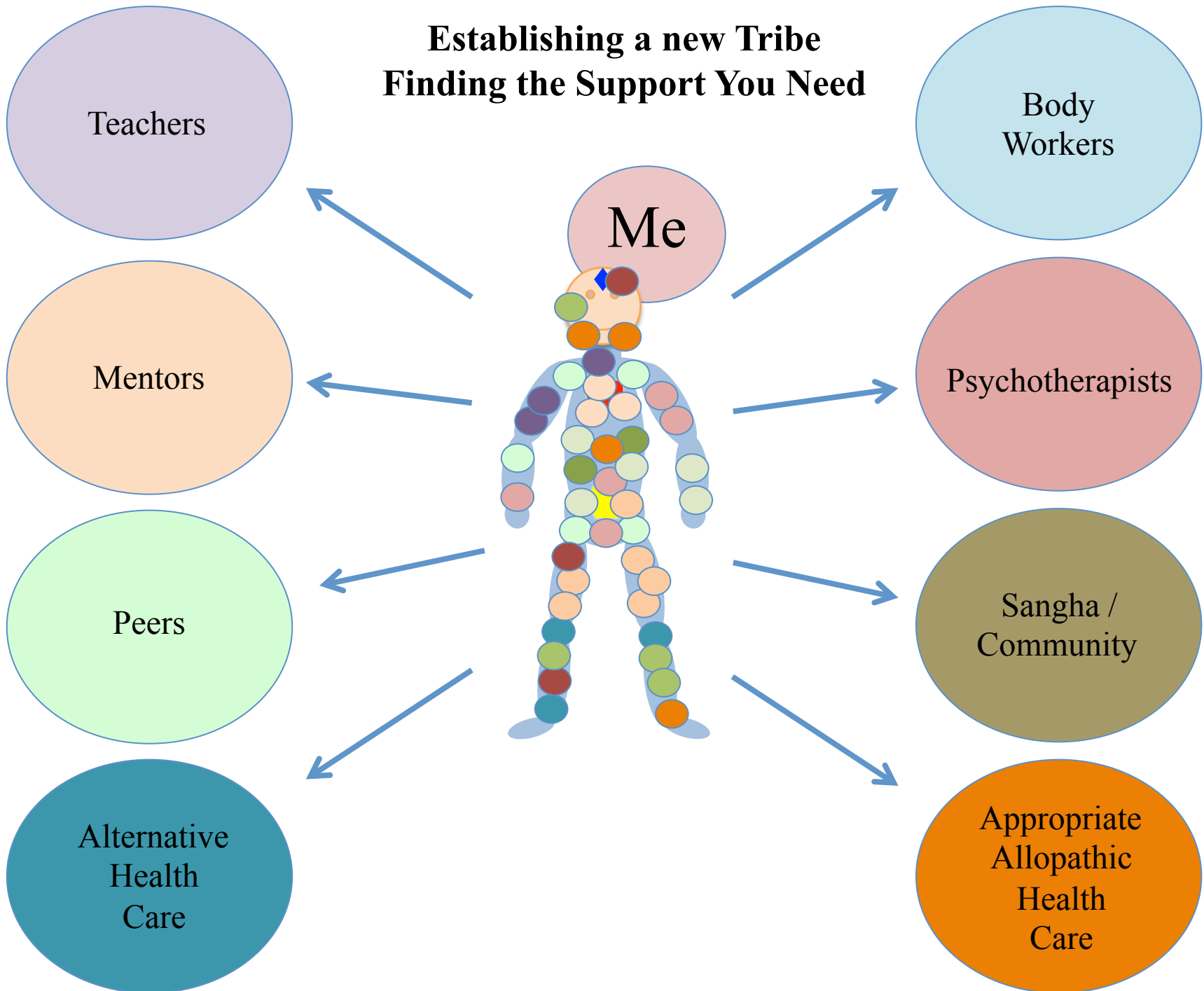
Trillium Awakening – What if we just sit what IS without judgment of right or wrong and see what happens?



Greenlighting

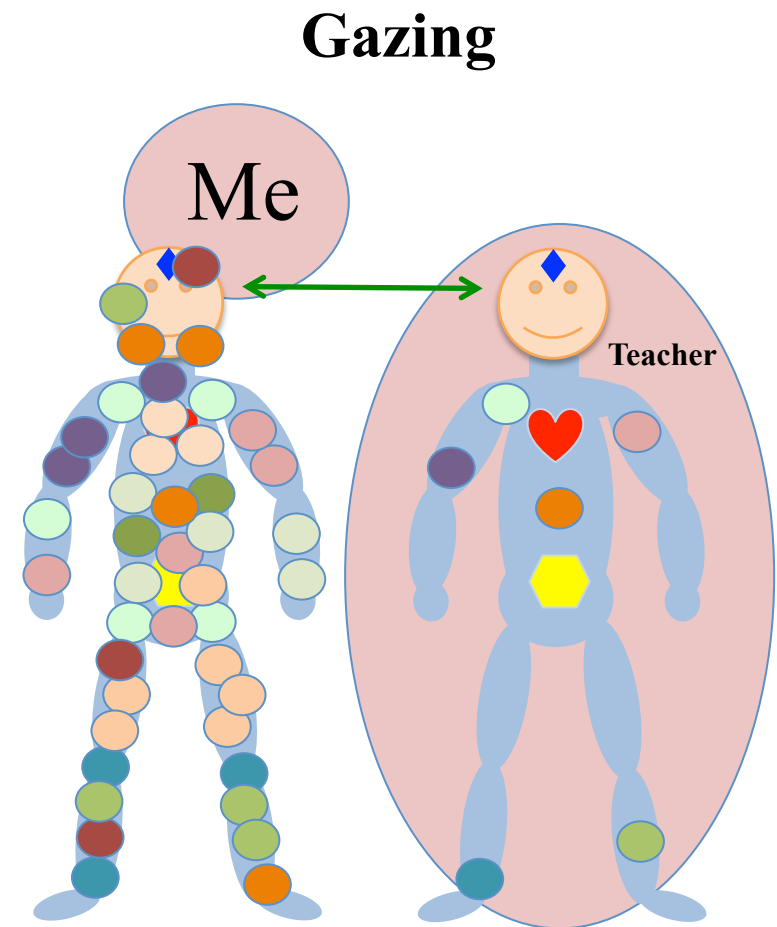
As we sit with you, we listen to your stories and the content associated with it, we witness and validate your experience in a safe environment and then over time, sensations in the body will draw you downwards to land in the energies that are stored or frozen there. As you sit with the sensations of these stored energies a processing or “digestion” happens that frees the underlying aspect of your Being allowing it to be expressed again. The release might be physical, emotional, energetic or a realization.

Establishing a new Tribe Finding the Support You Need

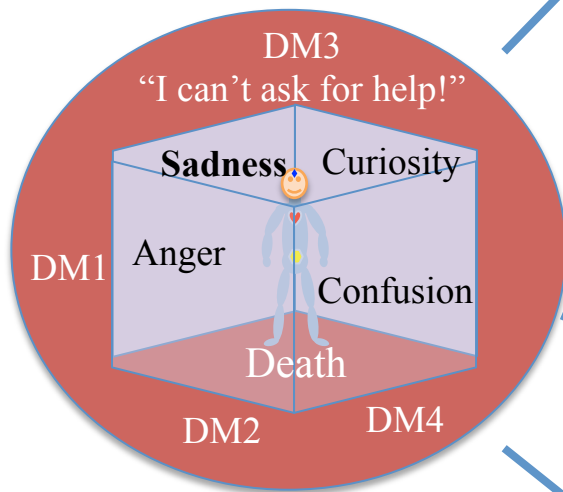


Gazing has a number of wonderful qualities:

1. It allows a person to be seen, really seen for who they are without judgment.
2. The teacher provides a transmission of an embodied awakened individual to the student. The paradoxical condition the teacher is living is inexplicable to the rational mind, but the body and whole being understand it intuitively.
3. The teacher provides a model / mirror to the student's subconscious mind of an individual who has had a Whole Being Realization. The subconscious mind then begins the process of mimicking that in your unique way to free up resources in order for the student to have this same type of realization.



Sitting with the discomfort



Working with a button is an unwinding of a lifetime of experience that typically begins with a detail description of events followed later by an emotional release of the intense primary emotion stored there that wasn't allowed to be expressed for fear of annihilation.

The release of the emotion usually also involves the disassembling of DM1 and DM2, the defense mechanisms which frees a lot of energy that was used for suppression.

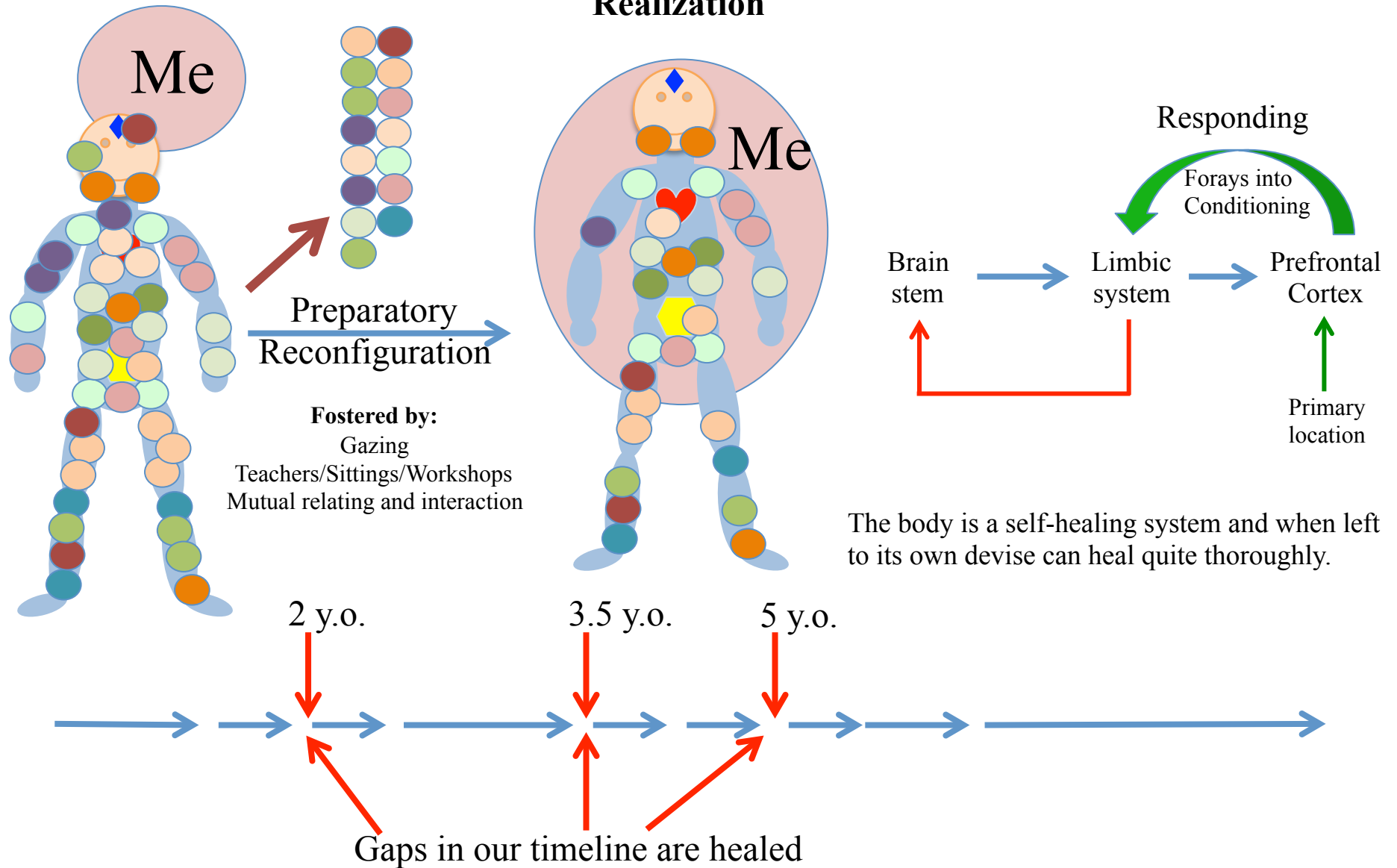
DM4 – With the release of the tension associated with the muscle constriction, a portion of my body has more feeling and is more supple. The muscular neural circuit that was usurped by the ego for constriction and numbing is returned to the body's control.

Reframing of DM3 and the recognition I have more than one option on how to respond: I have the right to ask others to help me and it doesn't reflect on my intelligence or my self-worth.

This leads to an integration of the unprocessed "trauma" memory being stored in short term memory into long term memory and a re-establishment of that portion of our timeline.

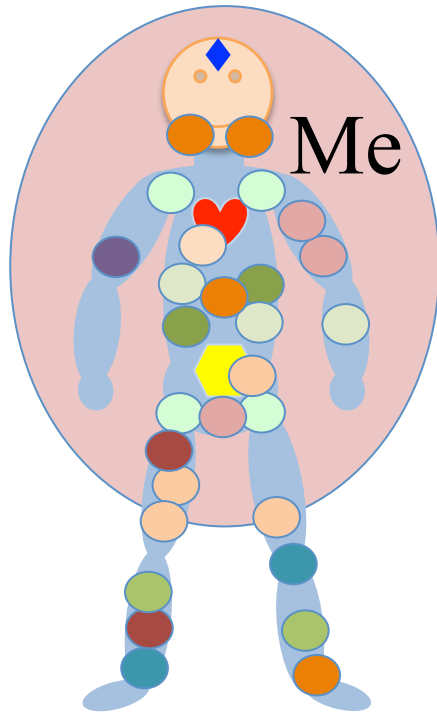
Progressive Reconfiguration

Whole Being Realization

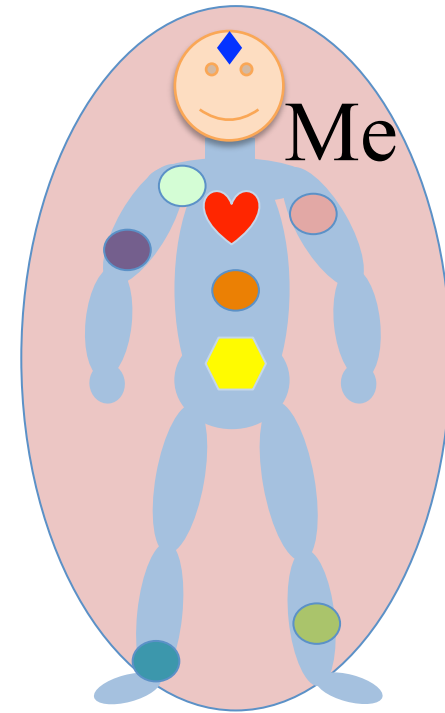


Progressive Reconfiguration

**Whole Being
Realization**



**Sacred
Reconfiguration**



Fostered by:

Expanded states of consciousness
Embodying / physical experiences
Mutual relating and interaction

2 y.o.

3.5 y.o.

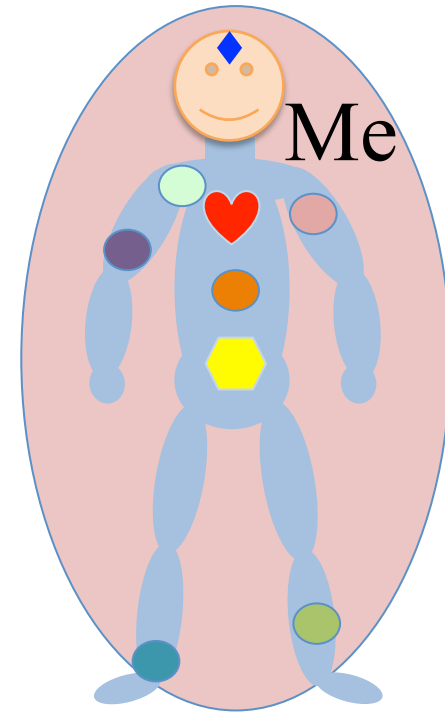
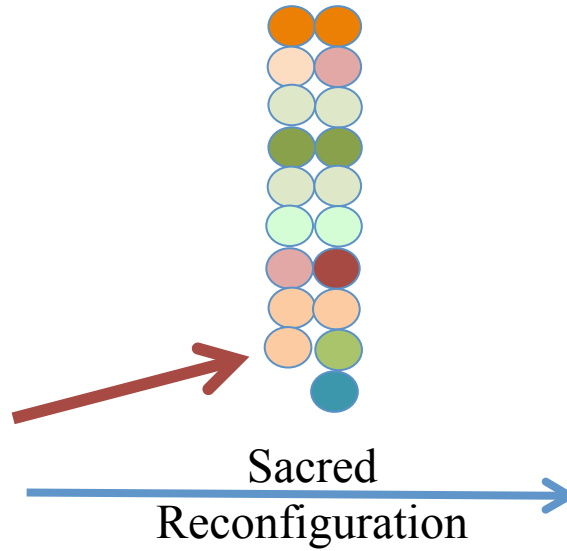
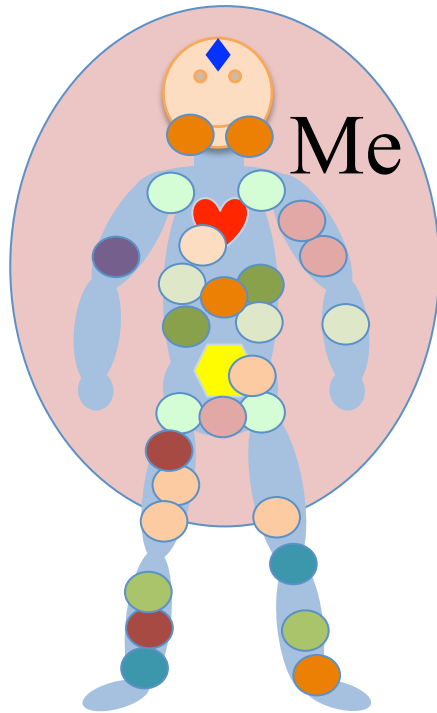
5 y.o.



Gaps in our timeline are healed

Progressive Reconfiguration

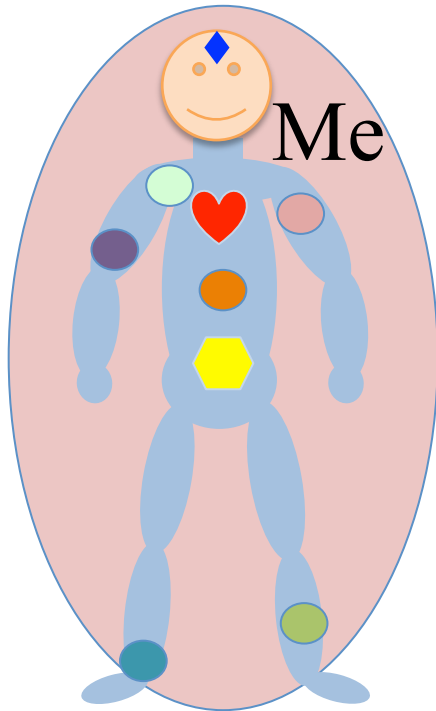
**Whole Being
Realization**



Further Awakenings

- Further Clarifications of Mind
- Individuation
- Further Clarifications of Heart
- Further Clarifications of Being
- No Self / Singularity

Lopsided Nature of Developing One Center To the Exclusion of Others

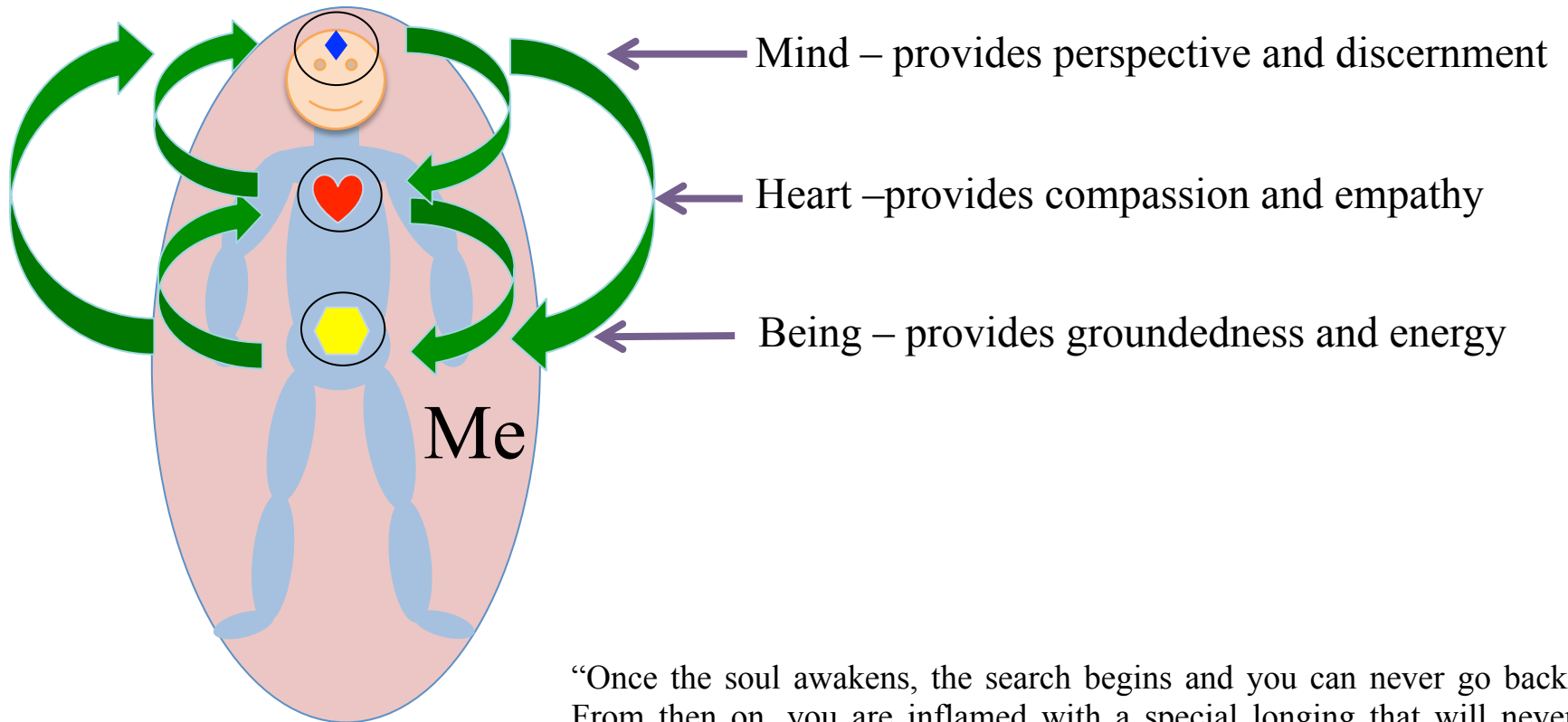


Mind – Will come to the conclusion that everything is Mind, only consciousness exist and everything else is illusion: emotions, body and external reality are not real. Advaita and spiritual bypassing because emotions and physical trauma are not real. Life becomes boring. Duality is an illusion.

Heart – Will come to be overwhelmed by emotions and feel as if it is on a constantly moving ocean of energy. Empathy with the world is too much to bear. Without mind to regulate, excessive emotionality will rule. Will come to the ultimate conclusion that everything is Love and nothing else is needed. Mind is too cold and unemotional. It may hurt to be in a body and/or there may be a sense that incarnation is too painful too bear any longer.

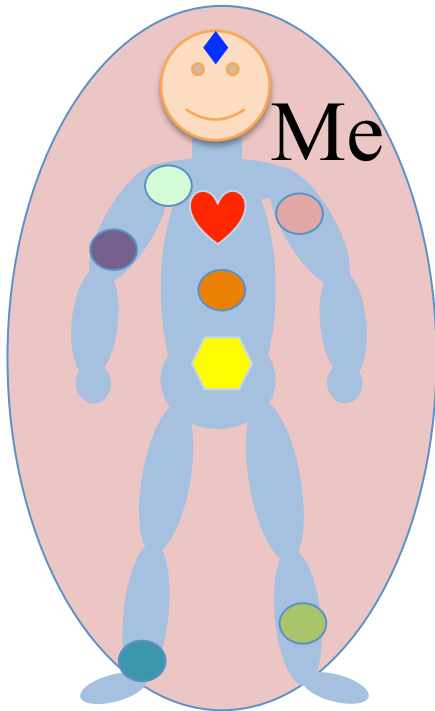
Being – Physical reality is all there is. May become hedonistic or lost in excessive physicality because so much energy is being experienced coursing through the body. Life is meant to be savored and Mind and Heart are over-rated and don't get it. Loss of empathy and perspective on caring for self and others.

Balanced Development



“Once the soul awakens, the search begins and you can never go back. From then on, you are inflamed with a special longing that will never again let you linger in the lowlands of complacency and partial fulfillment. The eternal makes you urgent. You are loath to let compromise or the threat of danger hold you back from striving toward the summit of fulfillment.” **John O'Donohue, Anam Cara: A Book of Celtic Wisdom**

Where do we go from here?



Curiosity about our essential nature as consciousness and our essential qualities as expression of our authentic self.

Explore our desire to serve Other / Tribe / World.

Explore the depths of our interconnected to all humans and the Universe and realize that we are “organs of perceptions” of Reality.

Comfortable with “Not Knowing” and the paradox of Infinite and Finite.

The Brain as well as the Body are evolving to handle higher and more refined states of Consciousness. Higher vibrational capacity.

Realization is realizing Realization.

