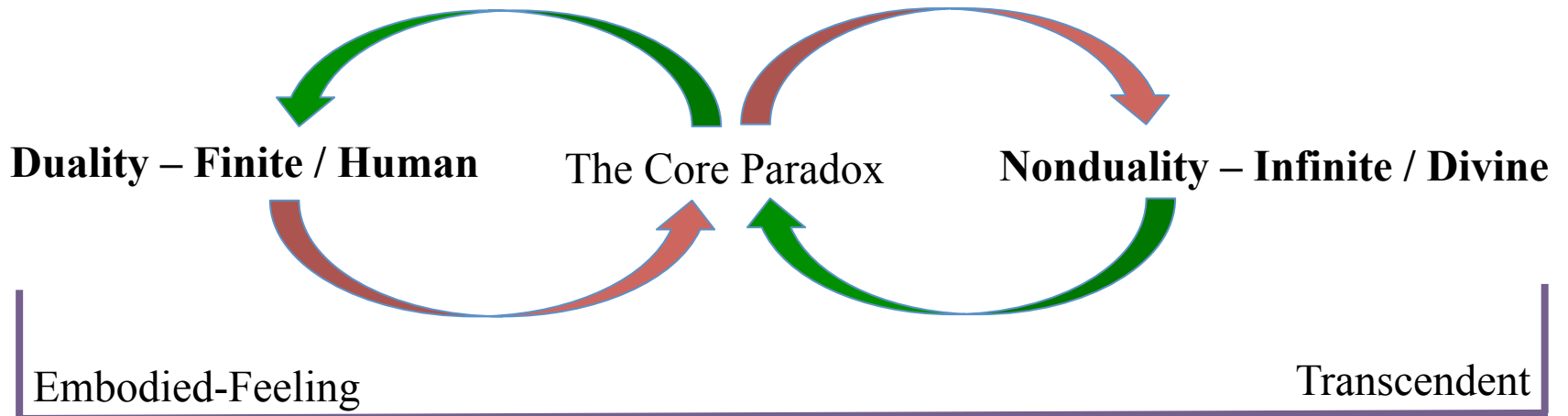


Core Wound to Core Mystery:

Stages of Awakening

Jim Trofatter – January 21, 2021 – TA Dharma Talk

Point Of View – Trillium Awakening



Consciousness

The infinite transcendent ground which is always registering everything while remaining untouched and unbounded.

Core Paradox – Core Wound and the Core Mystery

Core Paradox – Core Wound

- The Core Paradox is a fundamental split at the core of your sense of self that is subtly experienced as existential angst or feelings of confusion, separateness, or insufficiency.
- It happens because you are both a finite, limited human being AND infinite Consciousness, non-separate from the entire cosmos, occurring in a paradox of simultaneity.
- This juxtaposition of very different aspects creates a “rub” or tension at the core that you mistakenly interpret as your being “wrong,” “bad”, or “unworthy”, but it’s only the paradoxical condition of your divine and human nature—as yet unrecognized.
- This paradox is the prime mover of all experience and human behavior, because it drives a search for an “answer to the problem” of your existence.
- The core paradox does not need to be “fixed,” but only brought into full awareness.
- The core paradox is not the same as core issues: core issues are unique to each person and have a personal story associated with them, while the core paradox is existential and universal.
- A sense of contraction and pain can be especially pronounced in people who have not yet fully embraced or relaxed into their paradoxical nature (yet it can and will occur at times in those who have awakened, as well).



<https://www.oneearth.org/species-of-the-week-chinese-water-deer/>



<https://www.phillyvoice.com/baby-hiccups-reason-brain-development/>



<https://somerwherebetween.co/how-im-surviving-moody-tweens/>



- This juxtaposition of very different aspects creates a “rub” or tension at the core that you mistakenly interpret as your being “wrong,” “bad”, or “unworthy”, but it’s only the paradoxical condition of your divine and human nature—as yet unrecognized.

Healthy Progression Through Development

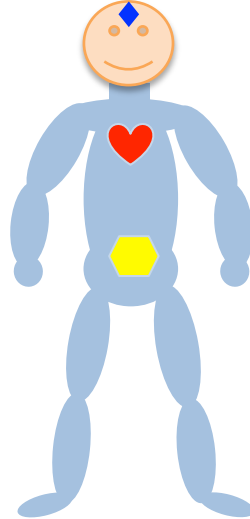
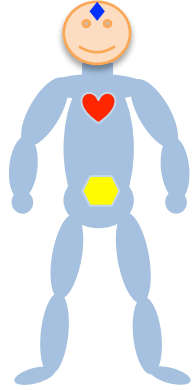
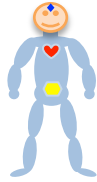
Physicality
Brain Stem



Emotionality
Limbic System



Mentality
Pre-frontal Cortex



0-2.5 years of age

2.5-14 years of age

>7 years of age

Physicality



Emotionality



Mentality



Mirroring Healthy Development

Physicality

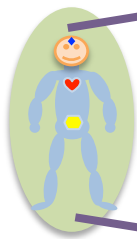


Emotionality

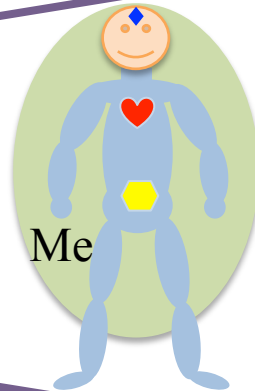


Mentality

Adult

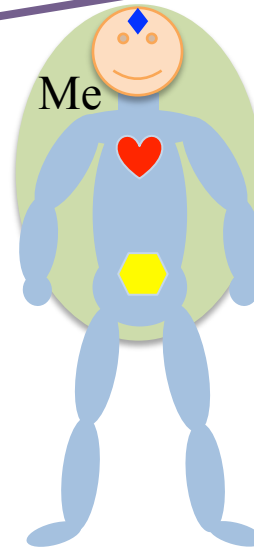


0-2.5 years of age



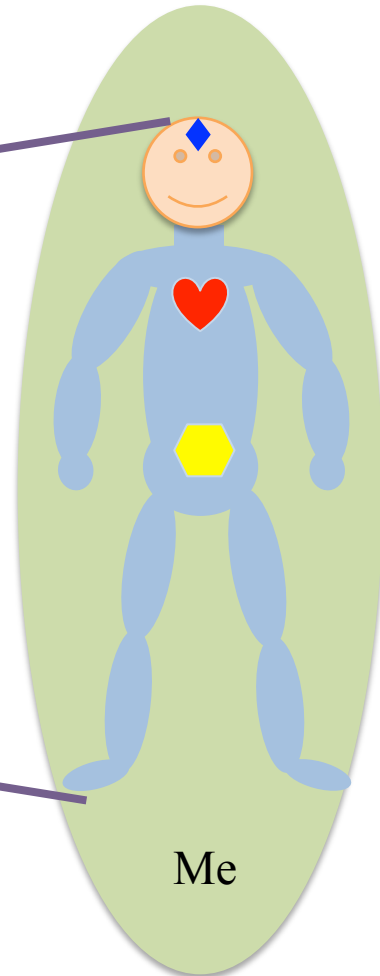
Me

2.5-14 years of age



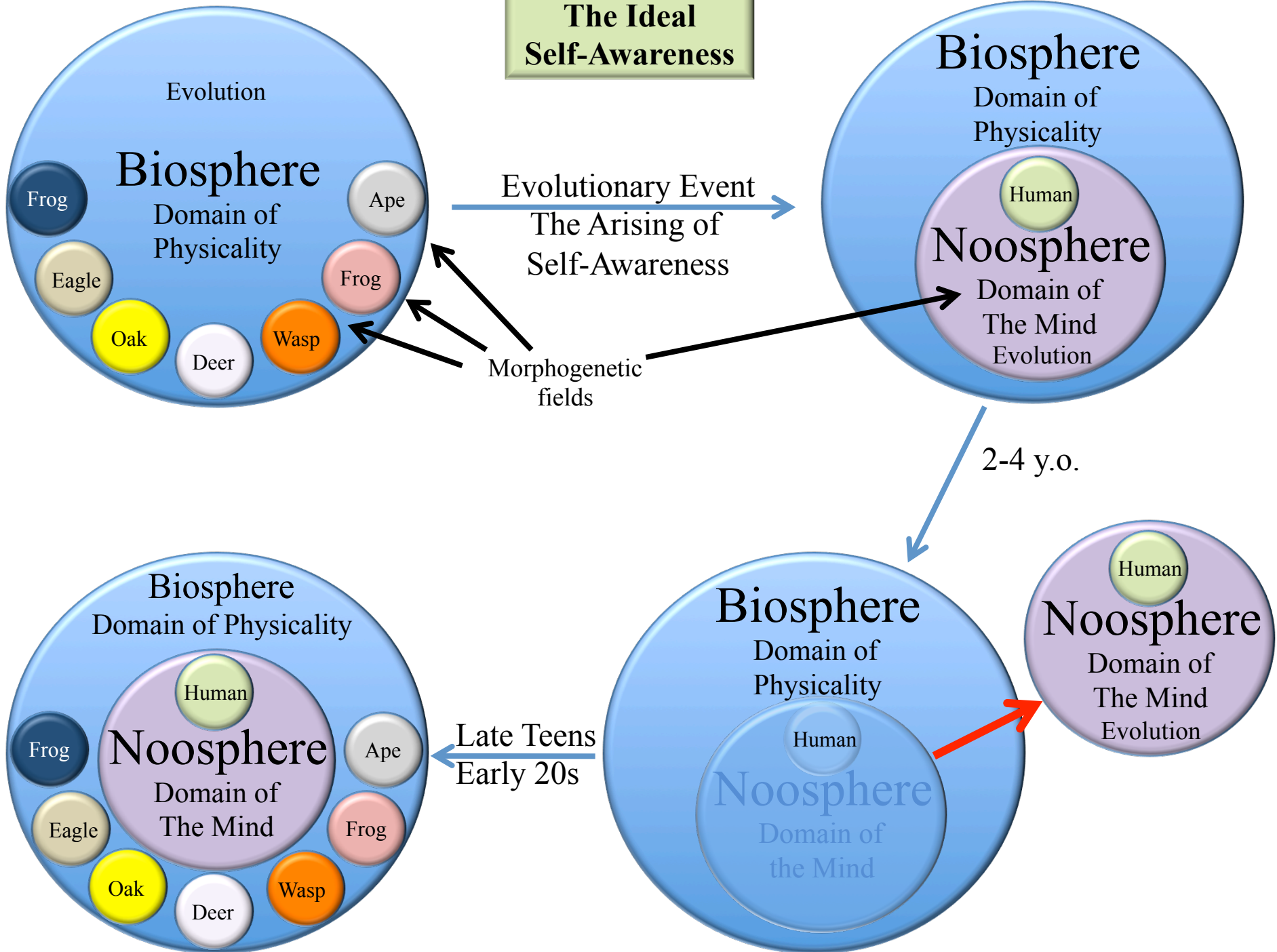
Me

>7 years of age

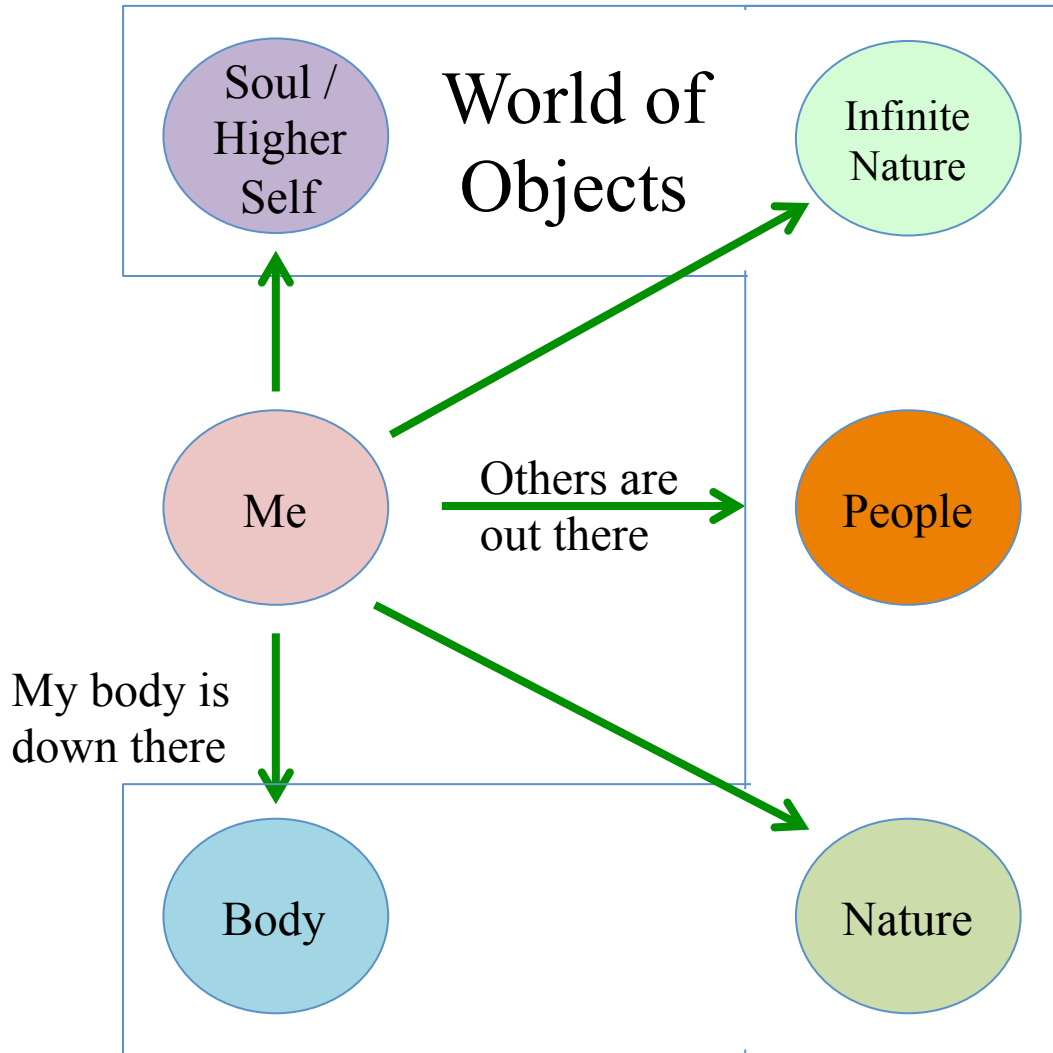


Me

**The Ideal
Self-Awareness**



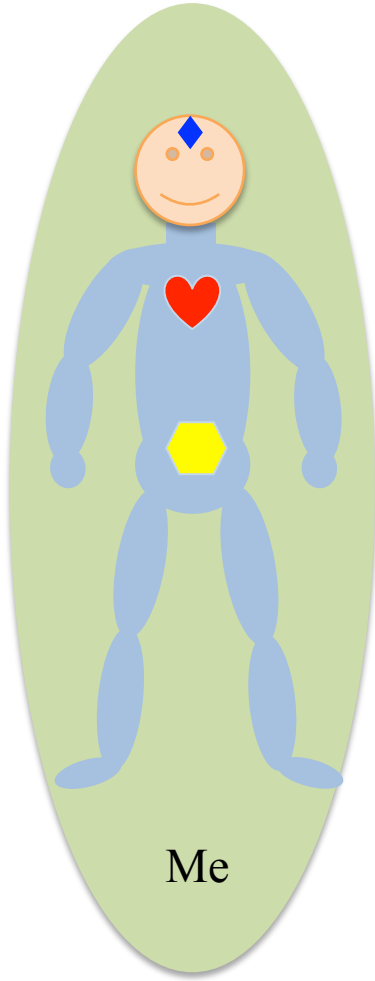
Consequences of Biosphere / Noosphere (Body / Mind) Split



- 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.

Ideal vs Reality

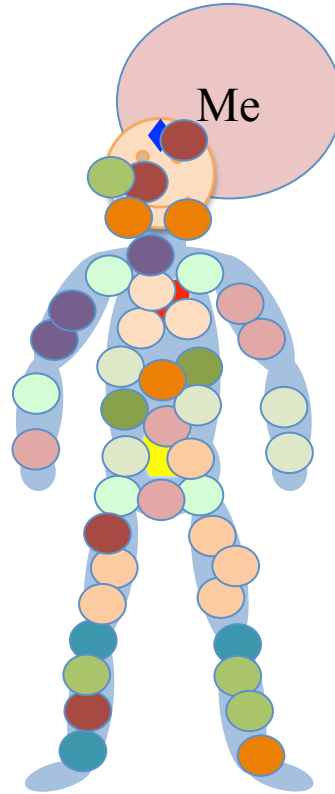
Adult



Me

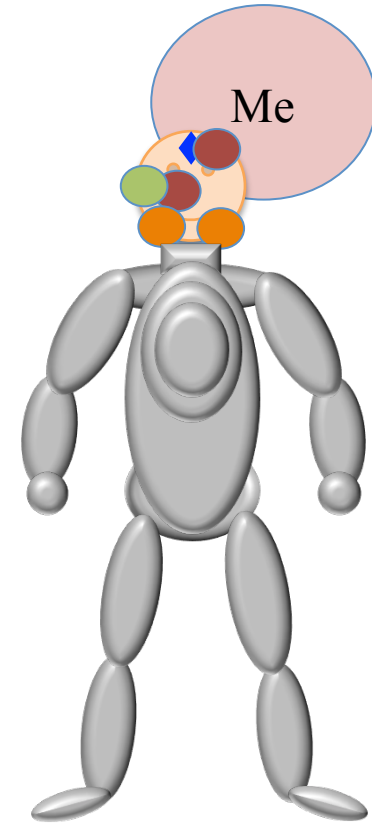
In our
Center

Adult



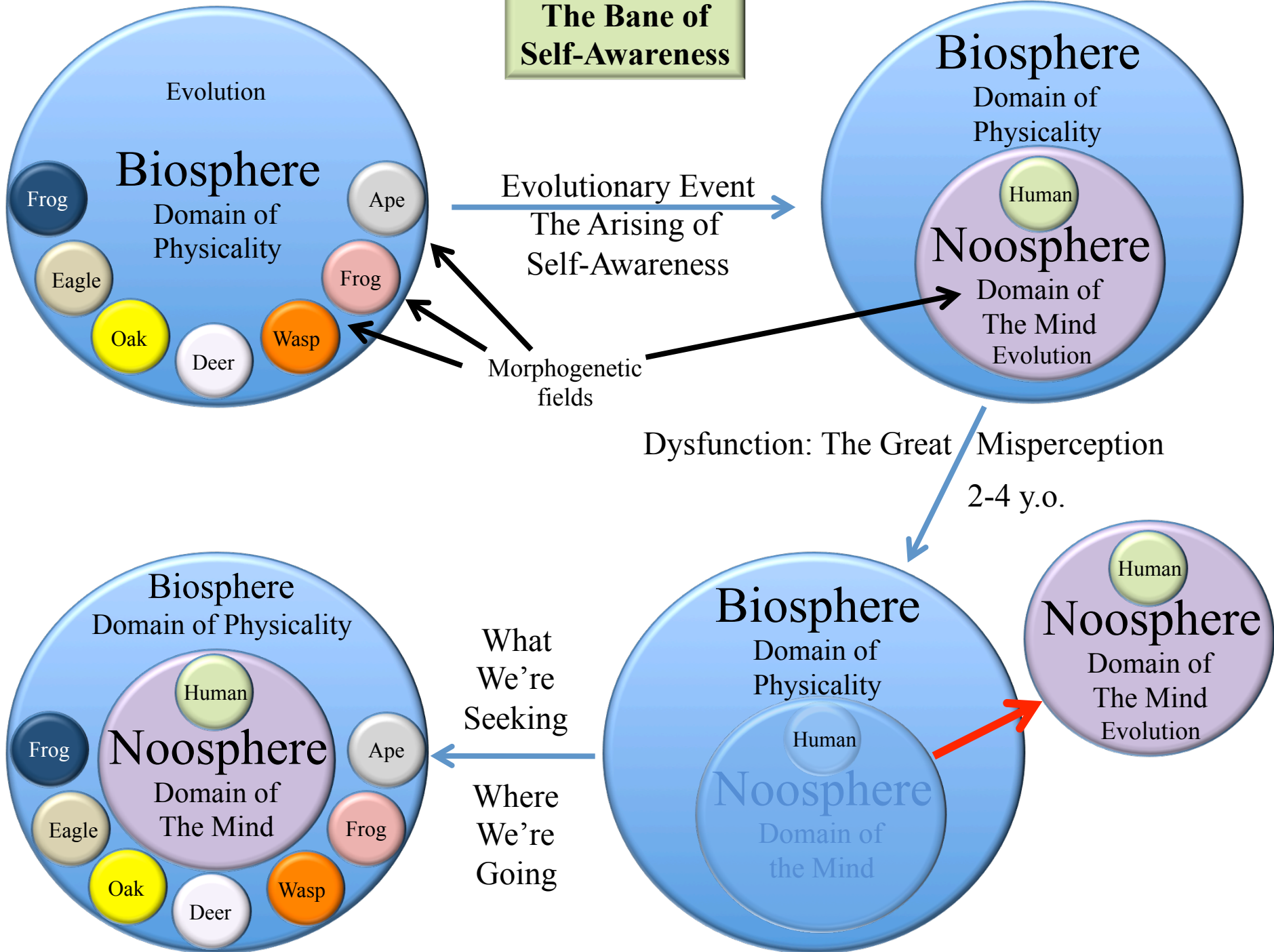
Out of our
Center

Adult

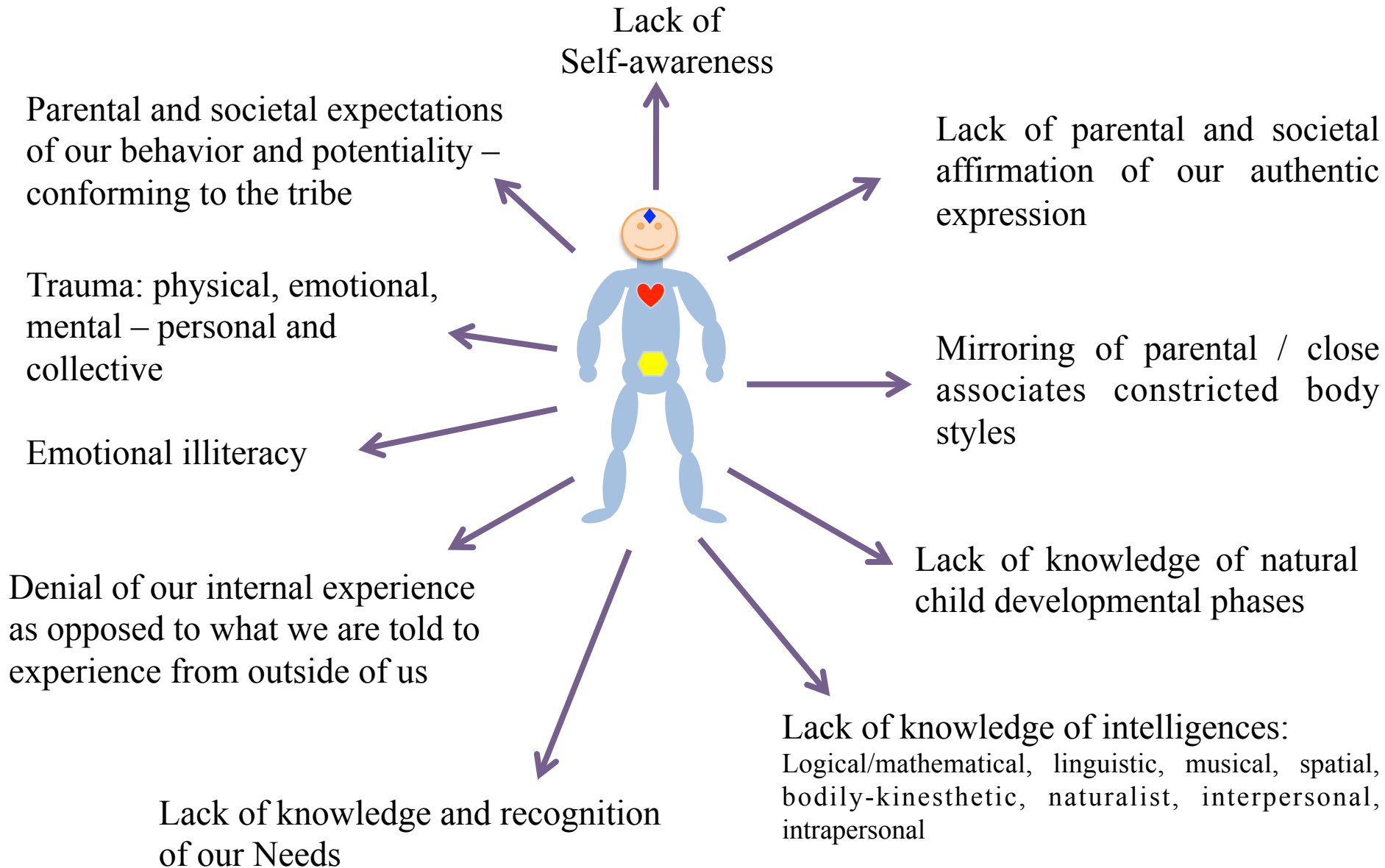


Out of our
Center

The Bane of Self-Awareness

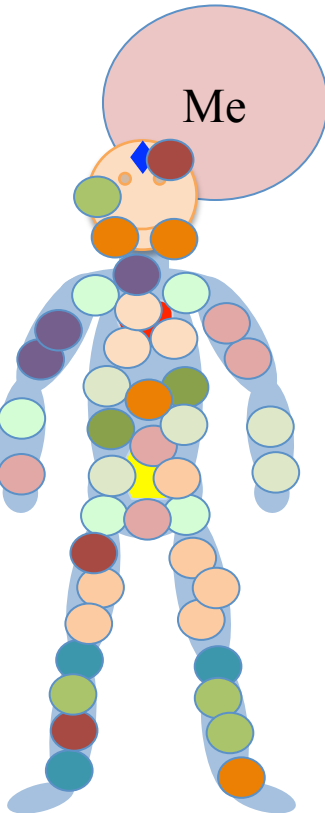


How does our sense of disconnect get accentuated?

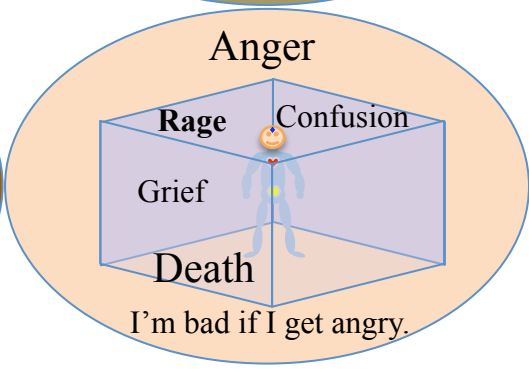
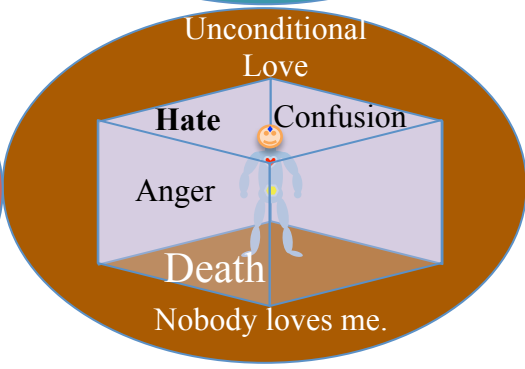
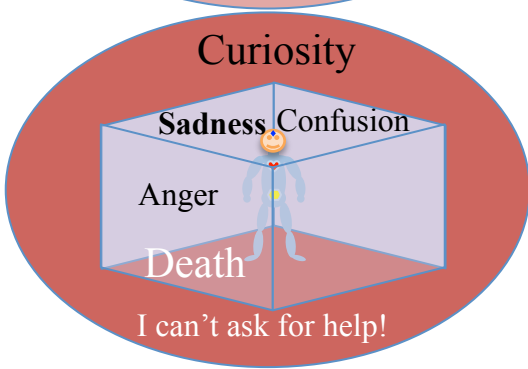
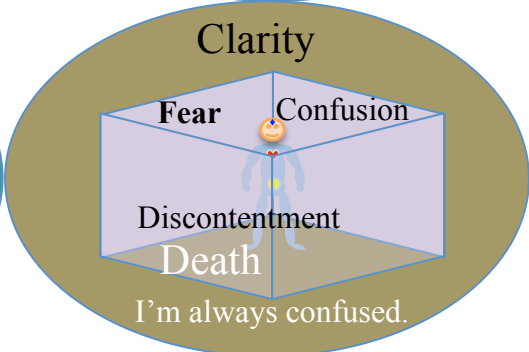
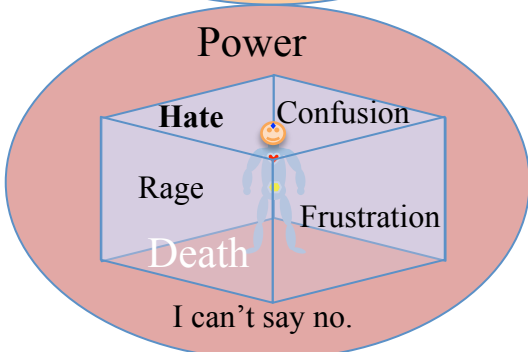
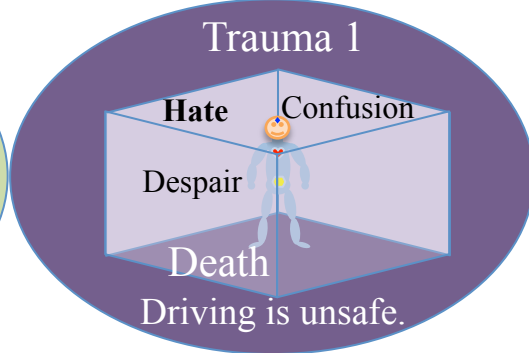
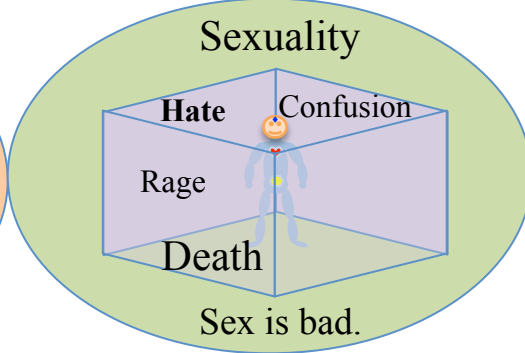
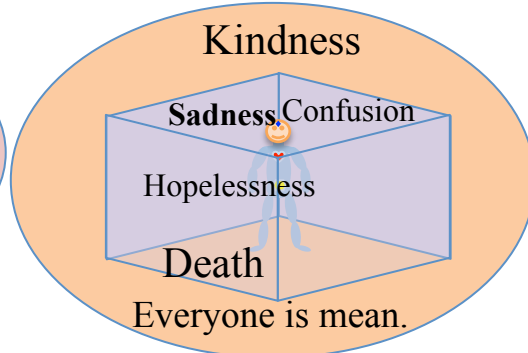
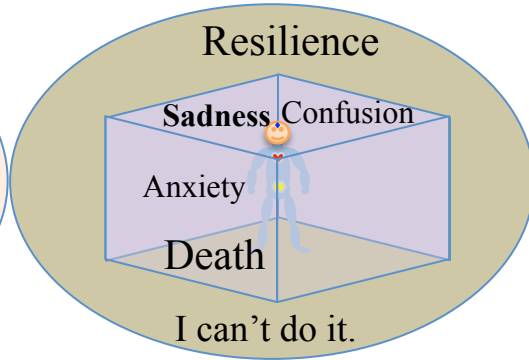
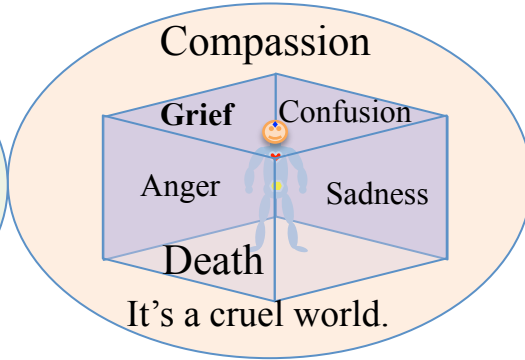
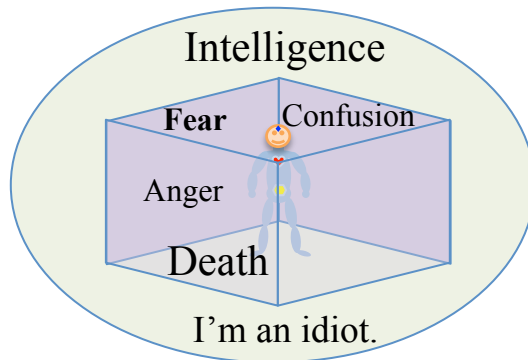


Buttons?

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

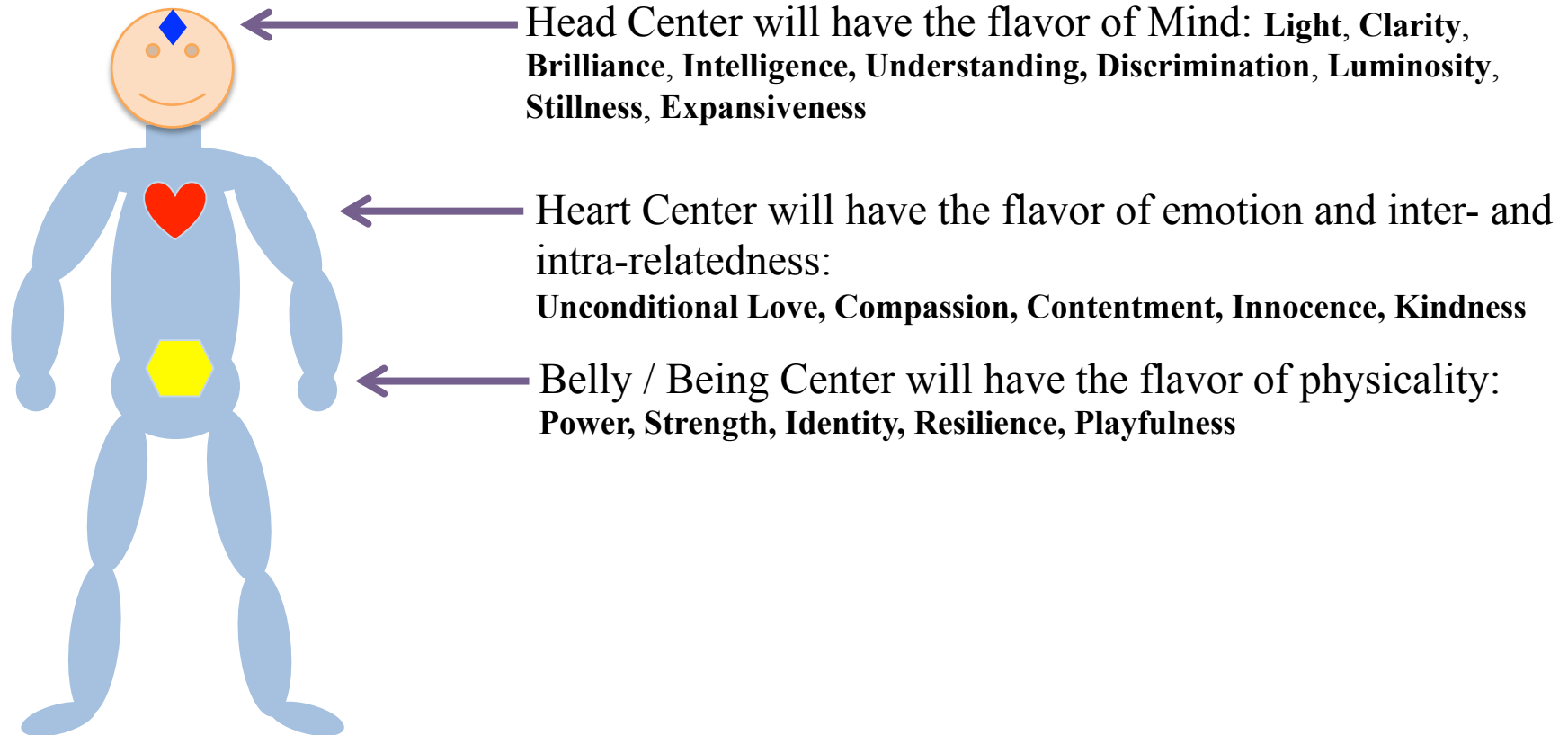


We are typically not aware of any of this.



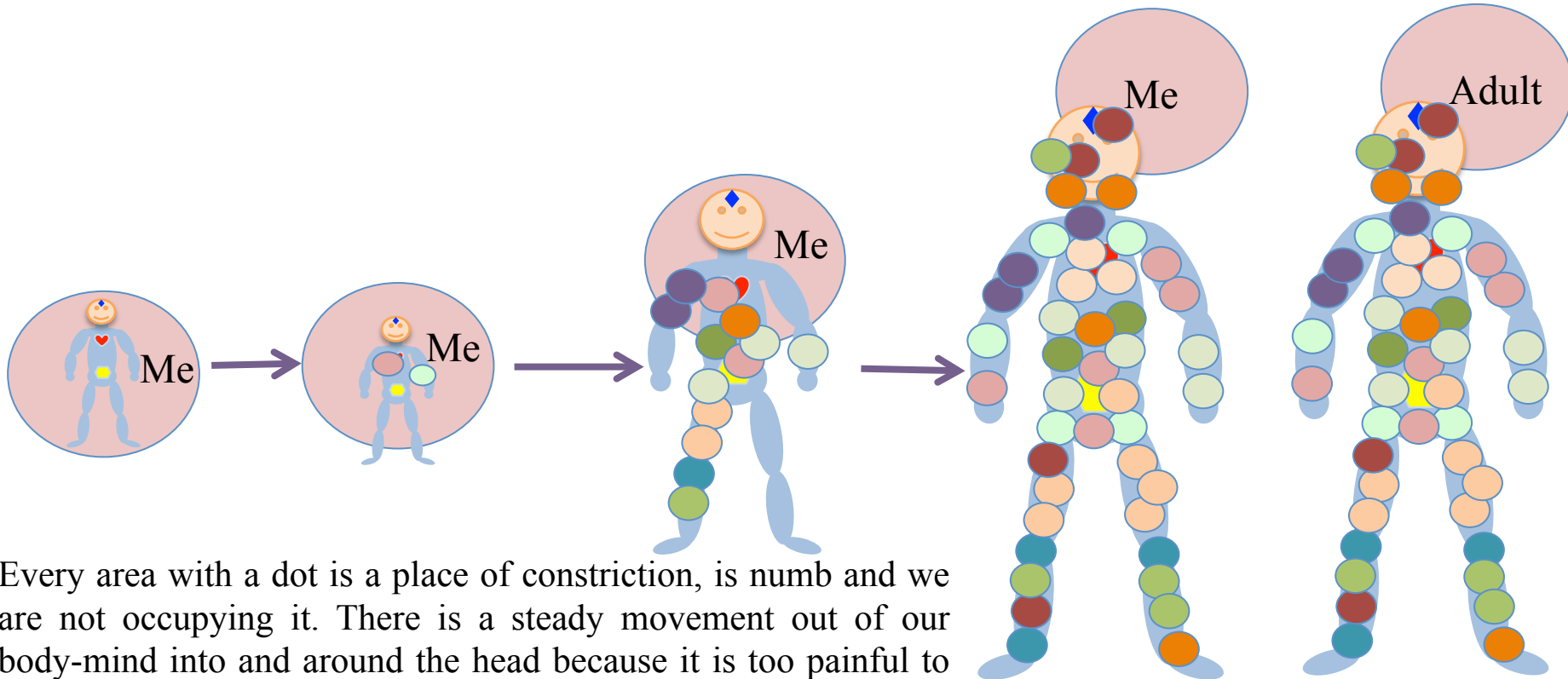
Essential Qualities

Essential Qualities – essential qualities are characteristics or tastes of consciousness. They become innate capacities as we explore them and they become embodied. This leads to the paradoxical experience of feeling more solidity as a human and yet also more spaciousness at the same time. An essential quality can never be completely known since it is an aspect of infinite consciousness and cannot be truly separated from it.



Unhealthy Mirroring Through Development

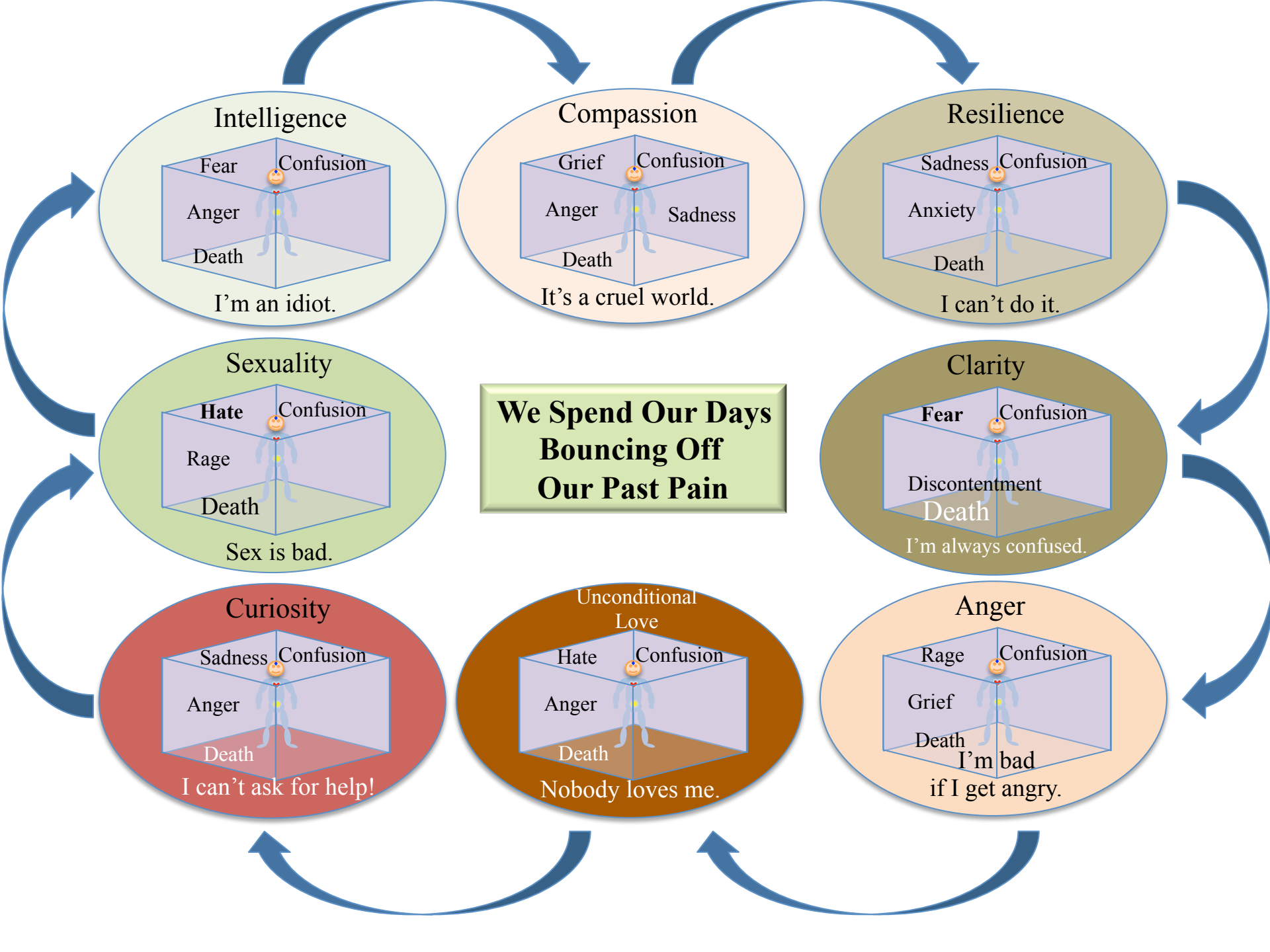
Buttons / defensive structures accumulate over time.



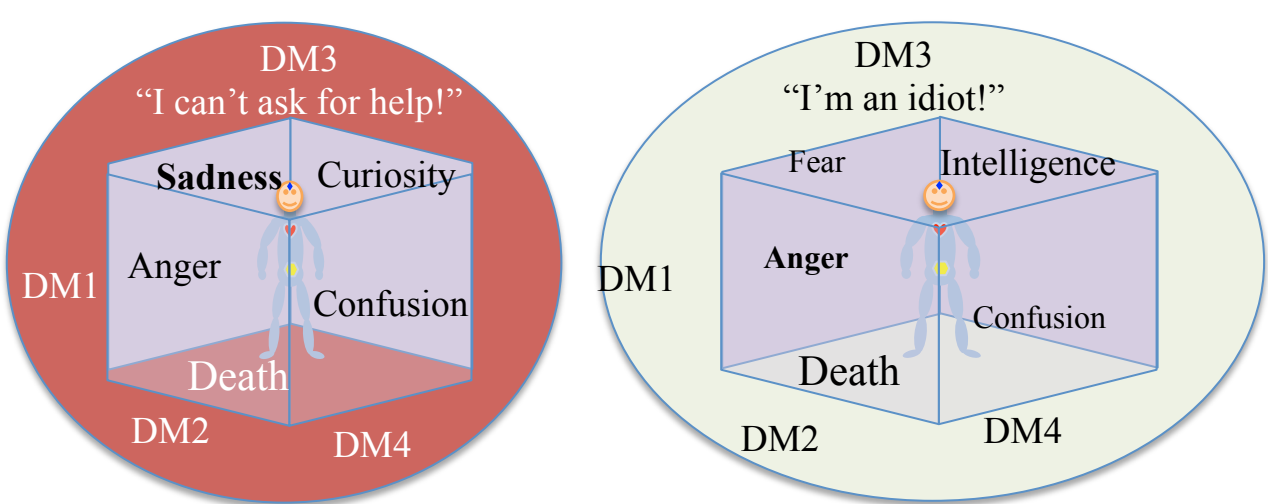
Every area with a dot is a place of constriction, is numb and we are not occupying it. There is a steady movement out of our body-mind into and around the head because it is too painful to be in the body.

These constrictions compromise the integrity of the three centers and the qualities associated with each center are used for my protection and defense instead of my empowerment and the empowerment of others.

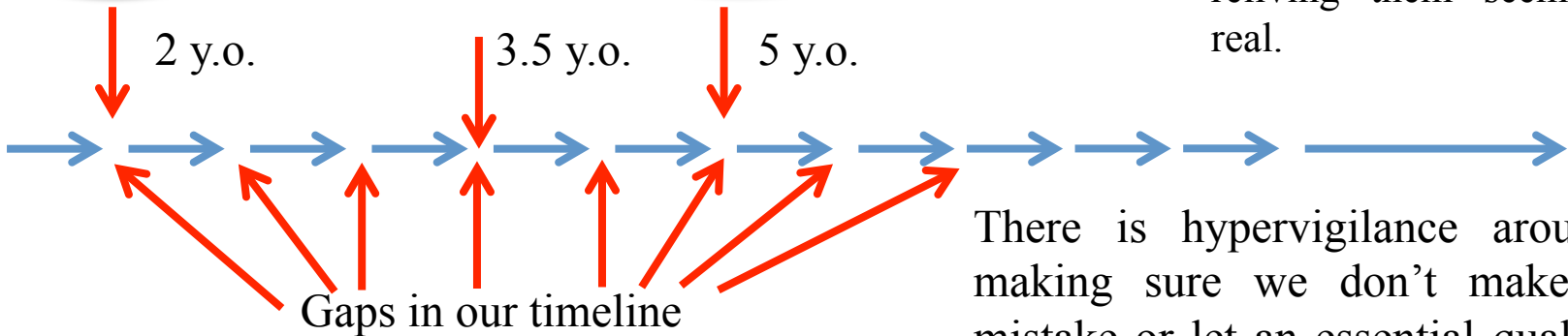
Lots of buttons for people to push.



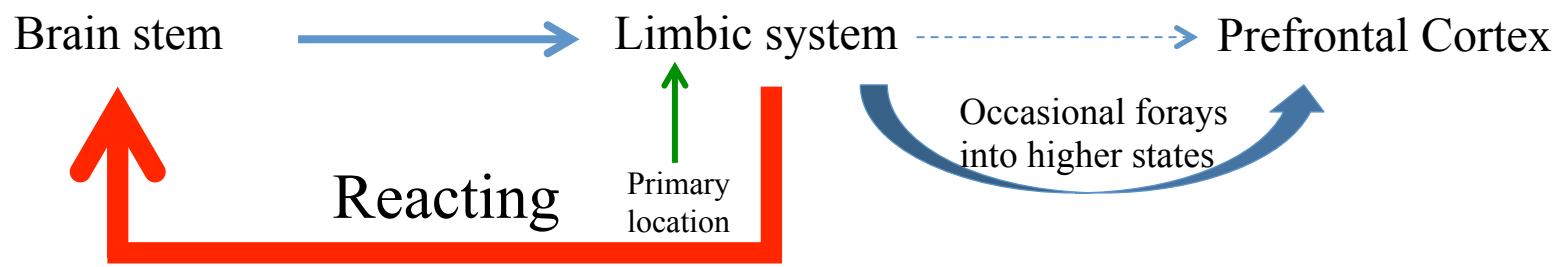
Our Timeline



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-freeze and immobilization circuitries.

Our First Realization

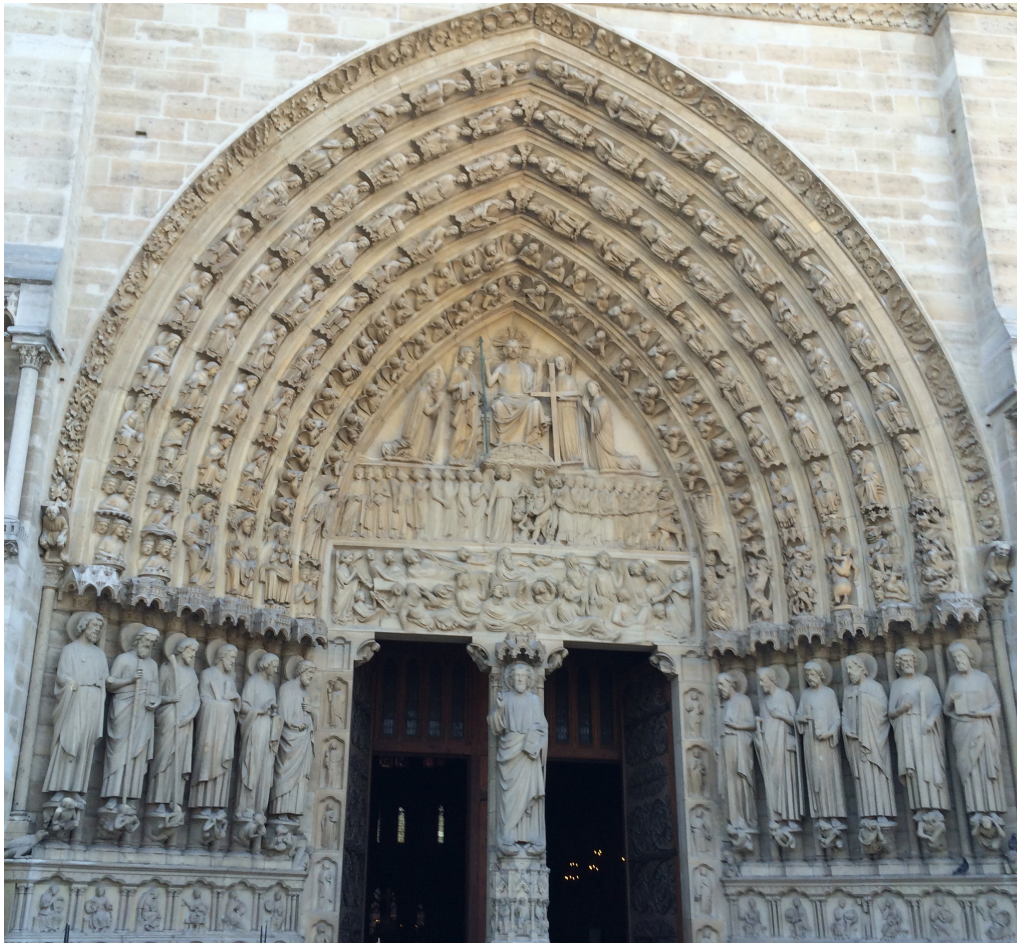
Realization: There must be more. Society doesn't seem to work. It is insanity and I don't want to be insane anymore. And thus begins the search for wholeness. The Rot begins.

We will first turn to the traditional modes of searching because we need to fix, **fix**, **fix**...

Psychotherapy



Religion/Philosophies



<https://www.irishtimes.com/culture/coronavirus-how-can-philosophy-help-us-in-this-time-of-crisis-1.4205889>

Yoga and Meditation

