

Who are you, really?

A Deeper Dive



Carl Rogers story

Rachel Naomi Remen



The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers

Forgiveness

- ▶ Hurt by the impact another's communication
- ▶ Inquiry with self: what's here and who's here
- ▶ Anything more to do?
- ▶ Is reconciliation desired?
- ▶ Communicate impact-I feel, I think, I want
- ▶ Respond to other's communication, renegotiate relationship (pinch)
- ▶ Forgiveness and boundaries

Review and Questions

- ▶ **Change**
 - ▶ Shock, Defensive Retreat, Acceptance, Next Change
- ▶ **Listening**
 - ▶ Compassionate listening, Intention to Understand
- ▶ **Compassion Fatigue**
- ▶ **Presence**
- ▶ **Empathy/Compassion**



The Child's Dilemma

- ▶ **When not nurtured, supported, held, or cared for, the child, unable to find fault with the parent because that is simply too terrifying, blames themselves for the rupture and thus tries to control the situation by changing their behavior.**
- ▶ **This happens no matter the intention or skill of parenting because rupture of connection is inevitable. So ultimately it is the dilemma of being human. It is the fall from grace and abandoning who we truly are.**



Startling Conclusion

- ▶ **We are biologically hard wired to be in relationship. Relationship is essential for survival, learning and sanity.**
- ▶ **Without relationship we lose our humanity.**
- ▶ **Because we need it so much, the loss or threatened loss of it is devastating. Being disconnected hurts.**

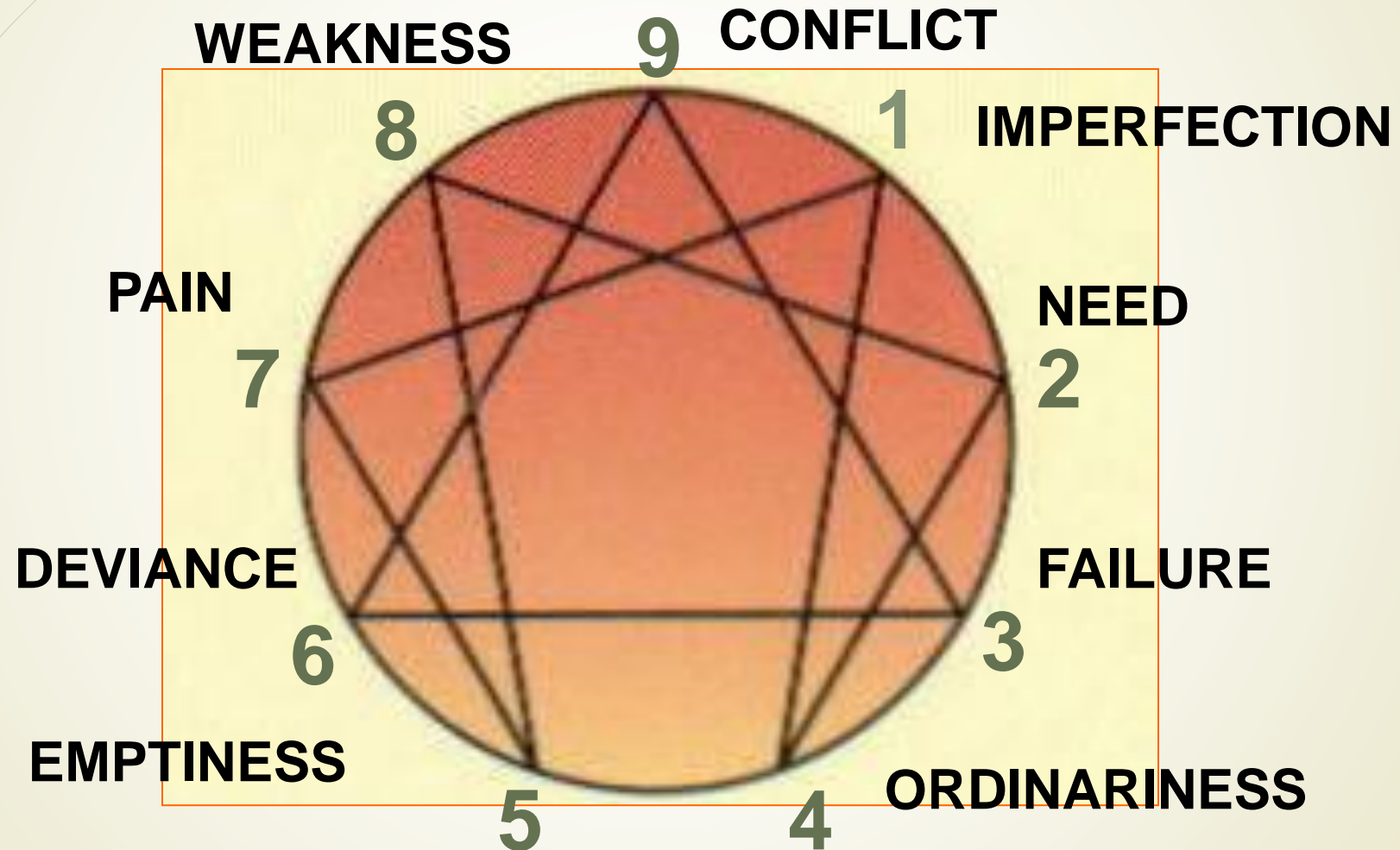


Enneagram

- 1 I am good if I do what's right
- 2 I am good if I am loving and loved
- 3 I am good if I am acceptable and others think well of me
- 4 I am good if I am self-aware and remain true to myself
- 5 I am good if I am insightful and have mastered something
- 6 I am good if I feel secure and do what's expected
- 7 I am good if I am happy and getting what I want
- 8 I am good if I am strong and in control
- 9 I am good as long as everyone is OK



AVOIDANCE



Child's Conclusions

- ▶ **I wasn't loved/tended to/ cared about because I:**
 - ▶ Was too needy
 - ▶ Was not loving enough
 - ▶ Didn't do the right thing
 - ▶ Didn't respect enough
 - ▶ Am not worthy of care
 - ▶ Didn't know enough
 - ▶ Wasn't strong/tough enough
- ▶ **Becomes deep issue of:**
 - ▶ Worthy
 - ▶ Loveable/Loved
 - ▶ Respected/Respectable



Once Constellated

- ▶ Build our view of reality
- ▶ Use information to justify our view of reality
- ▶ Set filters, set efficient pathways (brain anatomy)
- ▶ Create a personality, ego structures
- ▶ Who would I be without fear, anxiety, anger?
- ▶ Create a comfort zone
- ▶ Create attachment style
- ▶ Go out into the world seeking what was missing
 - ▶ Strategies actually block getting what we want—broken open
 - ▶ Strength overly attached to is a weakness



Remedies

- ▶ Ego relaxation
- ▶ Open to other possibilities, resilience
- ▶ Understand strategies
- ▶ Be vulnerable to testing assumptions about how the world works
- ▶ Step out of comfort zone
- ▶ Holistic inquiry
- ▶ Some transformational experience



The Journey

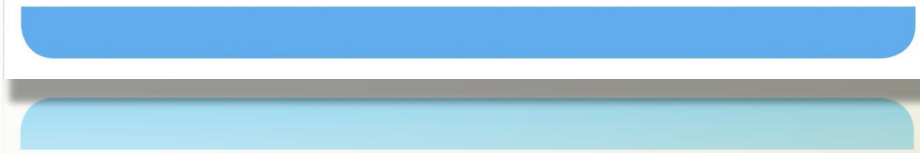
- ▶ On this journey to know oneself you will
 - ▶ Not go in a straight line
 - ▶ Meet your wall of fear
 - ▶ Go through all the stages of change
 - ▶ Die to who you thought you were
 - ▶ Meet significant resistance



What label?
I am ...?

HELLO

I am



Reflection



Inquiry

- ▶ **What's shining in the deeper basement of your being?**
- ▶ **Who are you here?**
- ▶ **What wisdom does this reveal?**



Gathering Together to Tell Our Stories

- **What did you notice?**
- **What surprised you?**
- **Were you able to shift in perspective – find a bigger story?**
- **When you share, we each hear our own story and it's such a gift.**
- **Sharing takes courage, connection and willingness to be vulnerable – or whole hearted.**
- **Whatever you say is perfect – for you – for this moment.**



Assignment

- ▶ **Work this month with presence and compassion: How presence? How compassion?**
- ▶ **What changes are you going through at this time in your life? What stage of change are you in?**
- ▶ **Are you suffering from compassion fatigue? How might you come to a different relationship with the suffering of others while still remaining compassionate?**
- ▶ **Listen to someone fully with the intention to understand consciously several times this couple of weeks.**
- ▶ **Allow what you discovered in the “basement” to settle. Journal your thoughts.**



The Gift of Healing

Rachel Naomi Remen

